

Health Literacy Trivia

Ready to boost your health knowledge? This Health Literacy Trivia is designed for library users to explore key health topics, dispel common myths and discover reliable sources of information. Whether you're playing during Health Literacy Month in October or any time of year, this quiz will challenge what you know and help you make more informed health decisions. Log in to our library's Consumer Health Ultimate database to get started!

1. What is Health Literacy?
2. What does HIPAA stand for. What is its purpose?
3. What is "informed consent"?
4. What is the difference between misinformation, disinformation and malinformation?
5. Which question(s) should you ask to determine if a website is a good source of health information?
 - A. Who sponsors the website (.org, .edu, .com, etc)?
 - B. How often is the site updated?
 - C. Does the site present facts or opinions?
 - D. Who is the intended audience?
 - E. All the above
6. True or False: There are many reputable health websites but Medlineplus.gov is the gold standard.

7. What are some barriers or obstacles to health equity?

8. True or False: Single-Payer healthcare and Socialized Medicine are the same things

9. What are 5 potential consequences of low health literacy?

10. True or False: Everyone in the United States has health insurance.

11. What are factors in determining health disparities?
 - A. Social status and economic income
 - B. Race, ethnicity, and/or Indigeneity
 - C. Sex, gender, gender identity, and/or sexuality
 - D. Regional/geographic factors, such as living in a rural versus urban area
 - E. Ability, with health disparities between disabled people and individuals without disabling conditions
 - F. Nationality and/or citizenship
 - G. Religion
 - H. Mental health status
 - I. All the above

12. True or False: You should always trust Wikipedia to provide accurate health information.

13. What are the types of employee health benefit plans?
14. An EOB (Explanation of Benefits) provides which pieces of information?
- A. Identifying information (Patient's name, provide name, date of service, etc.)
 - B. Co-pay, deductible, and coinsurance
 - C. Amount charged by the provider
 - D. Description of the service
 - E. All the above
15. True or False: If you lose your job, you can retain your healthcare plan through employer-sponsored insurance with COBRA.

Health Literacy Trivia - Answer Key

1. **Health literacy** is “the ability to absorb health-related information and use it to make informed health decisions.”

Source: Salem Press Wellness Series: Public Health article, “Health Literacy” (AN 162248548)

2. **HIPAA stands for** Health Insurance Portability & Accountability Act. Its purpose is to oversee the collection, storage, transfer and protection of patient health information in the United States.

Source: From Salem Press Wellness Series: Health Industry article, “Health Insurance Portability and Accountability Act (HIPAA)” (AN 162734303)

3. **Informed consent** is “a process in which patients are provided with all the information needed to make choices about their health. Additionally, it means that patients can control how much, how little, and with whom their own health records are shared. Informed consent also allows individuals to make their own decision regarding participation in treatments, procedures, and research studies.”

Source: Salem Press Wellness Series: Health Industry article “Informed Consent” (AN: 162734326)

4. **Malinformation** “is information that is true or derived from truth but deliberately manipulated or presented out of context.”

Misinformation is “false or inaccurate information that enters into broad public circulation without the explicit intent to cause harm.”

Disinformation is “false or inaccurate information created and distributed for the specific purpose of misleading its consumers, manipulating social groups or organizations, or causing other forms of social or economic harm.”

Source: Salem Press Encyclopedia article, “Malinformation” (AN 164126452)

5. **E: All the above**

Source: Salem Health: Magill’s Medical Guide article “Health Information: Access and Utilization” (AN 160817235)

6. **True**, Medlineplus.gov is the gold standard.

Source: From Salem Health: Magill’s Medical Guide article “Health Information: Access and Utilization” (AN 160817235)

7. **Barriers/obstacles to health equity:**

- Social contexts, such as unfair treatment based on race, gender/sex, age, ability, sexual orientation, religion, education, etc.
- Access factors, such as work schedules and a lack of transportation, childcare, and/or insurance
- Environment, including segregated communities, substandard housing conditions and/or working conditions, exposure to pollution, violence, poorly resourced social systems and infrastructures, poor nutrition, limited access to basic resources, etc.
- Wage and income gaps

- Other barriers, such as language, healthcare-worker biases, culturally insensitive care, refugee/immigrant status, incarceration/detention, etc.

Source: Salem Press Wellness Series: Public Health article “Public Health: Importance of Health Equity” (AN 162248611)

8. **False:** “For example, some people think single-payer healthcare is the same as socialized medicine. In socialized medicine, the government often has more control over who gets care and how quickly they get it. In a single-payer system, the government pays the bills, but the providers continue to be private or part of a not-for-profit system.”

Source: Salem Press Encyclopedia of Health article “Single-payer healthcare” (AN 183118968)

9. **Potential consequences of low health literacy:**

- More hospitalizations
- Greater use of emergency care
- Decreased use of preventive services
- Less ability to interpret labels and health messages
- Poorer health status
- Higher mortality
- Higher healthcare costs
- Decreased medication adherence
- Lack of knowledge about disease transmission
- Poor adherence to self-care management
- Poor treatment outcomes
- Less likelihood of engaging in health-promoting behaviors
- Less likelihood of participating in screening programs

Source: Salem Press Wellness Series: Public Health article, “Health Literacy” (AN 162248548)

10. **False**

- “For the millions of people who have no insurance, the healthcare system is a purely fee-for-service system like that found in developing countries.”
- “The United States is one of the few developed countries without universal access to healthcare...”

Source: Salem Press Encyclopedia of Health article “Single-payer healthcare” (AN 183118968)

11. **I: All the above**

Source: Salem Press Wellness Series: Health Industry article “Health disparities” (AN 162248611)

12. **False:** “Wikipedia is a force to be reckoned with, has its staunch supporters, and certainly plays a role for those seeking information, but regardless of its popularity, it is not the best place to turn for current and authoritative medical information. Why not? When it comes to health information, which can quite literally have a life-or-death urgency, people need to find the best, most accurate, and up-to-date information

available, not information that might be correct and might also need to be checked for content and sources; the sources of information should be clearly stated and authoritative.”

Source: Salem Health: Magill’s Medical Guide article “Health Information: Access and Utilization” (AN 160817235)

13. **Managed care plans, fee-for-service (FSS) plans and high-deductible health plans**

Source: Salem Press Wellness Series: Health Industry article “Employee Health Benefit Plans” (AN 162734278)

14. **E: All the above**

Source: Salem Press Wellness Series: Health Industry article “Explanation of Benefits (EOB)” AN 162734282

15. **True:** “If a person loses their job, the Consolidated Omnibus Budget Reconciliation Act of 1985 (COBRA), which was signed into law by President Ronald Reagan in 1986, protects their enrollment in employer-sponsored insurance for a limited time (usually eighteen months) until they are able to find a new job and/or coverage. However, under this law, the employee must pay the full monthly premium (the employer and the employee contributions combined).”

Source: Salem Press Wellness Series: Health Industry article “Employee Health Benefit Plans” (AN 162734278)