

burdens resulting from the parental disease play an essential role in the transgenerational transmission and can be tackled with health promoting and primary preventing programs. In Germany, it is estimated that about 3 million children and adolescents experience every year at least one parent with a mental disorder. This is about a quarter of students in German schools. The highly different burden patterns and attempts at coping also become manifest in the children's school lives and can range from difficulties in academic achievements to the occurrence of a problematic educational biography.

New perspectives: Schools can play an important protective role but also create new risk potentials. In schools, however, there is at best an informal awareness of this problem. Teachers are not equipped with skills to adequately respond to this particularly stressful life situation. They are not able to decode such phenomena as symptoms of a particular risk situation and have a limited repertoire of actions to point to appropriate support. It is obvious that such a practice is insufficient for children in special life situations. So far, there has been no access to the (pre)school setting to promote the mental health literacy of teachers in order to enhance the primary preventive and health-promoting potentials of children.

Conclusions: To target the adults' mental health literacy with respect to issues of child health is novel in the debate on health promotion at school and can help to fill important gaps. We present a further education and training program for teachers and educators that was developed and tested in order to approach these gaps.

Keywords: Mental health literacy. School health promotion.

PRIMARY SCHOOL TEACHERS' AND PUPILS' HEALTH LITERACY IN THREE DISTRICTS OF PORTUGAL

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The European project HEPCOM (Promoting Healthy Eating and Physical Activity in Local Communities) supported by the EU's Health Programme (2008-2013) is the structural backbone to consider the role of health literacy in health promotion. The aim of HEPCOM is to increase the quality and level of local community and school interventions all over Europe on promoting healthy eating and physical activity among children and young people. For this a platform has been constructed to promote the actual use and up scaling of the existing high quality tools, making them easy accessible and usable to incorporate in the daily work of policy makers and professional practitioners. The target audience includes policy makers and professional practitioners that directly benefit from the project, as they will gain knowledge and inspiration from the learning platform (launched recently for experimental testing, September 2014), which can assist them to improve their daily work with health promotion. Therefore it will also have an impact in children and young people and their families. The 21 HEPCOM partners, coming from 16 EU countries, are closely collaborating with local communities. In Portugal we are working with three Municipalities: Braga, Esposende and Guarda. In the sequence of the HEPCOM project, the Portuguese version of the European Health Literacy Scale "HLS-EU-PT: [www. http://literacia-saude.info/](http://literacia-saude.info/)" will be applied to primary school teachers and pupils of the above three municipalities in order to find out any putative differences in health literacy. Specific solutions will be designed and applied in order to solve critical health literacy deficiencies found in these municipal communities.

Keywords: Local communities. Health literacy HLS-EU-PT. Primary school.

CROSS-CULTURAL ADAPTATION AND VALIDATION TO PORTUGUESE OF THE EUROPEAN HEALTH LITERACY SURVEY (HLS-EU-PT)

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Introduction: Defining health literacy (HL) as reading skills in the clinical setting is too narrow. Citizens need many additional skills. Recently a new instrument to measure HL (HLS-EU) was introduced by the European HL Consortium.

Objectives: This research presents the national data of the validation process of the European Health Literacy Survey (HLS-EU) in the Portuguese context, HLS-EU-PT, and results of HL in a sample of portuguese speaking individuals.

Methods: A quantitative and qualitative explanatory cross-correlated study based on a sample of 983 individuals from Portugal (mainland) was collected following random and route procedures.

Results: Reliability analysis of HLS-EU-PT dimensions show an internal consistence (Cronbach's alpha coefficient) of 0.93 (Health Care), 0.932 (Disease Prevention) and 0.934 (Health Promotion), while the global instrument presents a value of 0.97. Inadequate HL (24%) and problematic HL (36%) show that about 60% of respondents have limited HL. Functional HL (FHL) is strongly limited for 30%, while 43% show limited FHL. There is an association between HL and an healthy life style.

Conclusions: The results enhance the reliability, validity, internal validity, statistical validity longitudinal and linguistic validity, as land marks of the translation and validation process to Portuguese of the HLS-EU survey. The usefulness of the HLS-EU-PT instrument can be further discussed while planning public health policy strategies from the HL standpoint while considering social inequalities. The validated HLS-EU-PT Portuguese version of the HLS-EU survey, can be accessed at www.literacia-saude.info.

Keywords: Functional & Health literacy. HLS-EU-PT validation.

LITERACY FOR HEALTH: ENVIRONMENTAL HERITAGE, PROTECTOR OF NUTRITIONAL STATUS

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Introduction: Literacy for health (LH) may be considered a set of skills that people appropriate, understand, evaluate and use information and knowledge of health to make informed choices, reduce risks to their health, maintain a healthy nutritional status and enhance quality of life.

Objectives: To assess the level of literacy for health; to classify Body Mass Index (BMI), abdominal circumference (AC) and the Perimeter Circumference of Neck (PCN).

Methods: A descriptive, cross-sectional study conducted with a convenience sample of 508 participants (52.2% men and 47.8%