

## The Association between Health Literacy and Health Promotion Behaviors for Clients with Type II Diabetes Mellitus at Kerbala \ Iraq

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### ABSTRACT

Health literacy and health-promoting behaviors are two essential components in improving public health. They play a crucial role in preventing complications associated with Type 2 Diabetes Mellitus (T2DM) and reducing related healthcare costs. This correlational study involved 315 adult clients attending the Al-Hassan Diabetes and Endocrine Center in Karbala between December 25, 2024, and February 20, 2025. Participants were selected using a convenience sampling method. Data were collected using a structured questionnaire that included the Health Literacy Scale for adults and the Health-Promoting Lifestyle Profile. Data analysis was conducted using SPSS version 26, including descriptive statistics and Pearson's correlation coefficient. The mean score for health-promoting behaviors was 54.51 (SD = 15.83), and for health literacy was 129.57 (SD = 19.38), indicating a generally low level in both domains. A significant positive correlation was found between health literacy and health-promoting behaviors among clients with T2DM ( $r = 0.617$ ,  $p = 0.001$ ). This indicates that higher health literacy levels are associated with more frequent and effective health-promoting behaviors. The significant positive relationship between health literacy and health-promoting behaviors underscores the importance of educational interventions that focus on self-care and healthy lifestyle practices. Incorporating these elements into patient education and public health programs may enhance diabetes self-management, improve health outcomes, and prevent long-term complications.

**Keywords:** Health literacy, Health promotion behaviors, Type II diabetes mellitus

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