



HeartLinks to Heart Health Program



**WITH EVERY HEARTBEAT IS LIFE
SESSION 1 EVALUATION FORM**

LESSON 1: Knowledge Is Power: Know Your Risk for Heart Disease and
LESSON 2: Act in Time to Heart Attack Sign

To what degree did you achieve the following objectives:	Strongly Disagree	Disagree	Agree	Strongly Agree
1. Learn about the “ <i>With Every Heartbeat Is Life</i> ” program				
2. Learn how the heart works and its importance				
3. Learn that heart disease can be prevented				
4. Learn your family risk of heart disease				
5. Get to know other group members				
6. Learn risk factors for heart disease that can be prevented				
7. Learn how the heart functions				
8. Learn what a heart attack is				
9. Learn why it is important to seek treatment quickly if a heart attack happens				
10. Learn the warning signs of a heart attack				
11. Learn why people delay in seeking help for a heart attack				
12. Learn the benefits of calling emergency medical services				
13. Learn how to plan ahead				

<p>14. Please list the six <u>risk factors</u> for heart disease:</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 	<p>15. Please list the six <u>warning signs</u> of a heart attack:</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6.
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How would you rate the teaching effectiveness of each presenter?

How effective was the presenter in:	Poor	Fair	Good	Excellent
a. Clearly stating the course objectives at the beginning of the session?				
b. Demonstrating knowledge of the course material?				
c. Presenting information in an organized fashion?				
d. Clearly communicating ideas and concepts?				
e. Engaging participants in discussions?				
f. Clearly responding to questions?				

How would you rate the effectiveness of the session?

How effective was the session in:	Poor	Fair	Good	Excellent
a. Enhancing your awareness and/or understanding of your risk for heart disease?				
b. Enhancing your awareness and/or understanding of the warning signs of a heart attack and the importance of taking quick action?				
c. Providing course material that was helpful and meaningful to you?				
d. Facilitating relevant discussions that addressed your concerns?				
e. Stimulating your interest in heart disease prevention?				
f. Stimulating your interest in the warning signs of a heart attack and the importance of taking quick action?				
g. Influencing you to make healthy life-style changes to reduce health risks and promote heart good health?				

What aspect of this course was most helpful to you?

What aspect of this course was least helpful to you?

What recommendations for improvement can you provide to make this session more effective?

How would you rate the overall effectiveness of the session?

- Poor
 Fair
 Good
 Excellent