

The **Health Promotion and Disease Prevention Directorate** participated in the XI Malta Medical School Conference 2025, held between 4th and 6th December 2025, by delivering an oral presentation as part of JACARDI on Health Literacy among pregnant women. The study assessed health literacy in a Maltese cohort of pregnant women using a cross-sectional survey conducted at Mater Dei Hospital. A total of 300 women attending their first antenatal appointment completed the nine-scale Health Literacy Questionnaire (HLQ) following ethical approval and the provision of informed consent, using pen-and-paper questionnaires. Given the recognised role of health literacy as a key determinant of maternal and neonatal health outcomes, HLQ data were analysed using hierarchical cluster analysis (Ward's method) to identify distinct health literacy profiles based on demographic and clinical characteristics. This approach moves beyond the use of average scores to reveal meaningful patterns in health literacy strengths and challenges, supporting the development of targeted, equitable, and health literacy informed interventions to enhance pregnancy care, self-management, and access to healthcare services.

