

Infection Control Network, families, nursing students of the university.

Key words: Hand hygiene (Hand washing), Knowledge, Attitudes, Practices, Nursing students, Hai Phong.

Does Parental Health Literacy Mediate the Relationship between Parental Education Attainment and Health Outcome of Young Adults?

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Background: Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Inadequate health literacy may lead to many health problems including cardiovascular diseases (CVD).

Objectives: The purpose of this study is to assess whether health literacy contributes to disparities associated with parental education attainment and health outcome among young adolescents.

Method: As part of a longitudinal study in assessing health status among adolescents aged 13 to 17 years old, a cross sectional study on adolescent parents was simultaneously conducted to measure the level of health literacy. The 47-item version of the HLS-EU-Q was distributed to all parents with informed consent. A total of 651 parents completed the questionnaire. Multiple regression models and path analysis were used to assess evidence of mediation. Mediation is used to test if parental health literacy as a mediator variable interferes on the association of parental education attainment as an explanatory variable and body composition as an outcome variable.

Results: The descriptive analysis revealed that 11.3% of adolescent parents had completed primary education, 32.7% lower secondary education, 40.0% higher secondary education, 9.5% higher education and 4.0% (post)graduate studies. 20.0% achieved an insufficient level of health literacy, 38.1% a problematic level, 32.3% a sufficient level and 9.5% excellent level. Multiple regression analyses revealed significant effects of parental education level on body composition of adolescents and of health literacy on body composition of adolescents. Path analysis revealed a partial mediation of parental health literacy on the relationship between parental education attainment and these body compositions of adolescents.

Conclusion: Parental health literacy mediates the relationship between parental education attainment and children's health outcome. Parental health literacy contributes to disparities associated with parental education attainment and children's health outcome. Interventions addressing low health literacy may reduce disparities.

Keywords: parental health literacy, adolescent health, mediation