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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

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BDP,PSDFW

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FRYHLWKIROORZWRSLFV
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\$7)DWWRBHYHODWBNIH
\$QHW/DGLD/HV
QRRGBMRQ

Response

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WEX HDOWKDON(SHVW/DWHZGHSMDWLRQ
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SHMDWLRQHOLYHHGLQKMFRLH2WFRPH
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RIWKWRSLFIRDOOSHMDWLRQRIWKKWDONMW
6HHG&7)DW8QHWDGLD/HDQRRG
BMRSDWLFFLSDQWBODHGHGWKZOO
HDLQKIDOWEHBYLRQKQIWWWKHPROK
WKSDWWHBI&ROHWHBOWDONSDWLFLSDQDWHG
LQHQWRFBSEBWKIRSHMDWLRQYHDOO
WHDFKQVLEHGDMPHOOHQDQWKQRWZH
YHMDOEOH

Item	A Matter of Cholesterol	Get Screened, No Excuses	A.C.T. Fast to Prevent a Stroke	Understanding Stress	Blood Pressure Down
Knowledge BEFORE Scale: 1 = very little to 5 = very much	M = 3.1	M = 4	M = 3.4	M = 3.5	M = 4
Knowledge AFTER Scale: 1 = very little to 5 = very much	M = 4.3	M = 4.6	M = 4.9	M = 4.4	M = 4.8
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	M = 3.8	M = 4.6	M = 4.6	M = 4.3	M = 3.9
Overall Teaching Scale: 1 = poor to 5 = excellent	M = 4.8	M = 4.6	M = 4.9	M = 4.7	M = 4.8
Value of Handouts Scale: 1 = not valuable to 5 = very valuable	M = 4.8	M = 4.6	M = 4.8	M = 4.5	M = 4.5

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.

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