Preliminary Cross-Section Study about Association between Physical Literacy, Health Literacy and Physical Activity in Elderly Women in Southern Croatia

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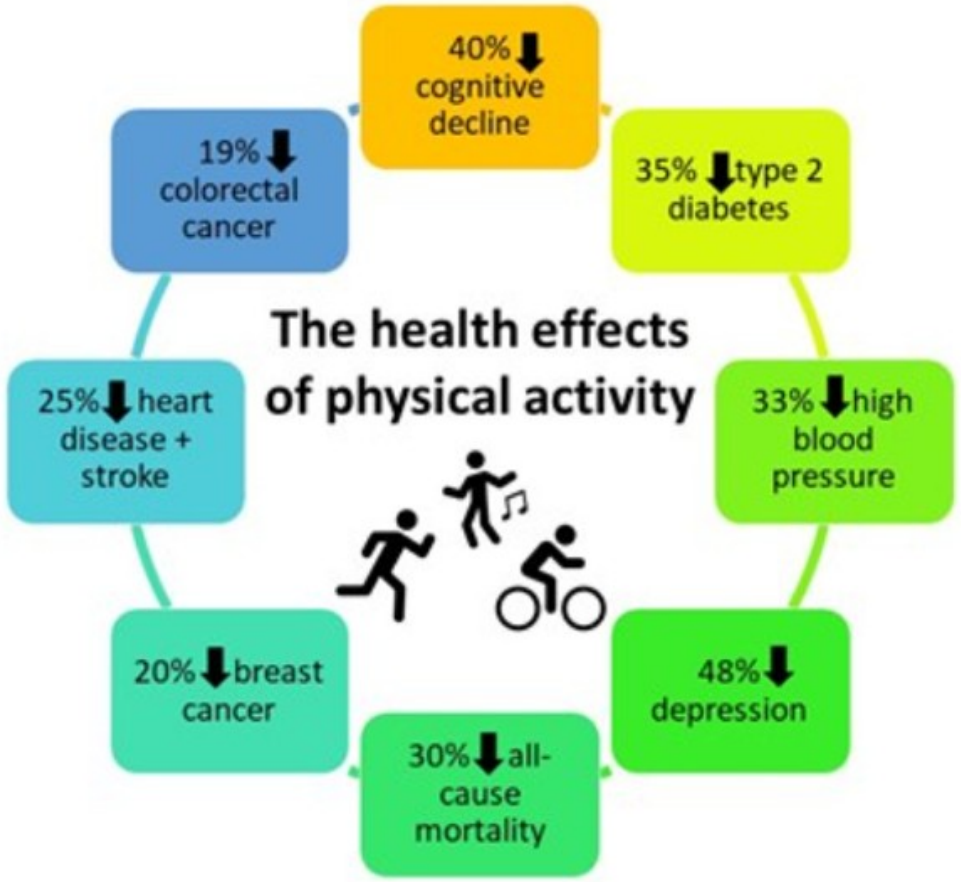
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Introduction

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- *Physical activity (PA)*
  - any bodily movement produced by skeletal muscle that requires energy expenditure
  - refers to all movement, including during leisure time; for transport to and from places; or as part of a person's work
  - moderate and vigorous-intensity physical activities improve health



The health effects of physical activity from the US Physical Activity Guidelines Advisory Committee

Introduction

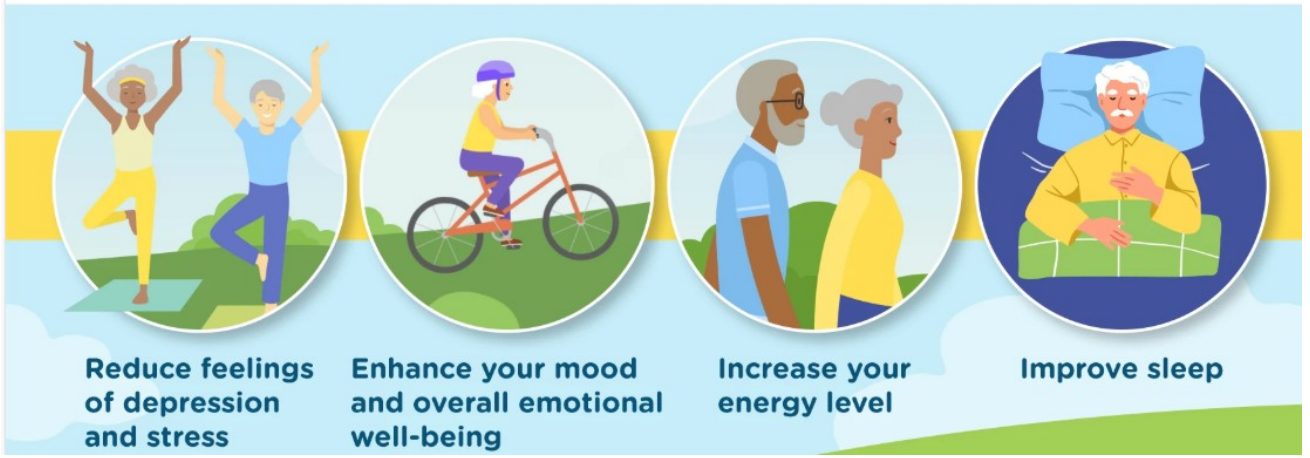
- *Elderly*
  - People aged 60 and above

