

## PAHO-NHLBI Awardees Workshop Promoting Heart Health in the Americas: Preparing for Success

Pan American Health Organization  
525 23<sup>rd</sup> Street, N.W.  
Washington, D.C. 20037

Conference Room C

April 30 - May 4, 2007

### AGENDA

#### Purpose of the Workshop

The purpose of the workshop is to train project teams on how to implement and evaluate the NHLBI's "Your Heart, Your Life Manual" and to refine their projects' implementation and evaluation plans.

Monday, April 30, 2007

8:00 AM – 5:00 PM

#### Objectives for Day 1

- Get to know workshop participants.
- Introduce participants to the PAHO-NHLBI collaboration.
- Initiate the train-the-trainer workshop using "Your Heart, Your Life Lay Health Educator Manual."
- Administer Pretest.

8:00 – 8:30 AM	Registration and Continental Breakfast	
8:30 – 8:45 AM	Welcome and Opening Remarks	Branka Legetic, M.D., Ph.D., PAHO Rob Fulwood, Ph.D., M.S.P.H., NHLBI
8:45 – 9:00 AM	Introductions	All Participants
9:00 – 9:15 AM	Overview of PAHO -NHLBI Collaboration	Dr. Legetic
9:15 – 9:25 AM	Overview of Workshop	Gloria Ortiz, NHLBI
9:25 – 9:45 AM	Overview of NHLBI's Salud para su Corazón Initiative	Matilde Alvarado, M.S.N., R.N., NHLBI
9:45 – 10:00 AM	Break	
10:00 – 10:05 AM	Introduction of Promotoras de Salud Trainers	Dr. Fulwood
10:05 – 10:30 AM	Lay Health Worker Train-the-Trainer Pretest	Odelinda Hughes
10:30 – 12:00 PM	<b>Session 1:</b> Are You at Risk for Heart Disease?	Ms. Hughes

<b>12:00 – 1:00 PM</b>	<b>Networking Lunch</b>	
1:00 – 1:15 PM	Gallery of Stars Walk Through	Ms. Alvarado
1:15 – 2:45 PM	<b>Session 2:</b> Act in Time to Heart Attack Signs	Ms. Hughes
2:45 – 3:00 PM	Break	
3:00 – 4:30 PM	<b>Session 3:</b> Take Heart: Say YES to Physical Activity	Esperanza Vásquez
4:30 – 4:45 PM	Session 9 & 10 Group Assignments for Wednesday	Ms. Hughes and Ms. Vásquez
4:45 – 5:00 PM	Summary Remarks and Announcements	Ms. Ortiz
6:30 – 8:00 PM	<b>Networking Dinner</b> <b>Tony and Joe's Sea Food Place</b> 3000 K Street, N.W. Washington, D.C. 20007 (202) 944-4545	All Participants

Tuesday, May 1, 2007

8:00 AM - 5:15 PM

#### Objectives for Day 2

- Continue the train-the-trainer workshop using NHLBI's "Your Heart, Your Life Lay Health Educator Manual."
- Assist participants in preparing their presentations of sessions 9 and 10.

8:00 – 8:10 AM	Welcome/Announcements	Dr. Legetic
8:10 – 9:50 AM	<b>Session 4:</b> Help Your Heart: Control Your High Blood Pressure	Ms. Vásquez
9:50 – 10:05 AM	Break	
10:05 – 12:00 PM	<b>Session 5:</b> Be Heart Smart! Keep Your Cholesterol in Check	Ms. Hughes
<b>12:00 – 1:15 PM</b>	<b>Networking Lunch</b>	
1:15 – 2:45 PM	<b>Session 6:</b> Keep Your Heart in Mind: Aim for a Healthy Weight	Ms. Vásquez
2:45 – 3:00 PM	Break	
3:00 – 4:30 PM	<b>Session 7:</b> Protect Your Heart: Take Good Care of Your Diabetes for Life	Ms. Hughes
4:30 – 4:40 PM	Summary Remarks and Announcements	Dr. Legetic
4:40 – 5:15 PM	Group Presentations Preparation	All Participants

Wednesday, May 2, 2007

8:00 AM – 5:30 PM

### Objectives for Day 3

- Complete the train-the-trainer workshop using NHLBI’s “Your Heart, Your Life Lay Health Educator Manual.”
- Engage participants in facilitating sessions 9 and 10.
- Introduce participants to “Your Heart, Your Life” evaluation tools.
- Administer Posttest.

