



**TRIO**

Adult education on digital, health and data literacy for citizen empowerment

# TRIO BRIEFING PAPER

## FOR CITIZENS, ADULT EDUCATORS, POLICY MAKERS

The digital transformation of healthcare aims to deliver personalised, data-driven prevention and care. Achieving this requires the collaboration of multiple professionals, including medical staff, programmers and data analysts, health data scientists and clinical information officers.

The health sector can benefit too from technological advancements, through big data analysis, efficient healthcare systems, personalised health research, improved diagnosis and treatment, and better decision-making support.

This is why digital, health and data literacy are increasingly important in prevention and community care. European citizens need digital, health and data literacy to effectively use digital tools to monitor, manage and improve their health and well-being.

### WHAT IS TRIO?

TRIO is an Erasmus+ project that aims to empower citizens of different ages through informal education, in the areas of health, digital and data literacy. TRIO has four objectives:

1. Enhancing citizens' health, digital, and data literacy through informal learning and co-development of inclusive practices.
2. Broadening access to knowledge and user-friendly tools for eHealth via a digital platform.
3. Building adult educators' capacity to deliver adaptable training on health, digital, and data literacy using a flexible toolkit.
4. Ensuring the sustainability and adoption of TRIO tools by developing recommendations for policymakers and organisations.

## TARGET GROUPS AND DEDICATED RESOURCES:

**CITIZENS** are the main target group of the [TRIO manual](#) and the [online learning platform](#), which aim to inform and educate adults of all ages and education levels to improve their digital, health, and data skills, empowering them to navigate in the eHealth world.

The **TRIO online platform** is a learning platform for adult education. This platform will combine training content and gamification strategies to improve literacy and include a library and resources for adult educators. Through its digital and easy-to-use approach, the platform will provide multi media-based learning experiences to the users, with a comprehensive approach to understand the main components of the literacy trio, assess the necessary tools, understand what to address in daily life and receive tips on how to do it.



**FORMAL AND INFORMAL EDUCATORS** are the main target group of the [Toolkit](#). This TRIO output will provide educators with an organised content to share with the citizens and help them improve their skill levels.



**POLICY MAKERS** are the main target group of the [Policy recommendations](#) and the Green Paper, which provides recommendations on how to enhance the trio of literacies in our society. This TRIO output will support policy makers in creating improved person-centred health pathways.

## CO-CREATION WITH TARGET GROUPS

The co-creation workshops, along with the interviews, were research sessions designed to identify the main difficulties in accessing wellbeing and health-related information via internet and other online tools. The sessions were carried out in a relaxed atmosphere with groups of people of the same age and without the use of computers. The sessions took place in 5 different European countries: Portugal, Spain, Netherlands, Germany, Romania.

## VIRTUAL LIBRARY AND RESOURCES

TRIO's partners performed an extensive review of available literature on health, digital and data literacy, in English, Portuguese, Spanish, German, Romanian and Dutch languages. The [library](#) can be easily accessed from the website.

## RESULTS AND CONTACT INFORMATION

The results of TRIO are publicly available and have open access. The learning materials of the workshop methodology can be adapted for local usage.

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