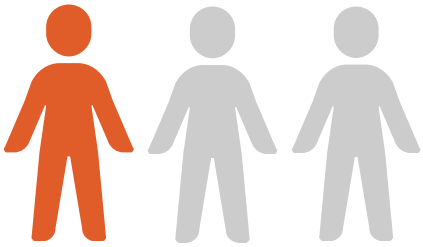
HEALTH LITERACY IN MALAYSIA 2023

HEALTH LITERACY IS....



Ability to **ACCESS, UNDERSTAND, APPRAISE,** and **APPLY HEALTH INFORMATION**



1 IN 3

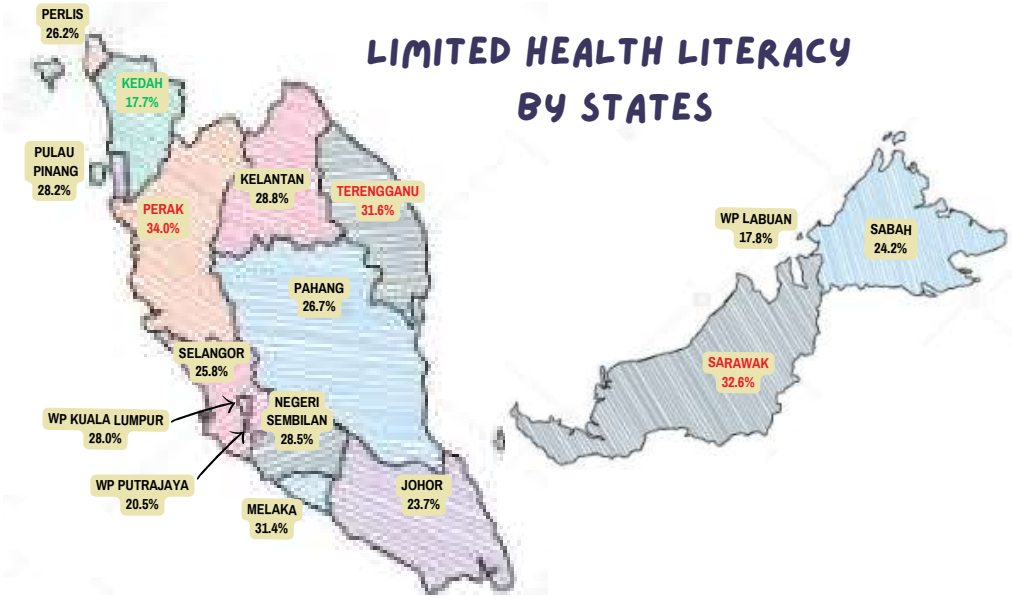
Malaysian adults STILL HAVE*

LIMITED HEALTH LITERACY

*NHMS 2019

WHO AT RISK??

LIMITED HEALTH LITERACY BY STATES



LIMITED HEALTH LITERACY PREVALENT AMONG :



elderly population (51.0%)



no formal education (50.4%)



living in rural area (31.4%)

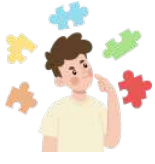
LIMITED HEALTH LITERACY MAKE IT DIFFICULT FOR YOU TO.....



1. UNDERSTAND DOCTOR'S ADVICE
2. READ A PACKAGE LEAFLET WITH INFORMATION ABOUT THE MEDICINE
3. FIND THE RIGHT TREATMENT
4. MAINTAIN A HEALTHY LIFESTYLE

HOW TO IMPROVE MY HEALTH LITERACY? WHAT SHOULD I DO?

- AT THE DOCTOR'S OFFICE, ASK FOR CLARIFICATION IF SOMETHING IS NOT CLEAR.
- WHEN LEAVING THE DOCTOR'S OFFICE, ASK FOR HEALTH EDUCATION MATERIALS AND WRITTEN INSTRUCTIONS.
- BRING A FRIEND OR A FAMILY MEMBER TO APPOINTMENTS TO ENSURE THAT INFORMATION IS NOT MISSED.
- SCHEDULE A FOLLOW-UP APPOINTMENT AND FOLLOW ALL THE INSTRUCTIONS.



- REPEAT BACK ANY INSTRUCTIONS TO CONFIRM UNDERSTANDING TO ENSURE THAT INFORMATION DOES NOT GET MISSED.

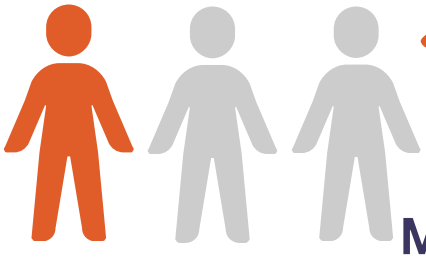
MOH/S/IPTK/44.24(IL) - e

LITERASI KESIHATAN DI MALAYSIA 2023

LITERASI KESIHATAN IALAH....



Keupayaan untuk **AKSES, FAHAM, NILAI,** dan **GUNA MAKLUMAT KESIHATAN**



1 DARIPADA 3 dewasa Malaysia **MASIH BERADA DI*** **LITERASI KESIHATAN RENDAH**

*NHMS 2019

SIAPA YANG BERISIKO??

LITERASI KESIHATAN RENDAH MENGIKUT NEGERI



LITERASI KESIHATAN RENDAH DALAM KALANGAN :



warga tua (51.0%)



individu tiada pendidikan formal (50.4%)



penduduk luar bandar (31.4%)

LITERASI KESIHATAN YANG RENDAH AKAN MENYUKARKAN ANDA UNTUK...



1. MEMAHAMI NASIHAT DOKTOR
2. MEMBACA RISALAH UBAT
3. MENDAPATKAN RAWATAN YANG BETUL
4. KEKALKAN GAYA HIDUP SIHAT

BAGAIMANA UNTUK MENINGKATKAN LITERASI KESIHATAN SAYA? APA PATUT SAYA BUAT?

- MINTA PENJELASAN DOKTOR JIKA ADA YANG TIDAK JELAS.
- MINTA BAHAN PENDIDIKAN KESIHATAN DAN ARAHAN BERTULIS APABILA SELESAI TEMUJANJI DI KLINIK.
- BAWA BERSAMA RAKAN ATAU AHLI KELUARGA KETIKA TEMU JANJI BAGI MEMASTIKAN MAKLUMAT TIDAK TERLEPAS.
- JADUALKAN TEMUJANJI SUSULAN DAN IKUT SEMUA ARAHAN SELEPAS PENJAGAAN.
- ULANG SEMULA SEBARANG ARAHAN UNTUK MENGESAHKAN PEMAHAMAN BAGI MEMASTIKAN MAKLUMAT TIDAK TERLEPAS.

