



National DPP in the Panhandle Session 9 Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

Do you eat fish two times weekly? Yes \_\_\_ No \_\_\_ Don't know \_\_\_

How many servings of grain products do you eat daily? 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 or more \_\_\_ don't know \_\_\_

Of these, how many are whole grains? 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 or more \_\_\_ don't know \_\_\_

Do you drink less than 36 ounces of sweetened beverages weekly? Yes \_\_\_ No \_\_\_ Don't know \_\_\_

Are you currently reducing your sodium or salt intake? Yes \_\_\_ No \_\_\_ Don't know \_\_\_

How much moderate physical activity do you get in a week? 30 min. \_\_\_ 60 min. \_\_\_ 90 min. \_\_\_ 150 min. \_\_\_ more \_\_\_ don't know \_\_\_

How much vigorous physical activity do you get in a week? 0 \_\_\_ 30 min. \_\_\_ 60 min. \_\_\_ 75 min. or more \_\_\_ don't know \_\_\_

How much fruit do you eat in an average day? (1 serving = 1 banana, 1 apple, or a cup of berries) 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 or more \_\_\_ don't know \_\_\_

How many vegetables do you eat in a typical day? (1 serving = 12 baby carrots or 1 cup of broccoli) 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 or more \_\_\_ don't know \_\_\_

Thinking about your physical health, which includes physical illness and injury, how many days of the past 30 was your health **not** good? 0 \_\_\_ 1-5 \_\_\_ 6-10 \_\_\_ 11-20 \_\_\_ 21 or more \_\_\_

Over the past 2 weeks, how often have you been bothered by little interest or pleasure in doing things? Not at all    nearly half    nearly every day

Over the past 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless? Not at all    nearly half    nearly every day

What healthy changes have you made to reach your goals so far, no matter how small?

What steps will you take in the remainder of the program to reach your goals?

Current Weight

Current BP

Current Waist Circumference

2<sup>nd</sup> BP Reading