

## Health Education & e\_Health Literacy

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**Abstract:** The present research is originated before the social demand of a continuous and constant scientific knowledge, that is to say the need of a scientific literacy that qualifies us to deal and to adapt to our new society; digital and global. The above mentioned demand in scientific formation not only includes the technological and empirical contents, but also it demands a scientific literacy related to contents of health and of the healthy way of life. We cannot forget that "the most popular lists of searches in Google in 2015", they were for the terms related to the health, especially: How to avoid ...? How to know ....? What to do when?....

But this rapid information of the network can generate an erroneous learning if we are instructed neither in a few scientific basic contents of health, nor in the selection of search of this digital knowledge related by health and his habits of life (Cubero, Sanchez, Vallejo, Luengo, Calderón & Bermejo 2017). The ignorance is the major factor of risk for the health, from this fact the concept of Health Literacy (HL). And it is defined by the World Health Organization (WHO); "Health Literacy refers to the social and cognitive skills that determine the level of motivation and the capacity of a person to accede, to deal and to use the information so that it allows him to promote and to support a good health".

In addition this discipline due to our current digital society evolves to e\_Health Literacy (e\_Health Literacy).

To clarify that this interest and use of the scientific knowledge centered on contents on - our health-, not only it relapses into the individual learning, but one sees reflected in the whole group and his healthy behaviors of life, without forgetting the benefits that reach for the development, the progress and the competitiveness of the modern companies.

**Keywords:** health education, e\_health literacy, bio-science teaching

## References

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