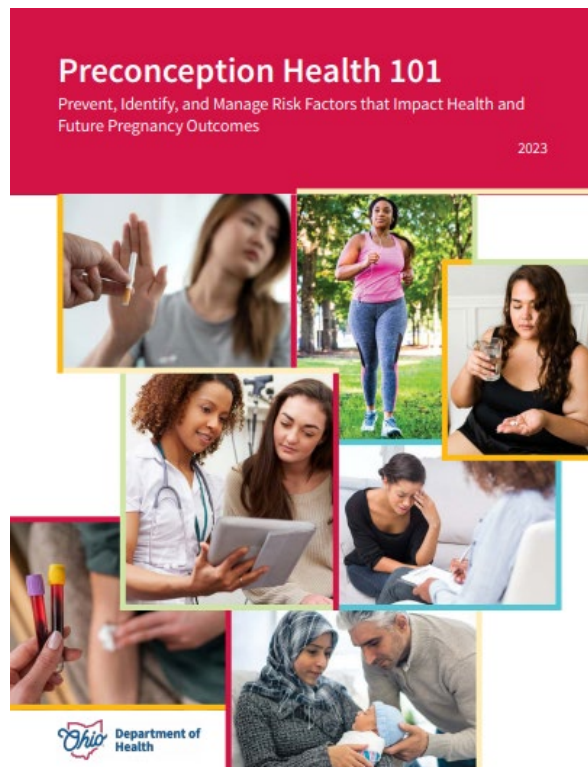


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# PRECONCEPTION HEALTH 101

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## Preliminary Evaluation



JUNE 12, 2024

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## Executive Summary

Preconception Health 101 was developed to improve healthcare providers' knowledge on preconception health and how to incorporate it into a clinical visit. The Ohio Colleges of Medicine Government Resource Center (GRC) led development of training materials for providers of preconception health clinical services to promote awareness of preconception health in the community and in clinical practice. Specifically, Reproductive Health and Wellness Program (RHWP) staff were trained on the Preconception Health 101 provider change package, which included a description and summary of preconception health, relevant screening tools, referral resources, and ways to incorporate preconception health guidance into the medical history and health care visits.

Preconception Health 101 also impacted the preconception population directly via community education presentations focusing on issues commonly affecting pregnancy; a small number of community trainings have occurred, with more scheduled into fiscal year 2025. The community training content areas include healthy lifestyle, tobacco cessation efforts, mental health, and managing chronic diseases commonly affecting pregnancy. Patient education handouts will be shared with community members after each presentation.

This report details preliminary results of the preconception health-related trainings administered by RHWP staff to the public, collected by way of pre- and post- surveys taken by attendees. This report provides an analysis of those results before and after the training, and explores community members' knowledge development, awareness of resources available at the RHWP clinics and planned behavior in the content area(s). While knowledge score increases were realized in three of the four content areas, the preliminary average knowledge score results were not statistically significant from pre- to post-intervention. In addition, an increase in awareness was observed in all four areas and a positive change in planned behavior was detected in three of the four content areas.

### Stakeholders

Activities are sponsored by the Ohio Department of Health (ODH) and administered by GRC in partnership with clinical advisor, Monique Katsuki, MD, FACOG.

## Evaluation Goals

The Preconception Health 101 evaluation goal is to assess the impact of one-hour community presentations on each of the four content areas including healthy lifestyle, tobacco cessation, mental health, and managing chronic diseases, as shown in Figure 1. Community member responses will be assessed with the following evaluation questions:

- To what extent do the community members develop knowledge in the [content area] after the presentation?
- To what extent do the community members improve awareness of the [content area] after the presentation?
- To what extent do the community members change their planned behavior in the [content area] after the presentation?

**FIGURE 1: COMMUNITY PRESENTATION CONTENT AREAS.**

**Content Areas:**

- Healthy Lifestyle.
- Tobacco Cessation.
- Mental Health.
- Managing Chronic Disease.

## Evaluation Design

As part of the Preconception 101 activities, community members will be invited to attend one-hour community presentation(s) related to the content areas in Figure 1. Community members will answer the same corresponding survey questions before and after the community presentation(s). Community members will respond to the survey questions anonymously and a cohort design will be used to assess the impact of the presentations. The pre-post evaluation will assess changes in the community members' knowledge, awareness, and planned behaviors in the content area(s).

## Data Collection

### Sample, Data Sources and Timeframe

This study is a secondary analysis which seeks to generate evaluation measures using pre-post survey data. The target population includes individuals of reproductive age attending community presentations across Ohio. The data sample for this evaluation will include community members' responses before and after the presentation(s), captured via REDCap. GRC will receive a REDCap data extract from ODH for each content area and will conduct the pre-post evaluation. GRC will conduct preliminary analyses for data received in fiscal year 2024 through April 30, 2024. Additional data are anticipated in fiscal year 2025.

