

Supplementary Files

Additional File 1: 2023 National Residents Health Literacy Monitoring Questionnaire (English Translation).pdf

Below is the complete English translation of the “2023 National Residents Health Literacy Monitoring Questionnaire” used in this study. The structure, items, and scoring logic are faithfully translated from the original Chinese instrument.

2023 National Residents Health Literacy Monitoring Questionnaire

Hello! The National Health Commission is conducting a national survey on residents’ health literacy. The purpose is to understand the level of health knowledge and skills among Chinese residents. You have been selected to participate in this survey. Your participation is very important to us. All responses will be kept strictly confidential and will not have any adverse impact on you personally. The survey results will serve as an important basis for evaluating the national health literacy level and formulating health-related policies.

If you are willing to participate in this survey, please sign and date.

_____ (Signature) _____ (Date)

Thank you for your support and cooperation!

Surveyor: _____

Survey Date: // _____

Quality Controller: _____

Verification Date: // _____

Surveyor to complete:

Questionnaire completion method:

- ① Self-completed
- ② Face-to-face interview due to low education level
- ③ Face-to-face interview for other reasons (please specify: _____)

Province (Autonomous Region/Municipality): _____

City: _____

County (City/District): _____

Sub-district (Township): _____

Neighborhood Committee (Village): _____

Part A: True or False Questions (Please mark “√” in the parentheses after the statement you believe is correct, and “×” for the statement you believe is incorrect.)

- ☐ A01. The best way to prevent the flu is to take antibiotics (anti-inflammatory drugs). ()
- ☐ A02. Health foods are not medicines and cannot replace medicines to treat diseases. ()
- ☐ A03. Intravenous infusion (drip) has better efficacy and faster action, so it should be the first choice when ill. ()
- ☐ A04. The nutritional components of fruits and vegetables are similar, so eating fruit can replace eating vegetables. ()
- ☐ A05. A normal person's body temperature can fluctuate within a day, but the fluctuation range generally does not exceed 1°C. ()
- ☐ A06. Children and adolescents can also suffer from depression. ()
- ☐ A07. Chronic sleep deprivation not only accelerates aging but also induces various health problems. ()
- ☐ A08. Residents can obtain health knowledge for free at Community Health Service Centers (Stations) and Township Hospitals (Village Clinics). ()
- ☐ A09. “Long illness makes a good doctor.” Patients with chronic diseases can adjust their treatment plans based on their own feelings. ()
- ☐ A10. For problems and diseases discovered during health check-ups, if there are no symptoms, no measures need to be taken for the time being. ()

Part B: Single-Choice Questions (Only one correct option for each question. Please mark “√” on the corresponding option number. If you don't know, please choose ④.)

☐ B01. Which of the following is a complete description of the concept of health?

- ① Health means being physically strong and free from disease.

② Health means having good psychological quality and being physically strong.

③ Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

④ Don't know.

□ B02. Typically, blood donors should go to _____ for voluntary blood donation.

① Hospital

② Blood Center (Blood Station) or its mobile blood collection vehicle

③ Center for Disease Control and Prevention

④ Don't know.

□ B03. How can Hepatitis B be transmitted to others?

① Working, eating, or swimming with a patient or carrier

② Through sexual contact, blood transfusion, or mother-to-child transmission

③ Talking, shaking hands, or hugging a patient or carrier

④ Don't know.

□ B04. Regarding self-monitoring of blood pressure, which statement is incorrect?

① Self-monitoring of blood pressure has reference value for diagnosing hypertension.

② For hypertensive patients, regular self-monitoring provides a basis for doctors to formulate treatment plans and evaluate effectiveness.

③ Hypertensive patients can stop regular follow-up visits at the clinic as long as their self-monitored blood pressure is stable.

④ Don't know.

□ B05. Which statement about the hazards of smoking is incorrect?

① Tobacco dependence is a chronic addictive disease.

- ② Smoking can lead to multiple chronic diseases.
- ③ Low-tar cigarettes are less harmful than regular cigarettes.
- ④ Don't know.

□ B06. Which of the following is NOT an early warning signal for cancer?

