



Living
Healthy
With
HIV/AIDS
Curriculum



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Table of Contents

Part I

Introduction	pages 5-7
Goals.....	page 8
Recommendations.....	page 9
Materials.....	page 10

Part II

Module Outline.....	page 11
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Module

Introduction to Module.....	pages 12-14
Section A: Disease Management.....	pages 15-21
Section B: Coping.....	pages 22-29
Section C: Nutrition and Exercise.....	pages 30-37
Section D: Pick Your Own Topic.....	page 38
Exercises.....	pages 39-44
Notes Page.....	page 45
Resource List.....	page 46
Evaluation Form.....	page 47



Part 1: Introduction

Health Literacy and HIV/AIDS

About 1 million people living in the United States have HIV and 43,000 have AIDS (1). When living with a chronic disease, such as HIV/AIDS, it is important to have a healthy lifestyle. This means taking care of one's mental and physical health; it also means taking medication correctly. One reason people do not take care of themselves is because they do not understand how. People often do not understand their disease or how to take their medicine. These people probably have low health literacy.

Health literacy means how well a person understands basic health information. If they have high health literacy, they will be able to make good health decisions (2). Improving health literacy is an important health issue that needs attention (2). In the U.S., about 90 million adults have low levels of literacy; this is about half of the adult population in the country (2). It is likely that even more people have low health literacy (2).

Health literacy affects how people living with HIV/AIDS manage their health. This influences their overall health. People with lower literacy often do not take their medicine correctly (3). They also have higher viral loads, but they often do not understand what this means (4).

The Internet as a Source of Health Information

The Internet is an important place to find information about health, but many people do not know how to use it. Some people do not have access to computers or the Internet. Also, a lot of information on the Internet is not trustworthy. However, Internet use to find health information can improve health. People who use the Internet know more about HIV. They also deal better with their disease and have more social support (5). Internet access gives power to people living in low-income communities; this improves their quality and years of life (6). However, health information on the Internet can be hard to figure out for people with low literacy levels (7).



Part 1: Introduction

The Internet and HIV/AIDS

People who use the Internet to find health information are healthier than people who do not (8). People with HIV who use the Internet to find health information understand HIV better (8). They are more likely to know their CD4 cell count and viral load. They are also more likely to have an undetectable viral load (8). People who use the Internet are more likely to take their medicine correctly (8). However, many people do not have access to the Internet. In addition, those who do have access do not use it to find health information (8).

The Need for Programs

A program to improve health literacy would help people to take control of their health. The program could provide access to the Internet and teach people how to find reliable health information online. This is a new idea, and not much research has been done yet. One program, based on theory, shows promise to improve Internet skills (9). Other programs need to be developed to address this issue.

The Living Healthy with HIV/AIDS Curriculum

This module is designed to help people living with HIV/AIDS have healthier lifestyles. This means taking care of one's mental and physical health; it also means taking medication correctly. The program will improve health literacy by teaching Internet skills. The module is based on Social Cognitive Theory (10). It covers three major factors of a healthy lifestyle. These are nutrition, mental health, and medical treatment. It is very interactive and has many chances for participants to practice their skills.



Part 1: Introduction

References

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Part 1: Goals

Goals and Objectives

Health objectives:

1. To increase health literacy and
2. To increase adherence to healthy lifestyles, including medication adherence, among people living with HIV/AIDS.

Behavioral objectives:

1. To increase reported use of Internet sources of health information and
2. To increase participants' demonstration of skills and sharing of health information with others.

Program goal:

To enhance quality and years of life among people living with HIV/AIDS.

Learning objectives:

1. Identify at least three important aspects of a healthy lifestyle for a person living with HIV/AIDS;
2. Identify at least one specific website with reliable health information;
3. Search the internet to find reliable health information about HIV/AIDS;
4. Demonstrate to others how to find reliable health information on the Internet.



Recommendations

Recommendations for Training the Trainer:

- Class size of 8-10 people
- 5:1 trainee to trainer ratio
- Permit class session to last 4 hours
 - Hours 1 and 2: Run through module
 - Hours 3 and 4: Trainees practice teaching module

Recommendations for Teaching the Module in the Community:

- 3:1 Trainee to Trainer ratio is best. 4:1 Trainee to Trainer ratio is acceptable
- Go to site at least 30 minutes before session begins to set-up and organize materials
- Make all copies in advance
- Assign jobs to all trainers including:
 - Main teacher
 - Time-keeper
 - Teacher assistants
- Provide refreshments if able
- Take breaks when needed
- Be aware of any participant special needs



Part 1: Materials

Materials you will need:

