

eHealth Literacy Among Portuguese-Speaking Migrants: The Role of Length of Stay in Portugal

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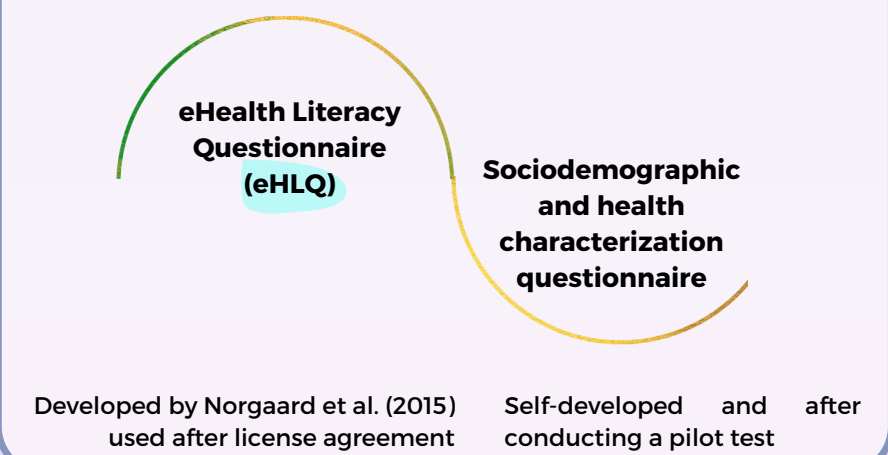
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BACKGROUND

Although sharing the language of the host country, **migrants** from African countries with Portuguese as an official language face specific **challenges** in digital integration. The length of stay in the host country seems to influence their **eHealth literacy (eHL)**, impacting access to health services and the promotion of health equity.

METHODS

Descriptive, cross-sectional and exploratory study.



- Inclusion:**
- Migrant population and descendants
 - Age of 18 years or older
 - Who agree to participate in the study

- 17,7% of the total population
- Confidence level: 95%
- Margin of error: 9%
- Cronbach's Alpha internal consistency coefficient across the dimensions: 0.60 - 0.92

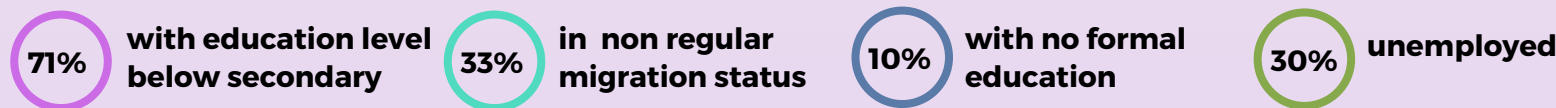
101 participants

Convenience Sample

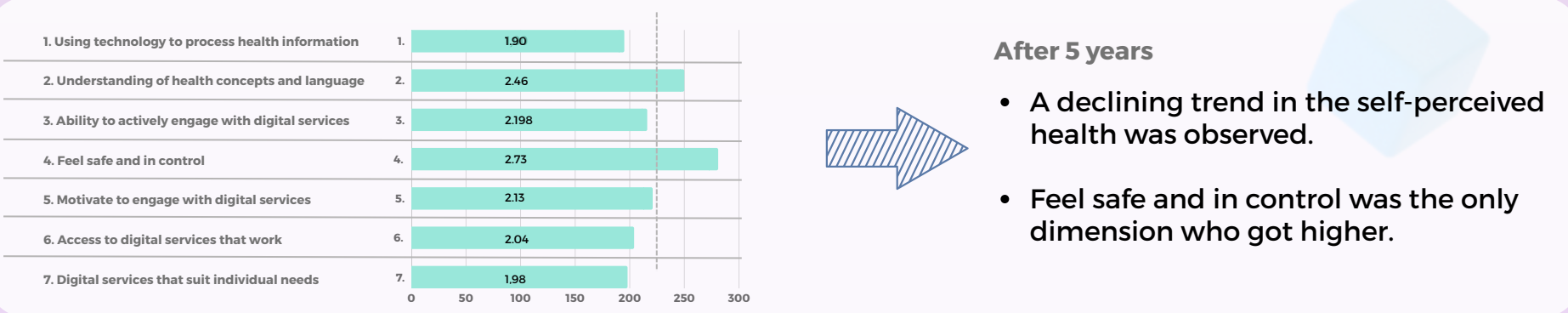
RESULTS

SOCIODEMOGRAPHIC DATA

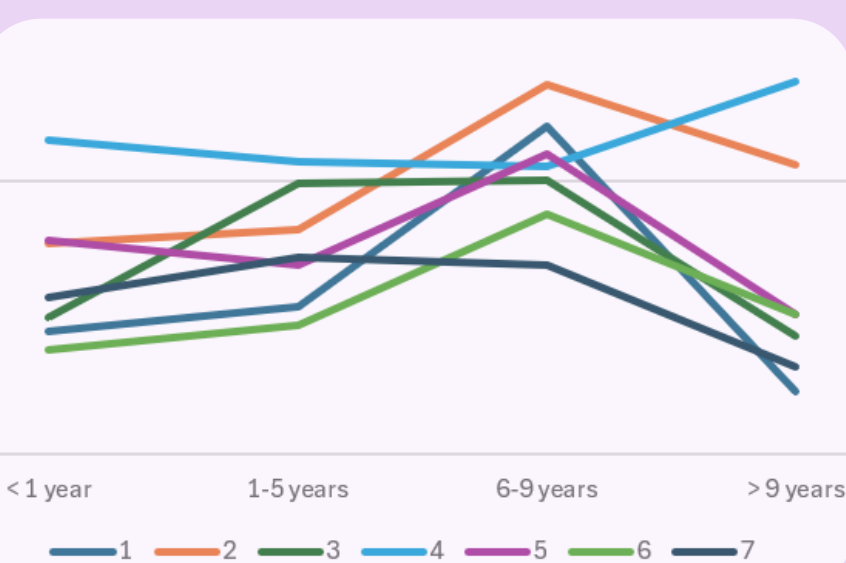
Balanced participation between female (53.5%) and male (46.5%) genders.
Predominance in the active age range (75.2%).
There was reference to 5 countries of birth, but a predominance of São Tomé and Príncipe (50.5%) and Cape Vert (39.6%).



EHEALTH LITERACY DATA



LENGHT OF STAY



- Longer stay does not equate to better eHealth literacy.
- Those with less than 1 year or more than 9 years showed lower scores overall.
- Significant differences were found particularly in understanding, motivation, and perceived support from digital services.
- eHealth literacy appears to peak in the early integration phase.
- Over time, digital engagement may decline due to **persistent barriers**.

CONCLUSIONS

Findings indicate that, despite sharing the host country's language, they continue to show **vulnerabilities in eHL**, especially in comprehending health concepts.

Participants residing in Portugal for less than one year showed significantly lower scores in the 'Understanding of health concepts and language' dimension compared to longer-term residents.

This underscores the need for targeted health interventions to support their **digital integration** in the host country.

KEYMESSAGES

- **Excluding the language factor, migrants still face significant challenges in eHealth literacy, particularly in understanding health concepts.**
- **The length of stay in the host country influences migrants' eHL levels, underlining the need for targeted digital integration strategies.**