

**Session 2: Be Heart smart: Keep Your Cholesterol in Check; Protect Your Heart:  
Prevent and Control Diabetes**

☐ Pretest Assessment      ☐ Posttest Assessment

**Date:** \_\_/\_\_/\_\_\_\_

**Participant UID** \_ \_ \_

**Mark your answers with an X.**

1. Does having a high LDL cholesterol level increase your risk of heart attack, stroke, and other heart health problems?
  - a. YES
  - b. NO
  - c. Don't Know
2. Is a LDL (bad) cholesterol level of less than 100mg/dL considered optimal?
  - a. YES
  - b. NO
  - c. Don't Know
3. Are trans fats found in foods such as cookies, pies, and pastries?
  - a. YES
  - b. NO
  - c. Don't Know
4. Is a total blood cholesterol level 240 mg/dL or more considered high?
  - a. YES
  - b. NO
  - c. Don't Know
5. Which has less saturated fat?
  - a. Coconut oil
  - b. Canola oil
  - c. Stick margarine
  - d. Butter
6. Things that affect your blood cholesterol level include: (Please circle all that apply)
  - a. Having family members with high blood cholesterol
  - b. Eating habits
  - c. Your body weight
7. People with diabetes should control their sugar intake.
  - a. YES
  - b. NO
  - c. Don't Know

8. What are some symptoms of diabetes?
  - a. Frequent urination
  - b. Sores that don't heal
  - c. Increased thirst
9. Are regular sodas is high in calories?
  - a. YES
  - b. NO
  - c. Don't Know
10. What does a fasting blood glucose level of 126 mg/dL mean?
  - a. Your level is normal
  - b. You have prediabetes
  - c. You have diabetes
11. Some complications of diabetes include: (Please circle all that apply)
  - a. Amputation of feet or legs
  - b. Lung damage
  - c. Kidney disease
12. What is prediabetes?
  - a. A person's fasting blood sugar is 126 mg/dL or higher
  - b. Blood glucose level is higher than normal but not high enough to be diabetes
  - c. A fasting blood sugar below 100 mg/dL
  - d. None of the above

Use the milk Nutrition Facts label to answer the question.

13. How many cups of whole milk are in one serving?
  - a. 2.5 cups
  - b. 8 cups
  - c. 1 cup
14. If you drink one serving of whole milk, what percent ( daily value of saturated fat will you consume?
  - a. 25%
  - b. 12%
  - c. 5%

Whole Milk	
Nutrition Facts	
Serving Size 1 cup (fl. oz)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%

Use the Nutrition Facts labels to answer the questions 15-17.

## 1 – Pork Longanisa, sweet

Nutrition Facts	
Serving Size 2 links (66g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 150
% Daily Value*	
<b>Total Fat</b> 27g	26%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	14%
<b>Sodium</b> 320mg	13%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 8g	
Vitamin A 4%	Vitamin C 2%
Calcium 0%	Iron 4%

## 10 – Lean Pork

Nutrition Facts	
Serving Size 2 oz	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 32mg	1%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 5%

15. Which food is lower in saturated fat?

- Pork Longanisa, sweet
- Lean Pork
- Don't know

Use the food label below to answer questions 16 and 17.

### Water

Nutrition Facts	
Serving Size 1 bottle (16 oz)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 0	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

### Regular soda

Nutrition Facts	
Serving Size 1 can (340mL)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 50mg	2%
<b>Total Carbohydrate</b> 39g	13%
Dietary Fiber 0g	0%
Sugars 35g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

16. If you drink one serving of regular soda instead of water, how many milligrams (mg) of Sugar will you consume?

- 0 mg
- 35 mg
- 140 mg
- 39 mg

17. How many calories are in one serving of regular soda?

- 0
- 35
- 140

18. How confident are you that you can lower your intake of saturated fat, trans fat, and cholesterol?
- I am not confident
  - I am somewhat confident
  - I am confident
  - I am very confident
19. Indicate how ready you are to prevent or control high blood cholesterol:
- 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 or take care of my high blood cholesterol (less than 6 months)
  - I am already doing things to prevent or take care of my high blood cholesterol (six months or more)
20. How confident are you that you can eat foods lower in calories?
- I am not confident
  - I am somewhat confident
  - I am confident
  - I am very confident
21. Indicate how ready you are to prevent or control diabetes:
- 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 or control diabetes (less than 6 months)
  - I am already doing things to prevent or control diabetes (six months or more)
22. Indicate how ready you are to prevent or control high blood cholesterol:
- 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 or control my high blood pressure (less than 6 months)
  - I am already doing things to prevent or control my high blood pressure (six months or more)
23. Indicate how ready you are to prevent or control diabetes:
- 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 or control diabetes (less than 6 months)
  - I am already doing things to prevent or control diabetes (six months or more)

## **POSTTEST ONLY**

24. The objective of the session was clear to me.
- a. YES
  - b. NO
  - c. Don't Know
25. The trainers were well prepared.
- a. YES
  - b. NO
  - c. Don't Know
26. The class was a good way for me to learn the information.
- a. YES
  - b. NO
  - c. Don't Know
27. 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!**