HEALTH LITERACY SKILLS INSTRUMENT (HLSI-SF)

Twenty-five items comprise the HLSI developed by Dr. Lauren McCormack of RTI International. The 10 items comprise the HLSI-SF and are designated by this symbol following the question: HLSI-SF.

Cholesterol: Know What Your Level Means

<table>
<tr><td>

Cholesterol: What Your Level Means

What is cholesterol?

Cholesterol is a waxy substance the body uses to protect nerves, make cell tissues and produce certain hormones.

Are there different types of cholesterol?

Yes. Cholesterol travels through the blood in different types of packages, called lipoproteins.

Low-density lipoproteins (LDL) deliver cholesterol to the body. High-density lipoproteins (HDL) remove cholesterol from the bloodstream.

</td><td>

Total cholesterol level

- Less than 200 is best.
- 200 to 239 is borderline high.
- 240 or more means a person is at increased risk for heart disease.

LDL cholesterol levels

- Below 100 is ideal for people who have a higher risk of heart disease.
- 100 to 129 is near optimal.
- 130 to 159 is borderline high.
- 160 or more means a person is at a higher risk for heart disease.

HDL cholesterol levels

- Less than 40 means a person is at higher risk for heart disease.
- 60 or higher greatly reduces a person's risk of heart disease.

</td></tr>
</table>

Please answer the following questions based on the information in the text.

Which set of low density lipoprotein (LDL) and high density lipoprotein (HDL) levels is best? HLSI-SF

Select one answer only

- ○ LDL of 134 and HDL of 61
- ○ <mark>LDL of 98 and HDL of 82</mark>
- ○ LDL of 140 and HDL of 50
- ○ LDL of 165 and HDL of 80
- ○ Not sure

Medical Center Information - audio recording

Telephone Menu Recording_032609.WMA

7. Medical Center Information - audio recording

Please listen to the recording below before proceeding to the next screen.

Please answer the following questions based on the information in the audio clip.

[Click here if you would like to listen to the recording again.](#)

If a person was worried about his cough, what number should he press? HLSI-SF
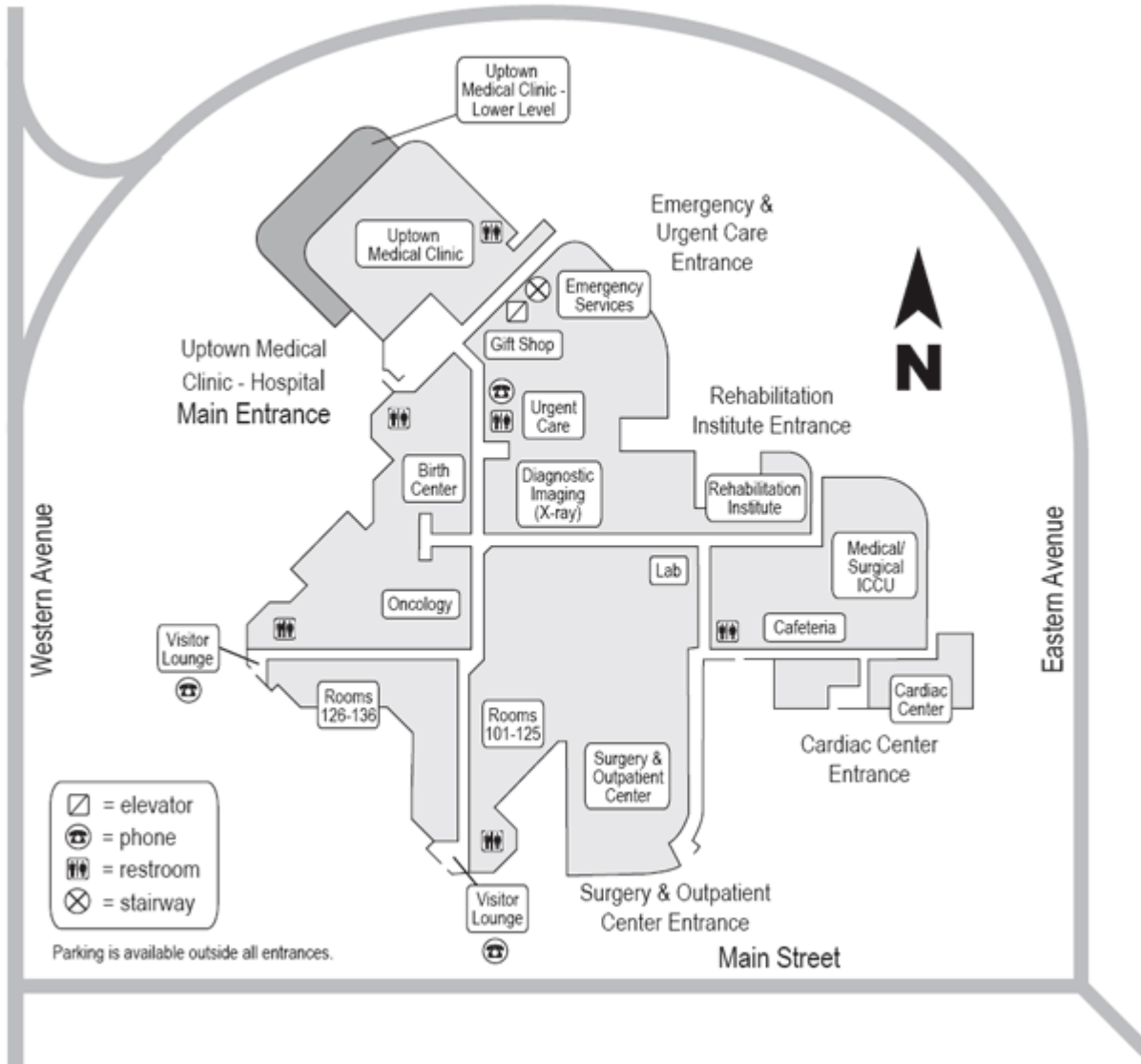Select one answer only