## Analysis Plan

As shown in Table 1, the evaluation intends to explore the effectiveness of community presentations through pre-post evaluation of community members' knowledge and attitudes towards the content area(s). The analysis will summarize the effectiveness of presentations by comparing overall scores of the pre- and post-surveys and assessing the change in knowledge, awareness and planned behavior from pre- to post-survey in each content area.

**TABLE 1: EVALUATION OUTLINE**

Content Areas	Measures
Healthy Lifestyle	Number of surveys completed before community presentation
	Pre-survey average score of knowledge items
	Pre-survey results of awareness item
	Pre-survey results of planned behavior item
Tobacco Cessation	Number of surveys completed after community presentation
	Post-survey average score of knowledge items
	Post-survey results of awareness item
Mental Health	Post-survey results of planned behavior item
Managing Chronic Disease	Comparison of pre and post survey average scores of knowledge items
	Comparison of pre and post survey results of awareness item
	Comparison of pre and post survey results of planned behavior item

## Summary of Findings

The total number of pre- and post-survey forms are presented in Table 2. Empty forms were excluded from the analysis. Full data tables with preliminary results for all topics areas can be found in Appendix A (see Tables A – L). Complete questionnaires for all topic areas can be found in Appendix B.

**TABLE 2: NUMBER OF FORMS**

	Pre-Survey n (%)	Post-Survey n (%)	Total
Healthy Lifestyle	23 (46%)	27 (54%)	50
Smoking Cessation	33 (45.8%)	39 (54.2%)	72
Mental Health	14 (36.8%)	24 (63.2%)	38
Managing Chronic Disease	3 (37.5%)	5 (62.5%)	8

## Healthy Lifestyle

The Healthy Lifestyle presentation discussed the impacts of diet and exercise on adults, multivitamin use, time between pregnancies, diabetes risks, anemia, and multivitamin use.

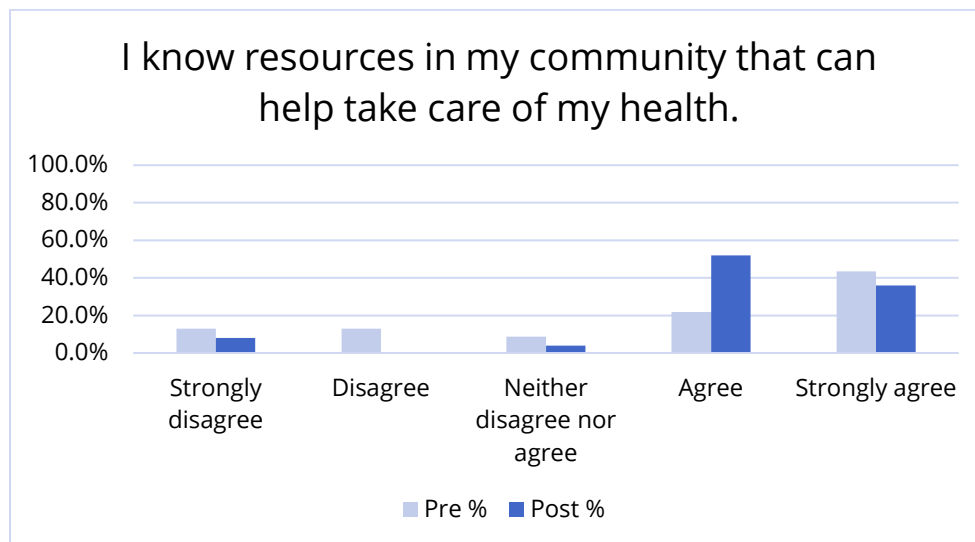
## Knowledge Development

Participants were asked eight knowledge-based questions, which included one true/false and seven multiple choice questions. The average knowledge score increased from 5.65 (pre-test, n=23) to 5.74 (post-test, n=27) out of possible 8 points.

- Six of the eight questions showed improvement, ranging from 3.8% to 18.2% improvement in the post-intervention responses. Two questions (Q5 and Q7) had 100% correct responses for post-surveys.
- The question with the largest improvement asked about risk factors where an individual is more likely to get diabetes (Q7, +18.2%).
- Despite improvements, the average knowledge score results were not statistically significant.

## Awareness

After the presentation, 88.0% of participants agreed/strongly agreed they could identify where to find resources to take care of their health. An increase of 30.3% was observed for “agree”.



## Planned Behavior

When asked if the participant planned to eat the right amount of healthy food to reach a healthy weight, responses for agree/strongly agree increased from 60.8% to 84.0% (+23.2%.) The largest categorical increase, +22.3%, was observed by those indicating “agree”.

## Tobacco Cessation

The Tobacco Cessation presentation discussed the impacts of smoking and vaping on adults, different kinds of tobacco smoke exposure, how smoking impacts children during and after pregnancy, and resources to help one stop smoking.

