

Community Health Worker Train the Trainer Pretest and Posttest

FOR INTERNAL USE ONLY
(For Strategy 1)

Participant identification (ID) number: _____

Name of person teaching the manual: _____

Pretest Start Date (MM/DD/YYYY): ____/____/____

Posttest End Date (MM/DD/YYYY): ____/____/____

30-day followup Date of contact (MM/DD/YYYY): ____/____/____

Was the participant contacted 30 days after training ended for information about how he or she is using the “Healthy Heart, Healthy Family” manual? ₁ Yes ₂ No

What activities is the participant doing? _____

Participant Information

Please give us some information about yourself by completing this form **before the training**. Ask for assistance if you need it.

1. Today’s date (MM/DD/YYYY): ____/____/____
2. Date of birth (MM/DD/YYYY): ____/____/____
3. Age (in years): _____
4. Gender: <input type="checkbox"/> ₁ Male <input type="checkbox"/> ₂ Female
5. (a) Place of birth: _____ City State Country
5. (b) If your place of birth is in the Philippines, the city is located in the: <input type="checkbox"/> ₁ Northern Philippines <input type="checkbox"/> ₂ Central Philippines <input type="checkbox"/> ₃ Southern Philippines <input type="checkbox"/> ₄ N/A
6. Do you consider yourself Latino or Hispanic? <input type="checkbox"/> ₁ Yes <input type="checkbox"/> ₂ No

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<p>7. Which race do you consider yourself to be?</p> <p><input type="checkbox"/>₁ Alaska Native</p> <p><input type="checkbox"/>₂ American Indian</p> <p><input type="checkbox"/>₃ Asian</p> <p><input type="checkbox"/>₄ Black or African American</p> <p><input type="checkbox"/>₅ Native Hawaiian or other Pacific Islander</p> <p><input type="checkbox"/>₆ White</p>	
<p>8. How many years of school have you completed (in the United States or in your country of origin)?</p> <p><input type="checkbox"/>₁ Some primary school</p> <p><input type="checkbox"/>₂ Completed primary school</p> <p><input type="checkbox"/>₃ Some secondary school</p> <p><input type="checkbox"/>₄ Graduated from secondary school or received high school equivalency diploma (GED)</p> <p><input type="checkbox"/>₅ Some technical/vocational school</p> <p><input type="checkbox"/>₆ Graduated from technical/vocational school</p> <p><input type="checkbox"/>₇ Some college/university</p> <p><input type="checkbox"/>₈ Graduated from college/university</p> <p><input type="checkbox"/>₉ Some postgraduate</p> <p><input type="checkbox"/>₁₀ Graduated from postgraduate school</p>	
<p>9. (a) Language you prefer:</p> <p><input type="checkbox"/>₁ English <input type="checkbox"/>₂ Tagalog <input type="checkbox"/>₃ Both <input type="checkbox"/>₄ Other</p> <p>(b) If language is "Other," please name the language you prefer: _____</p>	
<p>10. Have you worked as a community health worker before? <input type="checkbox"/>₁ Yes <input type="checkbox"/>₂ No</p>	<p>11. If yes, for how long?</p> <p>_____ years _____ months</p>
<p>12. What health topics have you taught? (You may select more than one answer.)</p> <p><input type="checkbox"/>₁ None</p> <p><input type="checkbox"/>₂ Asthma</p> <p><input type="checkbox"/>₃ Diabetes</p> <p><input type="checkbox"/>₄ Cancer</p> <p><input type="checkbox"/>₅ HIV/AIDS</p> <p><input type="checkbox"/>₆ Cardiovascular</p> <p><input type="checkbox"/>₇ Others (please specify): _____</p>	
<p>13. Have you used manuals to counsel or teach community members?</p> <p><input type="checkbox"/>₁ Yes <input type="checkbox"/>₂ No</p> <p>If yes, please write the name(s) of the manual(s) you have used.</p> <p>_____</p>	
<p>14. Is this your first training with the "Healthy Heart, Healthy Family" manual? <input type="checkbox"/>₁ Yes <input type="checkbox"/>₂ No</p>	

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Please circle only one answer for each question.

Lola (Mrs. Caradid de la Cruz), who is 73 years old, is Rose’s mother-in-law. Lola’s son, Jose, is married to Rose. Lola has a history of a BMI of 28 and high blood pressure—her blood pressure is 148/98 mmHg (millimeters of mercury). Her blood cholesterol is 250 mg/dL (milligrams per deciliter). Lola always has a saltshaker at her table and likes salty food.