- 1
- 2
- 4
- Call 911
- Not sure

Hospital Map

Please answer the following questions based on the information in the map.

Which of the following entrance is closest to the elevator? HLSI-SF

Select one answer only

- ☐ There is no elevator
- ☐ Surgery & Outpatient Center Entrance
- ☐ Rehabilitation Institute Entrance
- ☐ Main Entrance
- ☐ Don't Know

Medicine Record

Be an Active Member of Your Health Care Team
My Medicine Record

U.S. Department of Health & Human Services
Food and Drug Administration
FDA

Name: _____   Birth date: _____

	What I'm Using Rx-brand & generic name; OTC-name & active ingredients	What It Looks Like color, shape, size, markings, etc.	How Much	How to Use / When to Use	Start / Stop Dates	Why I'm Using / Notes	Who Told Me to Use / How to Contact
	--- Enter ALL prescription (Rx) medicine (include samples), over-the-counter (OTC) medicine, and dietary supplements ---						
Ex	XXXX/xxxxxxxxx	20 mg pill; small, white, round	40 mg; use two 20 mg pills	Take orally, 2 times a day, at 8:00 am & 8:00 pm	1-15-06	Lowers blood pressure; check blood pressure once a week; blood test on 4-15-06	Dr. X (800) 555-1212
1							
2							
3							
4							
5							
6							
7							
8							

www.fda.gov/usemedicinesafely/my_medicine_record.htm

(888) INFO-FDA
www.fda.gov/usemedicinesafely

These are my medicines as of:

_____

FORM FDA 3664 (8/07)

Please answer the following questions based on the information in the chart.

In the example listed in the first row of the table, when should the medicine be taken? HLSI-SF

Select one answer only

- ☐ Two times a day anytime between 8 a.m. and 8 p.m.
- ☐ At 8 a.m. or 8 p.m. each day
- ☐ At 8 a.m. and 8 p.m. each day
- ☐ Don't Know

4

Calories burned

Please read the questions below, then visit the following website to answer the question. Answer the questions based on the information in the website.

https://www.healthwise.net/rtihlsi/Content/StdDocument.aspx?DOCHWID=tx4394

Interactive Tool: How Many Calories Did You Burn?

This interactive tool estimates how many calories are burned during common activities. The food you eat is measured in calories. The energy you use every day is also measured in calories. You are using energy all the time, even at rest. The more vigorous the activity and the longer the time you do it, the more calories you burn.

Adapted with permission from: Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. *2011 Compendium of Physical Activities: a second update of codes and MET values. Medicine and Science in Sports and Exercise*, 2011;43(8):1575–1581.