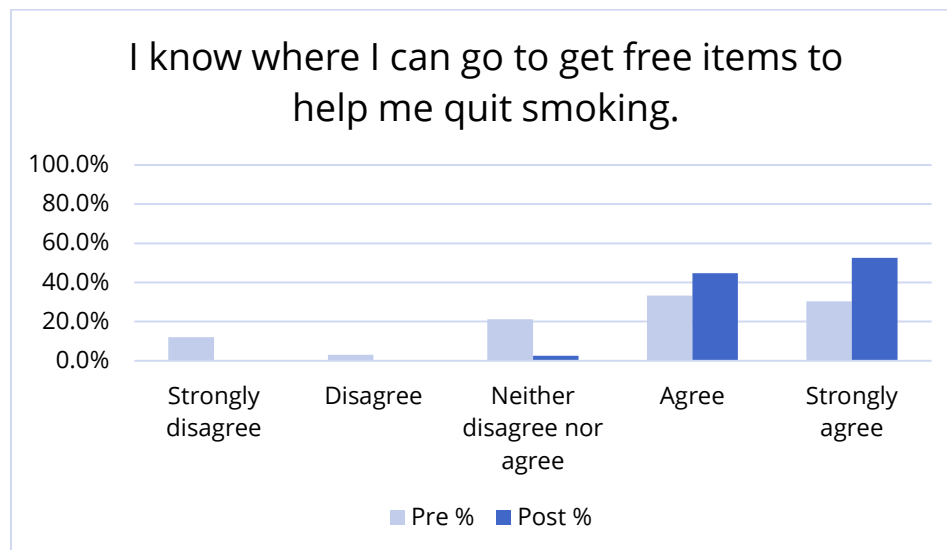
### Knowledge Development

Participants were asked six knowledge-based questions, with two true/false and four multiple choice questions. The average knowledge score increased from 5.30 (pre-test, n=33) to 5.41 (post-test, n=39) out of possible 6 points.

- Five of six questions showed improvement, ranging from 2.3% to 7.3% improvement in the post-intervention responses. The last question (Q6) had 100% correct responses for pre- and post-surveys.
- The two questions with the largest improvement asked if vaping is a safe alternative to smoking (Q5, +7.3%) and if secondhand smoke increases the risk of Sudden Infant Death Syndrome (SIDS) for babies under 1 year old (Q3, +6.5%).
- Despite improvements, the average knowledge score results were not statistically significant.

### Awareness

After the presentation, over 97% of participants agreed/strongly agreed they could identify where to receive free tobacco cessation resources. Increases of 11.4% and 22.3% were observed for “agree” and “strongly agree”, respectively.



### Planned Behavior

When asked if the participant planned to set a goal to reduce smoking or vaping, an 8.5% increase was observed by those indicating “strongly agree” and a 7.3% decrease was observed by those indicating “strongly disagree”.

## Mental Health

The Mental Health presentation included a description of mental health conditions (anxiety and depression), identification of symptoms or risk factors for anxiety and depression, and recognition of treatment options for common mental health problems.

## Knowledge Development

Participants were asked six knowledge-based questions, consisting of two true/false and four multiple-choice questions. The average knowledge score was 4.50 out of 6 points in the pre-test (n=14) and 4.42 out of 6 points in the post-test (n=24).

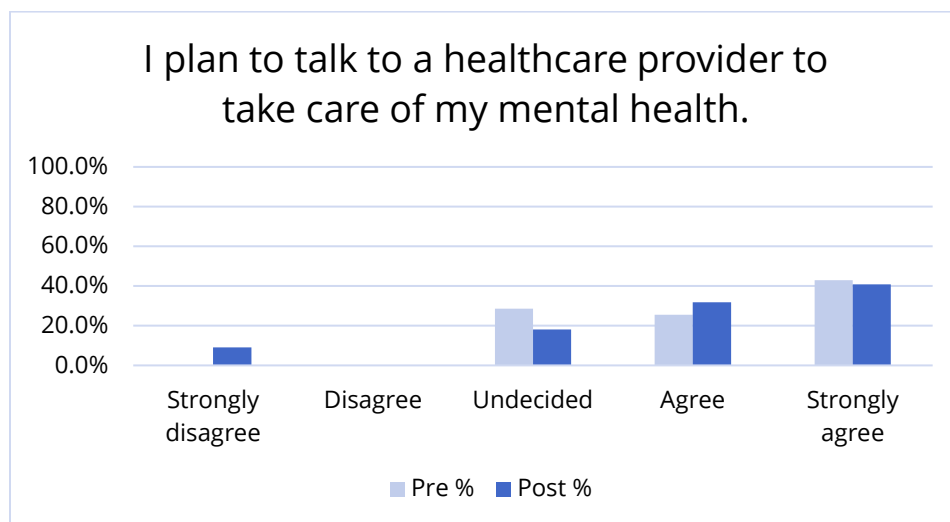
- Two of the six questions showed increases in the percentage of correct answers after the intervention, and one question (Q5) had a 100% correct response rate in both the pre- and post-surveys.
- The two questions that showed improvement identified a correct description of depression (Q1, +13.7%) and the best treatment option for mental health conditions (Q4, +16.9%).

