Describe 4 reasons explaining why health literacy is an important skill in supporting positive health behaviours.

[4 marks]

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Making key:

* One mark for any of the following:
* Enables people to identify required health services.
* Enables people to access required health services.
* Enables people to practise self-care.
* Enables people to understand and critically analyse health information from a range of sources.
* Enables people to effectively interact with healthcare professionals.
* Enables people to engage in preventative healthcare services.
* Any other relevant points.