JARED
Joint Action on REspiratory Diseases

July - August 2026

Newsletter

Joint Action on REspiratory Diseases (JARED)

Subject: Enhancing Lung Health Across Europe
JARED's Latest Progress & Opportunities

Welcome to the 6th Newsletter of the JARED JA!

The latest JARED newsletter brings together some of the key developments from across the project, from new research and patient experiences to project milestones and opportunities to get involved.

In this issue, we look at the role of health literacy in chronic respiratory diseases, with two new reviews exploring its links to self-management, treatment adherence, quality of life and access to care. We also feature a pilot study in Tuscany looking at health and digital health literacy among older adults with COPD, and how more accessible information and support can help patients manage their condition.

Patient experiences are also an important part of this edition. In Lithuania, people living with asthma and COPD have shared their experiences of nurse-led support and remote follow-up, helping researchers identify ways to improve future digital and self-management tools.

We also mark Month 18 of JARED, with the completion of the financial and technical reporting process, and introduce the JARED Stakeholder Advisory Group, offering patients, healthcare professionals, policymakers and other stakeholders the opportunity to contribute their views and experience.

Finally, we take a closer look at Spain's contribution to JARED, with six organisations involved in different areas of the project, from monitoring and evaluation to research and implementation.

JARED Takes Barcelona: Three Abstracts, One Shared Vision

As the ERS Congress 2026 takes place in Barcelona from *5-9 September*, the JARED community will be there in force, bringing the project's work and expertise to one of the most important respiratory health events in Europe.

With three abstracts from the JARED community, the Congress will provide an excellent opportunity to share our work, exchange knowledge with respiratory health professionals and researchers and strengthen connections across Europe.

> The participation of the JARED team reflects the *project's commitment to collaboration, knowledge exchange and improving respiratory care, while also offering an opportunity to highlight the progress and early results emerging from the Joint Action.*

Keep reading to discover more about the latest JARED activities, the people involved, and the progress being made towards better respiratory care across Europe.

Better Understanding, Better Care: The Role of Health Literacy in Chronic Respiratory Diseases

Researchers from the ***University of Florence*** **(UNIFI)**, ***Università Politecnica delle Marche*** **(UNIVPM)**, and the ***Lithuanian University of Health Sciences*** **(LSMU)** have completed a comprehensive literature review on **health literacy (HL)** in **chronic respiratory diseases (CRDs)**, providing an important evidence base for future JARED activities. The work was led by ***Chiara Lorini, Claudia Cosma, Patrizio Zanobini, Marco Del Riccio, Claudia Biagi and Guglielmo Bonaccorsi (UNIFI), Rosaria Gesuita, Andrea Faralli, Edlira Skrami*** and ***Ayman Lakhala*** **(UNIVPM)** and ***Aurelija Blaževičienė and Lina Šnipaitienė*** **(LSMU)**.

The work comprised **two complementary scoping reviews**. The first analysed **74 studies** (selected from more than **4,300 records**) examining health literacy levels, assessment tools, and their relationship with clinical, behavioural, and healthcare outcomes. The second reviewed **16 studies** evaluating interventions designed to improve health literacy or apply **health literacy-informed approaches** in CRD care.

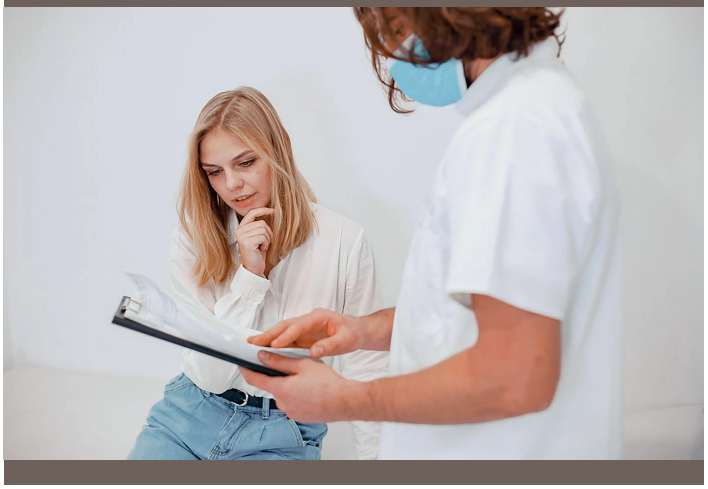
The evidence confirms that health literacy is a key determinant of effective CRD management. Higher levels of health literacy are associated with better self-management, improved communication with healthcare professionals, greater treatment adherence, correct inhaler technique, enhanced quality of life, and more appropriate use of healthcare services. Conversely, limited health literacy is linked to poorer disease control, lower adherence to treatment, increased emergency and hospital service use, and reduced patient engagement.

