

Staying in the Circle of Life

Native Cancer Survivors Support Group

Session 4: Nutrition & Fitness

Pre-Assessment



PARTNERSHIPS
for **NATIVE HEALTH**

Thank you for participating in the Staying in the Circle of Life Native Cancer Survivors Support Group! This assessment is a way for us to find out what we are doing well and if there are areas in which we can improve. We want to provide the best resources to our partner communities and this is one way to keep us on track. We estimate that it will take 5-10 minutes to complete this assessment.

Do not write your name on the assessment. Your identity will be kept confidential. The data collected will be anonymous, and there will be no identifying information or names used in any written reports that result from this evaluation.

Your participation is voluntary. You may stop participating at any time during the process. Your services will not be affected by your participation or lack of participation.

If you have any questions during the assessment, please feel free to ask the facilitator for help.

Please take a moment to answer the following questions. For each, fill in the bubble next to the response that best describes how you feel.

1. Which of the following statements is false?
 - Some foods can lower the risk of cancer
 - Some foods can increase the risk of cancer
 - Making good choices about food gives you power over your risk of cancer
 - Food choices do not affect your cancer risk after you are already diagnosed with cancer
 - Food nourishes your body, mind, and spirit

2. Which of the following statements is false?
 - Seafood high in omega-3 fatty acids is an excellent source of protein
 - A plant-based diet helps to reduce cancer risk
 - Canned fruits and vegetables are the most nutritious
 - Eating plants strengthens your immune system
 - Healthy fats reduce inflammation

3. How many minutes of physical activity are recommended for most people each day?
 - 15 minutes
 - 20 minutes
 - 30 minutes
 - 60 minutes
 - 75 minutes

4. Walking does NOT count as exercise.
 - True
 - False

5. Exercise can increase your mobility and make you stronger.
 - True
 - False

6. I am confident that I can add exercise to my daily life to improve how I feel.
 - Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

7. I feel confident that I can make simple lifestyle changes in my diet including eating more fruits and vegetables.
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree
8. I feel able to incorporate more traditional foods into my diet.
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

