***Role of Food and Your Health: High Blood Pressure***
**Participant PRE-Survey**

Please answer the questions below *before* you complete the *Role of Food and your Health: High Blood Pressure* experience.

1. What is your name? _____

2. What is today's date? _ _ / _ _ / _ _ _ _
                            MM  DD  YYYY

3. Please circle the number that best represents your current knowledge of the topic below:

|  | Low |  | Medium |  | High | Not applicable |
|---|---|---|---|---|---|---|
| The different ranges for normal and high blood pressure | 1 | 2 | 3 | 4 | 5 | 6 |
| Ways to control high blood pressure | 1 | 2 | 3 | 4 | 5 | 6 |

4. Please circle the number that best represents your confidence that you can do the following:

|  | Not at all confident |  | Somewhat confident |  | Very Confident | Not applicable |
|---|---|---|---|---|---|---|
| Identify foods that are high in sodium | 1 | 2 | 3 | 4 | 5 | 6 |
| Discuss my blood pressure with my healthcare provider | 1 | 2 | 3 | 4 | 5 | 6 |

**Participant POST-Survey**

Please answer the questions below **after** you complete the *Role of Food and your Health: High Blood Pressure* experience.

1. What is your name? _____

2. Please circle the number that best represents your current knowledge of the topic below:

|  | Low |  | Medium |  | High | Not applicable |
|---|---|---|---|---|---|---|
| The different ranges for normal and high blood pressure | 1 | 2 | 3 | 4 | 5 | 6 |
| Ways to control high blood pressure | 1 | 2 | 3 | 4 | 5 | 6 |

3. Please circle the number that best represents your confidence that you can do the following:

|  | Not at all confident |  | Somewhat confident |  | Very Confident | Not applicable |
|---|---|---|---|---|---|---|
| Identify foods that are high in sodium | 1 | 2 | 3 | 4 | 5 | 6 |
| Discuss my blood pressure with my healthcare provider | 1 | 2 | 3 | 4 | 5 | 6 |

4. Please rate the **quality of your overall experience** with the *Role of Food and your Health: High Blood Pressure* Circle your choice below.

| Poor | Below Average | Average | Above Average | Excellent | Undecided |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 |

5. How likely are you to **recommend** the *Role of Food and your Health: High Blood Pressure* experience to a friend, family member, or co-worker? Circle your choice below.

| Extremely unlikely | Unlikely | Neutral | Likely | Extremely likely | Undecided |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 |