



## Health Literacy, Health Education and Healthy Lifestyles: connections and contradictions towards sustainability and the role of Salutogenesis

Wednesday 8 November 2023, 09:00 – 12:30

Organised by

EUPHA Section on Health Promotion; University of Education, Freiburg (Germany); Health Institute of Coimbra (Portugal)

### Pre-conference programme

#### Session 1

Moderator: Eva Bitzer, *University of Education Freiburg, Germany*

Health Education & Healthy Lifestyles: Connections and contradictions towards sustainability

*Uwe Bittlingmayer*

*EUPHA-HP; Institute of Sociology University of Education Freiburg, Germany, Uwe.Bittlingmayer@ph-freiburg.de*

Social milieu perspective on health literacy and healthy lifestyles

*Zeynep Islertas*

*Pädagogische Hochschule Freiburg, zeynep.islertas@ph-freiburg.de*

Salutogenesis and the Urban Environment towards Sustainability

*Ruca Maass*

*Department of Health Science, Center for Health Promotion Research, Norwegian University of Science and Technology (NTNU), Trondheim, Ruca.e.maass@ntnu.no*

Discussion: the three pillars of Health Promotion role in sustainability



### Health promotion 3 pillars

15 January 2020 | graphics (infographic)



## Session 2

Moderator: *Ana Amaral, ESTeSC, Coimbra, Portugal*

Quo Vadis Homo Sapiens? The influx of Health Literacy in the construction of sustainability

*Luis Saboga Nunes*

*EUPHA-HP; Institute of Sociology University of Education Freiburg, Germany,*

*saboga.nunes@gmail.com*

Healthing in Civil Society: Building Health Literacy for sustainability through community actions

*Jake Sallaway-Costello, Division of Food, Nutrition and Dietetics, University of Nottingham,*

*Jake.Sallaway-Costello@nottingham.ac.uk*

Discussion: The advent of Homo Salus and the teleonomic rebrand of healthy lifestyles

From concept to practise

## Final proceedings

Statement:

*Towards Homo Salus: Unleashing the Transformational Potential of Health Promotion in*

*Sustainability through Genuine Participation*