

HEALTHNEST

BRINGING HEALTH LITERACY TO LIFE



Bringing Digital Health Literacy to Life in 2025!

Dear HealthNest Community,

We're excited to share this newsletter with you, as we highlight the progress being made in health literacy across Belgium. In this newsletter, we'll discuss the recent emphasis on health literacy in Belgium's Federal Agreement, explore HealthNest's 2025 focus, inform you about our recently organized HealthNest roundtable, highlight upcoming events, and share additional resources to keep you informed.

Health literacy as an important building block in the new Federal Agreement

A significant step forward in health literacy was recently highlighted in the *Regeerakkoord (NL)* (page 118) / *Accord de Coalition Fédérale (FR)* (page 123), which underscores the need to improve the health literacy of the population. The agreement states:

"We will improve the health literacy of the population. Our citizens must be optimally informed about health and well-being, and they should be able to quickly and easily access reliable information when needed. In this way, each citizen can make informed choices about health and a healthier life. Government websites must be easily accessible, clear, and tested according to these principles. Health insurance funds should also take on a greater role in this area."

This focus on health literacy sets the tone for our work in 2025...

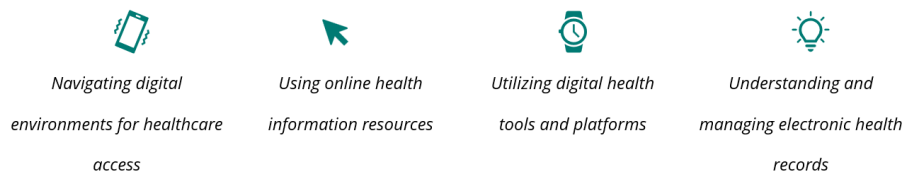
Digital health literacy as our 2025 focus

In response to these national developments, HealthNest is excited to announce that **Digital Health Literacy** will be our central focus for the year.

What is Digital Health Literacy?



Digital health literacy is the ability to **seek, find, understand,**
and appraise health information from **electronic sources**
and **apply the knowledge gained** to address or solve health
problems. It encompasses:



Digital health literacy goes beyond using technology—it equips individuals to evaluate, interpret, and act on health information effectively. It ensures people can assess the credibility of sources and make informed decisions to improve their well-being.

Why does it matter? While digital tools can transform healthcare, not everyone has the skills to use them effectively. Bridging this gap is essential for equitable access to healthcare and positive outcomes, enabling all individuals to make informed health decisions.



Our aim is to create practical tools, encourage collaboration, and spark important conversations that spread guidelines to organizations and policymakers around how to empower people to use digital health tools effectively.

HealthNest Digital Health Literacy Roundtable – February 3, 2025

HealthNest hosted a successful roundtable on Digital Health Literacy, gathering key stakeholders to discuss strategies and tools to improve digital health literacy across Belgium.



The roundtable included **two keynotes**: the first by **Karen Van De Ginste** from **Mediawijs**, which focused on strategies to **improve digital health literacy through key pillars** such as access, competencies, and support networks. The second by **Dimitri Vanaeken** from **HealthHouse** who introduced the **DBS Select interactive patient education platform**, aimed at improving understanding of deep brain stimulation.

Following the keynotes, participants engaged in a group discussion addressing seven key questions around enhancing digital health literacy:

- 1. How do we increase people's ability to effectively use our digital health services; how do we ensure that users can find their way to these services?*
- 2. How do we ensure that people can easily understand and use the health information we provide?*
- 3. How can we better align our digital health services with the diverse needs of users?*
- 4. How can we support users to be more actively involved in managing their own health through our digital health services?*
- 5. What strategies can we implement to increase user motivation and encourage regular engagement?*
- 6. How do we design digital health services so that users feel safe and in control of their personal health information?*
- 7. How can we ensure that our digital health services are reliable, consistently available, and function well across different devices and platforms?*

We had the pleasure to welcome a diverse group of organizations at our roundtable:



Upcoming events

BUMPER Project Closing Event: April 3, 2025 in Brussels, BE
<https://bumper.cancer.eu/>

2025 Annual Meeting of the Belgian Association for Psychological Sciences (BAPS): May 26-27, 2025 in Brussels, BE
<https://www.bapsannualmeeting.com/>

25th IUHPE World Conference: May 13-16, 2025 in Abu Dhabi, UAE
<https://www.iuhpe2025-abudhabi.com/>

HLTH Europe 2025: June 16-19, 2025 at the RAI Convention Centre in Amsterdam

<https://europe.hlth.com/>

18th European Public Health Conference: November 12-14, 2025 in Helsinki, FI

[18th European Public Health Conference 2025 - Belgian Association of Public Health \(BAPH\)](#)

Still hungry for health literacy materials? Take a look here!

Boost Digital Growth in Your Team with Mediawijs' Digihelper Initiative

Mediawijs, in collaboration with VIVO, is launching a tailored training program to empower your team's digital growth with the help of a digihelper. Every team has a colleague who excels with digital tools. This program is designed to help them enable others to grow without taking over their tasks.

👉 Identify the digihelper in your team, encourage them, and enroll them in this innovative blended training program. Impact guaranteed!

Learn more and register [here](#)

We want to hear from you!



Seen anything interesting on (digital) health literacy? Have ideas or insights you would like to share? We'd love to hear from you! Simply reply to this email, and we'll make sure your contributions are part of our ongoing dialogue.

Together, let's build a future where digital health is accessible and understandable for all.

For more information about HealthNest, you can visit our website: [Healthnest - HealthNest-EN](#) / [Healthnest - Healthnest-FR](#) / [Healthnest - HealthNest-NL](#).

Warm regards,

The HealthNest Team

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