

令和8年度入学試験問題

小論文

(医学部保健学科 推薦・社会人特別選抜)

注意事項

- 1 この問題冊子は、試験開始の合図があるまで開いてはいけません。
- 2 問題冊子は、表紙を入れて3枚、解答用紙は2枚、他に下書き用紙1枚があります。(落丁・乱丁、印刷不鮮明の箇所などがあつた場合は申し出てください。)
- 3 解答は、すべて解答用紙の指定された箇所に記入してください。
- 4 受験番号は、各解答用紙の指定された箇所に必ず記入してください。
- 5 解答時間は、9時30分から11時00分までの90分です。
- 6 問題冊子および下書き用紙は、持ち帰ってください。

以下の文章を読み、設問に答えなさい。英和辞典を使用して構いません。

Health literacy is important for everyone because, at some point in our lives, we all need to be able to find, understand, and use health information and services. Taking care of our health is part of everyday life, not just when we visit a doctor, clinic, or hospital. Health literacy can help us prevent health problems, protect our health, and better manage health problems when they arise.

Even people who read well and are comfortable using numbers can face health literacy issues when:

- They aren't familiar with medical terms or how their bodies work.
- They have to interpret statistics and evaluate risks and benefits that affect their health and safety.
- They are diagnosed with a serious illness and are scared and confused.
- They have health conditions that require complicated self-care.
- They are voting on an issue affecting the community's health and relying on unfamiliar technical information.

When organizations or people create and give others health information that is too difficult for them to understand, we create a health literacy problem. When we expect them to figure out health services with many unfamiliar, confusing or even conflicting steps, we also create a health literacy problem.

Limited health literacy and limited literacy are not the same, but they are related. Strong literacy and numeracy skills help people understand and use health information and services, but research shows that most people say that information and services are unfamiliar, complicated, and too technical.

Several reports document that limited health literacy affects many types of health conditions, diseases, situations, and outcomes, including health status and costs. In 2006, the U.S. Department of Education published the only national data on health literacy skills. The study found that adults who self-report the worst health also have the most limited literacy, numeracy, and health literacy skills.

(出典 : <https://www.cdc.gov/health-literacy/php/about/understanding.html> より抜粋・一部改変)

Q1. Why is health literacy important for everyone? Choose the one correct answer.

1. Because it helps people understand medical terms easily.
2. Because everyone must be able to access, interpret, and apply health information and services.
3. Because health literacy is only important for people who are sick.
4. Because health literacy does not change over time.

Q2. Select the most appropriate answer (1–4) to fill in the blank in the following passage.

Individuals with limited health literacy are more likely to experience _____ health outcomes.

1. poorer
2. better
3. strong
4. optimal

Q3. Decide if the following sentence is **True** or **False** according to the passage.

1. People who are not familiar with medical terms may have difficulty understanding health information.
2. Interpreting statistics and evaluating risks and benefits never affects a person's health or safety.
3. Being diagnosed with a serious illness can cause people to feel scared and confused.
4. Managing complicated self-care routines can be a challenge for individuals with certain health conditions.

Q4. What happens if organizations provide health information that is too difficult to understand? Answer in Japanese.

Q5. あなた自身の経験や身近な事例を踏まえ、「健康リテラシーが十分でないことで生じる問題」について、さらに、その課題を解決するための方法や自分ができることについて、600字以内(日本語)でああなたの考えを述べなさい。