The review also found **considerable diversity in the tools used to measure health literacy**. While general instruments such as **S-TOFHLA, HLQ**, and **HLS-EU** were most commonly used, a small number of **disease-specific** and **digital health literacy tools** have also emerged, reflecting the growing role of digital health in respiratory care.

The second review highlighted a wide range of interventions, ***including health literacy-tailored education, pulmonary rehabilitation, inhaler training, self-management programmes, telehealth, mobile applications, and multimedia educational resources***. These interventions show promising potential to improve patient outcomes, although differences in study design and evaluation methods make direct comparisons challenging.

Together, these reviews provide the most comprehensive overview to date of health literacy in chronic respiratory diseases. The findings will support the next phase of JARED by informing **evidence-based recommendations and taking practical actions** to improve respiratory care, particularly for **high-risk and vulnerable populations**.

Healthcare professionals support people living with chronic respiratory diseases through clear communication, patient education and health literacy-informed care—key themes highlighted by the JARED literature review



Empowering Older Adults with COPD Through Better Health Literacy

Researchers from the ***University of Florence*** **(UNIFI)** ***—Chiara Lorini, Guglielmo Bonaccorsi, Claudia Cosma and Valentina Saviozzi—*** in collaboration with ***Brigid Unim*** from the ***Italian National Institute of Health*** **(ISS)**, are conducting a pilot study exploring **health literacy (HL)** and **electronic health literacy (eHL)** among **older adults living with chronic respiratory diseases (CRDs).**

The study, conducted in the province of Pistoia, Tuscany, focuses on people aged 60 years and older with chronic obstructive pulmonary disease (COPD). Initially planned as an online survey, the study design was adapted to recruit patients directly through pulmonology outpatient clinics, recognising the lower digital skills of older adults and the need to ensure better participation and accessibility.

The pilot study evaluates patients' HL and eHL levels and assesses the impact of a health literacy-informed educational intervention based on ***simplified language, accessible information and visually adapted materials***. The intervention aims to improve patients' understanding of their treatment, particularly inhalation therapy, and to support better treatment adherence, self-management, and quality of life.

The study follows a pre–post intervention design, with a 3-month follow-up assessment. By May 2026, 119 patients had been recruited, with complete baseline data available for 114 participants, including individuals living in remote and mountain areas.

Preliminary findings show that many participants experience limited health literacy and low confidence in using digital health information. The use of digital tools, health applications and telemedicine for COPD management remains limited; however, patients generally recognise the potential value of digital solutions when supported by appropriate guidance and accessible tools.

The ongoing study will provide ***important evidence on how HL and eHL influence COPD management and will support the development of tailored educational strategies to empower older adults, improve self-management and reduce health inequalities.***



Healthcare professional consulting a senior patient

Patient Voices Shape the Future of Remote Respiratory Care in the JARED Project



Understanding patients' experiences is essential for developing effective and person-centred healthcare solutions. As part of the JARED project, the ***Department of Family Medicine at the Lithuanian University of Health Sciences,*** represented by Aušrinė ***Kontrimienė, Lina Jaruševičienė, Leonas Valius***, is evaluating the impact of nurse-led support for people living with asthma and chronic obstructive pulmonary disease (COPD).