## Awareness

The percentage of participants who correctly answered the question indicating awareness of the Ohio CareLine increased from 64.3% to 77.3% (+13.0%).

## Planned Behavior

When participants were asked if they planned to talk to a healthcare provider to take care of their mental health, responses for agree/strongly agree increased from 68.5% to 72.7% (+4.2%). A 6.3% increase was observed by those indicating “agree”.





## Managing Chronic Disease

The Managing Chronic Disease presentation involved description of chronic diseases (hypertension, diabetes, thyroid disease), explained how unmanaged chronic diseases can impact pregnancy, and discussed various management options and available services provided by RHPW sites.

## Knowledge Development

Participants were asked seven knowledge-based questions, including one true/false and six multiple choice questions. The average knowledge score increased from 2.33 (pre-test, n=3) to 5.20 (post-test, n=5) out of possible 7 points.

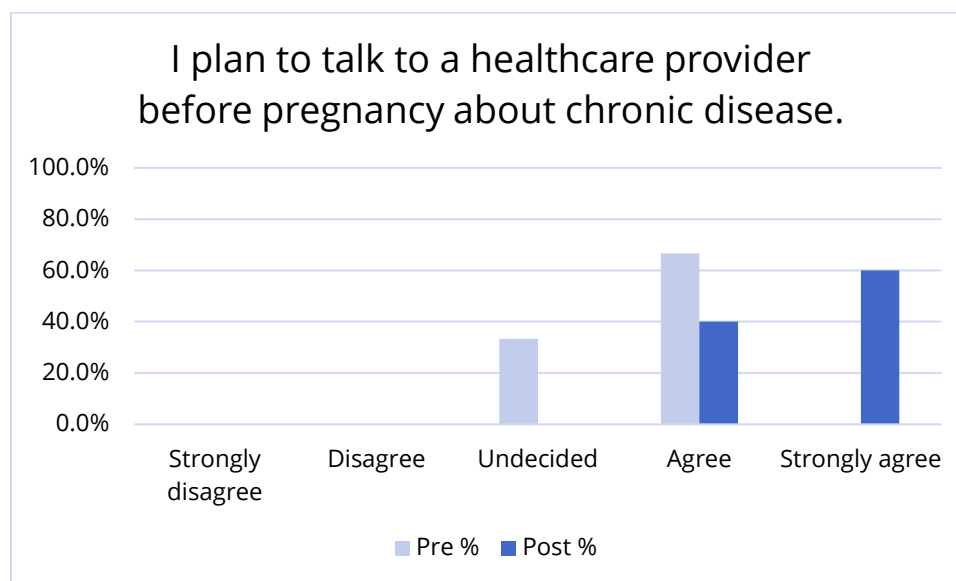
- There was an increase in the percentage of correct answers for all knowledge items in the post-intervention, except for one question (Q5).
- The question asking for a description of thyroid disease (Q3) and factors that increase the risk of high blood pressure (Q4) increased from 0.0% to 80.0%, while the question about the timing for testing for Type 2 diabetes after childbirth for women with GDM (Q6) increased from 0.0% to 60.0% in the post-intervention.

## Awareness

The percentage of participants who correctly answered the question regarding awareness about RHWP services increased from 33.3% to 80.0% (+46.7%).

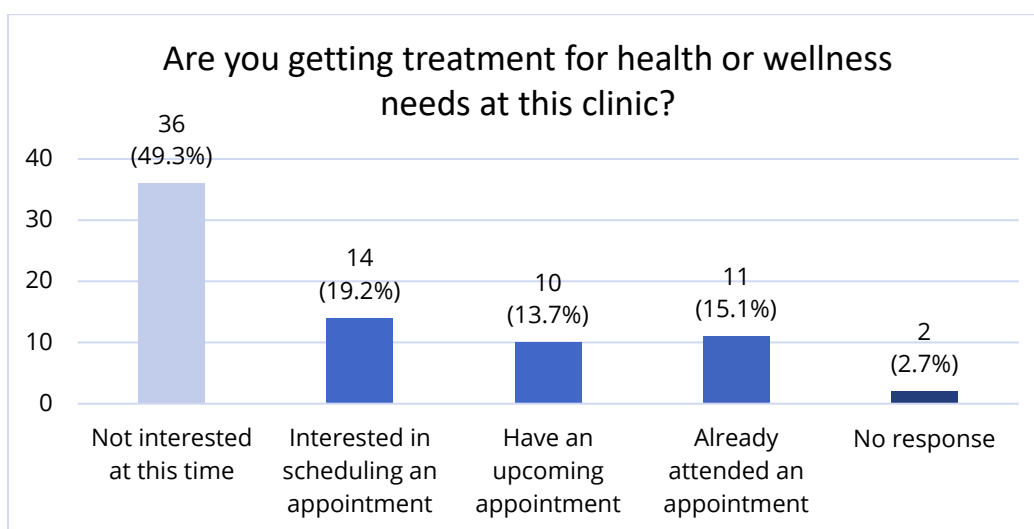
## Planned Behavior

When asked if community members planned to consult a healthcare provider about chronic diseases before pregnancy, 100% of participants indicated "agree" or "strongly agree" in the post-test (+33.3%).

