

Biosheet Professor Helle Terkildsen Maindal, MPH, PhD [htm@ph.au.dk](mailto:htm@ph.au.dk)



Dr Maindal is Professor in Health Promotion at the Section of Health Promotion at Aarhus University, Denmark, senior researcher at Steno Diabetes Centre CPH, Health Promotion Unit and Honorary Professor at the School of Health Transitions, Faculty of Health, Deakin University, Melbourne, Australia. Her major vision is to support communities and people, so they can make informed choices that are promoting their health in the best way. She is an international recognised expert in Health Promotion working with targeting vulnerable families at high risk of diabetes from a life course perspective in a coherent health system. Dr Maindal is an expert in complex intervention methodology and the development of health promotion outcomes, such as Health literacy. Internationally, she is known for her Health Literacy research investigating both measurements and epidemiology, as well as interventions targeted both organisations, health professionals and patients. She chairs the Danish network in health literacy, and is a WHO advisor in the same topic.

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