Health Literacy Reflection

| Skills and knowledge for health literacy | Always | Sometimes | Never |
| --- | --- | --- | --- |
| I know how to find helpful health information | [ ]  | [ ]  | [ ]  |
| I know how to use the internet to answer health questions | [ ]  | [ ]  | [ ]  |
| I can understand health information | [ ]  | [ ]  | [ ]  |
| I know how to use health information to help me | [ ]  | [ ]  | [ ]  |
| I know how to tell if health information is true or reliable | [ ]  | [ ]  | [ ]  |
| I feel confident using health information to make health decisions | [ ]  | [ ]  | [ ]  |
| I have people in my life that I can talk to about my health | [ ]  | [ ]  | [ ]  |
| I know which services I can go to, to help look after my health | [ ]  | [ ]  | [ ]  |
| I know how to ask questions about my health | [ ]  | [ ]  | [ ]  |
| I support and encourage others to make healthy choices | [ ]  | [ ]  | [ ]  |
| I look after my health every day | [ ]  | [ ]  | [ ]  |
| I find it easy to look after my health | [ ]  | [ ]  | [ ]  |
| I want to improve my health and wellbeing | [ ]  | [ ]  | [ ]  |
| If I learn new ways to improve my health and wellbeing, I try to do those things.  | [ ]  | [ ]  | [ ]  |

**What health topics do you feel most confident with?**

**What health topics do you feel least confident with?**

**Comments:**