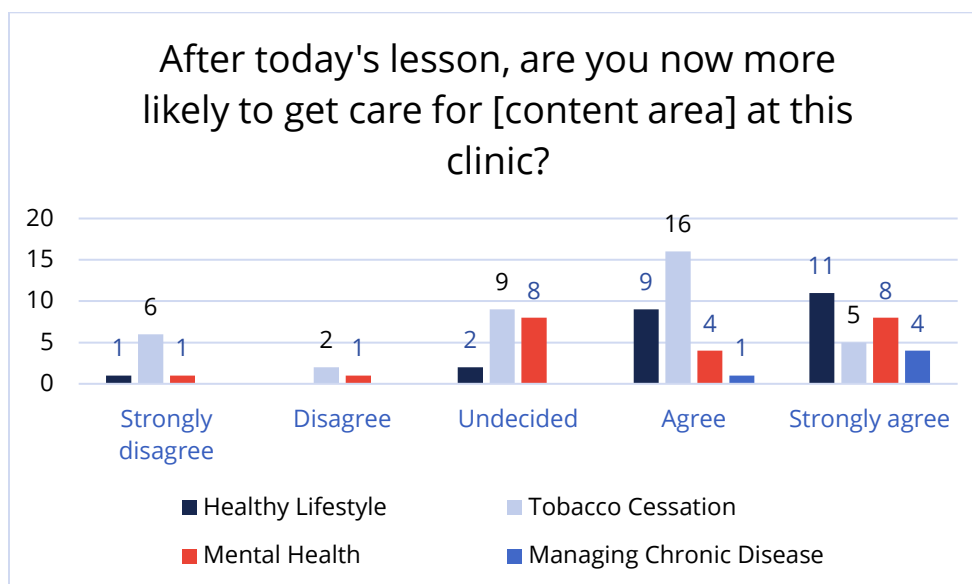


## Pre/Post Care Questions

In each of the presentations, participants were asked if they were receiving treatment for health or wellness needs at that clinic in the pre-survey. Among the 73 participants, nearly half selected the “Not interested at this time” option. Approximately one-third of participants indicated an interest in scheduling an appointment (19.2%) or have an upcoming appointment (13.7%).



Participants were also asked if they were now more likely to seek care for the related content area in the post-survey. “Agree” or “strongly agree” were the most frequently selected options in each focus area.



## Limitations and Recommendations

A few limitations were observed upon completing the preliminary analyses. First, there were a lower number of survey responses received for the managing chronic disease and mental health presentations. This limited the ability to complete a statistical t-test for the managing chronic disease cohort. This may be minimized throughout the balance of the grant period as additional community presentations will continue to occur.

Another limitation is the higher number of responses in the post-survey responses compared to the pre-survey in each of the content area. Without unique identifiers, it is likely that individuals came in late and did not complete the pre-survey. This provides an opportunity to reinforce survey best practices during the remainder of the grant period, including reminding attendees to 1) complete the pre and post surveys, and 2) ensure every question is answered to the best of their abilities.

# Appendix A: Preliminary Data Tables

## Healthy Lifestyle

**TABLE C: CORRECT ANSWER RATES FOR HEALTHY LIFESTYLE KNOWLEDGE ITEMS**

		Pre-Survey		Post-Survey	
		n (%)	Total	n (%)	Total
Q1	Adults should try to exercise for _____ minutes per week.	12 (52.2%)	23	14 (56.0%)	25
Q2 (T/F)	Even if you make good food choices, it is good to take a daily multivitamin.	20 (87.0%)	23	21 (80.8%)	26
Q3	Taking _____ before and during pregnancy can help prevent birth defects to your baby's brain and spinal cord.	12 (54.6%)	22	14 (53.9%)	26
Q4	It is best to wait at least how long between pregnancies?	9 (40.9%)	22	10 (45.5%)	22
Q5	Which of these chronic diseases and conditions can make it hard to get pregnant or have a healthy pregnancy?	20 (90.9%)	22	25 (100.0%)	25
Q6	Gestational diabetes (GDM) is when your body cannot make enough _____ during pregnancy.	20 (90.9%)	22	24 (96.0%)	25
Q7	Some people are more likely to get diabetes if they _____.	18 (81.8%)	22	25 (100.0%)	25
Q8	What type of diet can help manage anemia?	19 (86.4%)	22	22 (95.7%)	23

**TABLE D: RESULTS FOR HEALTHY LIFESTYLE AWARENESS QUESTION**

		Pre-Survey (N = 23)		Post-Survey (N = 25)	
		n	%	n	%
Q9: I know resources in my community that can help take care of my health.	Strongly disagree	3	13.0%	2	8.0%
	Disagree	3	13.0%	0	0.0%
	Neither disagree nor agree	2	8.7%	1	4.0%
	Agree	5	21.7%	13	52.0%
	Strongly agree	10	43.5%	9	36.0%

