



Health Literacy

Young people have a tendency to feel “invincible”, failing to often fully understand and perceive the importance of health.

Based on that, the “**Health Literacy**” project, which is implemented by the nonprofit The Tipping Point within the context of the **SNF Nostos Conference**, aims to raise awareness and inform the younger generation on the subject of health, from an early age, at the crux when one’s belief system starts to form, and not at the point in one’s life when health issues that need to be continuously monitored start to occur. The project is implemented with a grant from the Stavros Niarchos Foundation (SNF).

Students from 20 secondary education schools all over Greece are given the chance to engage in conversation with various health experts such as doctors, psychologists, neuroscientists, bioscientists, dietitians, etc., either through live sessions or the topics’ option, in which case the students pose questions and numerous mentors (asynchronously) give their answers in 100’ second videos.

The themes included are:

- Prevention (on an individual level) e.g. Exercise, Diet, Getting regularly (yet not obsessively) checked up, We ask and we learn, etc.
- Mental health
- Health policies (on a communal or governmental level)
- Post-infection recovery for ourselves or loved ones (care, hospitals, etc.)
- Health professions & Research/ Biosciences

What is more, the student questions gathered all throughout the implementation of the program will become integral to the conversation that will be held at the SNF Nostos Conference, on June 23-24, 2022. In other words, the queries of the students will be presented during the discussions that will take place at the Conference.

This will allow them to get multiple disparate answers and delve more into the issue, while their inquiries will serve as the theme of these conversations at the SNF Nostos Conference.