- This training manual
- Participant Packets (1 for each participant): All materials after 'Handouts' tab pages 39-47 including:
 - Section A, Exercise 1 (pg. 39)
 - Section A, Exercise 2 (pg. 40) (optional)
 - Section B, Exercise 1 (pg. 41)
 - Section B, Exercise 2 (pg. 42) (optional)
 - Section B, Exercise 3 (pg. 42) (optional)
 - Section C, Exercise 1 (pg. 43)
 - Section D, Exercise 1 (pg. 44)
 - Notes Page (pg. 45)
 - Resource List (pg. 46)
 - Module evaluation (pg. 47)
- Computers: laptop or desktop (external mouse preferred)
- Internet access
- The CD-ROM for this manual
- A computer connected to a projector to show movement through Internet
- A pointer
- Nametags for all helpers and participants

Notes

Use the 'Notes' column throughout this packet to take notes throughout each training session. This will allow you to tailor your material so that it is more useful for you in the future. For example, if you notice a section takes longer than you expected, make a note in the column and make changes for the next session. This will allow this training module to be a 'living' document: always changing and always improving.



Part 2: Module Outline

Introduction to Module (10 minutes)

- Review Outline
- How to Use MedlinePlus

Section A: Disease Management (15 minutes)

- Example from MedlinePlus
- Exercise: Scavenger Hunt

Section B: Coping (15 minutes)

- Example from CDC.gov and yellowpages.com
- Exercise: What would you do?

Section C: Nutrition and Exercise (15 minutes)

- Example from MedlinePlus and The Body
- Exercise: Scavenger Hunt

Section D: Pick your own topic (25 minutes)

- Exercise: Role Play





Part 2: Introduction to Module

Say:

“Hi, my name is _____. These are my helpers _____. We are from _____.”

“Over the next hour and twenty minutes, we will learn how to use the Internet to find information on HIV and AIDS. To begin with, we will show you how to use the website MedlinePlus. MedlinePlus is paid for by the federal government. This is a good place to find health facts on the Internet. For example, you can find facts on cancer and the common cold. Today, we will practice using MedlinePlus to find facts on HIV/AIDS treatment. Next, we will use other Internet sites such as CDC.gov to find facts on ways to cope when living with HIV/AIDS. Third, we will use MedlinePlus to find facts on nutrition and exercise. We may use more websites if we have time. Finally, we will give you the chance to find facts on any HIV/AIDS topic of your choice.”

(Pass out Participant Packets)

Say:

“We are going to use this packet during our time together. Please feel free to write on any of the pages. They are for you to keep.”

*This section takes
10 minutes.*



Part 2: Introduction to MedlinePlus

(Trainer: You should be standing near the computer that is projecting its image on the projector screen. As you instruct the participants what to do throughout the module, lead by example by doing the same on your own computer. The overhead projector screen will allow the participants to see what you are doing. This will allow them to learn how to do it for themselves.)

Say:

“Now we will practice using MedlinePlus to find information on disease management. First, we will walk through the MedlinePlus homepage together. A homepage is the first screen you will see when you go to a website.”

(Please read the following steps and have the class follow along):

- 1) Turn on your computer
- 2) Use your mouse. Double left click on the blue E symbol. This is the Internet Explorer button.
- 3) At the top of the page, find the address bar. Use your mouse to left click one time on the writing inside the address box.



Part 2: Introduction to MedlinePlus

(Continue to read the following steps out loud):

- 4) The address will be highlighted in blue. Push the 'delete' or 'backspace' key on your keyboard. Raise your hand if you need help.
- 5) A line will be blinking in the address bar. Type in 'medlineplus.gov' using your keyboard. Push the 'enter' button. You are now on the MedlinePlus homepage.
- 6) Use your mouse to left click on 'Health Topics' located on the left side of the website. Notice that when you put your mouse over a link, the arrow becomes a hand. That means when you click on the word, you will go to another screen.
- 7) Use your mouse to left click on 'Find your topic by first letter: A'
- 8) Find the down arrow button on your keyboard. Push on it until you see 'AIDS-Living with AIDS'
- 9) Use your mouse to left click on this section.

Notes

This section will take 15 minutes.



Part 2A: Disease Management

Trainer Information ONLY:

Objectives:

- a. Increase participant's knowledge on how to find medical treatment in the community



- b. Increase participant's knowledge on how to find information about different ways to control their HIV/AIDS





Part 2A: Disease Management

Say:

“Now that we are in MedlinePlus, we will find information on disease management. In this section we will learn how to find accurate information on the Internet on how to treat HIV/AIDS. We will first look at how to find medical treatment in your community. We will use MedlinePlus to find this information. If you have any questions or problems please raise your hand and we will be happy to help you.”

