Community Health Worker Train the Trainer
Pretest and Posttest

For Strategy 1

Participant identification (ID) number: _____

Name of teacher: _____

❏ 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 to get information about how they are using the *With Every Heartbeat Is Life* manual?

❏ $_1$Yes

❏ $_2$No

What activities is the participant doing?_____

_____

_____

Community Health Worker Train the Trainer
Pretest and Posttest (continued)

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. Sex

❑ $_1$Male

❑ $_2$Female

---

5. Do you consider yourself Latino or Hispanic?

❑ $_1$Yes

❑ $_2$No

---

6. 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

❑ $_7$Mixed race

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Participant Information (continued)

7. How many years of school have you completed?

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

8. Have you worked as a community health worker before?

- ❑ ₁Yes
- ❑ ₂No

9. If yes, for how long?

_____ years _____ months

Community Health Worker Train the Trainer
Pretest and Posttest (continued)

Participant Information (continued)

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

- ❑ ₁None
- ❑ ₂Asthma
- ❑ ₃Diabetes
- ❑ ₄Cancer
- ❑ ₅HIV/AIDS
- ❑ ₆Heart disease
- ❑ ₇Others (please specify): _____

11. Have you used manuals to teach community members?

- ❑ ₁Yes
- ❑ ₂No

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

_____

_____

_____

12. Is this your first training with the *With Every Heartbeat Is Life* manual?

- ❑ ₁Yes
- ❑ ₂No

Community Health Worker Train the Trainer
Pretest and Posttest (continued)

Please circle only <u>one</u> answer for each question.

Mrs. Jones, who is 65 years old, is Gloria's mother. Mrs. Jones has diabetes and her blood pressure is 148/98 mmHg (millimeters of mercury). Her cholesterol level is 250 mg/dL (milligrams per deciliter). Mrs. Jones often buys microwave meals, gets breakfast at a fast food restaurant on her way to work, and salts the food she makes at home.

1. What are the factors that put Mrs. Jones at risk for heart disease?

a. Using small amounts of salt at home, being physically inactive, and being overweight

b. Having high blood pressure, having high cholesterol, and having low blood sugar

c. Being an older woman, having high blood pressure, having high cholesterol, having diabetes, and eating a high-sodium diet

d. Having high cholesterol, having low blood pressure, using lots of salt, and being physically inactive

2. A community health worker explains to Mrs. Jones what high blood pressure is, as follows:

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. Talk to your health care provider if your blood pressure numbers are high for you.

d. High blood pressure is when the blood suddenly stops going to the brain.

Answers: 1-c, 2-c

Community Health Worker Train the Trainer
Pretest and Posttest (continued)

Please circle only <u>one</u> answer for each question.

Gloria, the daughter of Mrs. Jones, is 30 years old and 25 pounds overweight. She likes to cook and likes to make fried food. When she doesn't have time to cook, she gets the special meals at fast food restaurants. Because of pain in her legs, Gloria drives her car everywhere. She enjoys watching TV and playing computer games with her friends. Gloria's cholesterol level is 240 mg/dL.

3. What are the factors that put Gloria at risk for heart disease?

   a. Having high 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, being physically inactive, and eating foods high in fat

   d. Being age 30, having had a heart attack, and having low blood pressure

Answers: 3-b

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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 and choosing foods with less sodium, saturated fat, and sugar

❑ ₁Yes

❑ ₂No

❑ ₃Don't know

b. Preparing foods by baking, broiling, or boiling, instead of frying

❑ ₁Yes

❑ ₂No

❑ ₃Don't know

c. Drinking a lot of whole milk

❑ ₁Yes

❑ ₂No

❑ ₃Don't know

d. Stocking the kitchen with potato chips

❑ ₁Yes

❑ ₂No

❑ ₃Don't know

e. Cooking with lard

❑ ₁Yes

❑ ₂No

❑ ₃Don't know

f. Eating large portions of food

❑ ₁Yes

❑ ₂No

❑ ₃Don't know

Answers: 4 a,b-yes; 4 c,d,e, f-no

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

a. Is 1 cup of cooked oatmeal one serving?

❏ $_1$Yes

❏ $_2$No

❏ $_3$Don't know

b. Is 1 cup of cantaloupe one serving?

❏ $_1$Yes

❏ $_2$No

❏ $_3$Don't know

c. Is ½ cup of orange juice one serving?

❏ $_1$Yes

❏ $_2$No

❏ $_3$Don't know

d. Is 1 ounce of low-fat American cheese one serving?

❏ $_1$Yes

❏ $_2$No

❏ $_3$Don't know

e. Is 1 English muffin one serving?

❏ $_1$Yes

❏ $_2$No

❏ $_3$Don't know

Answers: 5 b,d,e-yes; 5 a, c-no

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6. Do you think the following actions are healthy?
Mark your answer with an X.

a. Removing the skin from chicken
- ❑ ₁Agree
- ❑ ₂Disagree
- ❑ ₃Don't know

b. Cooking with lard instead of canola, olive, or corn oil
- ❑ ₁Agree
- ❑ ₂Disagree
- ❑ ₃Don't know

c. Eating canned vegetables instead of fresh or frozen vegetables
- ❑ ₁Agree
- ❑ ₂Disagree
- ❑ ₃Don't know

d. Choosing regular sandwiches instead of super-sized sandwiches when eating out
- ❑ ₁Agree
- ❑ ₂Disagree
- ❑ ₃Don't know

e. Adding fruits and vegetables to your meals
- ❑ ₁Agree
- ❑ ₂Disagree
- ❑ ₃Don't know

Answers: 6 a, d, e-agree; 6 b,c-disagree

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

a. Secondhand smoke isn't dangerous to your heart health.

- ❏ ₁Agree
- ❏ ₂Disagree
- ❏ ₃Don't know

b. The desirable level for LDL, the bad cholesterol, is less than 100 mg/dL.

- ❏ ₁Agree
- ❏ ₂Disagree
- ❏ ₃Don't know

c. Having a waist measurement greater than 35 inches is healthy for a woman.

- ❏ ₁Agree
- ❏ ₂Disagree
- ❏ ₃Don't know

d. Adults need about 2.5 hours of moderate to vigorous physical activity per week.

- ❏ ₁Agree
- ❏ ₂Disagree
- ❏ ₃Don't know

e. The A1C (blood) test shows the average blood sugar level during the last 3 months.

- ❏ ₁Agree
- ❏ ₂Disagree
- ❏ ₃Don't know

f. People know when they have high cholesterol because they begin to gain weight.

- ❏ ₁Agree
- ❏ ₂Disagree
- ❏ ₃Don't know

Answers: 7 b, d, e-agree; 7 a, c, f-disagree

Community Health Worker Train the Trainer
Pretest and Posttest (continued)

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

a. Only people who have high cholesterol

b. Only adults who have heart disease

c. Everyone (after age 2) for their whole life

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.

❑ ₁Not important

❑ ₂Somewhat important

❑ ₃Important

❑ ₄Very important

10. How confident are you about teaching the With Every Heartbeat Is Life course to community members? *Mark your answer with an X.*

❑ ₁I am not confident.

❑ ₂I am somewhat confident.

❑ ₃I am confident.

❑ ₄I am very confident

Answers: 8-c