

Evaluation Instruments: Set 2

Evaluation Instrument: "*With Every Heartbeat is Life*" Checklist

The "*With Every Heartbeat Is Life*" Activity Commitment checklist was implemented in January 2009/2010. CHAN members from the five groups submitted forms indicating the 4 health educational activities they would complete during the following year. Suggestions were based on the activities taught during the "*With Every Heartbeat Is Life*" training. CHAs were to submit their summaries and pictures of activities at the end of each year. We have received checklists from all groups but not the summaries.

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Evaluation Instrument: Set 5

“With Every Heartbeat Is Life” JHS CHAN Activity Commitment Checklist

Please indicate the four activities* you will conduct during the next year:

_____ Complete the “My Family Health History” and discuss Heart Disease Risk Factors at the next family gathering (Easter, Mother’s Day, Independence Day, Thanksgiving, Christmas, etc...)

_____ Complete the heart disease risk factor activity at my church’s annual health fair

_____ Organize a walking club in my community, work setting or church

_____ Demonstrate the stretching activities in Session 3 at upcoming *JHS Community Walks*

_____ Conduct monthly exercises at a nursing home, assisted living program, apartment for the elderly or senior citizen center

_____ Conduct heart healthy living sessions with elementary and middle school aged children in after school settings, municipal recreational facilities, boys and girls clubs, and/or YMCAs

- Heart healthy snacks (Session 6)
- Heart healthy sleep
- Heart healthy physical activity (Session 3)
- Smoking Harms (Session 10)
- Think Before You Drink: Hidden Sugars in Common Beverages (Session 7)
- Understanding serving sizes and reading food labels (Sessions 5 & 6)

_____ Designate a Heart Health Day at church and discuss Heart Disease Risk Factor Activity. Supply fact sheets with area hospital heart examination days and contact information

_____ Conduct a blood pressure screening in my CHAN community, Disseminate literature with information from Sessions 4 & 5

_____ Arrange community wide heart healthy cooking demonstrations for adults utilizing information found in Sessions 4, 5, 6, 7, 8 & 9

_____ Arrange community wide heart healthy cooking demonstrations for children and youths (Session 8)

_____ Conduct 11 week *With Every Heartbeat Is Life* training

_____ Display heart health literature and resources at health fairs in my community

_____ Conduct presentations sharing personal "heart healthy" life experiences (surviving heart attacks,
_____ living with CHF, or other relevant experiences

_____ Jan-March 2009 _____ April -June _____ July-Sept _____ Oct-Dec.

Signature _____ Date _____

* Activities may be conducted at churches, civic organizations, sororities, fraternities, lodges, etc.