- ① Abnormal lumps appearing on the body
- ② Unexplained blood in stool
- ③ Weight gain
- ④ Don't know.

□ B07. After a gas poisoning incident, what should the rescuer do first for the poisoned person?

- ① Give the patient water to drink
- ② Move the patient to a ventilated area
- ③ Call 120 to send the patient to the hospital
- ④ Don't know.

□ B08. Regarding the treatment of tuberculosis patients, which statement is correct?

- ① There are no preferential policies.
- ② The state provides anti-tuberculosis drugs free of charge.
- ③ Hospitalization is free.
- ④ Don't know.

□ B09. When engaged in work involving toxic or hazardous substances, workers should:

- ① Wear work clothes
- ② Wear safety helmets
- ③ Use personal occupational disease protection equipment

④ Don't know.

□ B10. What is the main harm of iodine deficiency?

① Contracting SARS

② Affecting intelligence and growth development

③ Causing hypertension

④ Don't know.

□ B11. During intense activity, a lot of body water is lost through sweating. In this case, it is best to replenish with:

① Plain water

② Sugar-sweetened beverages

③ Light salt water

④ Don't know.

□ B12. Regarding the National Essential Public Health Services, which understanding is incorrect?

① They are carried out in large hospitals.

② In urban areas, they are carried out in Community Health Service Centers (Stations); in rural areas, in Township Hospitals and Village Clinics.

③ The public can enjoy them for free.

④ Don't know.

□ B13. Under which circumstance should childhood vaccination be postponed?

① When the child is crying

② When the child has a cold or fever

③ Within half an hour after a meal

④ Don't know.

☐ B14. What is the correct action when fever symptoms appear?

- ① See a doctor promptly
- ② Self-administer antipyretics based on past experience
- ③ Wait and observe
- ④ Don't know.

☐ B15. When a patient experiences adverse reactions after taking medication according to the doctor's treatment plan, the correct action is:

- ① Stop taking the medication on one's own
- ② Seek medical help
- ③ Continue taking the medication
- ④ Don't know.

☐ B16. When a highly infectious disease occurs in an area, what is the correct approach?

- ① This disease has nothing to do with me, no need to pay attention.
- ② If I were a local, I would pay attention to the epidemic.
- ③ Regardless of whether one is a local, it is necessary to pay attention to changes in the epidemic situation.
- ④ Don't know.

☐ B17. The symbol indicates:

- ① The place is prone to fire.
- ② Explosive materials exist in a certain area of the place; approaching is not allowed.
- ③ The item is toxic or toxic materials exist at the place.
- ④ Don't know.

☐ B18. The national unified free health hotline number is:

① 12315

② 120

③ 12320

④ Don't know.

□ B19. Regarding seeking medical care, which statement is incorrect?

① Describe the illness condition to the doctor in as much detail as possible.

② If you have past medical records or test results, it's best to bring them when seeking medical care.

③ To make the doctor take it seriously, you can describe the illness as more severe.

④ Don't know.

□ B20. If a drug label has the "OTC"标识, then the drug is:

① A prescription drug, which can only be purchased with a doctor's prescription.

② A non-prescription drug, which can be purchased without a doctor's prescription.

③ A health product

④ Don't know.

□ B21. During flu season, windows should be opened frequently for ventilation. Regarding opening windows for ventilation, which statement is incorrect?

① In winter, open windows less or not at all to avoid catching a cold.

② Opening windows for ventilation can dilute bacteria and viruses in the indoor air.

③ Opening windows for ventilation allows sunlight to enter the room, killing many bacteria and viruses.

④ Don't know.

□ B22. When using a glass thermometer to measure body temperature, what is the correct reading method?

- ① Hold the mercury end of the thermometer horizontally to read.
- ② Hold the glass end of the thermometer vertically to read.
- ③ Hold the glass end of the thermometer horizontally to read.
- ④ Don't know.

□ B23. Aunt Liu was bitten by a dog while walking in the residential area. The skin is broken but not serious. What is the correct action?

- ① Bandage and handle it by herself.
- ② Wash the wound and get the rabies vaccine as soon as possible.
- ③ The wound is not big, ignore it.
- ④ Don't know.

□ B24. Regarding food past its expiration date, which statement is correct?

