

TABLE 2-1 Examples of Skills Needed for Health

Health-Related Goal	Sample Tasks and Skills Needed
Promote and protect health and prevent disease	<ul style="list-style-type: none"> <li>• read and follow guidelines for physical activity</li> <li>• read, comprehend, and make decisions based on food and product labels</li> <li>• make sense of air quality reports and modify behavior as needed</li> <li>• find health information on the internet or in periodicals and books</li> </ul>
Understand, interpret, and analyze health information	<ul style="list-style-type: none"> <li>• analyze risk factors in advertisements for prescription medicines</li> <li>• determine health implications of a newspaper article on air quality</li> <li>• determine which health web sites contain accurate information and which do not</li> <li>• understand the implications of health-related initiatives in order to vote</li> </ul>
Apply health information over a variety of life events and situations	<ul style="list-style-type: none"> <li>• determine and adopt guidelines for increased physical activity at an older age</li> <li>• read and apply health information regarding childcare or eldercare</li> <li>• read and interpret safety precautions at work; choose a health-care plan</li> </ul>
Navigate the health-care system	<ul style="list-style-type: none"> <li>• fill out health insurance enrollment or reimbursement forms</li> <li>• understand printed patient rights and responsibilities</li> <li>• find one's way in a complicated environment such as a busy hospital or clinical center</li> </ul>
Actively participate in encounters with health-care professionals and workers	<ul style="list-style-type: none"> <li>• ask for clarification</li> <li>• ask questions</li> <li>• make appropriate decisions based on information received</li> <li>• work as a partner with care providers to discuss and develop an appropriate regimen to manage a chronic disease</li> </ul>
Understand and give consent	<ul style="list-style-type: none"> <li>• comprehend required informed consent documents before procedures or for involvement in research studies</li> </ul>
Understand and advocate for rights	<ul style="list-style-type: none"> <li>• advocate for safety equipment based on worker right-to-know information</li> <li>• request access to information based on patient rights documents</li> <li>• determine use of medical records based on the privacy act</li> <li>• advocate on behalf of others such as the elderly or mentally ill to obtain needed care and services</li> </ul>