



HealthTalk Express 2018 All Site Analysis

HealthTalk Express is a 30 minute or less health presentation using a persuasive public speaking approach, which strives to empower the audience to take action. The Program was designed to raise awareness about chronic disease prevention, with each talk focusing on a chronic condition and a relevant risk-reducing health behavior.

HealthTalk Express offers presentations covering seven health topics: cancer, high blood pressure, high cholesterol, stress management, physical activity, medication safety, and stroke



Relevance

In 2018, a total of 1,056 participants attended *HealthTalk Express* in 14 Texas counties. Table 1 (page 1) describes the *HealthTalk Express* program impact. Listed in the table are the seven presentation topics and mean scores for the five evaluation outcomes.

Table 2 (page 2) details the participants' demographic characteristics through gender, age, ethnicity, and education.

**Table 1. HealthTalk Express
Evaluation Results (Mean Scores)**

Topics	Knowledge BEFORE ¹	Knowledge AFTER ¹	3-month Intent to Change ²	Overall Teaching ³	Value of Handouts ⁴
Act F.A.S.T. (N = 204)	2.9	4.4	4.6	4.8	4.7
A Matter of Cholesterol (N = 151)	2.7	4.0	4.2	4.7	4.6
Be Medicine S.M.A.R.T (N = 19)	3.9	4.5	4.2	4.6	4.7
Get Screened, No Excuses (N = 124)	3.0	4.2	4.0	4.7	4.7
Go-4-Thirty! (N = 26)	3.7	4.3	4.2	4.7	4.5
Power to Prevent Diabetes (N = 119)	3.2	4.2	4.0	4.8	4.6
Pressure Down: Controlling Blood Pressure (N = 54)	3.2	4.3	4.2	4.7	4.6
Stress: Friend or Foe (N = 168)	3.1	4.2	4.2	4.6	4.5
Stress-less Mind Matters (N = 191)	3.2	4.2	3.8	4.7	4.5

1. Scale: 1 = very little; 5 = very much

2. Scale: 1 = strongly agree; 5 = strongly disagree

3. Scale: 1 = poor; 5 = excellent

4. Scale: 1 = not valuable; 5 = very valuable

2018

Program Impacts

Table 2. Demographics
(N = 1,018)

Gender



Female

Male

77%
(N = 815)

23%
(N = 213)

Age

Years of Age	%	N
18-24	2.3	25

Years of Age	%	N
25-34	16.5	175

Years of Age	%	N
35-44	18	190

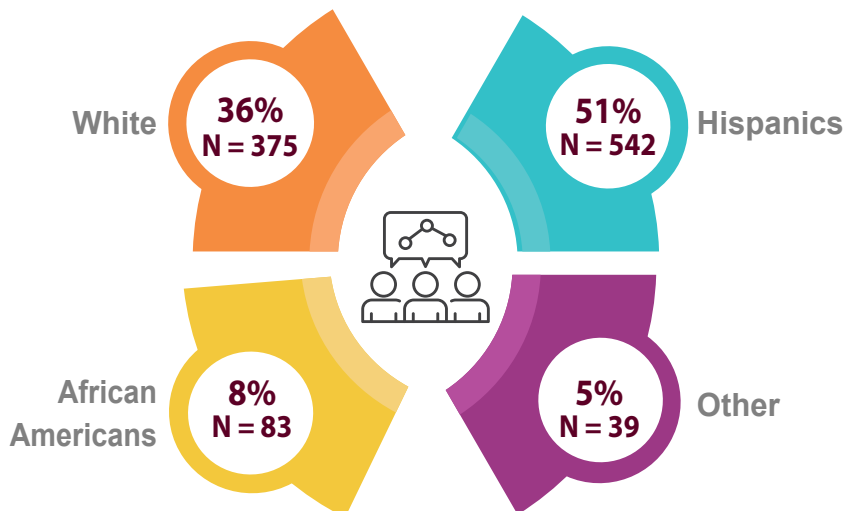
Years of Age	%	N
45-54	21.8	231

Years of Age	%	N
75-Over	6.8	72

Years of Age	%	N
55-64	24.9	263

Years of Age	%	N
65-74	9.4	100

Ethnicity



Education

Less than High School = 1
(N = 9.3) 99%

High School Diploma or GED 289%
(N = 27.3)

Vocational Education or
some College 247%
(N = 23.4)

College Degree 246%
(N = 23.3)

Graduate or Professional
Training or Degree 116%
(N = 11.0)

Other 21%
(N = 2)