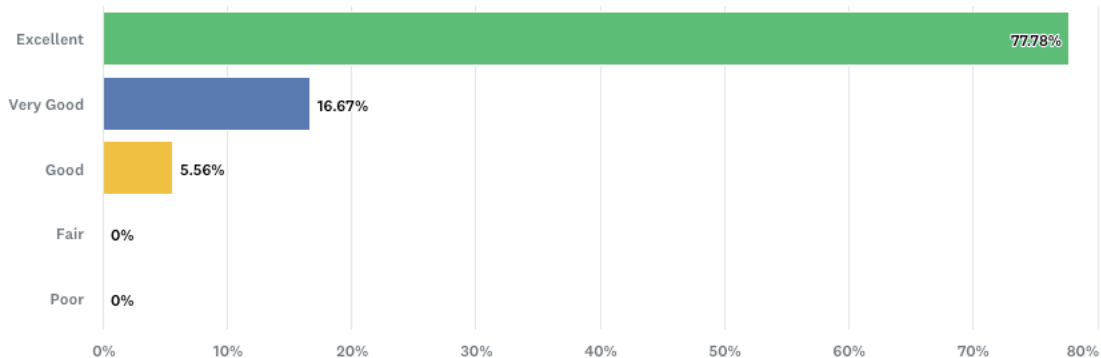


**Participant Survey Results:  
Food as Medicine: Healthy Eating for Blood Pressure Maintenance Program:  
Indian River State College Libraries Program Delivered May 20, 2026**

Q1 18 responses

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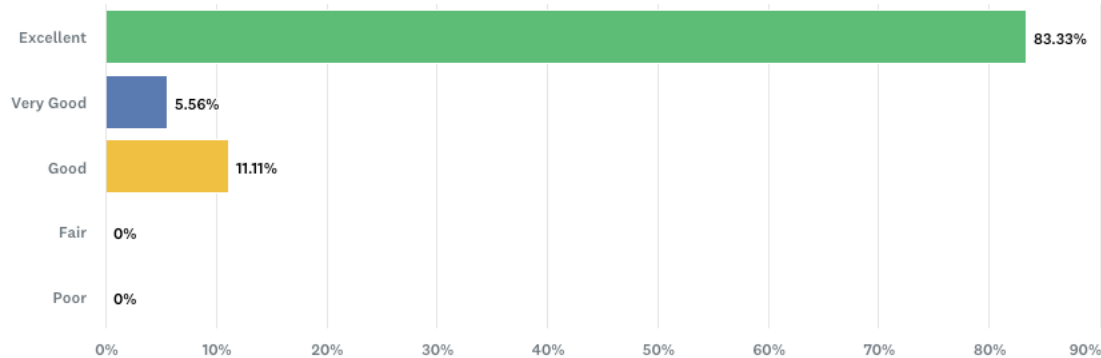
Rate your overall experience with the Food as Medicine: Healthy Eating for Blood Pressure Maintenance Program.



Q2 18 responses

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Rate the quality of the content shared from the Food as Medicine: Healthy Eating for Blood Pressure Maintenance Program (Presentation, Recipes, Blood Pressure Articles, Healthy Lifestyle Articles, Videos, Participant Handout).

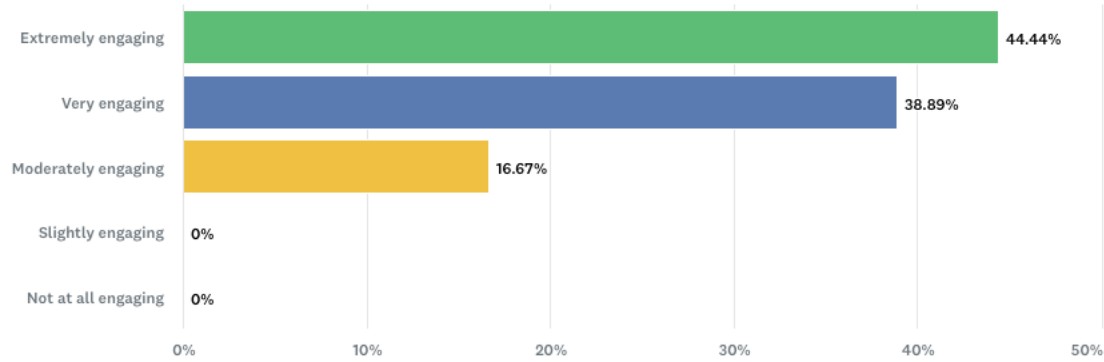


Q3 18 responses



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### Did you find the Food as Medicine Program engaging?

