

Promoting Health Literacy with Free Information and Cool Tools
from Your National Library of Medicine

Answer Key Session 2

1. Health literacy is one of **multiple** literacies.
2. Health literacy is used to participate in **healthcare, self-care** and **caregiving**.
3. *Health literacy* refers to the cognitive and **social** skills that determine a person's **motivation** and ability to access, understand and act on information and services in ways that maintain or enhance **health**.
4. Health literacy is empowering because it enables a person **to gain control over their health**. OR ... **to make choices and transform those choices into desired actions and outcomes**.
5. Health literacy can be promoted through **health education**, and **skills development** along with direct assistance to **make meaning** information and **act on** it in real life.
6. Asking reflective questions is empowering because **it sparks critical thinking**.
7. Basic skills, reading and math, are used for **understanding information**.
8. A person who has less than **12 years education** and **does not read for fun or does not speak English at home** is likely to have limited reading ability.
9. Interactive (social) skills (e.g. speaking, listening) are used to **make meaning** from information **and use it for personal benefit**.
10. Reflective (critical thinking) skills are used to **act on** information in real life.