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

Cohort 4 Training Session 2 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?

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   ______________________________________________________
   ______________________________________________________

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

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   ______________________________________________________

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?

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________________________________________________________________________

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?

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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).

   _______________________________________________________________________

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   _______________________________________________________________________

   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?
   ____________________________________________________________________________
   ____________________________________________________________________________