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:**