



Community Health Worker Fidelity Checklist

Location: _____

Date ____/____/____

Start Time ____:____ AM / PM

End Time ____:____ AM / PM

Session 1 Know Your Risk For Heart Disease; Help Your Heart: Control Your High Blood F

- ☐ The CHW elaborated the objectives of Session 1.
- ☐ The materials, supplies, and handouts were provided for the participants.
- ☐ The CHW asked the participants to introduce themselves using visual help.
- ☐ The CHW explained how the heart works and the heart's structure using visual help.
- ☐ The CHW discussed the facts about heart disease using visual help.
- ☐ The CHW lead the Risk Factor Activity.
- ☐ The CHW explained facts about blood pressure and stroke using visual help.
- ☐ The CHW discussed how to lower blood pressure using visual help.
- ☐ The CHW discussed how to monitor salt/sodium intake using visual help
- ☐ The CHW lead the Nutrition Facts Label Activity.
- ☐ The CHW discussed managing blood pressure with medicine.
- ☐ The CHW discussed lowering salt/sodium and alcohol.
- ☐ Review of today's Key Points.
- ☐ The CHW gave the participants the opportunity to ask questions about the project and their thoughts about the first session.

Session completed by:

- ☐ Leonida Gamboa
- ☐ Espie Perrella
- ☐ Zebede Dimaporo
- ☐ Pacita Valdellon

Checklist completed by:

[Add comments on back]



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Session 2 Be Heart Smart: Keep Your Cholesterol In Check; Protect Your Heart: Prevent and Control Diabetes

- ☐ The CHW elaborated the objectives of Session 2.
- ☐ The materials, supplies, and handouts were provided for the participants.
- ☐ The CHW asked the participants to introduce themselves using visual help.
- ☐ The CHW explained facts about blood cholesterol & cholesterol tests/numbers using visual help
- ☐ The CHW had participants conduct role play to understand the role of LDL and HDL
- ☐ The CHW had participants identify how many metabolic syndrome factors they have
- ☐ The CHW conducted "Healthy Arteries" activity to demonstrate how cholesterol collects in walls and slows/blocks blood flow
- ☐ The CHW explained saturated fat, trans fat, and cholesterol using visual help & "Fats and Oils" handout
- ☐ The CHW conducted nutrition facts label activity ("Mila's Breakfast Choices" handout)
- ☐ The CHW conducted the "Cooking with Less Saturated Fat" Activity
- ☐ The CHW conducted the "Guess the Fat" Activity
- ☐ The CHW conducted the "Reduced Fat Adobong Manok Recipe" Activity
- ☐ The CHW assessed participants' knowledge of diabetes and explained diabetes & Prediabetes using visual help
- ☐ The CHW had participants assess their risk of type 2 diabetes w/ handout
- ☐ The CHW reviewed symptoms of diabetes & fasting blood glucose levels and ABCs of Diabetes Control
- ☐ The CHW conducted nutrition facts label activity -sugar
- ☐ The CHW conducted "Pesang Isda/Mungo Gisado Recipe" activity
- ☐ Review of today's Key Points.
- ☐ The CHW gave the participants the opportunity to ask questions about the project and their thoughts about the session.

Session completed by:

Checklist completed by:

☐ Leonida Gamboa

☐ Espie Perrella

☐ Zebede Dimaporo

☐ Pacita Valdellon

[Add comments on back]



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

- ☐ The CHW elaborated the objectives of Session 3.
- ☐ The materials, supplies, and handouts were provided for the participants.
- ☐ The CHW reviewed key points from last session
- ☐ The CHW explained facts about heart attacks, importance for rapid treatment and warning signs using visual help.
- ☐ The CHW conducted the Fast Action Saves Lives: Role Plays.
- ☐ The CHW discussed the role of emergency health services.
- ☐ The CHW discussed how to plan ahead before a possible heart attack.
- ☐ The CHW explained facts, benefits and types of physical activity using visual help
- ☐ The CHW discussed how to start being physically active.
- ☐ The CHW conducted the Walking Activity.
- ☐ The CHW discussed facts about overweight/obesity
- ☐ The CHW conducted the What Is a Healthy Weight? Activity.
- ☐ The CHW discussed healthy ways to lose weight and how to overcome weightloss barriers
- ☐ The CHW conducted the Service Size Activity
- ☐ The CHW conducted the Nutritional Facts Label Activity - Calories
- ☐ Lola's Life Lessons: A time to reflect.
- ☐ Review of today's Key Points.
- ☐ The CHW gave the participants the opportunity to share their thoughts about the session.

Session completed by:

- ☐ Leonida Gamboa
- ☐ Espie Perrella
- ☐ Zebede Dimaporo
- ☐ Pacita Valdellon

Checklist completed by:

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Start Time ____:____ AM / PM

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End Time ____:____ AM / PM

Session 4: Welcome Heart Healthy Eating Into Your Home; Eat in a Heart Healthy Way Even When Time or Money is Tight; Enjoy Living Smoke Free

- ☐ The CHW elaborated the objectives of Session 3.
- ☐ The materials, supplies, and handouts were provided for the participants.
- ☐ The CHW reviewed key points from last session
- ☐ The CHW explained heart healthy food, the Filipino diet, and a healthy eating plan for Filipino families using visual help.
- ☐ The CHW discussed the different food groups.
- ☐ The CHW conducted "Say Yes to Fruits and Vegetables" Activity
- ☐ The CHW conducted "how to choose heart healthy foods" activity
- ☐ The CHW discussed how to eat healthy when there is little time.
- ☐ The CHW discussed how to save money on food.
- ☐ The CHW conducted the Food Advertising activity
- ☐ The CHW gave the Vegetable Kare-Kare recipe.
- ☐ Lola's Life Lessons: A time to reflect.
- ☐ The CHW discussed facts about smoking and its effects using visual help
- ☐ The CHW conducted the Secondhand Smoke Role-Playing Activity.
- ☐ The CHW discussed quitting smoking.
- ☐ Review of today's Key Points.
- ☐ The CHW gave the participants the opportunity to share their thoughts about the session.

Session completed by:

- ☐ Leonida Gamboa
- ☐ Espie Perrella
- ☐ Zebede Dimaporo
- ☐ Pacita Valdellon

Checklist completed by:

[Add comments on back]