



LOWER THE PRESSURE HAPPY HOUR

Healthy Eating for Blood Pressure Maintenance Program



ConnectWell Participant Survey - Delaware Libraries

Thank you for participating at **New Castle Public Library**! This program is provided by **ConnectWell** in partnership with **Let's Move in Libraries**! Please take a few minutes to complete this brief survey.

Directions: Download the PDF to desktop, fill out, save and attach to email. Send to Ashley.Daniels@lib.de.us



1. Rate your overall experience with the Food as Medicine: Healthy Eating Blood Pressure Maintenance Program.

- Excellent
- Very Good
- Good
- Fair
- Poor

2. Rate the quality of the content shared from the Food as Medicine: Healthy Eating for Blood Pressure Maintenance Program (Presentation, Recipes, Blood Pressure Articles, Healthy Lifestyle Articles, Videos, Participant Handout).

- Excellent
- Very Good
- Good
- Fair
- Poor

3. Did you find the Food as Medicine Program engaging?

- Extremely engaging
- Very engaging
- Moderately engaging
- Slightly engaging
- Not at all engaging

4. Did you feel the Food as Medicine Principles were easy to follow?

- Extremely easy to follow
- Very easy to follow
- Moderately easy to follow
- Slightly easy to follow
- Not easy to follow

Please Continue >>>

5. Did participating in the Food as Medicine Program increase your knowledge of:

- the drivers of high blood pressure
- lifestyle habits that impact blood pressure
- healthy eating for blood pressure maintenance
- how to read a food label to purchase healthier packaged food items
- how to reduce salt intake through healthy cooking practices
- healthy alternatives to common store-bought and restaurant foods

Choose response:

- Increased my knowledge significantly
- Increased my knowledge moderately
- Increased my knowledge somewhat
- Increased my knowledge slightly
- Did not increase my knowledge but was a good reinforcement of what I know already
- None of the above

6. What changes do you intend to make to your eating habits as a result of this Food as Medicine: Healthy Eating for Blood Pressure Maintenance Program? (Choose all that apply.)

- Reduce consumption of ultra-processed food
- Read food labels carefully on packaged food items
- Reduce salt intake by purchasing packaged foods that are lower in salt
- Purchase more whole foods
- Cook more at home
- Cook more from scratch versus using prepared food items
- Make homemade salad dressings and/or condiments
- Experiment with new foods
- Prepare more homemade snacks versus eating packaged snacks
- Reduce the amount of salt I put in the food I prepare and cook
- Use alternative ways to add flavor to food by replacing salt with herbs and spices
- Look for recipes that are low in salt
- Reduce salt intake when eating out
- Drink more water and consume less sugary beverages to support weight management
- None of the above

The content shared in this program is from the ConnectWell Health & Wellness Database which includes thousands of articles, hundreds of videos, and a healthy recipe collection to help people manage their health conditions and improve their overall well-being. Having ConnectWell at your library would enable you to access the specific content shared in this program: blood pressure articles, healthy lifestyle articles, videos, and recipes. Access to the content would provide you with the ability to delve more deeply into food as medicine principles for blood pressure and learn more about how to manage high blood pressure and many more health conditions.

7. How interested are you in your library offering the ConnectWell Health & Wellness Database through the library's website ensuring 24/7 access?

- Extremely Interested
- Very Interested
- Moderately Interested
- Somewhat Interested
- Not Interested

8. Now that you have participated in this Food as Medicine: Healthy Eating for Blood Maintenance Program, would you be interested in doing another Food as Medicine Program? Topics include:

- Healthy Eating for Metabolic Health
- Healthy Eating with Prediabetes & Type 2 Diabetes
- Healthy Eating for Cholesterol Maintenance
- Eating for Heart Health
- Healthy Eating Before, During, and After Pregnancy for the Whole Family
- Gluten-Free Eating: Celiac Disease, Wheat Allergy, and Beyond
- Benefits of a Plant-Based Diet for Your Health
- Eating for Brain Health
- Healthy Eating for Families
- Healthy Eating for Weight Management
- Healthy Eating During the Holidays & Gift-giving for Health

Choose response:

- Extremely Interested
- Very Interested
- Moderately Interested
- Somewhat Interested
- Not Interested

9. Rate your library's overall effectiveness in delivering this Food as Medicine Program. Consider these factors: making you aware of the Program, organizing the Program, and delivering a strong Program.

- Excellent
- Very Good
- Good
- Fair
- Poor

10. Would you be interested in your library offering more health programs that utilize ConnectWell content so that you could refer to the content later and have the opportunity to improve your health status?

Extremely Interested

Very Interested

Moderately Interested

Somewhat Interested

Not Interested

Thank You for Completing Survey!

eMail PDF to: Ashley.Daniels@lib.de.us

