

Healthy Habits/Healthy Hearts CHAN Pre-Test and Post-Test CHAN Training
Using *Your Heart, Your Life* Manual

Pre and post knowledge retention evaluations were conducted for some of the sessions during the Canton and Clinton CHAs training. Although the data is available, it has not been entered or analyzed. The knowledge retention rate of the two different groups may be compared.

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Choose the best answer for each question.

1. The leading cause of death in Mississippi is
 - a. heart disease
 - b. breast cancer
 - c. diabetes

2. Which of these are heart disease risk factors that can be influence by behavior changes?
 - a. high blood pressure
 - b. age
 - c. positive family history
 - d. race

3. Blood pressure refers to
 - a. the amount of blood pumped through the heart in one minute
 - b. the force of the blood pushing against the walls of the arteries
 - c. the force of the blood pushing against the wall of the heart

4. The ideal adult blood pressure is
 - a. 150/75
 - b. 120/80
 - c. 140/90

5. Eating more _____ than your body needs can raise blood pressure.
 - a. salt
 - b. calcium
 - c. magnesium

6. Which of these is considered a desirable blood cholesterol level?
 - a. less than 200

- b. 200-239
 - c. 240 or more
7. What steps can you take to keep your cholesterol low?
- a. control your blood sugar
 - b. eat foods lower in fats, saturated fats and cholesterol
 - c. eat more red meats
 - d. decrease your exercise time
8. Regular physical activity
- a. helps reduce the risk of heart disease
 - b. is practiced more in minorities than other populations
 - c. lowers the level of HDL cholesterol
 - d. is beneficial only for weight reduction
9. What is the minimum amount of physical activity recommended weekly?
- a. 30 minutes 2 days a week
 - b. 30 minutes 5 days a week
 - c. 30 minutes 3 days a week
10. Being overweight is a risk factor for which of the following conditions?
- a. high blood pressure
 - b. diabetes
 - c. heart disease
 - d. all of the above
 - e. none of the above
11. What is the healthiest way to lose weight?
- a. eat carbohydrates only
 - b. remove all the fat and cholesterol from your diet
 - c. eat smaller portions of lower fat, lower calorie foods
12. The USDA food guide pyramid recommends servings of bread, cereal, pasta per day.

- a. 3 to 5
 - b. 2 to 3
 - c. 5 to 11
13. Which disease is not associated with cigarette smoking?
- a. heart disease
 - b. cancer
 - c. arthritis
 - d. emphysema
14. What is the basic substance through which inheritance is transmitted?
- a. protein
 - b. polysaccharides
 - c. DNA
 - d. neurolysn
15. Differences in individuals are the result of
- a. genetic variations
 - b. environmental factors
 - c. new mutations
 - d. all of the above

Healthy Habits - Healthy Hearts

Session V

"What You Need to Know About High Blood Pressure, Salt & Sodium" Post Test

Please circle all answers that apply:

1. The ideal adult blood pressure is
 - a. 140/90
 - b. 150/75
 - c. 120/80
 - d. 175/100

2. The major diet modification for blood pressure reduction is
 - a. eat foods low in cholesterol
 - b. eat foods low in saturated fats
 - c. eat fewer sweets
 - d. reduce sodium intake

3. Name one non-modifiable risk factor for hypertension
 - a. age
 - b. weight
 - c. sedentary lifestyle
 - d. diet

4. Which of these foods is richest in potassium?
 - a. apple
 - b. broccoli
 - c. cereal
 - d. cheese

5. Which of these are dangerous effects of hypertension?
 - a. blindness

- b. heart attack
- c. kidney failure
- d. stroke