**TABLE E: RESULTS FOR HEALTHY LIFESTYLE PLANNED BEHAVIOR QUESTION**

		Pre-Survey (N = 23)		Post-Survey (N = 25)	
		n	%	n	%
Q10: I plan to eat the right amount of healthy food to reach a healthy weight.	Strongly disagree	3	13.0%	1	4.0%
	Disagree	1	4.4%	0	0.0%
	Undecided	5	21.7%	3	12.0%
	Agree	5	21.7%	11	44.0%
	Strongly agree	9	39.1%	10	40.0%

## Tobacco Cessation

**TABLE F: CORRECT ANSWER RATES FOR TOBACCO CESSATION KNOWLEDGE QUESTIONS**

		Pre-Survey		Post-Survey	
		n (%)	Total	n (%)	Total
Q1	Smoking can _____.	28 (84.9%)	33	34 (87.2%)	39
Q2	Smoking while pregnant can cause _____.	29 (87.9%)	33	35 (92.1%)	38
Q3 (T/F)	Secondhand smoke increases the risk of Sudden Infant Death Syndrome (SIDS) for babies under 1 year old.	30 (90.9%)	33	37 (97.4%)	38
Q4	Smoking can _____.	27 (81.8%)	33	32 (84.2%)	38
Q5 (T/F)	Vaping is a safe alternative to smoking.	28 (84.9%)	33	35 (92.1%)	38
Q6	If you want to have a baby, it is important to stop using _____.	33 (100.0%)	33	38 (100.0%)	38

**TABLE G: RESULTS FOR TOBACCO CESSATION AWARENESS QUESTION**

		Pre-Survey (N = 33)		Post-Survey (N = 38)	
		n	%	n	%
Q7: I know where I can go to get free items to help me quit smoking.	Strongly disagree	4	12.1%	0	0.0%
	Disagree	1	3.0%	0	0.0%
	Neither disagree nor agree	7	21.2%	1	2.6%
	Agree	11	33.3%	17	44.7%
	Strongly agree	10	30.3%	20	52.6%

**TABLE H: RESULTS FOR TOBACCO CESSATION PLANNED BEHAVIOR QUESTION**

		Pre-Survey (N = 33)		Post-Survey (N = 38)	
		n	%	n	%
Q8: I plan to set a goal to reduce the amount I smoke or vape every day.	Strongly disagree	5	15.2%	3	7.9%
	Disagree	0	0.0%	3	7.9%
	Undecided	7	21.2%	7	18.4%
	Agree	15	45.5%	12	31.6%
	Strongly agree	5	15.2%	9	23.7%
	I do not smoke	1	3.0%	4	10.5%

## Mental Health

**TABLE I: CORRECT ANSWER RATES FOR MENTAL HEALTH KNOWLEDGE QUESTIONS**

		Pre-Survey		Post-Survey	
		n (%)	Total	n (%)	Total
Q1	Depression can best be described as _____.	8 (57.1%)	14	17 (70.8%)	24
Q2	Anxiety can best be described as _____.	12 (85.7%)	14	19 (82.6%)	23
Q3 (T/F)	Depression often needs a doctor to help treat it.	10 (71.4%)	14	15 (68.2%)	22
Q4	What is the best treatment option if you have mental health conditions?	11 (78.6%)	14	21 (95.5%)	22
Q5 (T/F)	If not treated, depression or anxiety may result in weight gain or loss, cause sleep problems and make chronic conditions worse.	14 (100.0%)	14	22 (100.0%)	22
Q6	Depression in women is most common in which age range?	8 (57.1%)	14	12 (54.6%)	22

**TABLE J: RESULTS FOR MENTAL HEALTH AWARENESS QUESTION**

		Pre-Survey		Post-Survey	
		n (%)	Total	n (%)	Total
Q7	Ohio CareLine is a free behavioral health call service that offers support if you are _____.	9 (64.3%)	14	17 (77.3%)	22

**TABLE K: RESULTS FOR MENTAL HEALTH PLANNED BEHAVIOR QUESTION**

		Pre-Survey (N = 14)		Post-Survey (N = 22)	
		n	%	n	%
Q8: I plan to talk to a healthcare provider to take care of my mental health.	Strongly disagree	0	0.0%	2	9.1%
	Disagree	0	0.0%	0	0.0%
	Undecided	4	28.6%	4	18.2%
	Agree	4	25.6%	7	31.8%
	Strongly agree	6	42.9%	9	40.9%

