

ID # _____

Date _____

Location _____

The General Health Numeracy Test
(GHNT-6)

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

1. 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

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

ANSWER: _____ %

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3. 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**

4. 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	

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ANSWER: _____ grams

5. 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: _____%

6. 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