

Health Literacy Assessment

Questions 1-23 are multiple-choice questions. Each question is followed by four answers labeled “A”, “B”, “C”, or “D”. The questions and answers will be read to you once. Then you decide which answer is correct.

Here is a practice question that we can do together. Circle the letter in front of the answer you think is correct. Do not say the letter or answer out loud.

Who was the President of the United States from 2001-2005?

- A. Bill Clinton
- B. George W. Bush
- C. Dick Cheney
- D. Al Gore

Now circle the letter in front of the answer you think is correct.

Now we will begin the test questions. Turn to the next page and find Question 1.

Health Literacy Assessment

1. You are at the physician's office. You don't have health insurance. What should you do?
 - A. Go to the emergency room instead
 - B. Work out a payment plan
 - C. Go to a different doctor
 - D. Go to a pharmacy instead

 2. What are over-the-counter drugs?
 - A. Drugs you don't need a prescription for
 - B. Drugs that are safe for everyone
 - C. Drugs you can get only at a hospital
 - D. Drugs that have no warning labels

 3. What equipment do you need to be physically active?
 - A. Nothing – just yourself!
 - B. A workout outfit
 - C. Special shoes
 - D. Weights and machines

 4. What could you do to prepare a healthy meal?
 - A. Cook roast beef and buttered potatoes
 - B. Serve all you can eat
 - C. Serve only vegetables
 - D. Broil fish and steam vegetables
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5. You have a bad rash on your leg. You tried some creams from the pharmacy. It is not getting better. Which type of care should you use?
 - A. Non-emergency care
 - B. Preventive care
 - C. Emergency care
 - D. Self care

 6. Which food belongs to the grain group?
 - A. Peas
 - B. Dried beans
 - C. Nuts
 - D. Cereal

 7. Where is the best place to get non-emergency health care?
 - A. Medical clinic
 - B. Immunization clinic
 - C. Pharmacy
 - D. Emergency room

 8. You get an immunization. What kind of health care is this?
 - A. Emergency care
 - B. Preventive care
 - C. Self care
 - D. Non-emergency care
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9. Where should you get a prescription filled?
 - A. Dentist's office
 - B. Medical supply store
 - C. Physician's office
 - D. Pharmacy

 10. Which statement is a warning on a medication label?
 - A. Store this medicine at room temperature
 - B. If you have high blood pressure, consult a physician
 - C. Take two pills every four hours
 - D. Take this medicine "as needed"

 11. Why should you ask for generic medication instead of brand name medication?
 - A. Generic medications cost less
 - B. Generic medications are safer
 - C. Generic medications are more available
 - D. Generic medications work better

 12. Which situation is preventive care?
 - A. Seeing the doctor when you have a fever
 - B. Calling the paramedics when you fall and hurt your hip
 - C. Going to the dentist for a check-up
 - D. Going to the hospital when you have a bad cut
-

13. Which health professional can prescribe medicine?
- A. Nurse
 - B. Paramedic (EMT)
 - C. Physician Assistant
 - D. Pharmacist
14. Alex is overweight and smokes a pack of cigarettes every day. What can he do to become healthier?
- A. Switch from cigarettes to chewing tobacco
 - B. Plan his meals before grocery shopping
 - C. Eat only fish and vegetables
 - D. Ride the bus to work
15. Which health professional comes to your home in an emergency?
- A. ER Nurse
 - B. Physician Assistant
 - C. Paramedic (EMT)
 - D. Physician
16. Your doctor asks if you have a headache, dizziness, or chills. What is she asking about?
- A. Your symptoms
 - B. Your allergies
 - C. Your diagnosis
 - D. Your tests

17. What does a 'balanced diet' mean?
- A. Eating three meals a day
 - B. Eating no more than two snacks a day
 - C. Eating moderate amounts of food
 - D. Eating food from the six major food groups
18. Your tooth got knocked out. What should you do first?
- A. Put the tooth in a glass of milk.
 - B. Clean the tooth
 - C. Go to the emergency room
 - D. Go straight to the dentist
19. You cut your hand two days ago. Now the cut is red and painful. You make an appointment to see your doctor. What kind of care is this?
- A. Non-emergency care
 - B. Emergency care
 - C. Self care
 - D. Preventive care
20. What does an expiration date on a food package tell you?
- A. When the food was packaged
 - B. How long to keep the food
 - C. When the food becomes moldy
 - D. How long the food has been in the store
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21. Which question should you ask a pharmacist?
- A. “What kind of medicine should I take for my cough and cold?”
 - B. “What kind of medicine should I take to stop fainting?”
 - C. “Can you prescribe some antibiotic pills?”
 - D. “Do I need any shots?”
22. Which statement tells you the dosage for a medicine?
- A. Don’t take this medicine if you are pregnant
 - B. Take one pill every night
 - C. Take pills with food or milk
 - D. Take medicine for five days
23. How often should you be physically active?
- A. 30 minutes per day almost every day
 - B. As often as you want to
 - C. 20 minutes per day 3 days a week
 - D. 30 minutes per day 2 days a week

Questions 24-37 ask how likely you are to do some activities. For these questions, there are no "right" answers. We just want to know how likely you are to do an activity.

