• 計畫中文名稱	臺灣地區國民健康知能之調查研究		
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• 研究人員	湯澡薰,韓柏檉,張文英,許明照,陳俊榮,沈志陽,蘇千田,許瓊文		
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• 中文摘要	研究背景 1993 年美國進行一項全國成人知能調查（National Assessment of Adult Literacy, NALS）顯示出將近 9,000 萬的成人有較低或不足的閱讀能力，4,000 至 4,400 萬的成人無法在一段文章中推論出正確的訊息。低健康知能（Health Literacy）的情形會得病患無法去瞭解健康資訊、遵循醫生指示、和醫生或是其它醫療照護者溝通，以及協調複雜的治療以獲得適當且及時的治療，這對病人本身的健康有很大的影響。眾多研究也指出，低健康知能的民眾有有較差的健康狀況，並且病患也有較高的住院率。 民眾健康知能的程度，影響到的層面涵蓋了個人至國家。當病患無法瞭解醫師的處方、同意書的內容、健康篩檢的重要性，並遵循正確的自我照護方式，不僅可能威脅到自身的健康和生命，也造成醫療資源的浪費。因此進行大規模的民眾健康知能調查有其必要性和急迫性，以瞭解國內民眾健康知能的現況，提供未來衛生政策實行的方向。 研究目的 進行臺灣民眾對健康知能之研究調查，並瞭解國人在不同背景特性、不同健康狀況和行為下，對健康知能的影響與關係，以提供政策建議，作為未來政策宣導之參考。 材料與方法 本研究的母群體為居住於臺灣地區 18-65 歲民眾，採行「分層、多階段、PPS、隨機抽樣法」抽出具全國代表性之民眾樣本至少 2,000 份接受訪查。以採面對面之訪問調查方式，持問卷實地訪問被抽選之受訪樣本。問卷預計將分為三部分：包括個人基本資料、健康狀況與行為、健康知能（Health Literacy）、接觸健康資訊方式及病人安全之關係與現況，其中健康知能部分包括「公共衛生、一般醫學、食品營養、藥學」四個構面來以設計相關問題來測量國人健康智能。		

• 英文摘要	Introduction: The 1992 National Adult Literacy Survey (NALS) reported that some 40 to 44 million of the 191 million adults in the United States are functionally illiterate. Functional literacy encompasses more than just the ability to read. It involves reading comprehension and the ability to compute, communicate, write and solve problems. When applied to the health system, low functional literacy is tantamount to low health literacy. Low health literacy may limit the individual's ability to comprehend health information, to read and follow written and oral instructions, and to adhere to medical recommendations. These limitations may lead to poor health status, improper use of medications, increased hospitalizations, poor treatment outcomes, and high health care costs. There are three common health literacy questionnaires in the United States, include (1) Test of Functional Health Literacy in Adults (TOFHLA), which assesses comprehension and numeracy abilities. The test takes 12 minutes or less to administer and has good internal consistency reliability and validity. (2) Rapid Estimate of Adult Literacy in Medicine (REALM), is a word recognition and pronunciation test, the total score of the test ranges from 0 to 100. (3) Mini-Mental State Examination (MMSE), test the cognitive functioning of patients and to document cognitive changes. There are few studies about health literacy in Taiwan. In this program, we will develop a questionnaire to test health literacy and analyse factors association with high or low health literacy. Methods: A total of 2,000 survey questionnaires belonging to the people aged between 18 and 65 years in Taiwan, were conducted using in their home between October and December 2007. The survey consisted of questions to determine demographics, self rated health, physical functioning, chronic conditions, health care use, mental health, health behaviors, information resources. Statistical Analysis: X2 tests and multiple regression analyses will be employed to explore the determinants in explaining health literacy. All the models included age, sex, education, and marital status as control variables. Analyses are conducted using SAS version 8.02.