Promotores Train the Trainer
Pretest and Posttest

FOR INTERNAL USE ONLY
(For Strategy 1)

Participant identification (ID) number: _____

Name of person teaching the manual: _____

❒$_1$Pretest Start Date (MM/DD/YYYY): _____/_____/_____

❒$_2$Posttest End Date (MM/DD/YYYY): _____/_____/_____

❒$_3$30-day followup Date of contact (MM/DD/YYYY): _____/_____/_____

Was the participant contacted 30 days after training ended to get information about how he or she is using the "Your Heart, Your Life" manual? ❒$_1$Yes ❒$_2$No

What activities is the participant doing? _____

Participant Information

Please tell 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: ❒$_1$Male ❒$_2$Female
5. Place of birth: _____
   City State Country
6. Do you consider yourself Latino or Hispanic? ❒$_1$Yes ❒$_2$No
7. Which race do you consider yourself to be?
   - ❒$_1$Alaska Native
   - ❒$_2$American Indian
   - ❒$_3$Asian
   - ❒$_4$Black or African American
   - ❒$_5$Native Hawaiian or other Pacific Islander
   - ❒$_6$White

Promotores Train the Trainer
Pretest and Posttest

(continued)

8. How many years of school have you completed (in the United States or in your country of origin)?

   ❒1 Some primary school
   ❒2 Finished primary school
   ❒3 Some secondary school
   ❒4 Graduated from secondary school or received high school equivalency diploma (GED)
   ❒5 Some technical/vocational school
   ❒6 Graduated from technical/vocational school
   ❒7 Some college/university
   ❒8 Graduated from college/university
   ❒9 Some postgraduate school
   ❒10 Graduated from postgraduate school

9. Language you prefer: ❒1 Spanish ❒2 English ❒3 Both

10. Have you worked as a promotor(a) before?

    ❒1 Yes ❒2 No

11. If yes, for how long?

    _____ years _____ months

12. What health topics have you taught? (You may select more than one answer.)

    ❒1 None
    ❒2 Asthma
    ❒3 Diabetes
    ❒4 Cancer
    ❒5 HIV/AIDS
    ❒6 Cardiovascular
    ❒7 Others (please specify): _____

13. Have you used manuals to teach community members?

    ❒1 Yes ❒2 No

    If yes, please write the name(s) of the manual(s) that you have used.

    _____

14. Is this your first training with the "Your Heart, Your Life" manual? ❒1 Yes ❒2 No

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(continued)

Please circle only one answer for each question.

Doña Inés, who is 65 years old, is Maria's mother. Doña Inés has diabetes, and her blood pressure is 148/98 mmHg (millimeters of mercury). Her blood cholesterol is 250 mg/dL (milligrams per deciliter). Doña Inés always has a saltshaker at her table and likes salty food.

1. What are the risk factors that put Doña Inés 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 a female older than age 55, having high blood pressure, having high blood cholesterol, having diabetes, and eating foods high in sodium.
   d. Having high blood cholesterol, having low blood pressure, using lots of salt, and being physically inactive.

2. A promotora explains to Doña Inés what high blood pressure is:

   a. High blood pressure is the number that 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.

Maria, the daughter of Doña Inés, is 30 years old. She cooks with a lot of fat, and she is 15 pounds overweight. She prepares fried chicken, refried beans, and likes nachos with lots of cheese. When Maria does not have time to cook, she buys a super-sized hamburger, french fries, and a regular soda. Instead of walking, Maria drives her car, even to the corner. Her "best friends" are the remote control for her television and her green chair. Maria's cholesterol level is 240 mg/dL.

3. Maria's risk factors and lifestyle habits that put her at risk for developing heart disease are:

   a. Having high blood cholesterol, walking, and being age 30 and overweight.
   b. Being overweight, having high blood pressure, and having a family history of heart disease.
   c. Being overweight, physically inactive, and cooking and buying foods high in fat.
   d. Being age 30, having had a heart attack before, and having low blood pressure.

Promotores Train the Trainer
Pretest and Posttest

(continued)

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

a.	Reading the food label to choose foods with less than 5 percent of the Percent Daily Value for sodium.	❒1 Yes	❒2 No	❒3 Don't know
b.	Preparing foods by baking, broiling, or boiling, instead of frying.	❒1 Yes	❒2 No	❒3 Don't know
c.	Drinking a lot of whole milk.	❒1 Yes	❒2 No	❒3 Don't know
d.	Stocking the kitchen with lots of snacks, such as potato chips.	❒1 Yes	❒2 No	❒3 Don't know
e.	Cooking beans with lard.	❒1 Yes	❒2 No	❒3 Don't know
f.	Eating large portions of food.	❒1 Yes	❒2 No	❒3 Don't know

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

a.	Is 1 cup of cooked rice one serving?	❒1 Yes	❒2 No	❒3 Don't know
b.	Is ½ cup of strawberries one serving?	❒1 Yes	❒2 No	❒3 Don't know
c.	Is 1 cup of orange juice one serving?	❒1 Yes	❒2 No	❒3 Don't know
d.	Is ½ cup of cooked beans one serving?	❒1 Yes	❒2 No	❒3 Don't know
e.	Is 1 corn tortilla one serving?	❒1 Yes	❒2 No	❒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.	❒1 Agree	❒2 Disagree	❒3 Don't know
b.	Cooking with lard instead of canola, olive, or corn oil.	❒1 Agree	❒2 Disagree	❒3 Don't know
c.	Buying canned vegetables instead of fresh or frozen vegetables.	❒1 Agree	❒2 Disagree	❒3 Don't know
d.	Choosing regular sandwiches instead of supersized sandwiches when eating out.	❒1 Agree	❒2 Disagree	❒3 Don't know
e.	Adding fruits and vegetables to your meals.	❒1 Agree	❒2 Disagree	❒3 Don't know

Promotores Train the Trainer
Pretest and Posttest

(continued)

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

a.	Secondhand smoke is not dangerous to your heart health.	❒$_1$Agree	❒$_2$Disagree	❒$_3$Don't know
b.	The desirable level for LDL, bad cholesterol, is less than 100 mg/dL.	❒$_1$Agree	❒$_2$Disagree	❒$_3$Don't know
c.	Having a waist measurement greater than 35 inches is healthy for a woman.	❒$_1$Agree	❒$_2$Disagree	❒$_3$Don't know
d.	Adults need about 60 minutes of moderate to vigorous physical activity on most days to prevent weight gain.	❒$_1$Agree	❒$_2$Disagree	❒$_3$Don't know
e.	The hemoglobin A1C (Hb A1C) test shows the average blood glucose level during the last 24 hours.	❒$_1$Agree	❒$_2$Disagree	❒$_3$Don't know
f.	People know when they have high blood cholesterol because they begin to gain weight.	❒$_1$Agree	❒$_2$Disagree	❒$_3$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 "Your Heart, Your Life" 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.