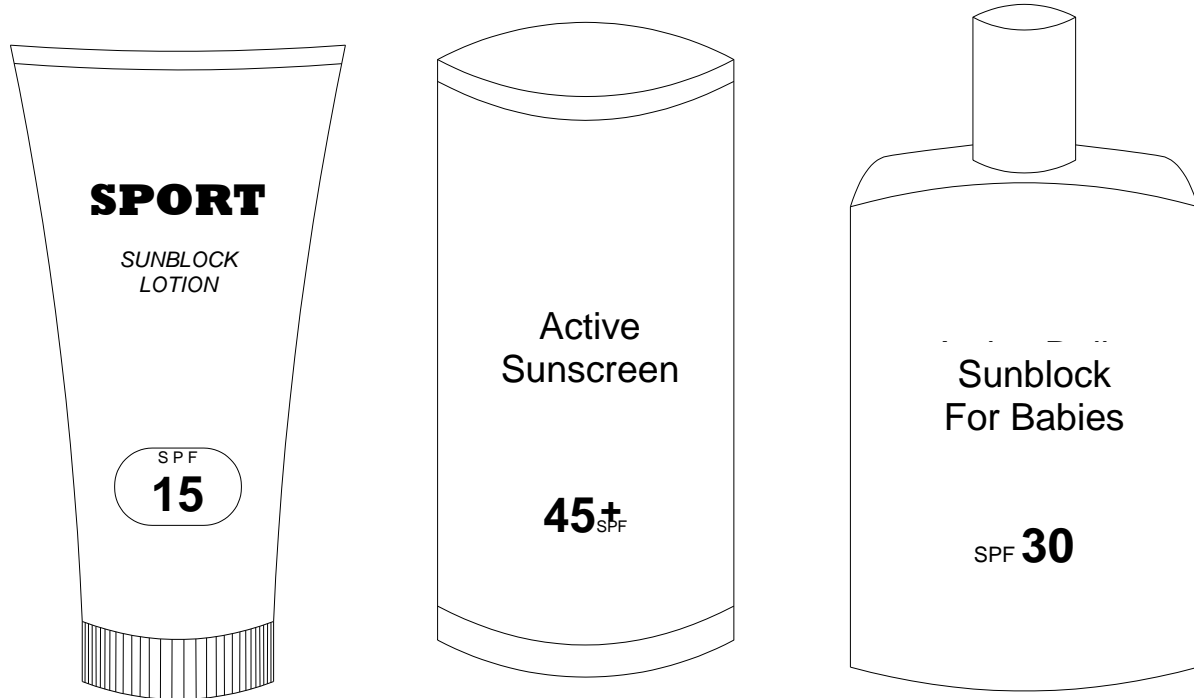


The 21-item General Health Numeracy Test (GHNT-21)

For each question below, follow the directions and read the prompt. Please record your responses on the blank provided for each question.

1. SPF stands for sun protection factor. A higher SPF indicates greater sun protection. Circle which of the following offers the **most** protection from the sun.



2. Every time you have to go to the emergency room you are charged a \$150.00 co-pay, and every time you are seen in the doctor's office, you are charged a \$25.00 co-pay. In the course of a year's time, suppose you are seen in the emergency room three times and in your doctor's office five times. How much money did you spend on the co-pays for your eight visits?

ANSWER: \$ _____

3. Adult women should obtain 1,200 mg of calcium per day and you obtain 200 mg through your diet per day. Calcium citrate has 500 mg of calcium per tablet. How many tablets of calcium citrate should you take each day?

ANSWER: _____ tablet(s)

4. Your doctor puts you on a 1500 calorie per day diet and suggests the following guidelines for meals.

Breakfast	300 calories
Lunch	400 calories
Dinner	500 calories

If you follow the above guidelines, how many 100 calorie snacks can you have?

ANSWER: _____ **snacks**

5. According to the nutrition label, how many grams of total carbohydrates are in 1/2 cup?

Nutrition Facts	
Serving Size: ½ cup (114g)	
Servings Per Container: 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300 mg	13%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%

ANSWER: _____ **grams**

6. Call your doctor if you have a temperature of 100.4 °F or greater. The thermometer looks like the following:

100.2F

Do you call the doctor?

