

United States Department of Agriculture, University of Arkansas, and County Governments Cooperating

## Heart Disease: Are You At Risk?

Location:	Date:		
Gender (Circle one.)	male	female	
Race (Circle one.)	Black	American Indian or Alaskan Native	
	White	Asian or Pacific Islander	
	Hispanic/Latino	Multi-Racial	

## Please circle one rating for both before and after the meeting.

	Before Meeting			After Meeting				
My Understanding	Didn't Know	Knew a Little	Knew the Basics	Knew All About This	Don't Know	Know a Little	Know the Basics	Know All About This
Heart disease and how it develops	1	2	3	4	1	2	3	4
Risk factors I cannot control	1	2	3	4	1	2	3	4
Risk factors I can control	1	2	3	4	1	2	3	4
Steps to lower heart disease risk	1	2	3	4	1	2	3	4

During the course of this meeting, we talked about five steps to a heart healthy lifestyle. Which of the following do you expect to do?

## Please check one answer for each.

Health Dahariana	Currently		Don't Intend	
Health Behaviors	Doing This	Change	to Do This	Applicable
Quit smoking				
Be physically active				
Follow a healthy eating plan				
Exercise regularly				
Take medications for diabetes, high cholesterol and/or high blood pressure as prescribed				

Have you cha	nged y	our a	attitude about practicing healthier habits in any way as a result of this meeting?	
(Circle one.)	Yes	No	If yes, please specify:	
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