1. What are the risk factors that put Lola at risk for heart disease?
 - a. Using small amounts of salt, being physically inactive, and being overweight.
 - b. Having high blood pressure, having high blood cholesterol, and having low blood sugar.
 - c. Being female and older than age 55, having high blood pressure, having high blood cholesterol, having a BMI of 25 or more, and eating foods high in sodium.
 - d. Having high blood cholesterol, having low blood pressure, using lots of salt, and not being physically active.
2. A community health worker explains to Lola what high blood pressure is:
 - a. High blood pressure is the number you get when you add 100 to your age.
 - b. High blood pressure is when the body circulates more blood based on your height and weight.
 - c. High blood pressure is a measurement of 140/90 mmHg or greater.
 - d. High blood pressure is when the blood suddenly stops going to the brain.

Rose, Lola’s daughter-in-law, cooks with a lot of fat. She is 15 pounds overweight and has learned that she has prediabetes. She prepares *Morisqueta Tostada* (Filipino fried rice), fried *lumpia*, and likes *pastillas de leche* (a milk-candy dessert made with condensed milk). When Rose does not have time to cook, she buys a supersized cheeseburger, french fries, and a regular soda. Instead of walking, Rose drives her car, even to the corner. Her “best friends” are the remote control for her television and her green chair. Rose’s cholesterol level is 240 mg/dL.

3. Rose’s risk factors and lifestyle behaviors that put her at risk for developing heart disease are:
 - a. Having high blood cholesterol, walking, and being age 45 and overweight.
 - b. Being overweight, having high blood pressure, and having a family history of heart disease.
 - c. Being overweight, not being physically active, and cooking and buying foods high in fat.
 - d. Being age 45, having had a heart attack before, and having low blood pressure.

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4. Which of these lifestyle changes can help people prevent heart disease? Mark your answer with an **X**.

a.	Reading the Nutrition Facts label to choose foods with a sodium level of less than 5 percent of the Percent Daily Value for sodium.	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know
b.	Preparing foods by baking, broiling, or grilling, instead of frying.	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know
c.	Drinking a lot of whole milk.	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know
d.	Stocking the kitchen with lots of snacks like potato chips.	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know
e.	Cooking food with lard and high-sodium sauces, such as <i>patis</i> (fish sauce).	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know
f.	Eating large portions of food.	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know

5. This question is about food serving sizes. Mark your answer with an **X**.

a.	Is 1 cup of white, steamed rice one serving?	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know
b.	Is ½ cup of corn and peas one serving?	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know
c.	Is ½ cup of pineapple juice one serving?	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know
d.	Is ½ cup of cooked beans one serving?	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know
e.	Is ½ cup of cooked bok choy one serving?	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No	<input type="checkbox"/> ₃ Don't know

6. Do you think that the following actions help you take steps toward a healthier lifestyle? Mark your answer with an **X**.

a.	Removing the skin from chicken.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know
b.	Cooking with lard instead of canola, safflower, or sesame oil.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know
c.	Buying canned vegetables instead of frozen vegetables.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know
d.	Choosing regular sandwiches instead of deluxe sandwiches when eating out.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know
e.	Adding fruits and vegetables to your meals.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know

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7. Mark your answer with an **X** for the following statements.

a.	Secondhand smoke is not dangerous to your heart health.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know
b.	The desirable level for LDL, "bad" cholesterol, is less than 100 mg/dL.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know
c.	Having a waist measure greater than 35 inches (88 cm) is healthy for a woman.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know
d.	Adults need about 60 minutes of moderate to vigorous physical activity on most days to prevent weight gain.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know
e.	The hemoglobin A1C test shows the average blood glucose level during the last 24 hours.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know
f.	People know when they have high blood cholesterol because they begin to gain weight.	<input type="checkbox"/> ₁ Agree	<input type="checkbox"/> ₂ Disagree	<input type="checkbox"/> ₃ Don't know

8. A heart healthy diet should be followed by:
(Circle the answer below that you think correctly completes this statement.)

- a. Only people who have high blood cholesterol.
- b. Only adults who have heart disease.
- c. Everyone older than 2 years of age for their lifetimes.
- d. Everyone between 40 and 65 years old.

9. How important is it to you to reduce your risk of heart disease? (Mark your answer with an **X**.)

- ₁ Not important ₂ Somewhat important ₃ Important ₄ Very important

10. How confident are you about teaching the "Healthy Heart, Healthy Family" manual to community members? (Mark your answer with an **X**.)

- ₁ I am not confident.
- ₂ I am somewhat confident.
- ₃ I am confident.
- ₄ I am very confident.