

NHCI Community Health Workers Pilot Program Pre/Post Assessment

Module 3: Being Proactive with HBP: Identifying Risk Factors and Implementing Effective Programs

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.

1. What are some common signs and symptoms of high blood pressure?
 - a) Headaches and dizziness
 - b) Fatigue and weakness
 - c) Rapid heartbeat
 - d) Most cases of high blood pressure are asymptomatic
 - e) Don't know
2. Which of the following individuals is at high risk for developing high blood pressure?
 - a) A 25-year-old with a healthy weight and active lifestyle
 - b) A 50-year-old smoker with a family history of hypertension
 - c) A 35-year-old with a vegetarian diet and low stress levels
 - d) A 60-year-old who consumes alcohol occasionally and maintains a balanced diet
 - e) Don't know
3. Please select True or False for the following statement: Lifestyle factors play a significant role in blood pressure control.
 - a) True
 - b) False
 - c) Don't know
4. Which of the following lifestyle factors is NOT associated with high blood pressure?
 - a) Sedentary lifestyle
 - b) High sodium intake
 - c) Excessive alcohol consumption
 - d) Regular physical activity
 - e) Don't know
5. Which of the following methods can community health workers use to identify individuals at risk for high blood pressure?
 - a) Conducting blood pressure screenings in the community
 - b) Assessing individuals' medical history and family history of hypertension
 - c) Identifying lifestyle factors such as unhealthy diet and lack of physical activity
 - d) All of the above
 - e) Don't know

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6. Please select True or False for the following statement: High blood pressure affects only older adults.
- a) True
 - b) **False**
 - c) Don't know
7. Which of the following may be effective for improving blood pressure knowledge? Please select all that apply.
- a) Providing and reviewing educational materials on blood pressure management
 - b) Offering regular blood pressure screenings in the community
 - c) Promoting healthy lifestyle behaviors through community events
 - d) **All of the above**
 - e) Don't know
8. How can community health workers support and promote lifestyle modifications for blood pressure control? Please select all that apply.
- a) Providing education on healthy eating and cooking techniques
 - b) Offering resources and guidance on physical activity and exercise
 - c) Assisting with goal setting and action planning for behavior change
 - d) Facilitating support groups and community engagement opportunities
 - e) **All of the above**
 - f) Don't know
9. What role can community health workers play in implementing effective blood pressure control programs? Please select all that apply.
- a) Conducting outreach and recruitment for program participation
 - b) Providing education and counseling on blood pressure management
 - c) Supporting medication adherence and follow-up care for participants
 - d) Collaborating with community stakeholders and health care teams
 - e) **All of the above**
 - f) Don't know

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