ANSWER: _____ **YES** _____ **NO**

7. Your doctor gives you an antibiotic and tells you to take it every six hours. If you take your first pill at 11 am, when do you take your next pill?

ANSWER: _____

8. Your dietitian recommends you eat **5 servings** of fruits and vegetables each day. You already ate $\frac{1}{2}$ cup of canned pineapples, 1 orange, and 1 cup of *uncooked* vegetables. To have **5 servings** of fruits and vegetables, how many cups of *cooked* vegetables should you eat?

Fruits <i>One serving equals:</i>	Vegetables <i>One serving equals:</i>
1 orange, or 1 apple, or $\frac{1}{2}$ cup of canned pineapples	1 cup of uncooked vegetables, or $\frac{1}{2}$ cup of cooked vegetables, or $\frac{3}{4}$ cup of tomato juice

ANSWER: _____ **cup(s)**

9. If you ate the entire bag of chips, how many calories would you eat?

Nutrition Facts	
Serving Size: 1oz. (28g/About 10 chips)	
Servings Per Container: 3.5	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 0.5g	4%
Cholesterol 0mg	0%
Sodium 150 mg	7%
Total Carbohydrate 18g	6%

ANSWER: _____ **calories**

10. 1 pack of cigarettes contains 20 cigarettes. A person smoked 2 packs per day but is trying to quit and has reduced the number of cigarettes per day by 75%. How many cigarettes per day does that person smoke now?

ANSWER: _____ **cigarettes**

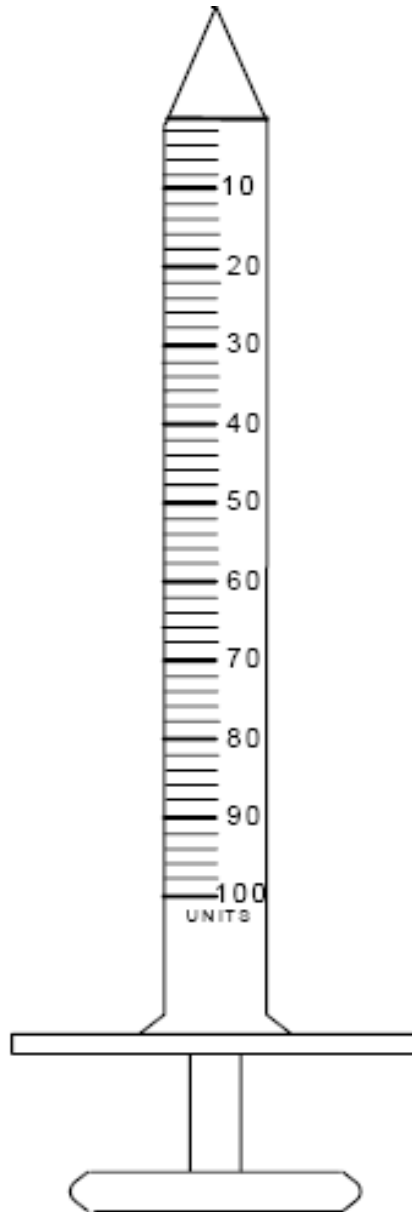
11. During the thunderstorm, the odds are approximately:

- 1 in 20,000 of dying in a car accident.
- 10 in 20,000 of dying in a motorcycle accident.
- 1 in 200,000 of being killed by lightning while standing under a tree.
- 1 in 2,000 of drowning trying to cross a flooded street.

