



With Every Heartbeat is Life
Pre/Post Test Results

UAB Center for the
Study of Community Health
Evaluation and Assessment Unit



Introduction

The following report details the results of the My Health Habits Pre-and Post-tests completed by With Every Heartbeat is Life program participants across 11 participating congregations. A total of 124 pre-tests and 78 post-tests were completed and returned for analysis. For this reason, the following data is presented in terms of percentages rather than numbers, as presenting numbers would suggest false declines in results based on the lower number of post-tests completed compared to pre-tests.

The My Health Habits Pre- and Post-Tests consisted of five sections: Knowledge gain, Stages of Change, Actual Behavior Change, Confidence Change, and Program Feedback. Program Results are presented for each section below.

Knowledge Gain

Knowledge gain was measured by 21 knowledge-based questions pertaining to key workshop themes and facts. Overall scores showed a significant increase in knowledge in pre to post test. Results are provided for each question in the following table. For each question, a t-test was utilized to determine if changes in knowledge were considered statistically significant, meaning there is 95% probability that results reflect actual change and cannot be explained by chance. The following table provides the percentage of participants who correctly answered the question on the pre-test and post-test, and the Result column indicates whether the change is statistically significant.

Question	% Correct Pre	% Correct Post	Result
Q1/ Risk Factors for Heart Disease	78.2	84.6	Increase not significant
Q2/ Factors Affecting Blood Cholesterol	69.4	83.3	Increase not significant
Q3/ Risk Factors for Diabetes	71.8	75.6	Increase not significant
Q4/ Diabetes Symptoms	77.4	85.9	Increase not significant
Q5/ Stroke Signs	66.9	83.3	Significant increase in knowledge
Q6/ Heart Attack Signs	67.7	85.9	Significant increase in knowledge
Q7/ Heart Attacks True/False	75	83.3	Increase not significant
Q8/ Lowering Risk for Heart Disease	85.5	88.5	Increase not significant
Q9/ Smoking Cigarette Risk	77.4	80.8	Increase not

Question	% Correct Pre	% Correct Post	Result
			significant
Q10/ Ways to Lose Weight	89.7	90.3	Increase not significant
Q11/ Physical Activity Advantages	88.5	90.3	Increase not significant
Q12/ Serving Size of Cooked Vegetable	48	63	Increase not significant
Q13/Waist Measure of Woman	60.8	77.8	Significant increase
Q14/ Waist Measure of Man	26.7	31.9	Significant increase
Q15/ Physical Activity and Reducing Risk of Heart Disease	75.8	81.3	Increase not significant
Q16/ Blood Pressure Recognition Level	37.4	42.7	Increase not significant
Q17/ Blood Cholesterol Level Recognition	44.3	53.4	Increase not significant
Q18/ Fasting Blood Glucose Level Recognition	10.2	20.6	Increase not significant
Q19/ Drinking Alcohol and Blood Pressure	61.5	84.2	Significant increase in knowledge
Q20/ Secondhand smoke and Heart/Lung Disease	89.6	91	Increase not significant
Q21/ Reason for High Blood Pressure as Silent Killer	92.1	92.7	Increase not significant

Stages of Change

People act in different ways when they learn that they need to make changes to lower their chances of getting heart disease. Participants were presented with the following story and asked with which character they most related. Their responses indicate their readiness to implement behavior change, in accordance with the Stages of Change Model consisting of 5 stages:

1. Precontemplation (in denial of need to change)
2. Contemplation (considering change)
3. Preparation (making plans and small changes)
4. Action (actively making changes)
5. Maintenance (maintaining change and avoiding relapse)