(Please read the following steps and have the class follow along):

- 1) Use the down arrow button on your keyboard to scroll down the page until you see the section on ‘Disease Management’
- 2) Use your mouse to left click on ‘Choosing an HIV Care Provider’. You will now see a screen that says ‘AIDSInfonet.org’ at the top.
- 3) Use the down arrow button to scroll down the page until you see section called ‘To find a healthcare provider’.



Part 2A: Disease Management

(Continue to read the following steps out loud):

- 4) Use your mouse to left click on the following link:
http://www.idsociety.org/HIVMA_Template.cfm?Section=Find_a_Provider_in_Your_Area
- 5) Find the blank box next to 'City'. Type in your City.
- 6) Find the blank box next to 'State'. Use your mouse to left click on this box and click on your state. Use your down arrow button to scroll down if you cannot see your state.
- 7) Push on your down arrow button on your keyboard to see the 'Submit' button. Use your mouse to left click on this button.





Part 2A: Disease Management

Say:

“Pull out your worksheet for Section A, Exercise 1.”

(The following is in the participants’ packets)

Section A, Exercise 1:

“Please list the name of one Doctor or Nurse in your City that treats patients with HIV/AIDS and his or her contact information:”

Name:

Address:

Phone:





Part 2A: Disease Management

*This Optional Section
will take 10 minutes*

Optional section: Use this section if you have extra time and your participants need little if any help on their Internet navigation skills. SKIP TO PAGE 22 IF WORKING WITH BEGINNER INTERNET USERS.

Say:

“We will now practice using MedlinePlus to find information on different types of treatment used to help people with HIV/AIDS live healthier lives. Again if you have any questions please raise your hand.”





Part 2A: Disease Management

(Please read the following steps and have the class follow along):

- 1) Return to MedlinePlus homepage at <http://medlineplus.gov>
- 2) Click on “Health Topics” (located on the left side of the website)
- 3) Go to “Find your topic by first letter:”
- 4) Click on the letter “A”
- 6) Scroll down page until you see “AIDS-Living with AIDS”
- 7) Click on this section
- 8) Scroll down page until you see section on “Treatment”
- 9) Click on any of the sections under Treatment (for example: Adherence, Adherence: Keeping Up with Your Meds, AIDS Drugs Assistance Programs)



Part 2A: Disease Management

Say:

“We will now use MedlinePlus find the name of at least one drug used to treat HIV/AIDS”.

(The following is in the participants’ packets)

Section A, Exercise 2:

Search any of the sections under Treatment to find the name of one drug used to treat HIV/AIDS:

Drug Name:



Notes

*This section will take
15 minutes.*



Part 2B: Coping

Trainer Information ONLY:

This section is targeted on coping with the HIV virus/AIDS in terms of mental health and relationships. We will use the Internet to find information relative to these topics. The first part will focus on relationship with oneself. The second part will focus on relationships with others.

Learning Objectives:

1. Increase participants' ability to find information on mental/emotional well-being on the Internet
2. Help participants locate resources for mental health/emotional services in their community





Part 2B: Coping

Say:

“In this session, we will use www.CDC.gov to find facts on dealing with HIV/AIDS. First, we will look at taking care of your feelings and emotions about yourself. We will then find people or places you can go to in your community for help sorting out your thoughts.”

(Please read the following steps and have the class follow along):

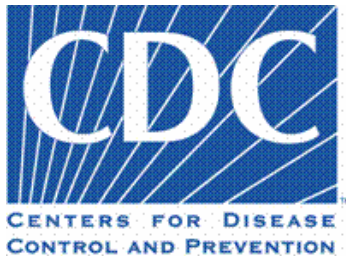
- 1) Remember to use the ‘Notes’ page in your packet if you want.
- 2) At the top of the page, find the address bar. Use your mouse to left click one time on the writing inside the address box.
- 3) The address will be highlighted in blue. Push the ‘delete’ or ‘backspace’ key on your keyboard. Raise your hand if you need help.
- 4) A line will be blinking in the address bar. Using your keyboard type in www.cdc.gov. Click the ‘enter’ button on your keyboard.



