

## NHCI Community Health Workers Pilot Program Pre/Post Assessment

### Module 2: High blood Pressure Awareness: All about High Blood Pressure

#### Introduction

Please answer the questions below before you begin the NHCI Community Health Workers (CHW) Pilot Program Module.

Your answers are completely confidential and will only be used to improve future NHCI CHW Pilot Program training and education.

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1. What is the definition of high blood pressure?
  - a) Blood pressure that is lower than the normal range
  - b) Blood pressure that is higher than the normal range**
  - c) Blood pressure that fluctuates throughout the day
  - d) Blood pressure that only affects older adults
  - e) Don't know
  
2. Which of the following is NOT a risk factor for developing high blood pressure?
  - a) Sedentary lifestyle
  - b) Family history of hypertension
  - c) High intake of fruits and vegetables**
  - d) Obesity or overweight
  - e) Don't know
  
3. Please select True or False for the following statement: Uncontrolled high blood pressure can lead to serious health consequences.
  - a) True**
  - b) False
  - c) Don't know
  
4. What are some of the health consequences associated with uncontrolled high blood pressure?
  - a) Diabetes mellitus
  - b) Stroke and heart attack**
  - c) Osteoporosis
  - d) Asthma
  - e) Don't know
  
5. Which of the following statements accurately describes the impact of high blood pressure on the cardiovascular system? Please select all that apply.

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- a) High blood pressure can lead to damage to blood vessels and an increased risk of heart disease.
  - b) High blood pressure can cause the heart to work harder, leading to potential heart failure.
  - c) High blood pressure can increase the risk of stroke and kidney disease.
  - d) All of the above
  - e) Don't know
6. Select one lifestyle modification that can help control high blood pressure.  
Please select all that apply
- a) Regular exercise
  - b) Stress management techniques
  - c) Adequate sleep
  - d) All of the above
  - e) Don't know
7. Which of the following is NOT an important component of blood pressure control?
- a) Regular exercise
  - b) Medication adherence
  - c) Stress management
  - d) Skipping meals
  - e) Don't know
8. What is the recommended blood pressure range for adults?
- a) Lower than 120/80 mmHg
  - b) 120/80 mmHg
  - c) 140/90 mmHg or lower
  - d) 160/100 mmHg or lower
  - e) 180/120 mmHg or lower
  - f) Don't know
9. Please select True or False for the following statement: Blood pressure control is only important for older adults.
- a) True
  - b) False
  - c) Don't know
10. In what ways can community health workers contribute to promoting blood pressure control in their communities?
- a) Conducting blood pressure screenings and assessments in the community

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- b) Providing education and information about the importance of blood pressure control
- c) Supporting lifestyle modifications, such as promoting healthy diets and physical activity
- d) Collaborating with health care teams to ensure follow-up care and medication adherence
- e) All of the above
- f) Don't know

We thank you for your time spent taking this assessment. Your response has been recorded.