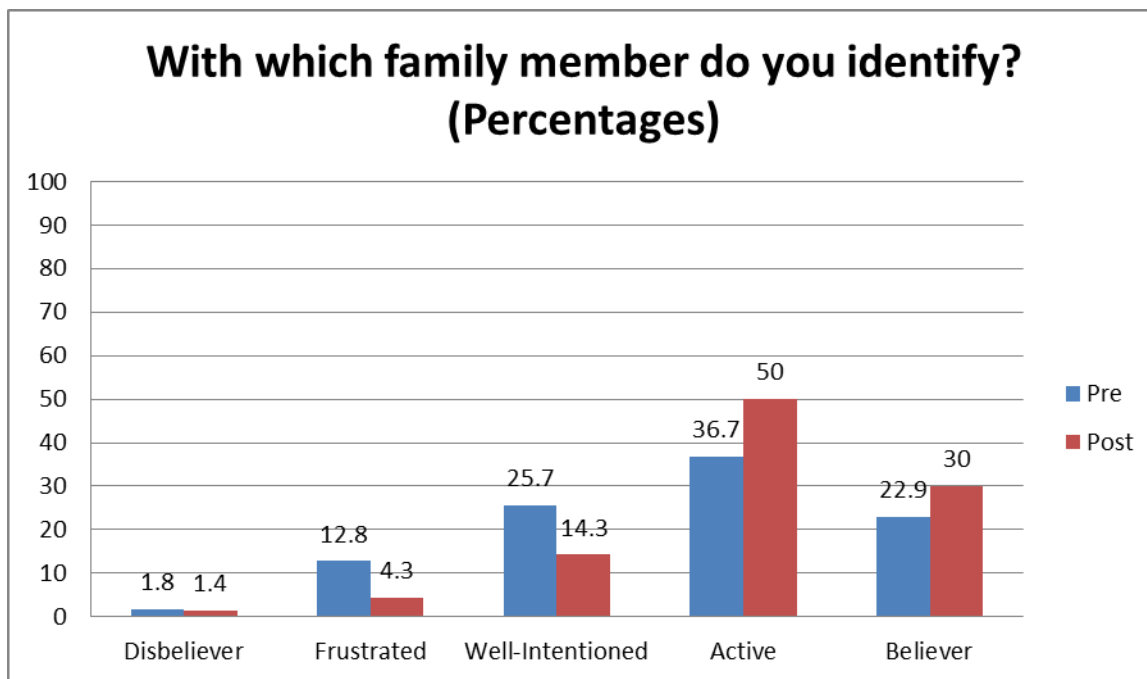
With Every Heartbeat is Life —the Harris Family

- a. Darnell: “I don’t really care.” [The Disbeliever] Darnell learns that he is at risk for heart disease, but he is not concerned about it. He gets upset when reminded about changing his unhealthy habits. He does not intend to make lifestyle changes for better health. “Nothing’s going to happen to me.”
- b. James: “I need to make changes, but I can’t get started.” [The Frustrated] James is frustrated because he’s aware of his risk factors for heart disease but has been unable to control them. He feels trapped by life situations and wonders whether he can overcome the obstacles that prevent

him from maintaining a heart healthy lifestyle. “Sometimes you can try as hard as you can, but if there’s a brick wall standing between you and your goal, what can you do?” says James.

- c. Pam: “I am making plans.” [The Well-Intentioned] Pam learns that she’s at risk for heart disease and intends to take action, but every day she puts off making changes. She feels guilty because she knows she should take steps to improve her health. “Walking the walk is harder than talking the talk,” says Pam.
- d. Ms. Diane: “I am taking action.” [The Active] Ms. Diane (Grandma Harris) learns that she is at risk for heart disease and quickly draws an action plan. She gets information and attends classes to learn how to improve her health. Ms. Diane practices what she learns and feels optimistic and enthusiastic. She makes healthy lifestyle changes, sets reasonable goals, and helps others to do the same. “Once you know better, you owe it to yourself to do better,” says Ms. Diane.
- e. Tina: “I stay on the healthy path.” [The Believer] Tina is very motivated to make changes to improve her health. She knows it’s easy to fall back to old habits. She makes plans to prevent setbacks, and she starts over again when necessary. Tina believes that she and her family can achieve a heart healthy lifestyle. She has a positive attitude towards life, asks for help when needed, and does not give up. “If I just believe it, then I can do it!” says Tina.

Results indicate a positive progression in stages of behavior change, however this change was not statistically significant. A decrease can be seen in the percentage of participants identifying as Disbeliever, Frustrated, and Well-Intentioned, and an increase in those identifying as Active and Believers.



Participant Behavior Change

The My Health Habits Pre/Post Test also assessed the frequency with which participants engage in health positive and negative health habits that are addressed in the With Every Heartbeat is Life Curriculum. The Pre/Post Test assessed the frequency Never/Almost Never, Sometimes, Most of the Time, All of the Time of ten (10) positive and seven (7) negative health behaviors. It should be noted that times when the increase is not significant, in some cases that may be due to the fact that many people were already practicing the healthy habit, leaving no room for significant change.

Participant Behavior Change: Positive Behaviors

Overall, the number of participants always/almost always engaging in positive behaviors significantly increased from pre- test to post-test. Results are provided for each question below.

