

(CP) RENASCERES®: EMBODYING HEALTH CITIZENSHIP WITH A HEALTH LITERACY ARGUMENT

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Introduction

The concepts of health, health literacy and health citizenship are introduced in a discussion focusing social sustainability. The argument uses contributions of the salutogenic paradigm and the sense of coherence construct as structures of thought and implementation for the recognition of social teleonomy.

Development

Health citizenship embodiment is explored with a tracer methodology (focusing smoking cessation). General resistance resources induce a negentropic movement towards maximum functionality that can be achieved through the renaresceres®10 steps program.

Conclusions

Each letter of this acronym represents a health promotion domain, within the salutogenic perspective, that highlights the citizen movement towards the pole of maximum functionality: Resilience, Exercise, Nutrition, Aqua (Water), Sunshine, Confidence, Equilibrium, Rest, Empowerment and Sense of Coherence. A discussion of best practices in health literacy implementation (www.literacia-saude.info) can help drive the assertiveness about health citizenship that contributes to environmental, social and cultural sustainability.

Keywords

Health literacy renaresceres; Salutogenesis; Sense of coherence; Health citizenship