

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

### Module 5: Preventive Strategies for High Blood Pressure: Promoting Healthy Lifestyles

#### 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. Which of the following is NOT a key component of a healthy diet for blood pressure control?
  - a) High sodium intake
  - b) Adequate potassium intake
  - c) Limited saturated fat and cholesterol
  - d) Recommended consumption of fruits and vegetables
  - e) Don't know
2. Please select True or False for the following statement: Regular physical activity has no impact on blood pressure control.
  - a) True
  - b) False
  - c) Don't know
3. What is the recommended duration of moderate-intensity aerobic activity for adults to help control blood pressure?
  - a) 10 minutes per week
  - b) 150 minutes per week or more
  - c) 2 hours per week
  - d) 5 hours per week
  - e) Don't know
11. How can community health workers help individuals adopt healthy lifestyle behaviors? Please select all that apply.
  - a) Providing and reviewing educational materials on healthy eating and physical activity
  - b) Conducting group exercise sessions
  - c) Offering cooking classes focused on healthy recipes
  - d) All of the above
  - e) Don't know
4. Please select True or False for the following statement: Weight management is not an important factor in blood pressure control.
  - a) True
  - b) False
  - c) Don't know
5. Which of the following is NOT a recommended approach to weight management for blood pressure control?

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- a) Engaging in crash diets for rapid weight loss
  - b) Monitoring portion sizes and calorie intake
  - c) Incorporating regular physical activity into daily routine
  - d) Seeking support from a health care professional or weight loss programs
  - e) Don't know
6. How may stress reduction contribute to blood pressure control?
- a) By directly lowering blood pressure levels
  - b) By potentially decreasing behaviors that contribute to high blood pressure such as poor diet, physical inactivity, and tobacco use.
  - c) By reducing the risk of cardiovascular diseases
  - d) By increasing sodium excretion from the body
  - e) Don't know
7. What are some stress reduction techniques that may help control blood pressure? Please select all that apply.
- a) Deep breathing exercises
  - b) Meditation and mindfulness practices
  - c) Regular physical activity
  - d) All of the above
  - e) Don't know
8. Please select True or False for the following statement: Healthy lifestyle behaviors are only beneficial for individuals with high blood pressure.
- a) True
  - b) False
  - c) Don't know
9. How can community health workers promote and reinforce healthy lifestyle behaviors in their communities? Please select all that apply.
- a) Conducting community-wide awareness campaigns
  - b) Collaborating with local schools and workplaces for health promotion activities
  - c) Providing ongoing support and encouragement to individuals
  - d) All of the above
  - e) Don't know

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