Question	Result
Question 1/ Servings of Fruit per day	Significant increase in positive behavior
Question 2/ Servings of Vegetables per day	Significant increase in positive behavior
Question 3/ More Vegetables over Meat	Increase not significant
Question 4/ Bake or grill versus fry	Significant increase in positive behavior
Question 5/ Reading nutrition facts	Significant increase in positive behavior
Question 6/ Drain fat after cooking meat	Increase not significant
Question 11/ Eating low/fat-free cheese/milk	Significant increase in positive behaviors
Question 12/ Eating low/ fat- free salad dressing	Significant increase in positive behavior
Question 13/ Exercise frequency (days per week)	Significant increase in positive behavior
Question 14/ Asking People not to Smoke in Home	Increase not significant

Participant Behavior Change: Negative Behaviors

As a whole, the number of participants always/almost always engaging in negative behaviors significantly decreases for pre-test to post-test. Please note, a decrease in negative behaviors is the intended result and indicates program success. Results are provided for each question below.

Question	Result
Question 7/ Drinking Regular Soda with Sugar	Decrease not significant
Question 8/ Drinking Sugary Drinks	Significant decrease in negative behavior
Question 9/ Buying Processed Meats	Decrease not significant
Question 10/ Adding salt to food	Decrease not significant
Question 15/ Smoking Cigarettes	Significant decrease in negative behavior
Question 16/ Alcohol Frequency	Significant decrease in negative behavior
Question 17/ Drinks of alcohol/ percentage	Decrease not significant

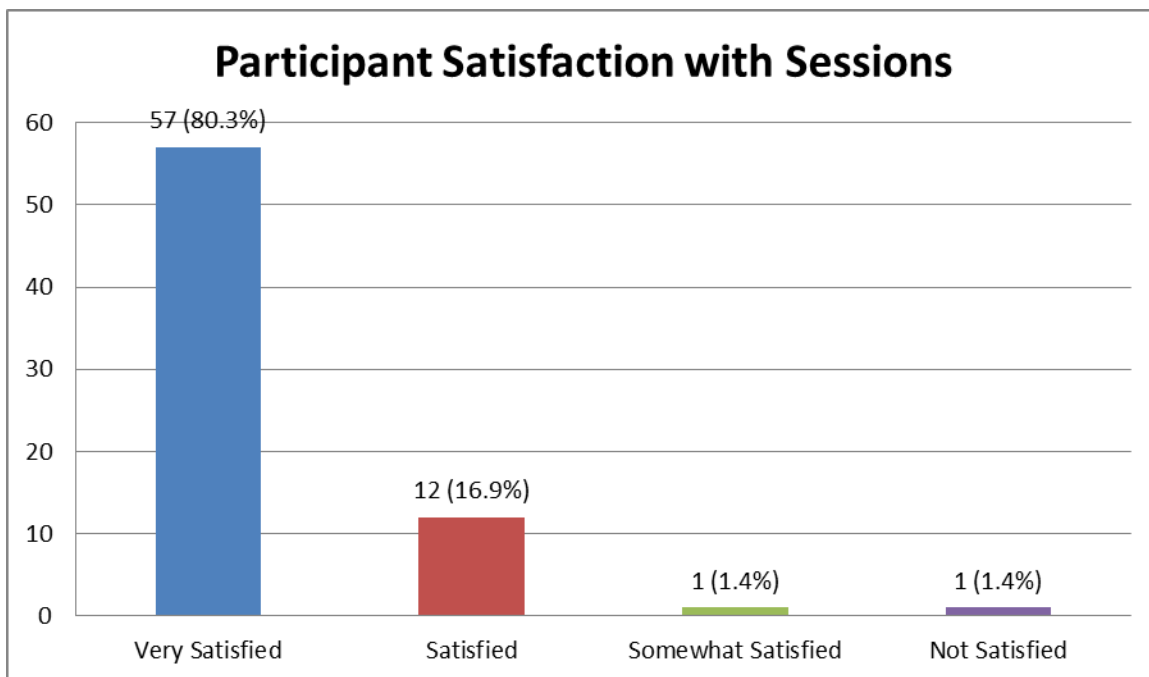
Habit Confidence Change

The My Health Habits Pre/Post Test also asked participants to estimate their level of confidence in making specific healthy changes that were addressed in the curriculum. Overall, there was a statistically significant increase in confidence to implement healthy habits from pre- to post-test. Results for each habit are provided below.

Question	Result
Q18/ How confident are you in your ability to cook heart healthy foods?	Significant increase in confidence
Q19/ How confident are you in your ability to read food labels to make healthier food choices?	Significant increase in confidence
Q20/ How confident are you in your ability to recognize the signs of a heart attack?	Significant increase in confidence
Q21/ How confident are you in your ability to get our blood pressure checked once a year?	Increase not significant

Participant Satisfaction with Program

Finally, after completing the workshop series, participants were asked about their satisfaction with the WEHIL program and workshops. Results indicate that overall, participants were very satisfied with sessions. Results also suggest that participants would share the information learned with friends and family. Detailed results are provided below.



Have you shared the information you learned with your family or friends?

