

**HEALTH MINDSET AND SOCIAL EQUALITY**

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**Abstract:** This article discusses the formation of a healthy lifestyle, the process of physical, mental and social health, the impact of health thinking on social strata, better understanding of health information by individuals with a high level of education, international experiences and practical approaches to improving health thinking and ensuring social equality, and issues of state policies and programs aimed at improving health thinking.

**Keywords:** mental and social health, health care, health promotion, health thinking, ensuring equality, digital literacy level, need for protection, state policies and programs, fair and sustainable, implementation, health improvement, organizations health care.

Health literacy is the ability of an individual to seek, understand, and effectively use health information. This concept encompasses physical, mental, and social health. Health literacy plays an important role in ensuring social equity, as access to and use of health services vary across social groups[1]. Education is directly related to health literacy. Individuals with higher levels of education are more likely to understand and effectively use health information. A study in China examined the impact of health literacy across social classes and found that it had a significant impact on health outcomes[2].

Low-income groups may not have access to health services or may not fully utilize them. This leads to low levels of health literacy and exacerbates social inequalities[3].

Digital technologies facilitate access to health information, but groups with low levels of digital literacy are unable to take advantage of these opportunities. Therefore, improving digital health literacy is important for ensuring social equality[4].

In Finland, the education system is focused on improving health literacy. Health and health literacy topics are included in the curricula, which helps to shape healthy lifestyles among young people[5].

Studies in China have examined the impact of health literacy on social stratification. The results show that improving health literacy is an effective tool for improving health outcomes for groups with low social stratification[2].

Internationally, organizations such as the People's Health Movement are working to promote health literacy and social equity. They are working to ensure that health systems are equitable and sustainable.[6] Recommendations for promoting health literacy include:

**Integrate health topics into the education system:** By teaching health and health literacy topics in schools and higher education institutions, young people can be guided towards a healthy lifestyle.

**Increasing digital health literacy:** Facilitating access to health information through digital technologies and increasing digital literacy are important in ensuring social equality.

**Creating social support systems:** It is necessary to facilitate access to health services for low-income and socially vulnerable groups and create support systems for them.

Health literacy is an important factor in ensuring social equality. Factors such as education, economic status, and digital health literacy affect the formation of health literacy. International experiences and practical approaches show that it is effective in increasing health literacy and ensuring social equality.

Social inequality is one of the main factors affecting health literacy. People living in low-income or remote areas have less access to quality health services, which leads to low health literacy. Therefore, government policies and programs aimed at increasing health literacy should be targeted at these groups.

Another important aspect affecting social equity is cultural and linguistic differences. Migrants from foreign countries or groups with low education often have difficulty understanding health information. This leads to low health literacy and errors in making health-related decisions. Therefore, health systems need to develop multilingual and culturally appropriate services.

In the modern world, digital technologies are revolutionizing the healthcare sector. Mobile applications, online consultations, and health monitoring devices are helping people improve their health. However, people with low digital health literacy are unable to effectively utilize these opportunities. Therefore, educational programs aimed at increasing digital literacy are crucial to ensuring social equality. For example, in the United States and the European Union, there are many projects aimed at promoting digital health, which aim to ensure equitable access to digital information[4].

Health literacy is not just about understanding information, but also about applying and implementing it. Mental health, motivation and social support play a major role in this process. Groups that lack social equity are more likely to experience mental stress, which negatively affects their health-related behaviors. Programs aimed at improving health literacy should also

focus on supporting mental health. This, in turn, will enhance social equity and ensure effective use of health services.

Finland places great emphasis on health literacy in its health system. Health education programs in schools are clearly designed and aimed at educating young people about healthy lifestyles. The government also regularly organizes health awareness campaigns, especially in low-income and disadvantaged areas.[5]

In China, health and health literacy programs have been expanding in recent years. Research shows that providing health information to low-income groups can prevent disease and improve health outcomes.[2]

The People's Health Movement and other non-governmental organizations are leading global efforts to ensure equity and equity in health systems. Their work is particularly focused on increasing social equity and promoting health literacy in developing countries.[6]

Health literacy is an integral factor in ensuring social equity. Factors such as education, economic status, culture, language, digital literacy and mental health all together influence the formation of health literacy. Therefore, policies aimed at increasing health literacy can be a decisive tool in strengthening social equity and improving health.

International experience shows that successes achieved in this area can also guide other countries. At the same time, each country needs to develop effective strategies to increase health literacy, taking into account its specific social and cultural conditions.

Digital technologies and the Internet are creating new opportunities for increasing health literacy. Through online courses, mobile applications, virtual consultations and interactive web platforms, people are becoming more easily able to obtain information about health care. However, to effectively use digital opportunities, a high level of digital literacy is required. Therefore, education and training aimed at developing a digital health mindset are crucial.