    •WHO guidelines:

    •150 minutes of moderate-intensity physical activity throughout the week

    • 75 minutes of vigorous-intensity physical activity

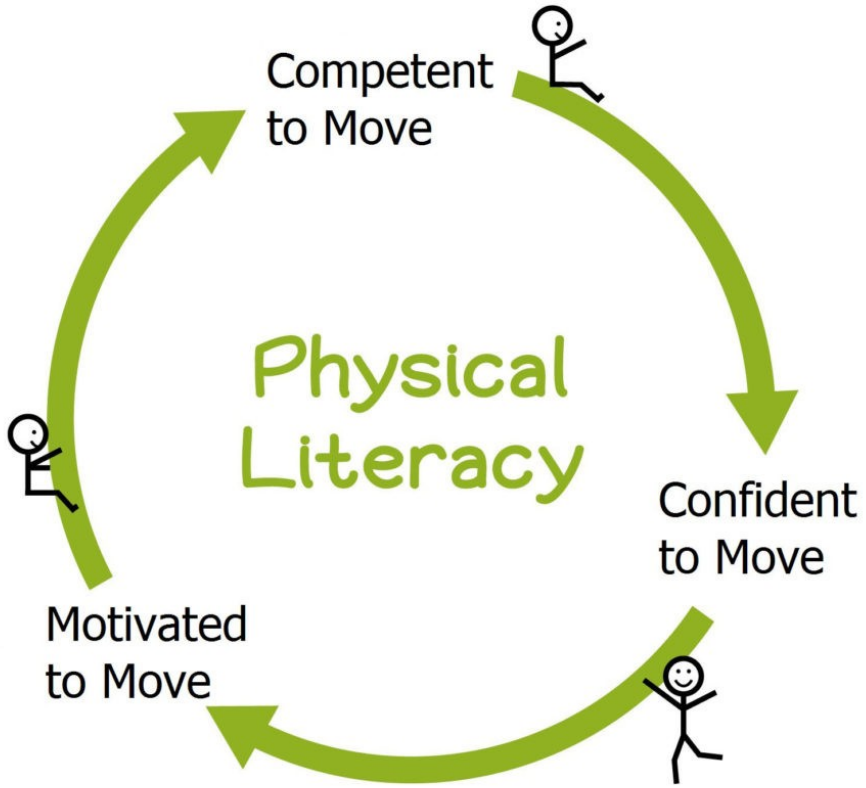
    • or an equivalent combination of both



https://storymd.com/journal/6we7zb9t5j-exercise-for-older-adults/page/zvnkygi96ao-real-life-benefits-of-exercise-and-physical-activity

Introduction

- *Physical literacy (PL)*
  - is individual ability to have:
  - motivation
  - Confidence
  - knowledge
  - physical ability to exercise
    - to understand the health benefits and importance of physical activity in order to form habits and remain active throughout life



Introduction

- *Health Literacy (HL)*
  - is degree to which people are able to:
    - access (obtain)
    - understand
    - appraise (process)
    - apply (use)
      - basic health information
    - to make appropriate health decision

Aim of the study

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- Evaluate the connections between physical and health literacy and physical activity in elderly women in Southern - Croatia

Materials and Methods

Participants and design of the study

- Participants in the study were 49 females
- 60 years of age and above from urban centre in southern Croatia
- The study was conducted from March till May 2025.