- ① It can be eaten as long as it looks fine.
- ② It can be eaten after being thoroughly cooked.
- ③ It cannot be eaten.
- ④ Don't know.

□ B25. For mild skin scalds with blisters, what is the correct action?

- ① Puncture the blisters, as this speeds up recovery.
- ② Small blisters need not be punctured, but large blisters should be punctured.
- ③ Do not puncture the blisters to avoid infection.
- ④ Don't know.

□ B26. When a fire occurs, what is the correct response method?

- ① Cover your head with both hands or clothes, and rush out of the fire scene.
- ② Cannot use the elevator to escape.

③ While using clothes to beat out the flames, evacuate from the fire scene.

④ Don't know.

Part C: Multiple-Choice Questions (2 or more correct options for each question. Please mark “√” on the corresponding option number(s). If you don't know, please choose ⑤.)

□ C01. Regarding methods to promote mental health, which of the following statements are correct?

① Maintain an optimistic attitude towards life.

② Set goals within the range of one's own capabilities.

③ Establish good interpersonal relationships and actively participate in social activities.

④ Relieve worries by smoking and drinking.

⑤ Don't know.

□ C02. Regarding seeking medical care, which of the following statements are correct?

① Not all diseases can be cured.

② Treating diseases is the doctor's job and has nothing to do with the patient.

③ The hospital is a place for curing diseases; if a disease is not cured, it is the hospital's responsibility.

④ Birth, aging, illness, and death are objective laws; treatment outcomes need to be viewed rationally.

⑤ Don't know.

□ C03. Regarding the description of the liver, which of the following statements are correct?

① It can secrete bile.

② It has detoxification functions.

③ It is an important digestive organ of the human body.

④ The liver has left and right lobes.

⑤ Don't know.

□ C04. If a child develops symptoms like fever and rash, what should parents do?

① Go to the hospital promptly.

② The child should 暂停 going to kindergarten.

③ Inform the child's kindergarten teacher promptly.

④ The child can go to kindergarten as usual.

⑤ Don't know.

□ C05. Which of the following statements are correct?

① It's too late for the elderly to treat osteoporosis.

② Osteoporosis is a normal physiological phenomenon of human aging.

③ Middle-aged and elderly people drinking milk can reduce bone loss.

④ More exercise can prevent osteoporosis.

⑤ Don't know.

□ C06. When choosing packaged food, what information on the packaging should you pay attention to?

① Production date

② Expiration date

③ Nutrition facts table

④ Manufacturer

⑤ Don't know.

□ C07. When finding dead or sick poultry or livestock, you should:

① Do not slaughter, do not process.

② Do not sell, do not transport.

③ Do not eat.

④ It can be eaten if thoroughly cooked.

⑤ Don't know.

□ C08. For casualties with respiratory and cardiac arrest, what measures should be taken?

① Artificial respiration

② Chest compressions

③ Call the emergency number

④ Give antihypertensive drugs

⑤ Don't know.

□ C09. What are the benefits of eating soy products like tofu and soy milk?

① Good for physical health.

② Beneficial for patients with cardiovascular diseases.

③ Increases the intake of high-quality protein.

④ Can treat diseases.

⑤ Don't know.

□ C10. The health benefits of exercise include:

① Maintaining appropriate body weight.

② Preventing chronic diseases.

③ Relieving psychological stress.

④ Improving sleep.

⑤ Don't know.

□ C11. A newspaper says that any diabetic patient can be completely cured by taking a certain blood

sugar-lowering product. After seeing this information, which of the following descriptions are correct?

- ① This news is not credible.
- ② This news is great, tell diabetic friends quickly.
- ③ Consult and verify with a community doctor.
- ④ Go and buy it quickly.
- ⑤ Don't know.

□ C12. When coughing or sneezing, what is the correct handling method?

- ① Cover mouth and nose directly with hands.
- ② Cover mouth and nose with a handkerchief or tissue.
- ③ Cover mouth and nose with the crook of the elbow.
- ④ No need to cover the mouth and nose.
- ⑤ Don't know.

□ C13. Regarding seeking medical care, which of the following statements are correct?

