Three Ways To Offer the With Every Heartbeat Is Life Course in Your Community

Strategy	Goals	Description of Activities	Settings	Target Audience
1. Train the Trainer				
Learn how to teach the course	• Increase the number of community health workers who are prepared to train others • Increase the use of the *With Every Heartbeat Is Life* manual by trained community health workers • Increase knowledge about heart health • Increase positive attitudes about a healthy lifestyle and behaviors • Increase participants' ability to identify risk factors for heart disease	Trained community health workers train others by: • Recruiting community health workers • Teaching the With Every Heartbeat Is Life course • Administering the pretest and posttest • Doing followups to make sure the community health workers are teaching all or parts of the course	Clinical and nonclinical: • Community-based organizations • Clinics • Hospitals • Public library	• Community health workers • Other health professionals like nurses, registered dietitians, nutritionists, and public health educators
2. Community Education				
a. Teach the With Every Heartbeat Is Life course only	• Increase knowledge about heart health • Increase positive attitudes about making healthy changes • Increase the adoption of healthy lifestyle behaviors	Trained community health workers who work in nonclinical settings: • Recruit members of the community • Teach the With Every Heartbeat Is Life course • Administer the "My Health Habits Pretest and Posttest"	Nonclinical: • Community-based organizations • Resource centers • Homes • Schools • Faith-based organizations • Senior centers	• Families and community members with signed informed consent forms

Three Ways To Offer the With Every Heartbeat Is Life Course in Your Community (continued)

Strategy	Goals	Description of Activities	Settings	Target Audience
b. Teach the With Every Heartbeat Is Life course and screen program participants	• Increase knowledge about heart health • Increase positive attitudes about making healthy changes • Increase the adoption of healthy lifestyle behaviors • Track participants' clinical data • Refer participants with elevated clinical measures to health care professionals	Trained community health workers working in nonclinical settings: • Recruit members of the community • Teach the With Every Heartbeat Is Life course • Administer the "My Health Habits Pretest and Posttest" • Take height, weight, and waist measurements • Measure participants' blood pressure, cholesterol, and blood sugar levels • Refer participants with elevated clinical measures to health care professionals	• Nonclinical but in partnership with a health care professional	• Families and community members with signed informed consent forms

Three Ways To Offer the With Every Heartbeat Is Life Course in Your Community (continued)

Strategy	Goals	Description of Activities	Settings	Target Audience
3. Lifestyle and Clinical Management				
Teach the With Every Heartbeat Is Life course; screen and manage program participants	• Increase knowledge about heart health • Increase positive attitudes about making healthy changes • Increase adoption of healthy lifestyle behaviors • Lower BMI, blood pressure, cholesterol, and blood sugar levels	Trained community health workers who participate as members of the health care team: • Teach the With Every Heartbeat Is Life course to patients with heart disease risk factors and to patients interested in learning about heart health • Administer the "My Health Habits Pretest and Posttest" • Take patients' height, weight, and waist measurements • Work with health care professionals to track patients' blood pressure, cholesterol, and blood sugar • Do followup activities (home visits and phone calls) to make sure patients are following their treatment plans and making lifestyle changes • Provide social support and encouragement	• Clinics • Hospitals • Managed care programs • Health centers • Private health care providers' offices • Health departments	• Patients with heart disease risk factors • Patients interested in learning about heart health