## Managing Chronic Disease

**TABLE L: CORRECT ANSWER RATES FOR MANAGING CHRONIC DISEASE KNOWLEDGE QUESTIONS**

		Pre-Survey		Post-Survey	
		n (%)	Total	n (%)	Total
Q1	High blood pressure (Hypertension) is when _____.	1 (33.3%)	3	4 (80.0%)	5
Q2	Diabetes is a chronic disease where your body cannot process _____ correctly.	2 (66.7%)	3	4 (80.0%)	5
Q3	Thyroid disease is a condition when _____.	0 (0.0%)	3	4 (80.0%)	5
Q4	Things that increase the risk of having high blood pressure can be _____.	0 (0.0%)	3	4 (80.0%)	5
Q5 (T/F)	Only women who had diabetes before pregnancy have a risk of getting gestational diabetes (GDM) during pregnancy.	2 (66.7%)	3	3 (60.0%)	5
Q6	If a woman has Gestational diabetes (GDM) during pregnancy, when should she get tested for Type 2 diabetes after having her baby?	0	3 (0.0%)	3 (60.0%)	5
Q7	What is the best step to improve your health before pregnancy?	2	3 (66.7%)	4 (80.0%)	5

**TABLE M: RESULTS FOR MANAGING CHRONIC DISEASE AWARENESS QUESTION**

		Pre-Survey		Post-Survey	
		n (%)	Total	n (%)	Total
Q8	If you are pregnant or want to become pregnant, the Reproductive Health and Wellness Program (RHWP) can help _____.	1 (33.3%)	3	4 (80.0%)	5

**TABLE N: RESULTS FOR MANAGING CHRONIC DISEASE PLANNED BEHAVIOR QUESTION**

		Pre-Survey (N = 3)		Post-Survey (N = 5)	
		n	%	n	%
Q9: I plan to talk to a healthcare provider before pregnancy about chronic disease.	Strongly disagree	0	0.0%	0	0.0%
	Disagree	0	0.0%	0	0.0%
	Undecided	1	33.3%	0	0.0%
	Agree	2	66.7%	2	40.0%
	Strongly agree	0	0.0%	3	60.0%

# Appendix B: Final Survey Questions

## Community Survey Questions

**Four surveys are developed for each of the content areas:**

- Healthy Lifestyle (formerly Reproductive health)
- Smoking cessation
- Mental health
- Managing chronic disease

**The following question is included at the end of each survey if it is a pre-test:**

Are you getting treatment for health or wellness needs at this clinic?

- a) Not interested at this time
- b) Interested in scheduling an appointment
- c) Have an upcoming appointment
- d) Already attended an appointment

**The following question is included at the end of each survey if it is a post-test:**

After today's lesson, are you now more likely to get care for [topic area] at this clinic?

- a) Strongly disagree
- b) Disagree
- c) Undecided
- d) Agree
- e) Strongly agree



## Healthy Lifestyle

This is a brief survey on **healthy lifestyle**. There are multiple-choice and true/false questions. Please answer all questions to the best of your ability.

Thank you for taking the time to complete this survey!

Did you attend the training session on **healthy lifestyle**?

- a) Yes
- b) No

1. Adults should try to exercise for \_\_\_\_\_ minutes per week.

- a) 30
- b) 60
- c) 80
- d) **150**

2. Even if you make good food choices, it is good to take a daily multivitamin.

- a) **True**
- b) False

3. Taking \_\_\_\_\_ before and during pregnancy can help prevent birth defects to your baby's brain and spinal cord.

- a) Calcium
- b) DHA
- c) Iron
- d) **Folic acid/Folate**

4. It is best to wait at least how long between pregnancies?

- a) 6 months
- b) 1 year
- c) **18 months**
- d) 2 years

5. Which of these chronic diseases or conditions can make it hard to get pregnant or have a healthy pregnancy?
- a) Diabetes
  - b) Weighing too little or too much
  - c) High blood pressure
  - d) **All of the above**
6. Gestational diabetes (GDM) is when your body cannot make enough \_\_\_\_\_ during pregnancy.
- a) Urine
  - b) **Insulin**
  - c) Energy
  - d) Blood
7. Some people are more likely to get diabetes if they \_\_\_\_\_.
- a) Delivered a small baby
  - b) Have low blood pressure
  - c) **Are overweight or obese**
  - d) Are younger than 25
8. What type of diet can help manage anemia?
- a) **Iron-rich foods like red meat, beans, and spinach**
  - b) Calcium-rich foods like dairy products
  - c) Foods high in refined sugar
  - d) Processed meats and fried foods
9. I know resources in my community that can help me take care of my health.
- a) Strongly disagree
  - b) Disagree
  - c) Neither disagree nor agree
  - d) Agree
  - e) Strongly agree
10. I plan to eat the right amount of healthy food to reach a healthy weight.
- a) Strongly disagree
  - b) Disagree
  - c) Undecided
  - d) Agree
  - e) Strongly agree

## Smoking Cessation

This is a brief survey on **smoking cessation**. There are multiple-choice and true/false questions. Please answer all questions to the best of your ability.

Thank you for taking the time to complete this survey!

Did you attend the training session on **smoking cessation**?