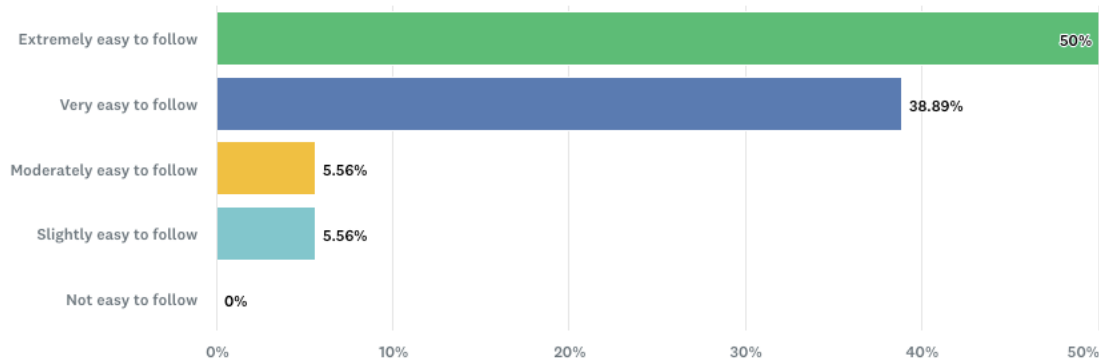


Q4 18 responses



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### Did you feel the Food as Medicine Principles were easy to follow?