Over six months, patients recruited through regional primary health care centres completed monthly questionnaires on their health, disease management and experiences with remote follow-up. The study explores whether regular support from specially trained nurses can strengthen patient engagement, improve treatment adherence, and enhance self-management.

To complement the quantitative findings, patient focus group discussions were held in June 2026 at four regional primary health care centres across Lithuania. Participants shared their experiences with nurse-led care and provided valuable suggestions for improving remote self-management tools and services.



These insights will help shape more responsive, patient-centred digital solutions and innovative models of chronic respiratory disease management, supporting the JARED project's mission to improve integrated respiratory care across Europe.





JARED Reaches Month 18: Ensuring Transparency and Progress Through Effective Reporting

As the JARED project reaches Month 18 (M18) of implementation, the consortium has successfully completed the financial and technical reporting process, following the requirements and standards established for European Union-funded projects.

All partners contributed to the preparation of the reports, providing detailed information on the activities implemented, achievements reached, resources used and progress towards the project's objectives. This collaborative process ensures a comprehensive overview of the work carried out and supports the continuous monitoring of project performance.

The completion of the reporting phase highlights the commitment of the JARED consortium to transparency, accountability and high-quality project management. By following European guidelines and maintaining close collaboration among partners, the project ensures that its activities are implemented effectively and that the expected impact for people living with chronic respiratory diseases and vulnerable populations is maximised.

This reporting milestone provides an opportunity to reflect on progress achieved so far, identify areas for further improvement and strengthen the actions planned for the next phase of the project.

Join the JARED Stakeholder Advisory Group

Help shape the future of respiratory health in Europe. JARED invites patients, healthcare professionals, policymakers and respiratory health stakeholders to join its Stakeholder Advisory Group and share their knowledge, experiences, and perspectives.

Together, we can support better prevention and care for people living with chronic respiratory diseases across Europe.

Join the JARED community and contribute to the future of respiratory health!

World Lung Cancer Day: Raising Awareness

On World Lung Cancer Day, JARED highlights the importance of prevention, early detection and respiratory health.

An informative lung cancer awareness leaflet has been developed for the public and healthcare professionals and is available on the official JARED website:

https://europeanlung.org/jared/

We invite you to read and share it, along with other awareness materials developed within the project.

Country spotlight

Six Spanish Partners, One Shared Goal: Advancing Respiratory Health

Spain is a key driving force behind the JARED Joint Action, with **six (6) organisations** contributing expertise, leadership, and innovation across the project.

T*he Andalusian Health Service* **(SAS)** leads Work Package 3 (WP3), overseeing the monitoring and evaluation of JARED's progress and impact. Through regular reporting and assessment, it helps ensure that project activities deliver meaningful and sustainable benefits for respiratory health. This work promotes transparency, accountability and continuous learning across the partnership, supporting long-term improvements in respiratory care throughout Europe.

F*ive additional Spanish organizations* participate as Associated Partners: ***IDIVAL, FIMABIS, IDIBAPS-CERCA, FIB-H120*** and ***INCLIVA***. Their active involvement in WP3, WP5, WP7, and WP8 brings valuable scientific expertise and strengthens the implementation of key project activities.

Together, these six organisations showcase Spain's strong commitment to improving respiratory health and underline the country's important role in advancing collaboration, knowledge exchange and innovation within **JARED JA.**

JARED is on social media

- The official social media pages of the JARED-JA on Chronic Respiratory Diseases are now live!
- Follow us for our latest news and updates!
- We want you to be part of the community!
  We are building a network committed to preventing and managing chronic respiratory diseases and improving respiratory health across Europe, the more people join, the greater impact we can make together.

Please take a moment to like and follow our pages. Feel free to share them with your professional network.

Your support helps amplify our mission!

Thank you for being part of the JARED community—together, we breathe for a healthier future!

Facebook: **https://www.facebook.com/JaredJointAction**
LinkedIn: **https://www.linkedin.com/company/jared-joint-action-on-chronic-respiratory-diseases/**

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