



IDEAHL
Improving Digital Empowerment for Active Healthy Living

Newsletter n. 4

Get to know IDEAHL!

Welcome to the IDEAHL project: final achievements!

IDEAHL concludes with successful Final Conference and promising results

Great news! We are thrilled to share with you the latest updates from the Horizon Europe IDEAHL project, focused on improving digital health literacy (d)HL and empowering EU citizens in their pursuit of active and healthy living. The project recently concluded with a **highly successful final conference** held at the European Parliament in Brussels on March 6, 2024.



Fig.1: Family picture – the project Consortium gathering at the European Parliament in Brussels on March 6th, 2024.

The conference served as a platform to discuss and showcase the **outcomes of the IDEAHL project**, highlighting the significant impact of digital education on promoting healthier lifestyles and empowering individuals to take an active role in managing their health and well-being.

The **main achievement** of the project was the **EU Digital Health Literacy (d)HL Strategy**. This comprehensive strategy provides detailed guidelines for enhancing digital health literacy across the entire population. It emphasizes health promotion, disease prevention, treatment, self-management, and the monitoring of effects on quality of life, well-being, productivity, and the economy. Importantly, the strategy addresses geographical, social, and economic factors that can contribute to inequalities in digital health literacy.

The development of the strategy was a **collaborative and joint effort**, bringing together various organizations and experts who shared a **common goal**: equipping individuals with the necessary tools to access, understand, and effectively utilize health information from digital sources.

Key areas of focus within the strategy include training and skills development, content creation, evaluation and monitoring, policy and strategy development, access to and understanding of information, critical evaluation, and practical application. These foundational elements of digital health literacy are essential for enabling individuals to make informed decisions and become empowered users of digital health resources.

The conference provided an **exciting and enriching experience** with the whole Consortium presenting their successful results in their package of activities which saw a high interconnection and knowledge transfer.

It featured exceptional speakers and offered a valuable platform for sharing the remarkable achievements of the IDEAHL project. It also allowed participants to exchange further ideas and explore potential collaborations for the future.

Forging a bright future together: a message of gratitude from the IDEAHL Partnership



The IDEAHL project has made significant strides in **advancing digital health literacy** and **promoting active and healthy living among EU citizens**. The project's outcomes and the EU Digital Health Literacy Strategy hold great promise for improving the well-being and quality of life of individuals across Europe.

We are delighted to extend our warmest greetings on behalf of the project partnership!

As we conclude this great journey, we would like to express our heartfelt appreciation for everyone's support and commitment.

Together, we are forging new paths and pushing the boundaries of **innovation**.

The commitment of the whole Consortium and its shared vision have been instrumental in driving positive change and in shaping a brighter future.

Thanks!

GDPR Policy

We are sure you are aware that new laws about data protection have come into force in May 2018. As your privacy is important to us, we wanted to assure you that your data will only be used to keep you informed about the latest activities of the project and invite you to its events. We will not give out your data to any other third-party address on its mailings list nor to other people without your permission.

You do not need to do anything unless you no longer wish to receive emails concerning IDEAHL project. Should this be the case, please contact us in reply to the email stating this fact. If we don't hear from you, we shall assume you wish to continue receiving information about IDEAHL and keep your email address on our list.

Our mailing address is:

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