- ① Go to a large hospital as soon as you get sick.
- ② Try to choose a nearby community hospital for diagnosis and treatment; go to a large hospital if necessary.
- ③ For 后期康复治疗, return to the community for management.
- ④ For 后期康复治疗, should go to a large hospital.
- ⑤ Don't know.

□ C14. The benefits of breastfeeding for infants include:

- ① Breastfeeding can make infants less sick.
- ② Breast milk is the best natural food for infants.

- ③ Infant formula is more nutritious than breast milk.
- ④ Breastfeeding can enhance the mother-infant bond and is beneficial for the infant's psychological development.
- ⑤ Don't know.

□ C15. When storing pesticides, you should pay attention to:

- ① Pesticides should be stored in a fixed, safe place.
- ② Pesticides cannot be placed together with food.
- ③ If pesticides accidentally get on hands, as long as the skin is not broken, there is no need to wash it off.
- ④ Pesticides should be placed where children cannot reach them.
- ⑤ Don't know.

□ C16. Outdoors, during thunderstorm weather, which of the following actions are correct?

- ① Take shelter under a big tree.
- ② Stay away from high voltage lines.
- ③ Avoid using mobile phones.
- ④ Stand in a high place.
- ⑤ Don't know.

Part D: Scenario-based Question (Please read the material first, then answer the related questions. Single-choice questions have only 1 correct answer; multiple-choice questions have 2 or more correct answers. Please mark “√” on the corresponding option number. If you don't know, for single-choice choose ④, for multiple-choice choose ⑤.)

BMI (Body Mass Index) is currently an internationally commonly used standard for measuring the degree of obesity and health. The specific calculation method is weight (kilograms, kg) divided by the square of height (meters, m), i.e., $BMI = \text{weight} / \text{height}^2$ (kg/m^2). For Chinese adults, $BMI < 18.5$ is underweight, $18.5 \leq BMI < 24$ is normal weight, $24 \leq BMI < 28$ is overweight, and $BMI \geq 28$ is obese.

□ D01. Mr. Li, 45 years old, height 170 cm, weight 160 斤 (80 kg). How should his BMI be

calculated? (Single-choice)

① $(80)^2 / 170 = 37.6$

② $80 / (1.7)^2 = 27.7$

③ $160 / (1.7)^2 = 55.4$

④ Don't know.

□ D02. Referring to the Chinese adult BMI standard, Mr. Li belongs to: (Single-choice)

① Obese

② Normal weight

③ Overweight

④ Don't know.

□ D03. To control his weight, what methods can Mr. Li take? (Multiple-choice)

① Do not eat staple food.

② Exercise for at least half an hour every day.

③ Reduce fat intake.

④ Only eat vegetables and fruits.

⑤ Don't know.

□ D04. What disease is Mr. Li prone to? (Single-choice)

① Hypertension

② Osteoporosis

③ Gastric ulcer

④ Don't know.

Part F: Basic Information

☐ F01. Gender:

① Male

② Female

☐ F02. Date of Birth: _____ Year _____ Month

☐ F03. Your ethnicity:

① Han

② Hui

③ Miao

④ Uygur

⑤ Manchu

⑥ Zhuang

⑦ Other (please specify: _____)

☐ F04. Your marital status:

① Never married

② Currently married

③ Separated

④ Divorced

⑤ Widowed

☐ F05. Your education level:

① Illiterate or barely literate

② Primary school

③ Junior high school

④ Senior high school / Vocational high school / Secondary specialized school

⑤ College (Associate degree)

⑥ University (Bachelor's degree) or above

□ F06. Your occupation is:

① Civil servant

② Teacher

③ Medical worker

④ Staff of other public institutions

⑤ Student

⑥ Farmer

⑦ Worker

⑧ Staff of other enterprises

⑨ Other (please specify: _____)

F07. Number of people in your household: _____

F08. In the past year, your approximate annual household income was _____ CNY.

□ F09. Are you a local resident?

① Yes

② No

□ F10. Do you smoke now?

① Smoke daily, average _____ cigarettes per day.

② Smoke, but not daily. Average _____ cigarettes per week (convert packs/cartons to cigarettes).

