

## **Title**

### **Development process of a web platform to promote health literacy among young people – Your PEL**

## **Introduction**

The project Your PEL - Promote and Empower Literacy in health in the young people in the areas of healthy diet, sexuality and tobacco and alcohol use, presenting the "ICT applied to Health" as an area of activity, shows the information diffusion as one of the axes of the National Health Plan, enabling the creation of tools and communication channels supported on the Web. The activities development aimed to innovation, makes use of the creative potential that the presente generation young people have in this domain.

## **Objectives**

Functional structure definition of a web platform to support the YourPEL project online intervention.

## **Methods**

Developed by four phases: a) Formation of the technological team - ESTG teachers and students, to develop the process design. b) Theoretical-practical support, in order to obtain information about the development technology. c) Process operationalization. d) Tool validation developed with the partners.

## **Results**

The platform is organized by three intervention areas: healthy diet, sexuality and tobacco and alcohol use. The tool architecture presents accredited information content (articles, glossary, videos, accredited documents, galleries and webinar), as well as a forum that appeals to the debate and discussion among young people and teachers, being supervised by the health team. All criteria for anonymity and data protection of visitors were respected.

## **Conclusions**

The importance of ICT tools in the young population are shown very relevant in the health literacy promotion. Thus, the platform development, allows the dissemination of information, results and good practices in the different intervention areas.