




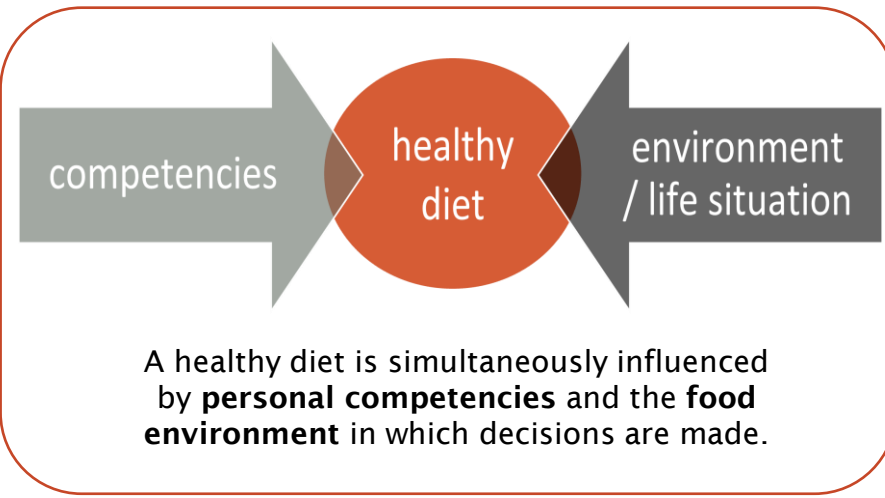
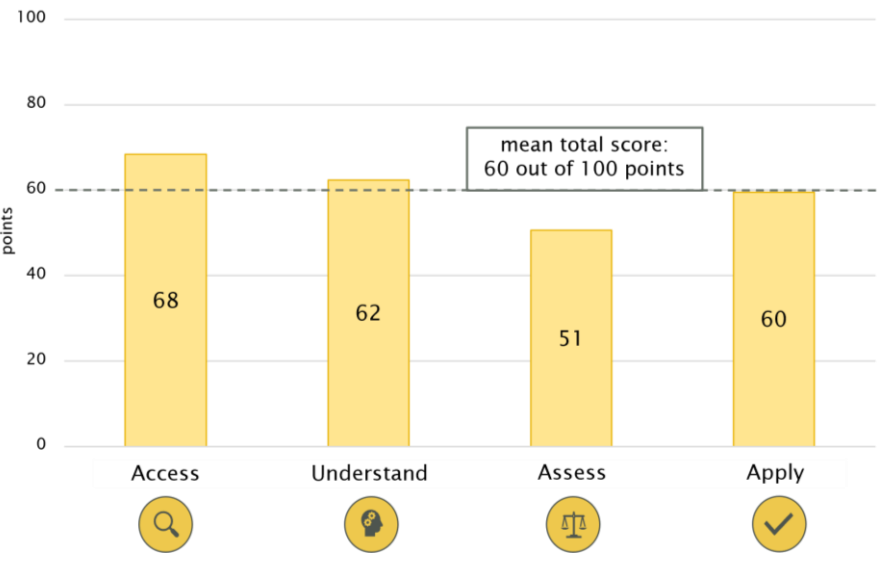
Nutrition-related competences in Austria – data from an Austria-wide survey

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 2.993 respondents aged 18+ years	 online survey (CAWI)	 Oct. - Nov. 2021
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Nutritional health literacy

- encompasses the motivation, knowledge and skills to **find, understand, assess** and **apply nutrition-related information** to make decisions for a healthy diet in everyday life.
- measured with the **Nutrition Health Literacy Scale (NHLS)**: newly developed instrument based on Sørensen et al. (2012) to measure self-assessed difficulties in dealing with information on healthy eating



Populations facing the greatest challenges:

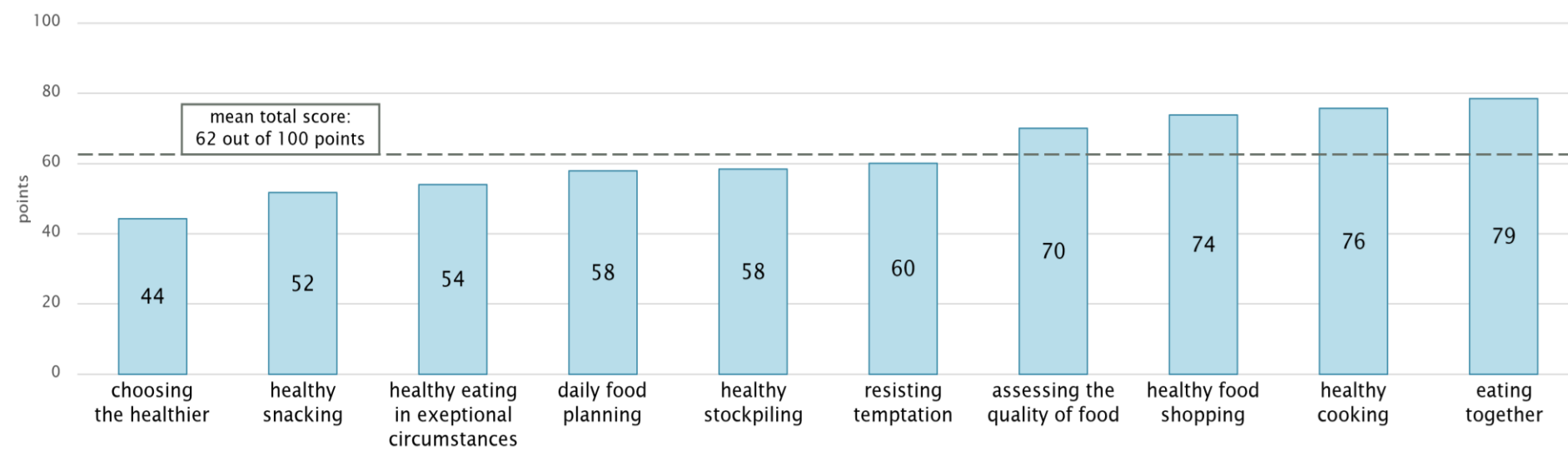
 males	 50+ years	 low education level
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Conclusion:

- there is potential for improvement in both nutritional health literacy and food literacy
- the biggest challenge is to evaluate and use nutritional information and to stick to a healthy diet without making exceptions

Food literacy

- refers to **competencies and practices of healthy eating**, ranging from meal planning to socio-cultural practices of eating.
- measured with the **Self-Perceived Food Literacy Scale - Short Form (SPFL-SF)**: shortened and slightly adapted version of the Self-Perceived Food Literacy Scale by Poelman et al. (2018)



Populations facing the greatest challenges:

 males	 <65 years	 low education level
 low income	 no partner	 children aged 7-17 years

Recommendations:

- provision of quality-assured and target-group-specific information
- implementation of appropriate tools to facilitate the assessment of foods
- measures to strengthen assessment skills, digital health literacy, food and nutrition skills

