

Health for Hearts United

Leadership Institute

*A Church-Based Project in Gadsden and Leon Counties
Funded by the National Institute on Minority Health & Health Disparities*

Training Session 1 Make-up Assignment

1. Please review the overview slides presented by Dr. Penny Ralston and answer the following questions.
 - a. What are **the three goals** of the Health for Hearts United Leadership Institute (HHU Lead) Project?

- b. What are the **three key health messages** of the HHU Project?

2. Please review the notes from the Application Panel, “Growing Health Knowledge & Empowerment in the Church” and answer the following questions:
 - a. What are **three strategies** that **your church** might incorporate to help members take charge of their health?

b. What are **three resources** that **your church** might use in promoting health?

c. **Which three of the opportunities, challenges or lessons learned** might be the **most important** to consider in **your church** as you implement health activities?

3. Please review the slides from Dr. Cyneetha Strong's presentation on "Take Charge of Your Health" in relationship to increasing your knowledge about cardiovascular disease and answer the following questions:

a. What is the Number 1 cause of death in the US? _____

b. Please identify at least three conditions associated with cardiovascular disease (CVD).

c. What is the rate for strokes for Blacks in comparison with Whites?

d. In relationship to **CVD risk factors**, please answer the following:

i. What does non-modifiable mean? _____

ii. What does modifiable mean? _____

iii. What are **three strategies** for reducing CVD risk?

iv. What are **two strategies your church** could implement to reduce CVD risk of your members?