③ Smoked before, but not now.

④ Never smoked.

F11. In the past year, have you experienced any of the following injury events? (Multiple choice)

① No injury occurred → Skip to F13

② Motor vehicle traffic accident

③ Non-motor vehicle traffic accident

④ Fall / 墜落

⑤ Blunt force injury

⑥ Firearm injury

⑦ Knife / Sharp instrument injury

⑧ Burn / Scald

⑨ Suffocation / Hanging

⑩ Drowning

⑪ Poisoning

⑫ Animal injury

⑬ Sexual assault

⑭ Other (please specify: _____)

☐ F12. Did you take leave from work, school, or rest due to the above injuries?

① Yes, number of days of leave/rest: _____

② No

③ Can't remember

F13. In the past two weeks, have you experienced any of the following symptoms? (Multiple choice)

① None

- ② Fever
- ③ Cough / Expectoration
- ④ Nasal congestion / Runny nose
- ⑤ Sore throat
- ⑥ Headache
- ⑦ Nausea / Vomiting
- ⑧ Abdominal pain / Diarrhea
- ⑨ Rash
- ⑩ Nervousness
- ⑪ Anxiety
- ⑫ Insomnia
- ⑬ Depression
- ⑭ Other symptoms (please specify: _____)

F14. Have you been diagnosed with the following chronic diseases? (Multiple choice)

- ① No chronic disease → Skip to F16
- ② Hypertension
- ③ Heart disease
- ④ Cerebrovascular disease (e.g., stroke, cerebral infarction, cerebral thrombosis)
- ⑤ Diabetes
- ⑥ Cancer
- ⑦ Other (please specify: _____)

☐ F15. It has been _____ years since you were first diagnosed with a chronic disease. (Less than 1 year, fill in “0.5 year”.)

☐ F16. In the past year, have you taken sick leave or time off from work, school, or rest (excluding days off due to injuries in F12)?

① Yes, number of days of leave/rest: _____

② No

③ Can't remember

☐ F17. In the past year, your out-of-pocket medical expenses were approximately _____ CNY (including self-purchased medication costs and medical insurance copayments).

☐ F18. In the past year, how would you rate your own health status?

① Good

② Fairly good

③ Average

④ Fairly poor

⑤ Poor

☐ F19. Your height: _____ (meters) Your weight: _____ (kilograms)

☐ F20. Do you regularly participate in physical exercise? ("Regularly participate in physical exercise" means participating in physical exercise 3 or more times per week, each session lasting 30 minutes or more, and the intensity of each session reaching moderate or above.)

① Yes

② No

☐ F21. Have you heard of the "Chinese Citizens' Health Literacy – 66 Essential Knowledge and Skills"?

① Heard of it

② Haven't heard of it

☐ F22. What are your main channels for obtaining health-related information? (Multiple choice)

- ① Publicity from medical and health institutions
- ② Traditional print media (newspapers, magazines)
- ③ Mobile phone (apps/WeChat/Weibo)
- ④ TV / Radio
- ⑤ Computer (websites)
- ⑥ Online live streaming / Videos
- ⑦ Various books / Textbooks
- ⑧ Bus / Subway
- ⑨ Relatives, friends, neighbors
- ⑩ Publicity day activities, health lectures, and consultations
- ⑪ Other (please specify: _____)

☐ F23. From which channels do you hope to obtain health-related information? (Multiple choice)

- ① Official WeChat public account of health administrative departments
- ② Bus / Subway
- ③ TV, newspapers, and other news media
- ④ Hospital
- ⑤ School
- ⑥ Community
- ⑦ TikTok / Kuaishou and other self-media
- ⑧ Publicity day activities, health lectures, and consultations
- ⑨ Traditional publicity methods (loudspeakers, mobile 宣传车)
- ⑩ Theatrical performances, folk song singing, etc.

⑪ Other (please specify: _____)

☐ F24. What kind of health knowledge publicity do you like? (Multiple choice)

① Leaflets

② Booklets

③ Posters

④ Banners

⑤ Audio

⑥ Video

⑦ Live theatrical performances

⑧ Other (please specify: _____)

The survey ends here. Thank you once again for your support and cooperation!