

Fox Valley Technical College  
General Studies Division  
GOAL Department

**Health Literacy High School Equivalency Test  
Study Guide**

Introduction:

The Health Literacy Test is one option for individuals wishing to obtain their HSED (high school equivalency diploma) in the state of Wisconsin. This study guide is intended to provide information helpful for those preparing to take the Health Literacy Test.

Test Format:

The Health Literacy Test consists of 90 multiple choice items. Individuals must obtain a score of at least 55 in order to pass the test. Although there is no time limit for the Health Literacy Test, it is estimated that individuals will need approximately 60 minutes to complete the test. If the minimum score of 55 is not attained, individuals may retake the test after a waiting period of at least 60 days.

Test Content:

The items on the Health Literacy Test were written to measure seven objectives covering a variety of topics related to physical health, mental and emotional health, personal health, family health, community health, and environmental health. The objectives include:

**Objective #1:** *(approximately 10% of test)*

The student shall identify positive and negative stresses in one's life and ways of managing stress.

- Topics included:

- Positive and negative stressors
- Harmful effects of excessive stress
- Stress management techniques
- Relaxation techniques
- Relationship between stress and physical health

**Objective #2:** *(approximately 5% of test)*

The student shall understand and identify problems in the areas of mental and emotional health and understand and use decision-making strategies to confront these problems.

- Topics included:

- Eating disorders
- Suicide
- Depression
- Alcohol and other drug abuse
- Child and adolescent emotional development
- Effective communication
- Violence

**Objective #3:** *(approximately 15% of test)*

The student shall recognize important environmental problems and understand their effects on the individual and the community.

- Topics included:

- Pollution of air, water, and soil
- Recycling
- Population issues
- Government agencies with environmental responsibilities (such as OSHA, EPA, FDA, USDA etc.)
- Sources and effects of substances such as chlorofluorocarbons (CFC's), ozone, and hydrocarbons

**Objective #4:** *(approximately 30% of test)*

The student shall identify positive health practices as they affect the individual and the larger community.

- Topics included:

- Nutrition, including the food pyramid and nutritional labeling
- Exercise and fitness
- Safety
- Lifestyle choices
- Smoking
- Health screening and self-examination
- Sexually transmitted diseases including transmission, diagnosis, and treatment
- Vaccination
- Issues related to aging

**Objective #5:** *(approximately 15% of test)*

The student shall understand basic first aid practices to be used in emergencies.

- Topics included:

- Identification of the problem and injury assessment
- Law related to the administration of first aid
- Appropriate treatment for common injuries including, but not limited to: burns, bleeding, insect stings, choking, frostbite, and trauma

**Objective #6:** *(approximately 10% of test)*

The student shall understand factors which contribute to successful marriage, parenting, and the family unit.

- Topics included:

- Child development and developmentally appropriate parenting techniques
- Death and dying
- Issues related to marriage

**Objective #7:** *(approximately 15% of test)*

The student shall understand the problems associated with planned and unplanned pregnancies, and understand the importance of family planning and reasons for, and methods of, preventing pregnancy.

- Topics included:

- Pregnancy risk factors for both mother and baby
- Signs and symptoms of pregnancy
- Factors that can positively or negatively affect the outcome of a pregnancy
- Family planning including reasons for it, techniques, and reliability of various methods of birth control