

PRE-TEST Session 2

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

Understanding Health Literacy

1. Health literacy is one of _____ literacies.
2. Health literacy is used to participate in _____, _____ and _____

3. *Health literacy* refers to the cognitive and _____ skills that determine a person's _____ and ability to access, understand and _____ information and services in ways that maintain or enhance _____.
4. Health literacy is empowering because it enables a person to _____

Promoting Health Literacy

5. Health literacy can be promoted through _____, _____, and _____ along with direct assistance to _____ information and _____ it in real life.
6. Asking reflective questions is empowering because _____

7. Basic skills, reading and math, are used for _____.

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8. A person who has less than _____ education and _____
_____ is likely to have limited reading ability.
9. Interactive (social) skills (e.g. speaking, listening) are used to _____
_____ from information.
10. Reflective (critical thinking) skills are used to _____ information in real life.

Resources:

The video training series “Promoting Health Literacy with Free Information and Cool Tools from Your National Library of Medicine” and related materials are located at <http://www.healthliteracypromotion.com/Free-Training.html>

Your Notes: