

Health Literacy Assessment – Instructions for Test Administrators

Explain to students that they will be taking a test (or “a quiz,” if that sounds less threatening) about health information. The questions are followed by several answers and students have to pick the answer that seems best to them. Tell them that you don’t expect them to know all the answers. If they are not sure which answer is correct they should pick the answer that seems best to them.

Read all the questions and answer choices aloud to students, as they follow along on their test sheet. If students ask you to repeat, you may. Do the practice question together before beginning the actual test. Demonstrate to students how to circle the letter in front of the answer they think is correct. Walk around the room to make sure the practice question was done correctly before starting the test.

For the intention and self-efficacy questions (items # 24-49) make sure you explain the different rating scales. Repeat the explanation for the first few questions, and then only repeat it if students seem to be having a problem with it.

Health Literacy Assessment Answer Key

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 **XX**
 - 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 **XX**
 - 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! **XX**
 - 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 **XX**

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 **XX**
 - 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 **XX**
7. Where is the best place to get non-emergency health care?
- A. Medical clinic **XX**
 - 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 **XX**
 - C. Self care
 - D. Non-emergency care

9. Where should you get a prescription filled?
- A. Dentist's office
 - B. Medical supply store
 - C. Physician's office
 - D. Pharmacy **XX**
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 **XX**
 - 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 **XX**
 - 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 **XX**
 - 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 **XX**
 - 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 **XX**
 - 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) **XX**
 - D. Physician
16. Your doctor asks if you have a headache, dizziness, or chills. What is she asking about?
- A. Your symptoms **XX**
 - 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 **XX**
18. Your tooth got knocked out. What should you do first?
- A. Put the tooth in a glass of milk. **XX**
 - 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 **XX**
 - 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 **XX**
 - C. When the food becomes moldy
 - D. How long the food has been in the store
21. Which question should you ask a pharmacist?
- A. "What kind of medicine should I take for my cough and cold?" **XX**
 - 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 **XX**
 - 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 **XX**
 - 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
