Diabetes and Health Literacy: the DHELY project
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Background
Health Literacy (HL) is defined as the degree to which individuals have the skills to obtain, understand and use basic pieces of health information, which are necessary to take suitable health decisions.Several studies have analysed the correlation between HL level and glycated hemoglobin (HbA1c) has been examined. No unanimous results have been reached in the relevant literature.

The aim DHELY project is to develop a greater understanding of the impact of HL on decisional processes regarding health and health outcomes.

Method
We conduct a Cross sectional study. Data for this study come from a self-administered survey of 200 diabetes patients conducted between January to June 2014. The questionnaire was developed in English and translated into Italian, using the translation/back-translation method. A pre-test was conducted in December 2013 employing the think aloud technique. Functional health literacy was measured by four self-report items modified from Chew et al. We used also Newest Vital Sign (NVS) and Short Test of Functional Health Literacy in Adults (S-TOFHLA. We used items developed by Toobert to measure the self-management behavior.

Results
The final sample consists of 183 diabetes patients. Correlation analysis was chosen to assess the similarity of health literacy measures and the bivariate relationship between dependent and independent variables. Logistic stepwise regression was used to assess the influence of health literacy on health behaviors net of other predictor variables. All three health literacy measures were positively and significantly correlated. For relationship between health literacy and health behaviors we obtained not clear results.

Conclusion
Our general expectation is that the measures of health literacy correlate and that they are significant predictors of health behaviors in diabetes patients. We obtained results that deserve to be explored with further studies

Key message
● The interest in HL in the healthcare frame has been constantly growing, since it has been proved by several studies that low HL levels are related to bad health outcome.