8:00 – 8:05 AM	Welcome/Announcements	Ms. Ortiz
8:05 – 9:20 AM	<b>Session 8:</b> Make Heart Healthy Eating a Family Affair	Ms. Vásquez
9:20 – 9:30 AM	Break	
9:30 – 10:45 AM	<b>Session 9:</b> Eat in a Heart Healthy Way— Even When Time and Money are Tight	Group of Participants
10:45 AM – 12:00 PM	<b>Session 10:</b> Enjoy Living Smoke Free	Group of Participants
12:00 – 12:30 PM	Lay Health Worker Train-the-Trainer Posttest	Ms. Hughes
<b>12:30 – 1:45 PM</b>	<b>Networking Lunch</b>	
1:45 – 3:45 PM	<b>Session 12:</b> Use Evaluation to Track Your Progress	Madeleine Wallace, Ph.D., NHLBI
3:45 – 4:00 PM	BREAK	
4:00 – 4:15 PM	Overview of “Your Heart, Your Life” Implementation Timeline	Dr. Wallace
4:15 – 5:15 PM	Sample Database	Dr. Wallace
5:15 – 5:30 PM	Summary Remarks and Announcements	Ms. Ortiz

Thursday, May 3, 2007

8:30 AM – 5:15 PM

### Objectives for Day 4

- Learn about project implementation and evaluation plans from country project teams.
- Refine projects implementation and evaluation plans.

8:30 – 8:35 AM	Welcome/Announcements	Dr. Legetic
8:35 – 8:55 AM	Presentation of Project—Argentina	Ms. Lorena Lázaro Cuesta
8:55 – 9:15 AM	Presentation of Project—Chile	Ms. Dayar Mabel Baeza
9:15 – 9:35 AM	Presentation of Project—Guatemala	Dr. Carlos Mendoza Montano
9:35 – 9:50 AM	Group Discussion	Dr. Legetic
9:50 – 10:05 AM	Break	

## Refinement of Projects' Implementation and Evaluation Plans

10:05 – 11:45 AM	Working Groups to Identify Adaptation Needs	Ms. Alvarado
	<ul style="list-style-type: none"><li>• Discuss Feasibility of Using “Your Heart, Your Life Manual” without Adaptations</li><li>• Identify Adaptation Needs</li><li>• Identify Process to Make Adaptations to Manual</li><li>• Develop Timeline to Make Adaptations</li></ul>	
<b>11:45 AM – 1:15 PM</b>	<b>Networking Lunch</b>	
1:15 – 2:15 PM	Working Groups to Refine Projects' Evaluation Plans	Ligia de Salazar, Ph.D. Dr. Wallace
	<ul style="list-style-type: none"><li>• Impact of Manual Adaptations on Evaluation Tools</li><li>• Identify New Instruments Needed</li><li>• Identify New Databases Needed</li></ul>	
2:15 – 2:30 PM	Break	
2:30 – 4:15 PM	Working Groups to Refine Projects' Plans	Dr. Salazar Dr. Wallace
4:15- 5:15 PM	Graduation Ceremony	
	<ul style="list-style-type: none"><li>• Presentation of Certificates</li><li>• Reflections</li></ul>	
5:15 PM	Summary Remarks and Announcements	Dr. Legetic

Friday, May 4, 2007

8:00 AM – 4:30 PM

### Objectives for Day 5

- Share the PAHO and NHLBI procedures to provide technical assistance and support.
- Discuss contract deliverables and timelines.

8:00 – 8:10 AM	Welcome/Announcements	Ms. Ortiz
	<b>Presentation of Revised Implementation and Evaluation Workplans</b>	
8:10 – 8:30 AM	Argentina	
8:30 – 8:40 AM	Group Discussion	
8:40 – 9:00 AM	Chile	
9:00 – 9:10 AM	Group Discussion	
9:10 – 9:30 AM	Guatemala	
9:30 – 9:40 AM	Group Discussion	
9:40 – 9:55 AM	Break	
10:05 – 11:05 AM	Technical Assistance, Communication, and Monitoring Procedures	Ms. Ortiz
	<ul style="list-style-type: none"><li>• Technical assistance requests</li><li>• Telephone and video conference calls</li><li>• Consultations via e-mail or telephone</li><li>• Progress and Annual Reports</li></ul>	

11:05 – 12:05 PM	PAHO Contract Administrative Procedures and Schedule of Contract Deliverables <ul style="list-style-type: none"> <li>• Project Implementation Plan</li> <li>• Timeline</li> <li>• Evaluation Plan</li> <li>• Communication Schedule</li> </ul>	Dr. Legetic
12:05 – 12:20 PM	Workshop Feedback Forms	Ms. Ortiz
12:20 – 12:30 PM	Closing Remarks	Dr. Legetic Ms. Ortiz
<b>12:30 - 1:30 PM</b>	<b>Networking Lunch</b>	
2:30 – 4:30 PM	Tour of the Hatfield Clinical Center and the National Library of Medicine at the National Institutes of Health (NIH)	(Optional)
4:30 PM	Adjourn	