Variables

Sociodemografic

- age
- level of education
- self-perceived socioeconomic status

HL

- European Health Literacy Survey Questionnaire (**HLS-EU-Q 47**)

PL

- Perceived Physical Literacy Questionnaire for South Eastern Europe (**PPLQ-SEE**)

PA

- Nordic Physical Activity Questionnaire-short version (**NPAQ-short**)

Statistics

- Kolmogorov-Smirnov test → normality of the distributions

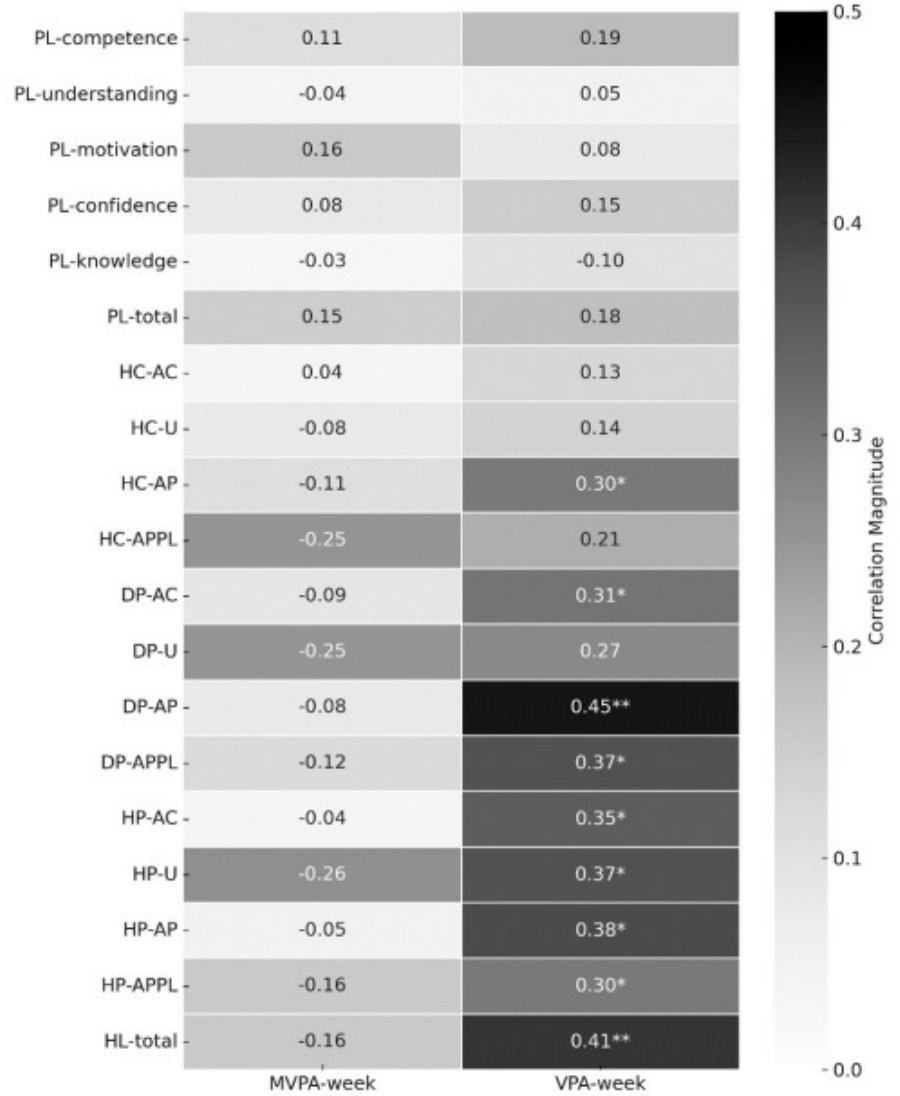
- Descriptive statistics → means ± standard deviations (numerical variables)

- Analysis of the associations → two phases
  - first phase: Pearson's correlations were calculated between the HL- and PL-scores, and MVPA-week and VPA-week (identification univariate associations between the study variables)
  - second phase: multivariate associations between PL- and HL-subscores (as predictors), and MVPA-week and VPA-week (as criteria) were calculated

Results

Results

- 39 % of the participants achieved WHO recommendations for weekly physical activity
- HL was consistently significantly associated with PA in older women
- association between PL and PA was not significant.



* – p < 0.05, ** – p < 0.01, for abbreviations see Table legends.

Fig. 1. Correlation coefficients and magnitude of associations between physical literacy (PL) and health literacy (HL) components, with physical activity (MVPA-week, VPA-week) in older females

Conclusion

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- health-literacy levels influence physical activity in the studied group

- physical activity in older women can be improved through the promotion of health literacy concepts

THANKS FOR YOUR ATTENTION