



Salt and Cardiovascular Risk Pre-survey

Introduction

EmPOWERED to Serve: Salt and Cardiovascular Risk PRE-Survey

Please answer the questions below before you begin the *Salt and Cardiovascular Risk* experience.

The survey should take less than 1 minute to complete. Your answers are completely confidential and will only be used to improve future *EmPowered to Serve* trainings and education.

Survey Questions

1. Please enter the first two letters of your birth month.
For example, if you were born in November, enter 'NO'.

2. Please enter the last three digits of your cell phone number.
For example, if your phone number is 214-763-9805, enter '805'.

3. In which of the following geographic regions do you currently live?
 - a. Central Valley/Kern County, CA
 - b. Las Vegas, NV
 - c. Orlando, FL
 - d. Charlotte, NC
 - e. Indianapolis, IN
 - f. Central Ohio, OH
 - g. Houston, TX
 - h. Philadelphia, PA
4. Which gender do you most identify with?
 - a. Male
 - b. Female
 - c. Non-binary
 - d. Prefer to self-describe: _____
 - e. Prefer not to answer
5. Are you of Hispanic, Latino/a, or Spanish origin?
 - a. Yes
 - b. No
 - c. Prefer not to answer

6. What is your race? Please select all that apply.
- a. Asian or Pacific Islander
 - b. Black or African American
 - c. American Indian or Alaskan Native
 - d. White or Caucasian
 - e. Other, please specify: _____
 - f. Prefer not to answer
7. What is your age range?
- a. 18-29
 - b. 30-44
 - c. 45-59
 - d. 60-69
 - e. 70-79
 - f. 80 or older
 - g. Prefer not to answer
8. What is the highest level of education you have completed?
- a. Less than high school
 - b. Some high school
 - c. High school graduate or equivalent
 - d. Associate degree (such as AA, AS)
 - e. Bachelor's degree (such as BA, BS)
 - f. Graduate degree (such as MBA, MS, MD, PhD)
 - g. Prefer not to answer
9. Sodium intake for most adults should not exceed:
- a. 1,500 mg/day
 - b. 2,300 mg/day
 - c. 3,000 mg/day
 - d. 3,500 mg/day
10. Which of the following is a benefit of reducing the amount of sodium in your diet?
- a. Reduced risk of kidney disease
 - b. Reduced risk of high blood pressure
 - c. Reduced risk of stomach cancer
 - d. All of the above
11. For the average person, how much do processed, packaged, and restaurant foods contribute to their sodium intake?
- a. 30%
 - b. 50%
 - c. 70%
 - d. 90%

12. Please select the level that best represents your current confidence that you can do the following:

	Not at all confident	A little confident	Somewhat confident	Mostly confident	Totally confident	Not applicable
Read a nutrition label to find the amount of sodium in your food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce your intake of packaged, processed, and restaurant foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use salt alternatives like spices or herbs when cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for taking this survey. Your response has been recorded. We hope you enjoy the *EmPowered to Serve* module.

Do not forget to take the post-survey after you finish the training!



Salt and Cardiovascular Risk Post-survey

Introduction

EmPOWERED to Serve: Salt and Cardiovascular POST-Survey

Please answer the questions below after you complete the *Salt and Cardiovascular* experience.

The survey should take less than 1 minute to complete. Your answers are completely confidential and will only be used to improve future *EmPowered to Serve* trainings and education.

Survey Questions

1. Please enter the first two letters of your birth month.
For example, if you were born in November, enter 'NO'.

2. Please enter the last three digits of your cell phone number.
For example, if your phone number is 214-763-9805, enter '805'.

3. Sodium intake for most adults should not exceed:
 - a. 1,500 mg/day
 - b. 2,300 mg/day
 - c. 3,000 mg/day
 - d. 3,500 mg/day
4. Which of the following is a benefit of reducing the amount of sodium in your diet?
 - a. Reduced risk of kidney disease
 - b. Reduced risk of high blood pressure
 - c. Reduced risk of stomach cancer
 - d. All of the above
5. For the average person, how much do processed, packaged, and restaurant foods contribute to their sodium intake?
 - a. 30%
 - b. 50%
 - c. 70%
 - d. 90%

6. After participating in the *Salt and Cardiovascular Risk* experience, please select the level that best represents your current confidence that you can do the following:

	Not at all confident	A little confident	Somewhat confident	Mostly confident	Totally confident	Not applicable
Read a nutrition label to find the amount of sodium in your food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce your intake of packaged, processed, and restaurant foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use salt alternatives like spices or herbs when cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. Please rate the overall quality of your experience with *Salt and Cardiovascular Risk*. Select your choice below.

Excellent	Above average	Average	Below average	Poor	Undecided
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. How likely are you to recommend the *Salt and Cardiovascular Risk* experience to a friend, family member, or co-worker? Select your choice below.

Very likely	Likely	Neutral	Unlikely	Very unlikely	Undecided
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1. Is there anything you would like to learn more about that was not included in this *Salt and Cardiovascular Risk* educational session? Please feel free to include any comments or questions you have.

We thank you for your time spent taking this survey.

Your response has been recorded.