

## Blueprints of the Heart: Risk Assessment and Reduction



### ***Blueprints of the Heart: Developing attitudes and skills for successful behavior change.***

A person's belief in their ability to modify a specific behavior strongly predicts their capability to actually make a change. Increasing self-efficacy can make a real difference in successful behavior change.

*Blueprints of the Heart: Risk Assessment and Reduction* is the development of attitudes and skills that will help participants realize their abilities to prevent or reduce their risks for heart disease.

This curriculum is designed to empower individuals with knowledge and skills such as risk assessment, communication, decision making, problem-solving, goal setting, stress management, self-efficacy, and motivation.

*Blueprints of the Heart* is a nine-week series that can be implemented in its entirety or customized and re-customized to serve your population needs. It may be used as a stand alone program or to enhance an existing program.

*Blueprints of the Heart* was developed using Health Education models and theories such as the Health Belief Model, Transtheoretical Model, Theory of Planned Behavior, PRECEDE-PROCEED Model, Self-efficacy theory, Goal-setting theory, and Kate Lorig's Action Plan model. This program is available, free of charge, for IHA Small and Rural Hospital Members. Call today for your free copy. [Please click here to download the brochure.](#)

Along with *Blueprints* is a training manual for facilitators. The manual, **Training of Trainers: Facilitator's Guide and Reference Manual**, is a self-study guide that will put you in the position of both presenter and participant.

Behavior change is possible through encouragement, motivation, awareness, and skill-building. As the facilitator, your role in the participant's behavior change is instrumental.

The **Facilitator's Guide** teaches the facilitator how to maximize the participant's potential for successful behavior change. [Please click here to download brochure.](#)

To order your free copy of *Blueprints*, please contact:  
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