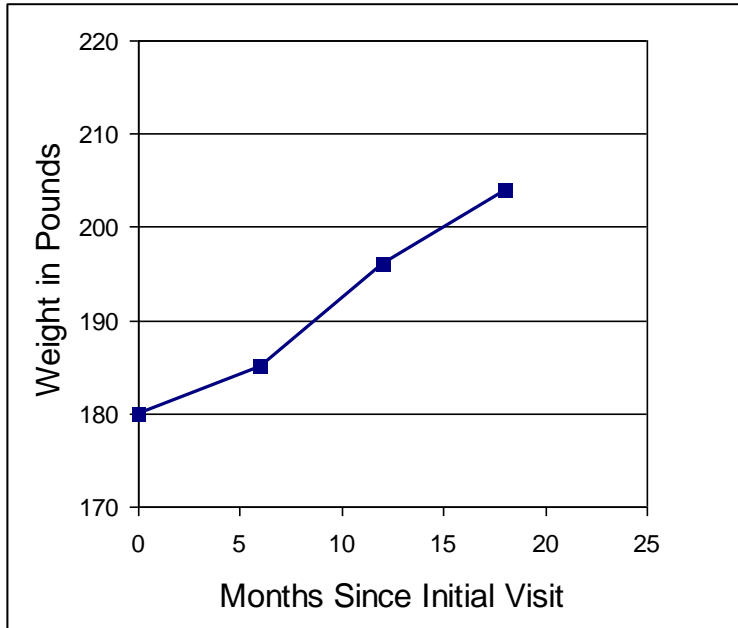
Which of the above situations is **least likely** to occur during a thunderstorm?

ANSWER: _____

12. You are told to give your child 54 units of a medicine. On the syringe below, draw a line at 54 units of medicine.



13. Every six months, your doctor records your weight, which is increasing as seen in the graph. If your weight continues to increase at about the same rate, about what would you expect to weigh at your next visit, two years after the initial measurement?



ANSWER: _____ pounds

14. If 4 people out of 20 have a chance of getting a cold, what would be the risk of getting a cold?

ANSWER: _____ %

15. Suppose that the maximum heart rate for a 60 year old woman is 160 beats per minute and that she is told to exercise at 80% of her maximum heart rate. What is 80% of that woman's maximum heart rate?

ANSWER: _____ beats per minute

16. Please see the **attached growth curve**. At your baby's 6-month follow-up appointment, her doctor tells you that according to the infant growth curve, she is in the 25th percentile for weight.

Circle which of the following answers is closest to what the doctor meant.

- a. Out of 100 babies, your baby is bigger than 25 of them.
- b. Out of 100 babies, your baby is smaller than 25 of them.
- c. Out of 100 babies, your baby is bigger than 75 of them.
- d. Out of 100 babies, your baby is bigger than 52 of them.

17. You fill your prescription on July 15th. You get a 90 day supply. You must mail in a renewal one week before your supply runs out. By what date do you need to mail in a renewal?

ANSWER: _____

18. You ate half the container of carrots. How many grams of carbohydrates did you eat?

Nutrition Facts	
Serving Size: 1 cup (85g) (3 oz.)	
Servings Per Container: 2.5	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55 mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 1g	

ANSWER: _____ **grams**

19. You are given a new medication to treat diabetes. One pill contains 250 milligrams. You start taking one pill each day. You are told to increase the number of pills by one every week. On day 25, what is the dose of your medication?

ANSWER: _____ **mg**

20. Your doctor tells you that you have high cholesterol. He informs you that you have a 10% risk of having a heart attack in the next 5 years. If you start on a cholesterol-lowering drug, you can reduce your risk by 30%.

What is your 5-year risk if you take the drug?

ANSWER: _____ **%**

21. A mammogram is used to screen women for breast cancer. False positives are tests that incorrectly show a positive result. 85% of positive mammograms are actually false positives. If 1,000 women receive mammograms, and 200 are told there is an abnormal finding, how many women are likely to actually have breast cancer?

ANSWER: _____ **women**

Answer Key

Question #	Answer
1	SPF 45 (middle one)
2	\$575
3	2 tablets
4	3 snacks
5	18 grams
6	No
7	5pm
8	1 cup
9	490 calories
10	10 cigarettes
11	Killed by lightning standing under a tree
12	See question sheet
13	Accept 210-215 pounds
14	20%
15	128 beats per minute
16	A
17	October 9 th (Accept October 5 th -9 th)
18	12.5 grams
19	1,000 mg
20	7%
21	30 women