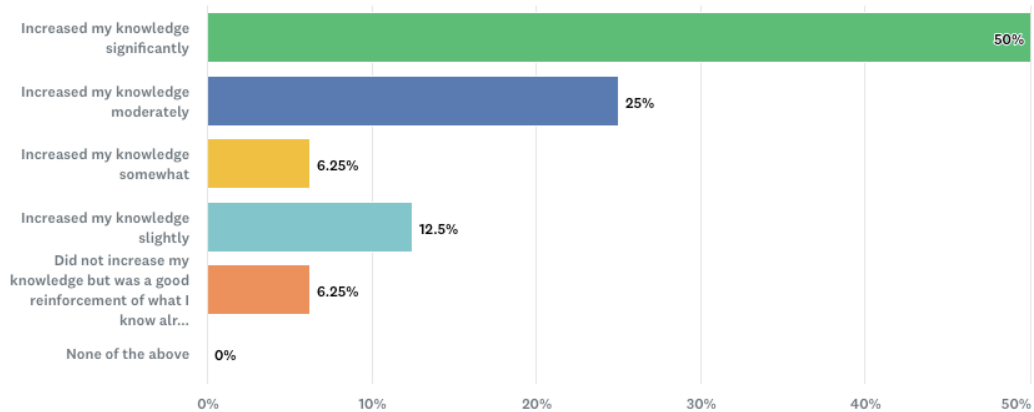


Q5 16 responses

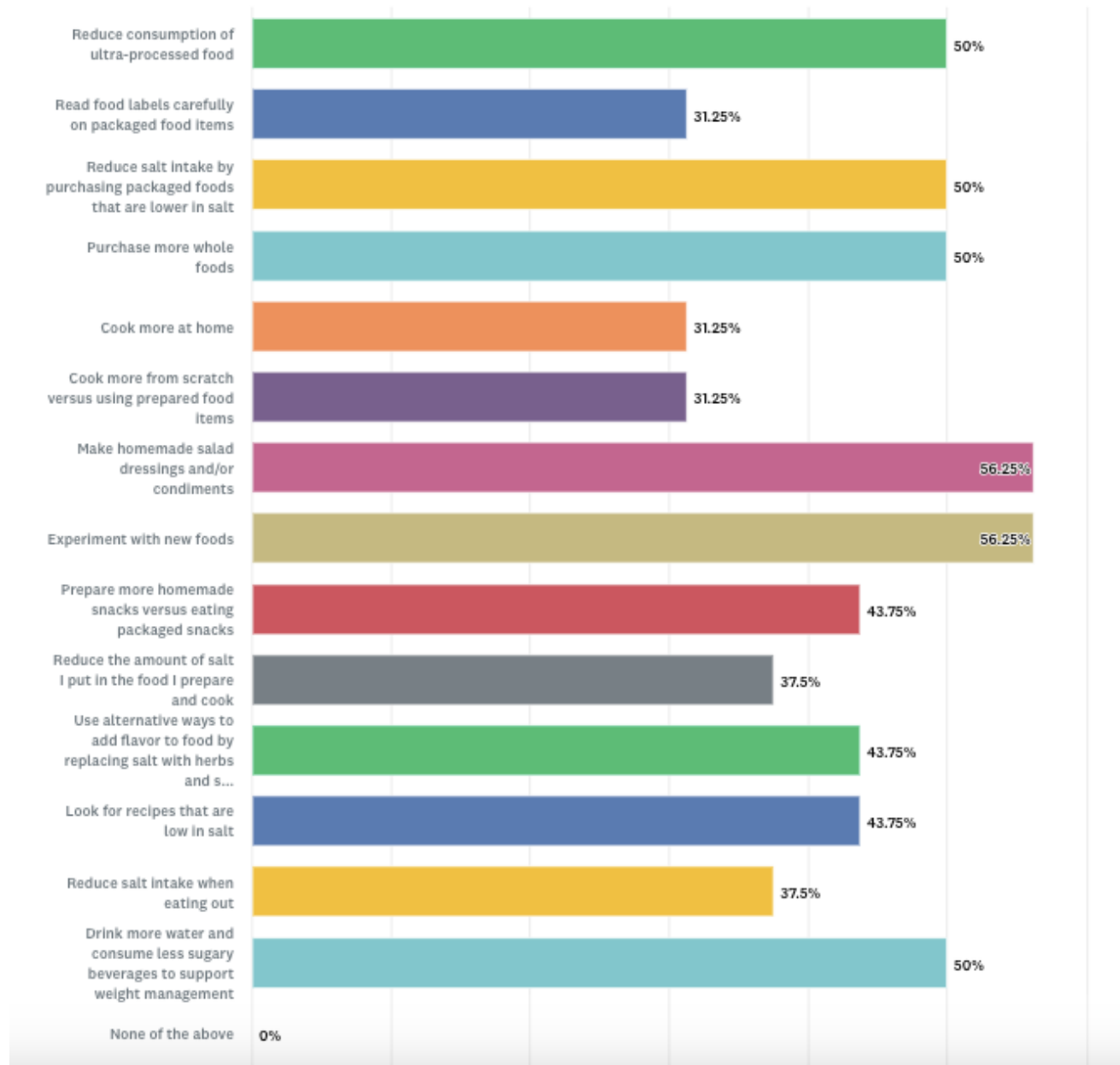


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### Did participating in the Food as Medicine Program increase your knowledge of: the drivers of high blood pressure lifestyle habits that impact blood pressure healthy eating for blood pressure maintenance how to read a food label to purchase healthier packaged food items how to reduce salt intake through healthy cooking practices healthy alternatives to common store-bought and restaurant foods



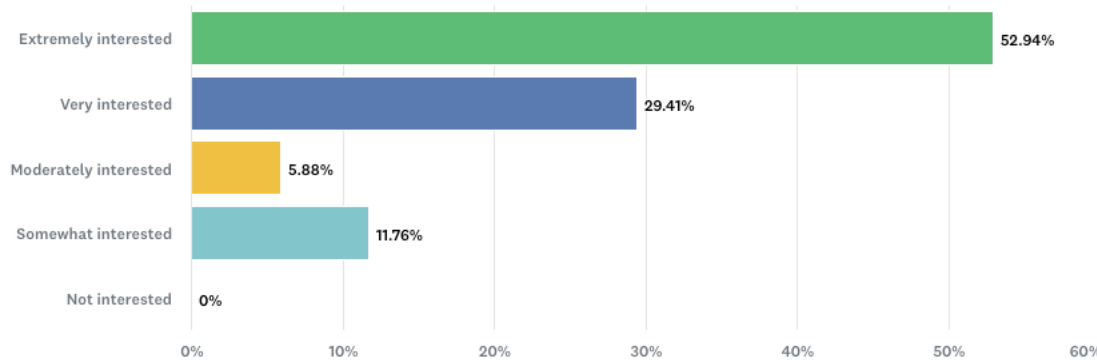
### What changes do you intend to make to your eating habits as a result of this Food as Medicine: Healthy Eating for Blood Pressure Maintenance Program? (Check all that apply)