Part 2B: Coping

(Continue to read the following steps out loud):

- 5) This is what the CDC's homepage looks like. Can you all see this on your screen? If you need help, please raise your hand.
- 6) Please use your mouse to left click on 'Diseases & Conditions' pictured on the left side of your computer screen.
- 7) Next, use your arrow down button on the keyboard to scroll down to 'HIV/AIDS'. Left click on this link with your mouse.
- 8) This web page has many links. You can explore these links in your free time later. Now, we will focus on the links listed in the left-hand column. Do you see a link that says 'Treatment'? **(Let somebody in the class answer)**





Part 2B: Coping

(Continue to read the following steps out loud):

9. Use your mouse to left click on 'Treatment'.
10. Now find a link for 'Brochures' on the left side of this page. The link is listed under 'General Information.' Use your mouse to click on it.
11. Use your down arrow button to scroll down this webpage. Find the title 'CDC- Opportunistic Infection Series'. Are we all on the same page?
12. Now locate the 'View PDF' link under 'Living with HIV/AIDS'. Use your mouse to left click on this link.

Say:

“A PDF is a type of file that can be printed off the Internet as its own document. It is commonly used on the internet to hold information. A PDF file has its own arrow keys at the bottom of the page.”



Part 2B: Coping

(Continue to read the following steps out loud):

13. Use the arrow keys at the bottom of the PDF to skip to page 14 of this 16-page document. We are now going to do an exercise. Pull out Section B, Exercise 1 from your packet. Figure out what you could/should/would do in the following situations based on the information given on pages 14 and 15 in the web brochure. Please fill out your handout for each situation listed. Please take 3-4 minutes to write down your answers.

(The following is in the participants' packets)

Section B, Exercise 1:

- A. You are sad. You want to find a group of people to listen.
- B. You want to make your life more meaningful. You want to help others.
- C. You are worried about having enough money for your drugs. You need some advice.





Part 2B: Coping

*This Optional Section
will take 10 minutes*

Optional section: Use this section if you have extra time and your participants need little if any help on their Internet navigation skills. SKIP TO PAGE 30 IF WORKING WITH BEGINNER INTERNET USERS.

(Please read the following steps and have the class follow along):

1. Now let's find places near your home where you can go to if you want to talk about your feelings.
2. Enter www.yellowpages.com into your address box. Remember that the brochure suggested looking under 'AIDS' in your phone book. This is just a phone book on the Internet. You should see this page on your computer screen.



3. Now type 'AIDS' into the top search box. Enter your city and state in the bottom search boxes. Click 'Go'.



Part 2B: Coping

(Continue to read the following steps out loud):

4. Look in the center of the page. Find 'Name Results' in the middle of the page and left click on it with your mouse.
5. Look through the list that appears. Search for an agency where you could get emotional support near your home.
6. When you have found someplace, record your findings on your hand-out sheet we gave you before under 'Section B, Exercise 2'.

(The following is in the participants' packets)

Section B, Exercise 2:

- D. Where could/should/would you go in your neighborhood for emotional help?



Part 2B: Coping

Say:

“Now we will focus on relationships with others. We will end by thinking about what to do in a particular situation.”

(Please read the following steps and have the class follow along):

1. First, return to the browser window that pictures the brochure.
2. Next, scroll with your mouse to page 10. Is everybody on the same page?
3. Read pages 10 – 12 on the website.
4. Record on your handout under ‘Section B, Exercise 3’ what you could/should/would do when beginning a new intimate relationship if you are HIV +.

(The following is in the participants’ packets)

Section B, Exercise 3:

- E. What you could/should/would do when beginning a new intimate relationship if you are HIV +?

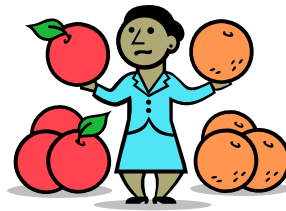


Part 2C: Nutrition and Exercise

Trainer Information ONLY:

Objectives:

a. To increase knowledge and awareness of internet sites that provide information about diet for those living with HIV/AIDS.



b. To increase knowledge and awareness of internet sites that provide information about exercise for those living with HIV/AIDS.





Part 2C: Nutrition and Exercise

Say:

“It is important to eat well and to exercise when living with HIV/AIDS. This part will help us find facts on the Internet about food and exercise. First, we will look at food and how to eat well. Then, we will find facts about exercise. Let’s begin with using Medline Plus for facts on food.”

(Please read the following steps and have the class follow along):

- 1) Return to your address bar and type in ‘medlineplus.gov’ using your keyboard. Push the ‘enter’ button. You are back at the MedlinePlus homepage.
- 2) Scroll down and click on ‘AIDS—Living with Aids.’
- 3) Use your mouse to left click on ‘Health Topics’ located on the left side of the website.



Part 2C: Nutrition and Exercise

(Continue to read the following steps out loud):

- 4) Use your mouse to left click on 'Find your topic by first letter: A'
- 5) Find the down arrow button on your keyboard. Push on it until you see 'AIDS-Living with AIDS'
- 6) Use your mouse to left click on this section.
- 7) Left click on 'Nutrition,' which is found in the blue rectangle on the left side of the page.



