

***Session 1: Know Your Risk for Heart Disease; Help Your Heart: Control High Blood Pressure***

☐ **Pretest Assessment**      ☐ **Posttest Assessment**

**Date:** \_\_/\_\_/\_\_\_\_

**Participant UID** \_ \_ \_

**Mark your answers with an X.**

1. Is the heart a muscular organ that pumps blood throughout the body?
  - a. YES
  - b. NO
  - c. Don't Know
2. Do the heart, blood vessels, and blood make up the circulatory system?
  - a. YES
  - b. NO
  - c. Don't Know
3. Does the circulatory system carry oxygen and nutrients throughout the body?
  - a. YES
  - b. NO
  - c. Don't Know
4. Is coronary heart disease the major form of heart disease?
  - a. YES
  - b. NO
  - c. Don't Know
5. Can unhealthy behaviors such as eating foods high in sodium and smoking when you are young increase your chance of having heart disease?
  - a. YES
  - b. NO
  - c. Don't Know
6. Is knowing your family's health history important for your health?
  - a. YES
  - b. NO
  - c. Don't Know
7. Some risk factors that increase your chance of developing heart disease are: (Please circle all that apply)
  - a. High blood pressure
  - b. Smoking
  - c. Not being physically active

8. Ways to prevent and control some of the risk factors for heart disease include: (Please circle all that apply)
- a. Cutting down on salt and sodium
  - b. Being physically active
  - c. Getting your blood pressure
9. Is reducing your sodium intake one way to prevent or lower high blood pressure?
- a. YES
  - b. NO
  - c. Don't Know
10. Is a food with a daily value of 5% or less of sodium a healthy choice?
- a. YES
  - b. NO
  - c. Don't Know
11. Can drinking too much alcohol raise your blood pressure?
- a. YES
  - b. NO
  - c. Don't Know
12. A blood pressure **below** 120/80 mmHg is....
- a. Normal
  - b. Prehypertension
  - c. Hypertension
13. High blood pressure is known as a “silent killer.” It has no... (Please circle all that apply)
- a. Cure
  - b. Symptoms
  - c. Treatment
  - d. Cause
14. If your blood pressure is normal, how often should you have your blood pressure checked?
- a. At least once a month
  - b. At least once every 6 months
  - c. At least once a year
  - d. At least once every two years
15. To control your high blood pressure you should... (Please circle all that apply)
- a. Be physically active for at least 30 minutes every day
  - b. Take your medicine, as the doctor tells you
  - c. Have your blood pressure checked often
16. People who are at risk for heart disease need to lower their risk.
- a. YES
  - b. NO
  - c. Don't Know

17. I plan to visit a health care provider to talk about my risk for heart disease

- a. Within a week
- b. Within a month
- c. Don't know
- d. I do not plan to visit the doctor

18. Use the packaged noodle soup Nutrition Facts label to answer the questions.

### Packaged Noodle Soup

Nutrition Facts	
Serving Size 1/2 block	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 820mg	<b>34%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 6%

18a. If you eat **one serving** of packaged noodle soup how many milligrams (mg) of sodium will you consume?

- a. 34 mg
- b. 26 mg
- c. 820 mg
- d. 190 mg

18b. If you eat **one serving** of packaged noodle soup what percent (%) daily value of sodium will you consume?

- a. 12 %
- b. 34 %
- c. 820 %
- d. 9%

19. Look at the Nutrition Facts labels.

#### 1 – Tomato Juice

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 750mg	<b>31%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 1g	4%
Sugars 6g	
<b>Protein</b> 2g	
Vitamin A 22%	Vitamin C 24%
Calcium 2%	Iron 5%

#### 2 – Orange Juice

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 20g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 143%
Calcium 0%	Iron 8%

Which food is lower in sodium?

- a. Tomato juice
- b. Orange juice
- c. Don't know

20. How **confident** are you that you can reduce your risk for heart disease?

- a. I am not confident
- b. I am somewhat confident
- c. I am confident
- d. I am very confident

21. Indicate how **ready** you are to reduce your risk for heart disease:

- a. I have not thought about changing
- b. I plan to change in the next six months
- c. I plan to change this month
- d. I recently started doing things to reduce my risk for heart disease (less than 6 months)
- e. I am already doing things to reduce my risk for heart disease (six months or more)

22. How **confident** are you that you can eat less salt and sodium?

- a. I am not confident
- b. I am somewhat confident
- c. I am confident
- d. I am very confident

23. Indicate how **ready** you are to prevent or control high blood pressure:

- a. I have not thought about changing
- b. I plan to change in the next six months
- c. I plan to change this month
- d. I recently started doing things to prevent or take care of high blood pressure (less than 6 months)
- e. I am already doing things to prevent or take care of high blood pressure (six months or more)

## **POSTTEST ONLY**

24. The objective of the session was clear to me.
- a. YES
  - b. NO
  - c. Don't Know
25. The trainer(s) were well prepared.
- a. YES
  - b. NO
  - c. Don't Know
26. The session was a good way for me to learn the information.
- a. YES
  - b. NO
  - c. Don't Know
27. How confident do you feel that you can share the information that you learned with relatives and friends?
- a. I am not confident
  - b. I am somewhat confident
  - c. I am confident
  - d. I am very confident

**Thank you!**