

Questions for Healthy Living for Chronic Disease Prevention (BEFORE)

1. What are chronic diseases?
 - A. Diseases that you catch from other people
 - B. Diseases that people live with for years
 - C. Diseases that develop slowly over time
 - D. B and C

2. "I will eat more fruit starting next week." Is this a SMART goal?
 - A. Yes
 - B. No, it's not specific or measurable
 - C. No, it has no timeline
 - D. No, eating more vegetables would be a SMART goal

3. Who can help you make a healthy change?
 - A. Nobody, you can do everything on your own
 - B. Reality TV shows about weight loss
 - C. A health care worker
 - D. The internet

4. Answer the following question using the scale below:

I would feel comfortable helping someone in my community make healthy changes.

Disagree 1 2 3 4 5 Agree

Please FAX to Nicole Leclair at 780-495-7338

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