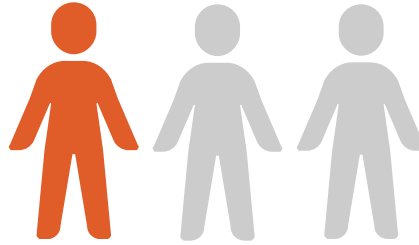


HEALTH LITERACY IN MALAYSIA 2023

HEALTH LITERACY IS....



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



1 IN 3

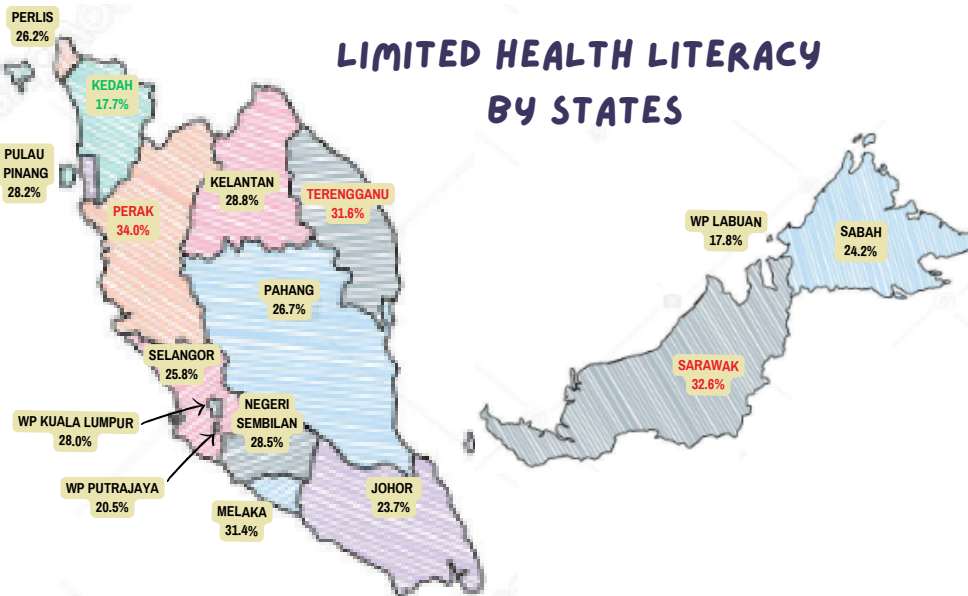
Malaysian adults
STILL HAVE*

LIMITED HEALTH LITERACY

*NHMS 2019

WHO AT RISK??

LIMITED HEALTH LITERACY BY STATES



LIMITED HEALTH LITERACY PREVALENT AMONG :



no formal education
(50.4%)



elderly population
(51.0%)



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.



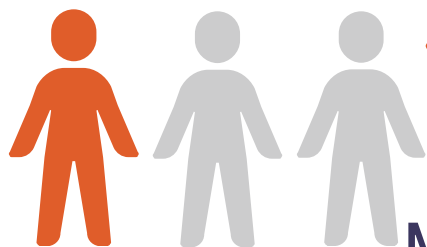
REPEAT BACK ANY INSTRUCTIONS TO CONFIRM UNDERSTANDING TO ENSURE THAT INFORMATION DOES NOT GET MISSED.

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 :



individu tiada
pendidikan formal
(50.4%)



warga tua
(51.0%)



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.

