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?

   __________________________________________________

   __________________________________________________

   __________________________________________________

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

   __________________________________________________

   __________________________________________________

   __________________________________________________

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?

________________________________________________________________________

________________________________________________________________________

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?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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).

   ______________________________________________________________________

   ______________________________________________________________________

   ______________________________________________________________________

   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?

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