



NDPP in the Panhandle Session 9 Assessment

Name _____

Do you eat 2 or more servings of fish weekly?	Yes ___ No ___ Don't know ___
Do you eat 3 or more servings of whole grains daily?	Yes ___ No ___ 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 ___
What healthy changes have you made to reach your program goals so far, no matter how small?	
What steps do you hope to take in the remainder of the program to reach your goals?	
Current Weight	Current BP
Current Waist Circumference	2 nd BP Reading