Calories Burned

(*) indicates required field

Weight: _____ lbs *

Activity Duration:

_____ hr *   _____ min

Choose activity:
Bicycling
Conditioning exercise
*

Choose exercise:
Specific type of activity
*

Calculate

Please answer the following question based on the information in the website.

Kate weighs 150 pounds. Which activity would burn the most calories? HLSI-SF
Select one answer only

☐ Walking at a medium pace for 30 minutes

☐ Raking the lawn for 30 minutes

☐ Bowling for 30 minutes

☐ Don't Know

Signs of a stroke

Signs of a Stroke

My mother is alive today because a police officer knew the signs of a stroke. You can save a life, too, if you learn these signs.

Mom was on her way to the dentist when a police officer noticed she was driving strangely and started to follow her. She pulled over on the highway. When the officer approached her, she told him she had a blinding headache. But she said that she had to get to her dentist appointment on time.

The officer also noticed that mom just wasn't acting right. Some of her speech was confused. And she was a little dizzy.

Mom said she felt fine, but that didn't stop the officer. He quickly called 911. That call saved my mother's life.

Knowing the signs of a stroke could help you save a life, too. Remember, some people have all of these signs, but my mom only had a few.

If you or someone else has even a few of these signs, get help fast!

Five Signs of a Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance
- Sudden, severe headache

American Stroke Prevention ❤

Please answer the following question based on the information in the flyer.

Which of the following is NOT a sign of a stroke? HLSI-SF
Select one answer only

- ⟳ Shaking chills
- ⟳ Blurred vision
- ⟳ Bad headache
- ⟳ Numbness on one side
- ⟳ Don't Know

Portion Control for Weight Loss

Expanding portions

Are you eating a variety of healthy foods, exercising and still struggling with your weight? Some people may need to pay closer attention to portion control — managing the amount of food that they eat — as their total calorie intake determines their weight.

A serving isn't what they happen to put on their plate. It's a specific amount of food defined by common measurements, such as cups, ounces or pieces. The serving sizes represented here are part of the Mayo Clinic Healthy Weight Pyramid — a food pyramid designed to promote weight loss and long-term health. Use these serving sizes in conjunction with a diet based on a variety of healthy foods. Add the right amount of regular physical activity, and a person will be well on their way to enjoying good nutrition and controlling their weight.

Vegetables

Until they're comfortable judging serving sizes, you may need to use measuring cups and spoons. A half a cup of cooked carrots, for example, equals one serving. Here are the recommended serving sizes for other vegetables:

Food		Serving size
Raw leafy vegetables	=	2 cups
Raw vegetables, chopped	=	1 cup
Chopped, cooked or canned vegetables	=	1/2 cup

Meat and beans

Familiar objects can help a person picture proper portions for meat, poultry, fish and beans. For example, a 3-ounce serving of fish is about the size of a deck of cards. Here are the serving sizes for meat and meat substitutes:

Food		Serving size
Cooked skinless poultry or fish	=	3 ounces
Cooked lean meat	=	1 1/2 ounces
Cooked legumes or dried beans	=	1/2 cup or about the size of an ice cream scoop
Egg	=	1 medium
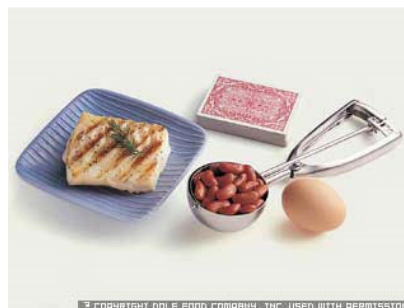
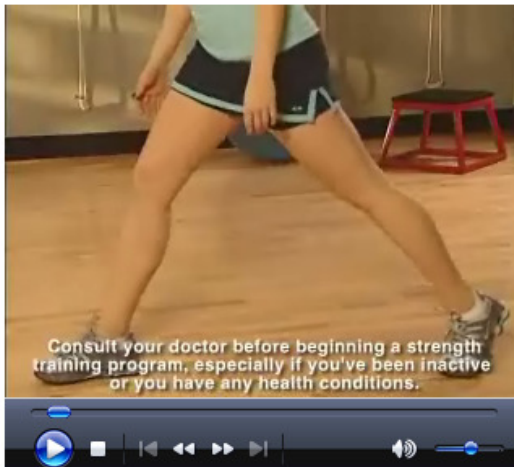**Please answer the following question based on the information in the text and charts.**

A person is cooking dinner for himself and he wants to include one serving from the meat and beans group. What should he choose? HLSI-SF

Select one answer only

- ☐ <mark>1 ½ ounces of cooked lean beef</mark>
- ☐ 1 ½ ounces of cooked fish
- ☐ 3 boiled eggs
- ☐ 1 cup of cooked kidney beans
- ☐ Don't Know

Please watch the video below before proceeding to the next screen.