- a) Yes
- b) No

1. Smoking can \_\_\_\_\_.
- a) Increase the risk of low blood pressure
  - b) Support reproductive health
  - c) Increase the risk of many types of cancer**
  - d) Increase your ability to exercise

2. Smoking while pregnant can cause \_\_\_\_\_.
- a) No harm to your baby
  - b) Birth defects**
  - c) High birth weight
  - d) Difficult delivery

3. Secondhand smoke increases the risk of Sudden Infant Death Syndrome (SIDS) for babies under 1 year old.
- a) True**
  - b) False

4. Smoking can \_\_\_\_\_.
- a) Decrease the risk of Sudden Infant Death Syndrome (SIDS) in infants
  - b) Harm infants but does not affect children
  - c) Cause coughs and ear infections in infants and children**
  - d) Raise children's immune system

5. Vaping is a safe alternative to smoking.

a) True

**b) False**

6. If you want to have a baby, it is important to stop using \_\_\_\_\_.

a) Alcohol

b) Marijuana

c) Opioids

**d) All of the above**

7. I know where I can go to get free items to help me quit smoking.

a) Strongly disagree

b) Disagree

c) Neither disagree nor agree

d) Agree

e) Strongly Agree

8. I plan to set a goal to reduce the amount I smoke or vape every day.

a) Strongly disagree

b) Disagree

c) Undecided

d) Agree

e) Strongly Agree

f) I do not smoke

## Mental Health

This is a brief survey on **mental health**. There are multiple-choice and true/false questions. Please answer all questions to the best of your ability.

Thank you for taking the time to complete this survey!

Did you attend the training session on **mental health**?

- a) Yes
- b) No

1. Depression can best be described as \_\_\_\_\_.

- a) An illness that's all in your head
- b) An extended feeling of sadness or losing interest in things you enjoy**
- c) A condition where you can't stop crying
- d) A mental health condition only affects women

2. Anxiety can best be described as \_\_\_\_\_.

- a) Fear for a short time
- b) General day-to-day worries
- c) A feeling of worry or fear that doesn't go away**
- d) Being shy and a sign of weakness

3. Depression often needs a doctor to help treat it.

- a) True**
- b) False

4. What is the best treatment option if you have mental health conditions?

- a) Sleep less
- b) Focus on healthy eating
- c) Be around others to feel better
- d) See a healthcare provider**

5. If not treated, depression or anxiety may result in weight gain or loss, cause sleep problems and make chronic conditions worse.

a) **True**

b) False

6. Depression in women is most common in which age range?

a) 0-24

b) **25-44**

c) 45-64

d) 65+

7. Ohio CareLine is a free behavioral health call service that offers support if you are \_\_\_\_\_.

a) Having a personal crisis

b) Struggling with challenges in your life

c) Having a family crisis

d) **All of the above**

8. I plan to talk to a healthcare provider to take care of my mental health.

a) Strongly disagree

b) Disagree

c) Neither disagree nor agree

d) Agree

e) Strongly Agree

## Managing Chronic Disease

This is a brief survey on **managing chronic disease**. There are multiple-choice and true/false questions. Please answer all questions to the best of your ability.

Thank you for taking the time to complete this survey!

Did you attend the training session on **managing chronic disease**?

- a) Yes
- b) No

1. High blood pressure (Hypertension) is when \_\_\_\_\_.

- a) There is too much blood in your body
- b) Your body makes too much insulin
- c) The pressure in your blood vessels is too high**
- d) Your blood vessels are too big

2. Diabetes is a chronic disease where your body cannot process \_\_\_\_\_ correctly.

- a) Sugar and starch**
- b) Protein
- c) Energy
- d) Vitamins

3. Thyroid disease is a condition when \_\_\_\_\_.

- a) You gain too much weight
- b) You lose too much weight
- c) Your body makes either too much or too little hormones**
- e) Your body can not process sugar in your blood

4. Things that increase the risk of having high blood pressure can be \_\_\_\_\_.

- a) Family history
- b) Weighing too much
- c) Eating a high-salt diet
- d) All of the above**

5. Only women who had diabetes before pregnancy have a risk of getting gestational diabetes (GDM) during pregnancy.
- a) True
  - b) False**
6. If a woman has Gestational diabetes (GDM) during pregnancy, when should she get tested for Type 2 diabetes after having her baby?
- a) 2 weeks
  - b) 12 weeks**
  - c) 6 months
  - d) Not necessary
7. What is the best step to improve your health before pregnancy?
- a) Stop taking your medicine before you talk with your doctor.
  - b) Meet with a healthcare provider to talk about the health of you and your future baby.**
  - c) Eat more food, especially ones high in cholesterol or fat.
  - d) Avoid alcohol and drugs but continue to smoke.
8. If you are pregnant or want to become pregnant, the Reproductive Health and Wellness Program (RHWP) can help \_\_\_\_\_.
- a) Plan a healthy pregnancy
  - b) Screen for preventable health conditions
  - c) Improve the health of mothers and babies
  - d) All of the above**
9. I plan to talk to a healthcare provider before pregnancy about chronic disease.
- a) Strongly disagree
  - b) Disagree
  - c) Undecided
  - d) Agree
  - e) Strongly Agree