Q7 17 responses

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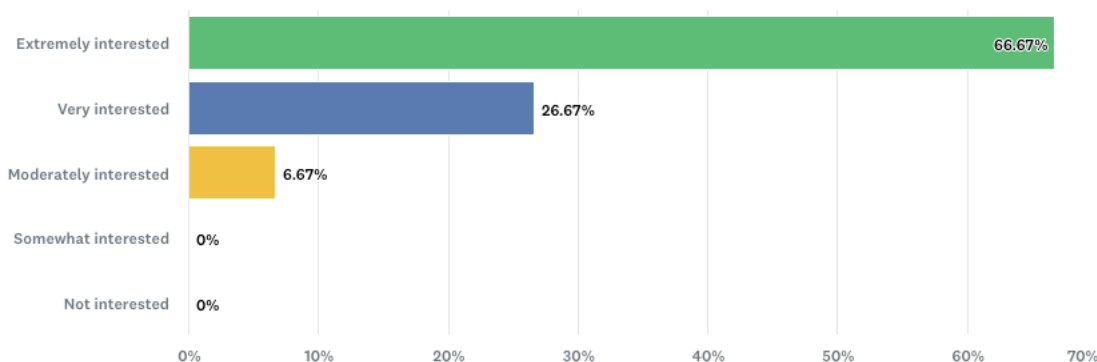
The content shared in this program is from the ConnectWell Health & Wellness Database which includes thousands of articles, hundreds of videos, and a healthy recipe collection to help people manage their health conditions and improve their overall well-being. Having ConnectWell at your library would enable you to access the specific content shared in this program: blood pressure articles, healthy lifestyle articles, videos, and recipes. Access to the content would provide you with the ability to delve more deeply into food as medicine principles for blood pressure and learn more about how to manage high blood pressure and many more health conditions. How interested are you in your library offering the ConnectWell Health & Wellness Database through the library's website ensuring 24/7 access?



Q8 15 responses

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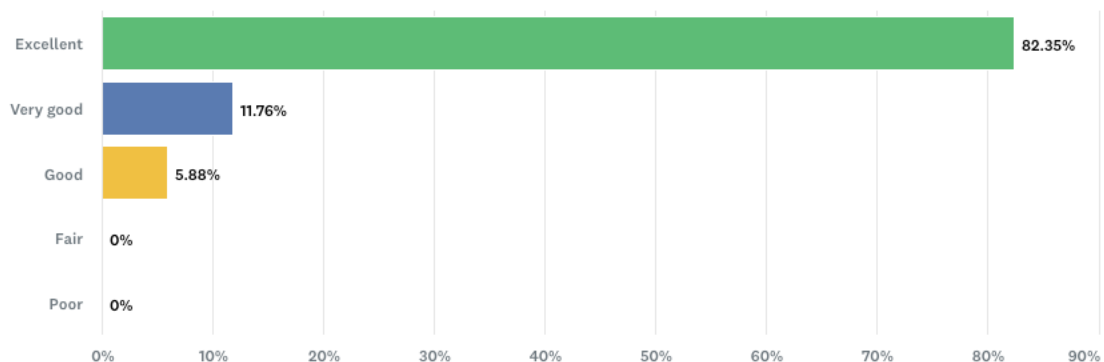
Now that you have participated in this Food as Medicine: Healthy Eating for Blood Pressure Maintenance Program, would you be interested in doing another Food as Medicine Program? Topics include: Healthy Eating for Metabolic Health Healthy Eating with Prediabetes & Type 2 Diabetes Healthy Eating for Cholesterol Maintenance Eating for Heart Health Healthy Eating Before, During, and After Pregnancy for the Whole Family Gluten-Free Eating: Celiac Disease, Wheat Allergy, and Beyond Benefits of a Plant-Based Diet for Your Health Eating for Brain Health Healthy Eating for Families Healthy Eating for Weight Management Healthy Eating During the Holidays & Gift-giving for Health



Q9 17 responses

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Rate your library's overall effectiveness in delivering this Food as Medicine Program. Consider these factors: making you aware of the Program, organizing the Program, and delivering a strong Program.



Q10 15 responses

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Would you be interested in your library offering more health programs that utilize ConnectWell content so that you could refer to the content later and have the opportunity to improve your health status?

