|  |
| --- |
| **A study on the correlation between the health literacy and the snack behaviour among children and adolescents aged 7-16 years in China: Using Chinese version Newest Vital Sign (NVS-CHN)** |
| **Background/Objectives** Children Health literacy (HL) is an important public health issue. But there was no a standard health literacy assessment tool for under 15 years old children until now in China. The objectives of this study were to develop a Chinese version of the NVS assessment based on the US version and use it to measure health literacy children and adolescents aged 7-16 years in China. Moreover, children intake snack heavily is one of the most serious problems in China, correlation between the HL and the snack behaviours was analysed as well.**Methods** A cross-sectional study including 2752 children and adolescents aged 7-16 years old was conducted in January 2018. The translation version of the NVS from English to Chinese were used to measure HL and a self-designed questionnaire used to investigate children/adolescents’ basic information and snack behaviour. Total nine group snacks intake frequencies were reported by children and with which the snack behaviour score were calculated. Pearson correlation used to analysis the correlation between NCV-CHN scores and actual snacking behaviour.**Results** The average HL score of participants was 2.43±1.96 (95%CI: 2.35-2.50) , which is increasing with age as well as education level. The average HL score were 1.73±1.70，2.31±1.96, 2.48±1.89,2.84±2.00 respectively for children aged of 10 years,11-13 years, 14 years, 15-16 years respectively（P<0.001）.With the cut-off value of 4 score, 32.5% of children were evaluated as having basic health literacy. Snack behaviour score were range in 20 to 100, average level was 64.38±11.19. There were weak correlations between NCV-CHN HL and actual snack behaviour ( Pearson’s R=0.15,P<0.001).**Discussion** The NVS-CHN version is an applicable measure of HL among Chinese children aged 7-16 years old, although its question items were not greatly modified from English version. HL level is n relatively low in Chinese children compare with other western countries. The NCV-CHN score do not have strong power to predict the actual behaviour of children. Children Health Literacy improvement approach should be emphasized in China, especially of nutrition literacy and diet behaviours.**Keywords** Health literacy, Newest Vital Sign, Children and Adolescent, Snack Behaviour |