

Health literacy represents the cognitive and social skills that determine the motivation and ability of individuals to gain access to and understand information. Thereby, individuals can make informed decisions about health care, disease prevention, and health promotion in daily life while helping them maintain and improve the quality of their life. Starting with WHO, health literacy has become a major pillar of global health policy. In 2010, the United States also presented an action plan to improve health literacy.

The health Literacy Improvement Support Declaration was initiated in April 2015 at Aomori University of Health and Welfare (AUHV), to develop human resources with the knowledge to support health literacy improvements. Accordingly, health literacy subjects have been included in the group of common core subjects in the improving health literacy in the community,