Here is a practice question we will do together:

How likely are you to call a doctor if you have a fever?

					Very	
					Unlikely	Very
						Likely
					1	2
						3
						4
						5
						6

After each question you see the numbers 1 to 6. Over the number 1, it says "very unlikely". Over the number 6, it says "very likely".

If you **never** call a doctor when you have a fever, you should circle number 1. If you are **unlikely** to call a doctor, but **maybe** you would, circle number 2 or 3. If you are **likely** to call a doctor, but **maybe** you wouldn't, circle number 4 or 5. If you **always** call a doctor when you have a fever, circle number 6.

Remember, there are no right or wrong answers to these questions.

Now we will answer the test questions. Turn to the next page and find Question 24.

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|---|-----------------------|---|---|---|---|---------------------|
| 24. How likely are you to exercise almost every day?..... | Very
Unlikely
1 | 2 | 3 | 4 | 5 | Very
Likely
6 |
| 25. It is a cloudy day and you are going for a walk. How likely are you to put on sunscreen?..... | Very
Unlikely
1 | 2 | 3 | 4 | 5 | Very
Likely
6 |
| 26. How likely are you to talk to your family members about their medical history within the next three months?... | Very
Unlikely
1 | 2 | 3 | 4 | 5 | Very
Likely
6 |
| 27. How likely are you to make healthy changes in your food choices in the next month?..... | Very
Unlikely
1 | 2 | 3 | 4 | 5 | Very
Likely
6 |
| 28. How likely are you to tell your doctor about diseases in your family?..... | Very
Unlikely
1 | 2 | 3 | 4 | 5 | Very
Likely
6 |
| 29. How likely are you to eat a well-balanced meal in the next week?..... | Very
Unlikely
1 | 2 | 3 | 4 | 5 | Very
Likely
6 |
| 30. When you do not understand the instructions on your medicine, how likely are you to ask the pharmacist a question?..... | Very
Unlikely
1 | 2 | 3 | 4 | 5 | Very
Likely
6 |

Questions 38-47 ask how confident you are that you can do some activities. Again, there are no "right" answers. We just want to know how you feel.

Turn to the next page and find Question 38.

38. How confident are you that you can do at least 30 minutes of cardiovascular activity four times a week?.....
- Not At All Confident 1 2 3 4 5 6 Very Confident
39. How confident are you that you can ask a doctor to explain something you don't understand?.....
- Not At All Confident 1 2 3 4 5 6 Very Confident
40. How confident are you that you can answer family health history questions?
- Not At All Confident 1 2 3 4 5 6 Very Confident
41. A member of your family has a medical emergency. How confident are you that you know what to do?.....
- Not At All Confident 1 2 3 4 5 6 Very Confident
42. How confident are you that you can change one thing to plan healthier meals?.....
- Not At All Confident 1 2 3 4 5 6 Very Confident
43. How confident are you that you can make a plan to do thirty minutes of exercise at least three days a week?.....
- Not At All Confident 1 2 3 4 5 6 Very Confident
44. How confident are you that you can follow the directions on over-the-counter medications?.....
- Not At All Confident 1 2 3 4 5 6 Very Confident

45. How confident are you that you can talk with your physician about an embarrassing problem?.....

Not At All
Confident
1 2 3 4 5 6
Very
Confident

46. How confident are you that you can make an exercise plan that includes cardiovascular and strength/resistance activities?.....

Not At All
Confident
1 2 3 4 5 6
Very
Confident

47. How confident are you that you can choose well-balanced, nutritious meals in a restaurant?.....

Not At All
Confident
1 2 3 4 5 6
Very
Confident

Questions 48-49 ask how comfortable or uncomfortable you are in some situations. For these questions, there are no "right" answers. We just want to know how you feel.

Turn to the next page and find Question 48.

48. How comfortable are you that you would know what to do if you took too much prescription medication?.....

Very Uncomfortable 1 2 3 4 5 6 Very Comfortable

49. How comfortable do you feel making an appointment with a physician?...

Very Uncomfortable 1 2 3 4 5 6 Very Comfortable

This is the end of the test. Please close your test booklet. Thank you all very much for helping us.