

# #DOWKDON(SHV \$O6WHB0P2HI

## EXTENDING KNOWLEDGE *Providing Solutions*

is a 30 minute or less health presentation using a persuasive public speaking approach empowering the audience to take action.

**HealthTalk Express** is designed to raise awareness about chronic disease prevention. Each talk focuses on a chronic condition and a relevant risk-reducing health behavior.

**HealthTalk Express** offers presentations covering five health topics: cancer, high blood pressure, high cholesterol, stress management, and stroke.

### Relevance

,QK85BQFGLMDMDHWKPDLEDMRISRRU  
KIDOWGLDELOLWDQGHDWBQDFFRWIRBRW  
KIDOWKDHSHGLWBYKESBHQIWKMLOOBMV  
HWRYHDOSBYHODEOHLUMIDFWRWREDFFRM  
SRRGLHWDGSKFDOLQFWLYLWERWVBO  
DRFLDWHGZWRREHWWHFHLYHDOFRROFRBSWLRQ  
BROVBOOHGKORRRGSHMDGKROHWHBO  
BPRWLQKIDOWKLIHWOHLFWLWLFDOWRDGGHMDKV  
SEOLFKIDOWSEEOHPWVWSDWLFODEHGLQ  
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DYHDBHV  
ESDQFDGQDFNDH  
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0%LWVWQWLRQODWHV  
BKH7HPMSDWPHQRIWDWH  
HDOWBMLFHV

### BDP,PSDFW

,QWRWDORISDWLFLSDQWRPSONHWHGHYDOBWLRQ  
IRHDOWKDON(SHSHMDWLRQWKIROORZQ  
7HDFRWLHBOORBOOHZWWLPHDQ  
/DPSDD)RWKMLWHDWRWDORIWDONBHFRRQKWHG  
FRYHLWKIROORZWRSLFV  
\$DWWHBI&ROHWHBO  
JHW6HHG1R(FMV  
\$7)DWWRBHYHODWBNH  
\$QHW/DGLD/HV  
QRRGBMRQ

### Response

,QGGWLWRQRWKMSRWDEOHHYDOBWLRQDWWHG  
BFRGRZVQWWKHZBLQLYLGOHDFKQ  
WEX HDOWKDON(SHMDWHZGHSMDWLRQ  
7KILGLQDEOHPDLHWKLPDFWRIWK  
SHMDWLRQHOLYHHGLQKMFRLH2WFRPH  
LQLFDWRMBOGHNBZOHG#DERXWKKMHFWEHIRBD  
DIHWWKISHMDWLRQHWWRSDFWLFWHKKIDOWE  
DQYLHDERXWVKWHDFKQGYDOMKRIWKBQRW  
)LQLBYHDOWBWSDWLFLSDQVCHDMGWKLNBOHGH  
RIWWRSLFIRDOOSHMDWLRQBNIIWKKWONMW  
6HHG&7)DW8QHWDGLD/HDQRRG  
BMRQDWLFLSDQWBQDHHGWKZOO  
HDLQKIDOWEHBYLRQKQJWWWBHPROK  
WKSDWWHBI&ROHWHBOWDONSDWLFLSDQDWHG  
LQHQWRFBSEBWKIRSHMDWLRQYHDOO  
WHDFKQVLEHGD MFHOOHQDQWKQRWZH  
YHMDOEOH

<b>Item</b>	<b>A Matter of Cholesterol</b>	<b>Get Screened, No Excuses</b>	<b>A.C.T. Fast to Prevent a Stroke</b>	<b>Understanding Stress</b>	<b>Blood Pressure Down</b>
Knowledge <b>BEFORE</b> Scale: 1 = very little to 5 = very much	<b>M = 3.1</b>	<b>M = 4</b>	<b>M = 3.4</b>	<b>M = 3.5</b>	<b>M = 4</b>
Knowledge <b>AFTER</b> Scale: 1 = very little to 5 = very much	<b>M = 4.3</b>	<b>M = 4.6</b>	<b>M = 4.9</b>	<b>M = 4.4</b>	<b>M = 4.8</b>
In the next 3 months, will <i>practice</i> the health behavior (e.g., talk to doctor about cancer screening) Scale: 1 = strongly disagree to 5 = strongly agree	<b>M = 3.8</b>	<b>M = 4.6</b>	<b>M = 4.6</b>	<b>M = 4.3</b>	<b>M = 3.9</b>
Overall Teaching Scale: 1 = poor to 5 = excellent	<b>M = 4.8</b>	<b>M = 4.6</b>	<b>M = 4.9</b>	<b>M = 4.7</b>	<b>M = 4.8</b>
Value of Handouts Scale: 1 = not valuable to 5 = very valuable	<b>M = 4.8</b>	<b>M = 4.6</b>	<b>M = 4.8</b>	<b>M = 4.5</b>	<b>M = 4.5</b>

## **Program Reach**

**HealthTalk *Express*** served groups with varied characteristics specific to age, gender ethnicity, and education.

Below is a brief summary:

- **A Matter of Cholesterol:** 61.7% females, 44% were 55-64 years old, 87.5% were White, and education levels varied with 22.9% completing some of a college or vocational degree, 31.3% having a college degree, and 33% having a graduate or professional degree.
- **Get Screened, No Excuses:** 84.6% females, 42.9% were 55-64 years old, 50% have a college degree, and 71.4% were White.
- **ACT Fast to Prevent a Stroke:** 59.1% were female, 40.9% were over 75 years old, 81.8% were White, and education levels varied with 36.4% having a high school diploma and 31.8% having a college degree.
- **Understanding Stress:** 68.9% were females, age varied with 20% being 35-44 years old, 22.2% being 45-54 years old, and 24.4% being 55-64 years old, 43.5% had a high school diploma, and 87% were White.
- **Blood Pressure Down:** 50% were female and 50% were male, 42.1% were 35-44 years old, education level varied, with 36.8% having a high school diploma and 26.3% having a college degree, and 78.9% were White.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.