Consult your doctor before beginning a strength training program, especially if you've been inactive or you have any health conditions.

http://www.mayoclinic.com/health/lunge/MM00723

Please answer the following questions based on the information in the video clip.
Click here if you would like to watch the video again.

What parts of the body do lunge exercises work? HLSI-SF

Select one answer only

- ⬜ Arms and shoulders
- ⬜ Back and abdomen
- ⬜ <mark>Legs and buttock</mark>
- ⬜ Don't Know

Nutrition Facts

Serving Size 140 grams (140g)
Servings Per Container 1

Amount Per Serving

Calories 140   Calories from Fat 70

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 300mg	**13%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 8g	

Vitamin A 10%	•	Vitamin C 20%
Calcium 4%	•	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Tomatoes; Chicken; Mushrooms; White Wine; Celery; Onions; Green Bell Pepper; Flour; Butter; Olive Oil; Salt; Black Pepper.

Sherri Pinero, RD, www.recipeanalysis.com

Please answer the following question based on the information in the label.

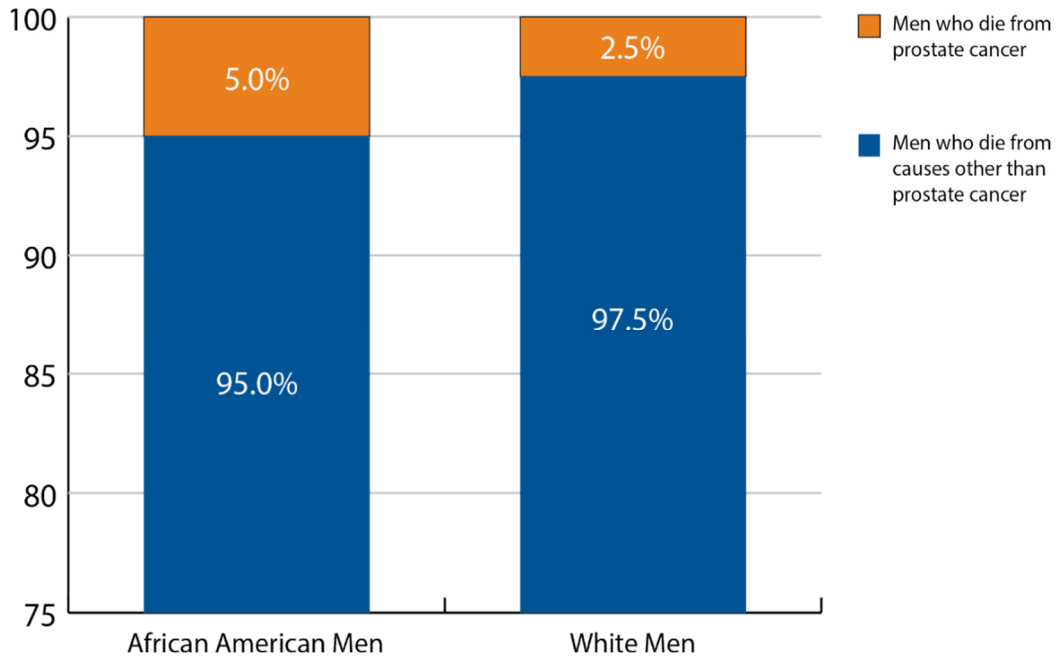## If a person is on a 2,500 calorie diet, what percent of the daily value of saturated fat would he get from one serving? HLSI-SF

Select one answer only

- 10 percent
- 11 percent
- 12 percent
- 13 percent
- Not sure

Prostate Cancer

Number of Men out of 100 Who Die from Prostate Cancer Versus Other Diseases

Please answer the following question based on the information in the chart.

More men die from prostate cancer than from other causes. Based on the chart above, would you say this is true, false, or are you not sure? **HLSI-SF**

Select one answer only

- ☐ True
- ☐ <mark>False</mark>
- ☐ Not sure