

Student Handbook
for the
Health Literacy Test

High School Equivalency Diploma Program

Bureau for Achievement Testing
Wisconsin Department of Public Instruction
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Preparing for the Health Literacy Test

The sample items in this booklet were used on a previous version of the Health Literacy Test for the High School Equivalency Diploma (HSED) program. These items are typical of the items on the current form of the test. In general, an examinee who is able to answer about two-thirds (11 of 16) of the sample items should be able to pass the Health Literacy Test. An answer key can be found on page 5.

The Health Literacy Test measures the following objectives.

Students will be able to:

1. identify factors that enhance or detract from personal self-worth (self-esteem)
2. identify positive and negative stresses in one's life and ways of managing stress (effect of stress, stress-management techniques)
3. understand and identify problems in the areas of mental and emotional health and understand and use decision-making strategies to confront these problems
4. recognize important environmental problems and understand their effect on the individual and the community (for example, pollution, waste management)
5. identify positive health practices as they affect the individual and the larger community (for example, proper diet and exercise, alcohol/drug use, "wellness")
6. understand basic first aid practices to be used in emergencies
7. understand factors which contribute to successful marriage, relationships, parenting, and the family unit
8. understand problems associated with planned and unplanned pregnancies; understand the importance of family planning and reasons for and methods of preventing pregnancy

SAMPLE ITEMS — HEALTH LITERACY TEST

1. The mentally healthy person:
 - A. frequently seeks professional help for mental or emotional problems.
 - B. is happy all of the time.
 - C. is one who has no symptoms of illnesses or diseases.
 - D. accepts responsibility for one's own actions and feelings.

2. Developing friendships as a means of improving one's total health is part of the:
 - A. physical dimension of health.
 - B. social dimension of health.
 - C. mental dimension of health.
 - D. spiritual dimension of health.

3. Which is not necessary to perform a relaxation technique?
 - A. a comfortable position
 - B. a person to guide the technique
 - C. a quiet setting
 - D. a passive attitude

4. Which of the following is recommended for a person trying to recover from alcohol or other chemical abuse?
 - A. use of a support group (such as Alcoholics Anonymous) to help stay off the drug
 - B. drinking only in the company of others
 - C. relying solely upon self-control or will power
 - D. drink beer or wine, instead of hard liquor

5. Which of the following is an effective way to deal with depression?
 - A. Seek professional counseling.
 - B. Wait until things improve.
 - C. Take self-prescribed medicines.
 - D. Eat more carbohydrates.

6. Which of the following will not lessen the level of noise pollution in your life?
 - A. maintaining your automobile, motorcycle or lawn mower exhaust system in good order
 - B. wearing ear plugs
 - C. increasing the volume on the stereo in your home to drown outside noise
 - D. using drapes, carpeting and cork wall tiles

7. The most important thing to look for in choosing a toxic waste site is its distance from:
- A. state highways.
 - B. state forests.
 - C. wild animal habitats.
 - D. drinking water supplies.
8. What is most likely to cause bad breath?
- A. vitamin deficiency
 - B. stains on teeth
 - C. food particles between the teeth
 - D. not drinking enough water
9. A deterioration of bodily functions and physical abilities:
- A. occurs only as we get old.
 - B. is affected by our living habits.
 - C. cannot be altered.
 - D. can be prevented completely.
10. Regular exercise gives the most benefit to which systems of the body?
- A. digestive and excretory systems
 - B. circulatory and muscular systems
 - C. skeletal and nervous systems
 - D. reproductive and circulatory systems
11. When putting a new battery in a car, acid spilled on the mechanic's hand. Which action should be taken immediately?
- A. Wrap a clean cloth around the area and seek medical attention.
 - B. Rush to the hospital emergency room.
 - C. Apply ointment to the area.
 - D. Hold the hand under running water for several minutes.
12. When is it appropriate to stop basic life support or CPR?
- A. when a physician has been notified
 - B. when the rescuer needs to take a rest
 - C. when a rescue service has been called
 - D. when effective ventilation and circulation have been restored

13. Which of the following should not be expected if a couple has a child?
- A. Fit the child smoothly into the existing life style.
 - B. Provide continuous supervision.
 - C. Adjust schedules to accommodate the child.
 - D. Change priorities for recreational and work time.
14. Which is a feature of families with healthy interactions among its members?
- A. Family members make decisions for one another.
 - B. Family members encourage independence.
 - C. Family members have little to do with each other.
 - D. Family members function separately.
15. Which is not a characteristic of a woman's monthly menstrual cycle?
- A. The cycle begins with the first day of the menstrual period.
 - B. The cycle lasts an average of 28 days.
 - C. There is an even body temperature throughout the cycle.
 - D. An egg or ovum is released between days 9 and 16 of the cycle.
16. At what age is a mother most likely to give birth to a healthy baby?
- A. 15-19
 - B. 20-29
 - C. 30-39
 - D. over 40

HEALTH LITERACY SAMPLE ITEMS

ANSWER KEY

1. D	9. B
2. B	10. B
3. B	11. D
4. A	12. D
5. A	13. A
6. C	14. B
7. D	15. C
8. C	16. B

MINIMUM PASSING SCORE: 11 correct

NOTE: The sample questions on this predictor test were used on a previous version of the Health Literacy Test for the HSED. These items are typical of those found on the current form of the test. If you are able to get approximately two-thirds (11 out of 16) correct, you should be able to pass the Health Literacy Test.