

Session 3: Act in Time to Heart Attack Signs; Get Energized! Say YES to physical Activity; Keep the Beat: Aim for a Healthy Weight

☐ **Pretest Assessment** ☐ **Posttest Assessment**

Date: __/__/____

Participant UID _ _ _

Mark your answers with an X.

1. Can fatty deposits clog arteries?
 - a. YES
 - b. NO
 - c. Don't Know
2. Can treatment for heart attacks reduce damage to the heart if given within one hour after warning signs begin?
 - a. YES
 - b. NO
 - c. Don't Know
3. Can a heart attack occur suddenly and without warning?
 - a. YES
 - b. NO
 - c. Don't Know
4. Do people often confuse the warning signs of a heart attack with symptoms of the flu or indigestion?
 - a. YES
 - b. NO
 - c. Don't Know
5. Is chest pain or discomfort the most common warning sign of a heart attack?
 - a. YES
 - b. NO
 - c. Don't Know
6. Is it possible to experience more than one warning sign at a time?
 - a. YES
 - b. NO
 - c. Don't Know
7. Is it okay to drive yourself, or someone else, to the hospital if you are having signs of a heart attack?
 - a. YES
 - b. NO
 - c. Don't Know
8. Does being physically active put you at risk for heart disease?
 - a. YES
 - b. NO
 - c. Don't Know

9. Are walking, gardening, and dancing activities you can do to become more active?
- YES
 - NO
 - Don't Know
10. To lower your chance of getting heart disease, should you do moderate physical activity for at least 30 to 60 minutes daily?
- YES
 - NO
 - Don't Know
11. Should children and adolescents do at least 60 minutes of moderate or vigorous activity every day?
- YES
 - NO
 - Don't Know
12. Physical activity can help you... *(Please circle all that apply)*
- Control your weight
 - Lower your blood pressure
 - Strengthen your heart and lungs
13. Important tips to remember while doing a physical activity are:
(Please circle all that apply)
- Start slowly
 - Drink plenty of water
 - Wear comfortable clothing and shoes
14. Does being overweight or obese increase your risk of developing heart disease, stroke, and some types of cancers?
- YES
 - NO
 - Don't Know
15. Is paying attention to portion sizes important for losing and/or maintaining weight?
- YES
 - NO
 - Don't Know
16. When a food is fat free, is it also low in calorie?
- YES
 - NO
 - Don't Know
17. To lose weight, should you choose foods with fewer calories and become more physically active?
- YES
 - NO

c. Don't Know

18. Are miracle diets a healthy way to lose weight?

- a. YES
- b. NO
- c. Don't Know

19. Which waist measure is considered high for women?

- a. Greater than 25 inches (63.5 centimeters)
- b. Greater than 35 inches (88 centimeters)
- c. Greater than 40 inches (102 centimeters)
- d. Greater than 45 inches (114 centimeters)

20. Which waist measure is considered high for men?

- a. Greater than 25 inches (63.5 centimeters)
- b. Greater than 35 inches (88 centimeters)
- c. Greater than 40 inches (102 centimeters)
- d. Greater than 45 inches (114 centimeters)

Use the chart below to answer question 21.

	Healthy Weight						Overweight					Obese					
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight (in pounds)																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173

21. A person who is 4 feet 10 inches (147 centimeters) in height and 153 pounds (69.4 kg)...

- a. Has a healthy weight
- b. Is overweight
- c. Is obese

22. How many calories are saved when you choose one serving of canned peaches in fruit juice instead of one serving of canned peaches in heavy syrup? (*refer to nutrition labels below*).

- a. 50 calories
- b. 100 calories
- c. 75 calories
- d. 25 calories

5 – Canned Peaches
(in Fruit Juice)

Nutrition Facts	
Serving Size 1/2 cup (110g)	
Servings Per Container 3.5	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein less than 1g	
Vitamin A 8%	Vitamin C 2%
Calcium 0%	Iron 0%

6 – Canned Peaches
(in Heavy Syrup)

Nutrition Facts	
Serving Size 1/2 cup (110g)	
Servings Per Container 3.5	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 0g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 0%

Lower
calorie
choice

Number
of calories
saved

23. How confident are you that you can recognize heart attack signs and call 9-1-1 in 5 minutes of less?
- I am not confident
 - I am somewhat confident
 - I am confident
 - I am very confident
24. Indicate how ready you are to make changes to prevent a heart attack:
- I have not thought about changing
 - I plan to change in the next six months
 - I plan to change this month
 - I recently started doing things to prevent a heart attack (less than 6 months)
 - I am already doing things to prevent a heart attack (six months or more)
25. Indicate how ready you are to be physically active:
- I have not thought about changing
 - I plan to change in the next six months
 - I plan to change this month
 - I recently started being more physically active (less than 6 months)
 - I am already physically active (six months or more)
26. Indicate how ready you are to maintain or lose weight:
- I have not thought about changing
 - I plan to change in the next six months
 - I plan to change this month
 - I recently started doing things to maintain or lose weight (less than 6 months)
 - I am already doing things to maintain or lose weight (six months or more)
27. How confident are you that you can achieve or maintain a healthy weight?
- I am not confident
 - I am somewhat confident
 - I am confident
 - I am very confident

POSTTEST ONLY

28. The objective of the session was clear to me.
- YES
 - NO
 - Don't Know
29. The trainers were well prepared.
- YES
 - NO
 - Don't Know
30. The class was a good way for me to learn the information.
- YES
 - NO
 - Don't Know

31. How confident do you feel that you can share the information you learned with relatives and friends?
- a. I am not confident
 - b. I am somewhat confident
 - c. I am confident
 - d. I am very confident

Thank you!