



RECCOMENATION FOR FUTURE WORK IN THE FIELD OF HEALTHY LIFESTYLE FOR AGING WELL

Project: HEALTHY LIFESTYLE FOR AGING WELL

1.	MUCH ATTENTION SHOULD BE GIVEN TO QUALITY OF THE HEALTH INFORMATION PRESENTED IN THE MEDIA
2.	HEALTH EDUCATION AND HEALTH MATERIALS SHOULD BE SIMPLE, WITHOUT MEDICAL JARGON/DISCLOSURE HEALTH INFORMATION IN EASY – FRIENDLY FORMATS AND CHECK IF THAT INFORMATION WAS PERCEIVED AND RECALLED.
3.	HELP PEOPLE WITH LIMITED HEALTH LITERACY TO DECODE, APPRAISE AND APPLY HEALTH INFORMATION
4.	DESIGN AND IMPLEMENT HEALTH EDUCATIONAL AND DISEASE SELF-MANAGEMENT PROGRAMS/ACTIVITIES TAILORED TO POPULATION NEEDS AND HEALTH LITERACY LEVELS
5.	FOSTER HEALTH KNOWLEDGE AND BEHAVIOURS ON CHILDREN SO THAT THEY WILL BE ABLE TO ACHIEVE EXCELLENT HEALTH LITERACY, BE EMPOWERED CITIZENS AND ACHIEVE GOOD HEALTH AND WELLBEING
6.	EDUCATION – HOW TO TAKE CARE OF HEALTH OF NURSES WHEN THEY WORK WITH ELDERLY PEOPLE
7.	QUALITATIVE RESEARCH SHOULD BE MORE ENCOURAGED TO FIND OUT WHAT CAUSES DIFFICULTIES AND LIMITATIONS IDENTIFIED

Coordinator of the project

Partners of the project

