

HEALTH LITERACY AND PHYSICAL ACTIVITY

Abstract

Background

This study aims to evaluate the relationship between communicative and critical health literacy and physical activity among community-dwelling Japanese adults.

Methods

We evaluated a nationally representative cross-sectional sample of community-dwelling adults in Japan in 2013. The physical activity level was assessed using the International Physical Activity Questionnaires - Short Form and classified as sufficient or insufficient. Health literacy level was measured by the Communicative and Critical Health Literacy Scale. We provided multivariable logistic regression analysis investigating the association between physical activity and health literacy, sociodemographic, socioeconomic, and health-related variables.

Results

Of the 2996 participants, 1442 (48%) had insufficient physical activity and 48% were female. Multivariable analysis indicated low health literacy was significantly related to insufficient physical activity (OR = 1.16, 95%CI, [1.01 - 1.35]).

Conclusion

Enhancing health literacy is related to higher engagement in physical activity. Further investigation is needed to provide a community-wide intervention for promoting physical activity through developing communicative and critical health literacy.