

**Abstract**

**Original Article**

**Factors Affecting Health Literacy in Adults: A Community Based Study in Konya, Turkey**

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**Background:** Health literacy has a strong relation with the health status and general well-being of individuals.

**Objective:** The aim of this study was to measure the health literacy level in a Turkish population and determine the factors affecting health literacy.

**Methods:** A community based cross-sectional study was carried out in Konya comprised of 195 adults belonging to twenty-five neighborhood (clusters) around five health centers located in the city. Data were collected using health literacy questionnaire (HLQ) and Newest Vital Sign (NVS) tool. The relationship between health literacy levels and various independent variables were analyzed using backward logistic regression.

**Results:** According to the HLQ tool, 70% possessed adequate literacy level and the remaining had limited literacy. According to NVS tool however, 27% of the population were found to have inadequate literacy, 31% had limited literacy and 42% had adequate literacy. Health literacy level was found to rise with increasing levels of education for both the tools and with income, only for HLQ tool.

**Conclusion:** Increasing awareness and understanding of health professionals regarding health literacy level of the addressed individuals can improve health outcomes.

**Key words:** health literacy, community, health care.