

# Understanding Health Information

## Why it matters for Health Equity



Presenter name:

**Helen McNamee**

Co Chair of the Regional Health Literacy Forum;  
Research and Policy Manager at the Community  
Development and Health Network



**Community  
Development &  
Health Network**

### Overview

Health literacy is about how people find, understand and use health information and services to make decisions about their health. This lecture will explore what health literacy is, how it impacts health, and why achieving good health literacy for all and ultimately health equity, can only happen if, people and communities, health and social care services, policy and decision makers work together.

### Presenter Bio

**Helen McNamee** is Co Chair of the Regional Health Literacy Forum and Research and Policy Manager at the Community Development and Health Network. Helen has over 20 years' experience in the community and voluntary sector, leading participatory community research projects and developing evidence based health literacy training rooted in lived experience.

## Join us for the West Belfast Festival Health Lecture

Tuesday 4 August 2026 @ 4-5pm

St Mary's University College, 191 Falls Road, Belfast BT12 6FE

