SDC

Hypertension Risk Survey

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| HYPERTENSION Risk Assessment  | [Healthcare facility name]  |

**Do You Know Your Risk?**

Please take a few minutes to fill out this survey on your knowledge of high blood pressure, nutrition & daily activities. [Healthcare facility name] welcomes your feedback and your answers will be kept confidential. Thank you for your participation.

**General Participant Information**

In general, what is the quality of your health?

[ ]  Outstanding [ ]  Good [ ]  Some chronic issues [ ]  Poor

How would you rate our concern for your privacy?

[ ]  Outstanding [ ]  Good [ ]  Adequate

[ ]  Needs improvement [ ]  Poor [ ]  N/A

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How often have you visited your healthcare provider within the past year?

[ ]  Have No Healthcare Provider [ ]  Never Visited [ ]  1-4 Visits [ ]  More than 5

**Risk Assessment**

What is high blood pressure?

Is there any place that you can check your blood pressure in your community?

Would you attend FREE classes on the risks of high blood pressure?

Would you attend the classes if they were 1 ½ hours once a week, for 6 weeks?

Would you like to learn how to cook and make heart healthy food choices?

If yes, call the CDC @ (313) 873-0064 for further information. Classes starting the end of June.

List your last blood pressure reading? What should your blood pressure be?

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Name symptoms and signs of high blood pressure?

How can high blood pressure harm your health? Name two diseases related to high blood pressure?

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**Nutrition & Activity**

What kind of food raises blood pressure?

Describe six of your regular daily food choices.

Name six healthy food choices, 2 for breakfast, 2 for lunch, 2 for dinner?

Do you have easy access to fresh fruits and vegetable?

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Describe your daily activities/ exercise?

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Do you have reliable transportation?

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Is there any place that you can check your blood pressure in your community?

**Additional Feedback**

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| Please list any topics related to hypertension (high blood pressure) that may be a concern. |
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| Initials & age | Phone |  |  |

Thank you for taking the time to fill out our survey. We rely on your feedback to help educate your community on high blood pressure, while empowering advocates within the community to educate others. Your input is greatly appreciated.