Health literacy relates to the ways that individuals access, understand, evaluate, and use health information. Health literacy is a key determinant of health and has been identified as a public health goal in Australia and internationally. Different population groups are shown to have different health literacy needs and children serve as one example. My current research explores children’s health literacy, with a particular focus on the ways that preadolescent children access and interact with nutrition information and resources. This research explores the ways in which young people’s health literacy is influenced by contemporary media. Qualitative health research methods are used to capture people’s perspectives on matters relating to their health and their social worlds.

I would be glad to discuss possibilities with students who may be interested in any aspect of health literacy. I am also passionate about health promotion practice and school health, so I am happy to discuss any other possible projects that might fit within this realm.

Key references


Location of Project:
Sturt Buildings, Bedford Park campus