

Today's Date:

Last 4 numbers of your phone #: _____

Based on your knowledge NOW at the beginning of the presentation, check the extent to which you agree or disagree with each statement below.

What I know:	Disagree	Strongly Disagree	Agree	Strongly Agree
1. I know the signs of heart disease.				
 I know the personal behaviors that can increase risk for heart disease. 				
 I can name 5 ways to reduce my risk for heart disease. 				
4. I know the questions to ask a doctor about my risk for heart disease.				
5. I am aware of community resources for heart health.				

6. Have you ever been told you have heart disease? _____ yes _____ no

7. What is your age? _____ years

8. What is your gender? _____ female _____ male



Please stop here. After the program, turn page over to answer a few more questions.

Satisfactory

Based on your knowledge AFTER the presentation, check the extent to which you agree or disagree

	Disagree	Strongly Disagree	Agree	Strongly Agree
10. I gained new information about heart health.				
11. I know the signs of heart disease.				
12. I know the personal behaviors that can increase risk for heart disease.				
13. I can name 5 ways to reduce my risk for heart disease.				
14. I know the questions to ask a doctor about my risk for heart disease.				
15. I am aware of community resources to help me reach my heart-health goals.				

16. The best part of the Love Your Heart Fun Lunch:

17. Suggestions for improvement:

	Disagree	Strongly Disagree	Agree	Strongly Agree
18. The presenter was prepared and organized.				
19. It was easy to understand.				
20. The talk was relevant to me and my health needs.				
21. Handouts are useful.				
22. Group discussion was helpful to me.				
23. The presentation motivated me to make changes in my life.				

24. Please list specific changes you plan to make in the next month.

25. What additional information do you need about heart disease?

Thank You and Remember to Love Your Heart!

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension Service, West Virginia University.





Good