Health Literacy: HLS19-Q12 On a scale from very easy to very difficult, how easy would you say it is..."

Respondent found it 'difficult' or 'very difficult' to:	%	UK Rank/18
Judge the advantages and disadvantages of different treatment options?	51.4	16
Decide how you can protect yourself from illness using information from the mass media?	50	15
Find information on how to handle mental health problems?	43.6	15
Make decisions to improve your health and well-being?	26.9	10
Understand information about what to do in a medical emergency?	20.6	7
Judge how your housing conditions may affect your health and well-being?	33.7	16
Judge if information on unhealthy habits, such as smoking, low physical activity, or drinking too much alcohol is reliable?	20.7	12
Understand information about recommended health screenings or examinations?	28.1	15
Understand advice concerning your health from family or friends?	24.3	17
Find out where to get professional help when you are ill?	21.1	14
Find information on healthy lifestyles such as physical exercise. healthy food, or nutrition?	12.9	14
To act on advice from your doctor or pharmacist?	13	15