

# **Health Literacy and Its Correlates in the Context of One Health Approach in Tanzania**

**By**

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## **Abstract**

Health literacy is an important predictor of health outcomes, health care costs and utilization, yet most countries, Tanzania inclusive, lack health literacy measurements in their health datasets. A cross-sectional study was conducted in Morogoro urban and Mvomero districts in Morogoro, Tanzania to assess health literacy and its correlates in the interface of humans, animals and the environment. The sample comprised of 240 respondents was obtained through a multistage sampling procedure. A structured questionnaire administered through a Computer Assisted Personal Interviewing (CAPI) electronic platform was used to collect data. Health literacy was measured using a context specific One Health Literacy Assessment Tool (OHLT) developed to capture health related aspects reflecting the interactions of humans, animals and the environment. The study used IBM-SPSS (v20) and Gretl software to analyse quantitative data. The results revealed that 36.3% of the respondents had Inadequate Health Literacy, followed with Marginal Health Literacy at 30.8% and Adequate Health Literacy standing at 32.9%. Pearson coefficient correlation revealed health literacy correlating to group of attitudes ( $r=0.135$ ,  $p<0.01$ ), levels of engagement in health-related discussion ( $r=0.609$ ,  $p<0.05$ ), health behaviours categories ( $r=0.648$ ,  $p<0.06$ ) and category of information seeking ( $r=0.753$ ,  $p<0.05$ ). Efforts should be made by the government and non-government organizations to promote health literacy in the context of One Health Approach through mass awareness given its importance towards realization of optima; health for humans, animals and the environment.

**Keywords:** Health literacy, Correlates, One Health Approach, Computer Assisted Personal Interviewing, One Health Literacy Assessment Tool