

Student Handbook

For The

Health Literacy Test

**High School Equivalency
Diploma Program**

Preparing for the Health Literacy Test

The items on the Health Literacy Test were written to measure seven objectives. Each objective is followed by a brief description of the scope of that objective and topics and vocabulary that can be expected on the test. All questions are in multiple choice format.

Objectives:

The student shall:

1. identify positive and negative stresses in one's life and ways of managing stress (positive and negative stressors, harmful effects of excessive stress, stress management techniques, relaxation techniques, relationship between stress and physical health.)
2. understand and identify problems in the areas of mental and emotional health and understand and use decision-making strategies to confront these problems (eating disorders, suicide, depression, alcohol and other drug abuse, child and adolescent emotional development, effective communication, violence.)
3. recognize important environmental problems and understand their effects on the individual and the community (pollution of air, water, and soil; recycling; population issues; government agencies with environmental responsibilities, e.g. OSHA, EPA, FDA, and USDA; sources and effects of substances such as chlorofluorocarbons (CFC's), ozone, and hydrocarbons.)
4. identify positive health practices as they affect the individual and the larger community (nutrition, including 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.)
5. understand basic first aid practices to be used in emergencies (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.)

6. understand factors which contribute to successful marriage, parenting, and the family unit (child development and developmentally appropriate parenting techniques; death and dying; issues related to marriage.)
7. understand the problems associated with planned and unplanned pregnancies, and understand the importance of family planning and reasons for, and methods of, preventing pregnancy (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 – reasons for, techniques, and reliability of various methods.)

Sample Items

Many of the sample items in this booklet were used on a previous form of the Health Literacy Test or were written specifically for this test but not used for various reasons. These items are typical of the items on the current form of the test. In general, an individual who is able to answer most of these sample items should be able to pass the Health Literacy Test. Answers can be found on page 6.

1. Which behavior is most likely to produce a healthy, long-term solution to a problem?
 - a. A middle-aged man gets drunk to “forget” about his problems.
 - b. A girl who is being picked on by others begins to carry a weapon.
 - c. A woman involves herself in therapy to help her get through difficult times.
 - d. A teenage boy tells his parents he hates them because they set too many rules.

2. Which of the following is **not** recognized as an effective way to deal with the stress of daily living?
 - a. Meditation
 - b. Moderate exercise
 - c. Ignoring your daily stress
 - d. Discussing problems with friends

3. During the past six months, Larry got married, moved to a new city, started a new job, and learned his wife was pregnant. Which of these would be an unusual or unexpected response by Larry?
 - a. to be sicker more often than unusual
 - b. to have more headaches and stomach aches
 - c. to sleep fewer hours and not as well
 - d. to experience no changes in his life and well being

4. Suppose you learn that a co-worker is spreading rumors about you. What is the most effective way to deal with this problem?
 - a. Avoid contact with the co-worker.
 - b. Spread your own rumors about the co-worker.
 - c. Tell the co-worker you want the behavior to stop.
 - d. Threaten to tell the boss and the union steward.

5. What is the first step when solving a difficult problem?
 - a. List the consequences of possible solutions.
 - b. Ask a friend for the right thing to do.
 - c. Try to pick the right solution.
 - d. Determine what the problem is.

6. Which behavior will create more solid waste in Wisconsin's landfills rather than less?
 - a. using plastic razors and styrofoam cups
 - b. purchasing milk and soft drinks in plastic bottles
 - c. using cloth bags for grocery shopping
 - d. purchasing juice in a 64 ounce glass bottle rather than in individual drink boxes

7. Which of these wastes is not biodegradable?
 - a. Human and animal body wastes
 - b. Paper and cardboard containers
 - c. Soaps and laundry detergents
 - d. Plastic milk and detergent bottles

