

DIVISION OF AGRICULTURE RESEARCH & EXTENSION

University of Arkansas System



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

Six Ways to Improve Your Health

Location:

Gender (Circle one.)

Race (Circle one.)

male Black White Hispanic/Latino

female American Indian or Alaskan Native Asian or Pacific Islander Multi-Racial

Date:

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
Importance of 7 to 8 hours sleep for good health	1	2	3	4	1	2	3	4
Impact of quitting smoking on health	1	2	3	4	1	2	3	4
Impact of small weight loss on health	1	2	3	4	1	2	3	4
Amount of exercise needed for good health	1	2	3	4	1	2	3	4

During the course of this meeting, we talked about a variety of ways you can plan ahead for a health crisis. Which of the following do you expect to do?

Please check one answer for each.

Health Behaviors	Currently Doing This	Expect to Make This Change	Don't Intend to Do This
Not smoke			
Eat a healthy diet			
Aim for or maintain a healthy weight			
Exercise regularly			
Get enough sleep			
Consume alcohol in moderation			

Have you changed your 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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