Health awareness can be increased by promoting healthy lifestyles at all levels of society. For example, health promotion campaigns are carried out in the media, social networks and public places. These methods not only increase knowledge about health, but also encourage people to form healthy behaviors[5]. Health services should be provided in a way that is friendly, understandable and adapted to people. This means that doctors and other health workers communicate effectively with patients, answer their questions in detail, and provide services that take into account cultural and language differences[1].

Improving health literacy and ensuring social equity are also pressing issues in Uzbekistan. It has been found that some segments of the population do not have access to effective health services. This situation is especially observed in rural areas and among low-income families.

Therefore, it is necessary to strengthen educational and information campaigns in the field of health in Uzbekistan, as well as implement projects aimed at increasing digital literacy. In addition, improving the communication skills of medical workers is also important.

Studies conducted around the world show that people with low health literacy are unable to take the necessary measures to prevent diseases and use health services less often[3]. For example, in the United States, more than 88 million people have low health literacy, which means they are excluded from many health care opportunities. This increases their mortality rates and suffering from diseases[4].

Innovative technologies, multidisciplinary collaboration, and public policies play an important role in increasing health literacy and strengthening social equity. International cooperation and exchange of experiences, as well as the development of programs adapted to local needs, will increase the effectiveness in this area in the future.

Uzbekistan also has opportunities to improve social equity in health by expanding digital health services, organizing online education and information campaigns. The connection between health literacy and social equity is an important topic in global health systems. Improving health literacy is necessary to ensure equity in health. Social equity can be increased through education, digital technologies, culturally appropriate services, and public health advocacy.

In our country, the development and implementation of effective measures in this direction will play an important role in improving public health and raising a healthy generation.

Social justice means that everyone in society has equal rights and opportunities. Social justice in the field of health is the provision of equally high-quality and effective health services for all segments of society. Health literacy allows individuals and communities to understand their health status, take the necessary measures, and demand their rights[3].

Thus, health literacy is a key factor in ensuring social justice. If people do not have sufficient knowledge about health, they cannot fight to protect their health, as a result, health inequalities will increase. State health policy is an important tool for increasing health literacy. For the policy to be effective, the following aspects should be taken into account:

Accessibility and accessibility of information: Health information should be simple and accessible to all segments of society[1].

Equal access to information: Health information should be accessible to all segments of society, especially the poor and those living in rural areas[3].

Education and training programs: It is important to provide ongoing education and training for health workers and community members[5]. When these factors are implemented, the effectiveness of the health system will increase and social equity will improve.

Chronic diseases, infectious diseases and pandemics are the biggest health challenges in the world today. A health mindset is an important tool in preventing and managing these problems. For example, during the COVID-19 pandemic, misinformation and poor health literacy accelerated the spread of the disease and exacerbated social inequalities. Therefore, comprehensive health literacy programs are needed to address global challenges such as pandemics[6]. International recommendations for improving health literacy to ensure social equity include:

Sustainable Development Goals (SDGs): Health and social equity are central to the SDGs adopted by the United Nations. SDG Goal 3 - ensuring healthy lives and promoting well-being for all - also includes improving health literacy[7].

WHO strategies: The World Health Organization recommends improving social equity by strengthening health information and education. Special programs should focus on disadvantaged groups[8].

Understanding and developing the link between health literacy and social equity is essential for improving the effectiveness of health systems and ensuring justice in society. The following recommendations should be implemented in this area:

1. Introduce health literacy textbooks and courses in the education system.
2. Use digital technologies to disseminate health information to the general public and increase digital literacy.
3. Provide quality and accessible health services to the population in low-income and remote areas.
4. Strengthen the person-centered approach in the health system, taking into account cultural and linguistic differences.
5. Develop and implement effective strategies through international cooperation and exchange of experiences. Thus, health literacy is a fundamental condition for ensuring social equity in society and ensuring the quality of life of every person.

Health literacy is not only the ability of an individual to understand and take care of their own health, but also an important factor in ensuring social equality in society. Having accurate and sufficient information about health, choosing a healthy lifestyle and effectively using health services leads to health equality in society.

To ensure social equality, it is necessary to increase health literacy, develop the education system, use digital technologies and make the health system more human-centered. At the same time, expanding the health knowledge and opportunities of the population in low-income and remote areas should be a priority task of state policy and international cooperation.

Today's global and national challenges, including pandemics and chronic diseases, show that strengthening health literacy is one of the most effective ways to ensure social justice in health. This is important not only for the well-being of individuals, but also for the well-being and sustainable development of society as a whole. Thus, implementing measures to develop a health mindset and ensure social equality remains a priority for every country.

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