

Supplementary File 1

The challenges experienced by the respondents in relation to health literacy and health promotion practices.

Please use the following rating scale:

5 - Strongly Agree

4 - Agree

3 - Average

2 - Disagree

1 - Strongly Disagree

Item/ Criteria	5	4	3	2	1
Health Literacy					
1. Insufficient knowledge on health					
2. Difficulty in verifying and filtering accurate health information.					
3. Lack of health awareness and positive beliefs.					
4. Instability of health beliefs due to external influences, making it difficult to maintain a healthy lifestyle.					
5. Unhealthy lifestyle habits, including poor sleep, irregular diet, and lack of exercise.					
6. Lack of self-discipline to adhere to healthy eating, exercise and other behaviors.					
Health Promotion Practices					
7. Communication barriers with professionals, leading to inaccurate health information.					
8. Inadequate expression of their health needs and problems.					
9. Insufficient investment in and support for health promotion by schools and society.					
10. Lack of adequate nutritional knowledge.					
11. Inadequacy of existing health literacy measurement tools for college students.					
12. Insufficiently systematic and comprehensive health support from family, school and society.					
13. lack of awareness and ability to take responsibility for health.					
14. Inability to cope with setbacks and difficulties, leading to negative emotions and behaviors that may endanger lives.					
15. Lack of sufficient time and motivation to exercise due to academic pressure, time constraints, poor self-management, etc.					
16. High levels of stress from studies, employment, and relationships.					
17. Underdeveloped school health management systems.					

18.Campus infrastructure and policies may not adequately adapt to evolving health needs.					
19.Environmental changes, including climate change and pollution, create new health challenges.					