8. If you are feeling “down” or depressed, which of these behaviors is **not** a recommended tactic?
- a. Keep up with your daily routine; get dressed; go through the motions of a normal day.
 - b. Participate in a physical activity; it doesn’t matter what, just get moving.
 - c. Learn to relax; music, yoga, or meditation can relieve anxiety.
 - d. Keep your feelings to yourself; there’s nothing to be gained by burdening your friends or family with your problems.
9. Which of these is a true statement about suicide and **not** a myth?
- a. When she talks about killing herself, she’s just looking for attention. Ignoring her is the best thing to do.
 - b. People on the verge of suicide have mixed emotions; there is a good possibility that they can be helped to find a better way to solve their problems.
 - c. If a person is suicidal, it’s dangerous to talk with them about suicide.
 - d. Once a person tries to kill himself and fails, the pain and shame will keep him from trying again.
10. What is a major role of the Food and Drug Administration?
- a. conduct research in all areas of human health
 - b. inspect, test, and assess the safety of food, drugs, and consumer goods
 - c. substance abuse counseling and therapy
 - d. prenatal care and nutrition counseling
11. To protect yourself from AIDS, it is useful to know that:
- a. a person infected with HIV cannot infect another until symptoms appear.
 - b. anyone who’s sexually active or shares needles to inject drugs is at risk of getting AIDS.
 - c. you can tell if a person is infected with HIV just by the way he or she looks.
 - d. HIV can be transmitted by mosquito bites, food contaminated by infected restaurant workers, or contact such as talking with, touching, or being in class with an infected person.

12. From a health standpoint, which breakfast is best?
- orange juice, yogurt, and oatmeal
 - sausage, apple juice, and milk
 - toast, milk, and two fried eggs
 - coffee with cream, bacon and eggs, prune Danish
13. Which statement about dieting is true?
- Starchy foods (complex carbohydrates) have fewer calories per ounce than fats.
 - You can lose a lot of weight just by exercising.
 - Once you lose weight, you can then resume your former eating habits.
 - Permanent weight loss is best achieved by eating animal matter (meats and fish) and plant matter (fruits and vegetables) in separate meals.
14. What is the significance of the new drug RU 486?
- It is a new and effective treatment for AIDS.
 - It is a new weapon against ovarian cancer.
 - It is used to treat bacterial vaginal infections.
 - It can be used to end a pregnancy without surgery.
15. Suppose you are walking in the park and see a child hit in the head by a swing. She is lying on the ground crying and says that her head and neck hurt. What should be done to help her?
- Help her stand up and get her some water.
 - Get her to sit up and see if she can move her neck.
 - Keep her lying down and get emergency help.
 - Move her away from the swing, and cover her with a blanket.
16. It is appropriate to give cardiopulmonary resuscitation (CPR) when the person is:
- unconscious but still breathing.
 - unconscious, pulseless, not breathing.
 - awake but not breathing.
 - awake and having convulsions.

17. At what stage of development do children begin to share and make friends?
- 18 months to 3 years
 - 3 years to 6 years
 - 6 years to 9 years
 - 9 years to 12 years
18. Which is **not** recognized as an effective parenting behavior?
- The child has complete independence to set the rules.
 - The child and the parent mutually agree upon the rules.
 - There are clear guidelines for the child's behavior.
 - The parents are consistent in their discipline.
19. What is the purpose of amniocentesis?
- to obtain information about a fetus' chromosomes and other health information
 - to determine the health of a fetus by drawing blood from the placenta
 - to fertilize a woman's egg with the sperm of a donor
 - to measure the sperm count of a man to determine if it is within normal limits
20. If alcohol is consumed by an expectant mother, what may be the effect on the unborn baby?
- overweight
 - sickle cell disease
 - retardation
 - Down's syndrome

Answer Key

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|-------|-------|-------|-------|-------|-------|-------|
| 1. C | 2. C | 3. D | 4. C | 5. D | 6. A | 7. D |
| 8. D | 9. B | 10. B | 11. B | 12. A | 13. A | 14. D |
| 15. C | 16. B | 17. B | 18. A | 19. A | 20. C | |