Part 2C: Nutrition and Exercise

(Continue to read the following steps out loud):

- 8) Left click the second link under Nutrition, called HIV: Nutrition and Exercise When You Have HIV.
- 9) This is another website from the American Academy of Family Physicians.
- 10) Please use this website to answer the following question:
 - a. What can I do if I'm having trouble eating?
- 11) Would someone like to give a possible answer? **(Wait for someone in class to answer)**





Part 2C: Nutrition and Exercise

*This Optional Section
will take 10 minutes*

Optional section: Use this section if you have extra time and your participants need little if any help on their Internet navigation skills. SKIP TO PAGE 38 IF WORKING WITH BEGINNER INTERNET USERS.

Say:

“Now we will use another website to help us find information about exercise when you are living with HIV and/or AIDS. We are going to use a website called thebody.com.”

(Please read the following steps and have the class follow along):

- 1) Return to your address box and type in www.thebody.com. You will notice advertisement pop-ups because this is a .com website.
- 2) Left click on the ‘All Topics’ link, which is found on the top right side of the page. It is written in a blue/gray box.
- 3) Scroll down and left click the ‘Living with HIV’ tab on the left side of the page.



Part 2C: Nutrition and Exercise

(Continue to read the following steps out loud):

- 4) Click on the 'exercise' found in the pink box, which appears on the right side. This link is under the first section.
- 5) Click on the first link under the 'Advice' Section, called 'Exercise and HIV: A Brief Fact Sheet'.
- 6) Click on the 'Why is Exercise Important?' link.
- 7) Please answer the following question:
 - i. What are some advantages to exercise?





Part 2C: Nutrition and Exercise

Say:

“Pull out the Section C, Exercise 1 handout. Please use the Internet to find answers to these questions. You may want to start with the two examples we used in this section. Please spend about 10 minutes looking for these answers. We will then ask for a couple volunteers to come to the front to show how you found the answers.”





Part 2C: Nutrition and Exercise

(The following is in the participants' packets)

Section C, Exercise 1:

1. What problems can make it hard to eat a healthy diet?
2. Please name three foods that are good for you.
3. Why is exercising important?
4. Please name three forms of exercise.



Notes

This section takes 25 minutes.



Part 2D: Your Turn

Say:

“In this next session we will put together everything we have learned. Please take 15 minutes to find information on any topic you wish about HIV/AIDS. Use the computer skills you have learned. At the end of 15 minutes, you will share what you found with the person sitting next to you. We will then take about 10 minutes to share what we have found.”

(The following is in the participants’ packets)

Section D, Exercise 1:

Please use the Internet to find information about any topic regarding HIV/AIDS.

Topic:

Websites Used:

Information Found:

Section A, Exercise 1:

Please list the name of one Doctor or Nurse in your City that treats patients with HIV/AIDS and his or her contact information:

Name:

Address:

Phone:



Section A, Exercise 2:

Search any of the sections under Treatment to find the name of one drug used to treat HIV/AIDS:

Drug Name:



Section B: Exercises 1, 2, and 3

(All of these exercises assume you are HIV +)

Exercise 1:

A. You are sad. You want to find a group of people to listen.



What could/should/would you do? Based on what information?

B. You want to make your life more meaningful. You want to help others.



What could/should/would you do? Based on what information?

C. You are worried about having enough money for your drugs. You need some advice.



What could/should/would you do? Based on what information?

Exercise 2:

D. Where could/should/would you go in your neighborhood for emotional help? _____

Exercise 3:

E. What you could/should/would do when beginning a new intimate relationship if you are HIV +? _____

Section C, Exercise 1:

1. What problems can make it hard to eat a healthy diet?
2. Please name three foods that are good for you.
3. Why is exercising important?
4. Please name three forms of exercise.



Section D, Exercise 1:

Please use the Internet to find information about any topic regarding HIV/AIDS.

Topic:

Websites Used:

Information Found:



Resource List

Resource List:

<http://www.medlineplus.gov> To find health information

<http://www.gwumc.edu/partners/cond1.htm> To find links to websites with health information

<http://familydoctor.org> To find a doctor in your area

<http://www.aidsinfonet.org> To find information about AIDS

<http://www.thebody.com>

<http://www.cdc.gov> To find health information and statistics from the government

<http://www.yellowpages.com> To find addresses and phone numbers



Evaluation

Using the following scale, please circle the number that best describes how you feel about each question. The scale is from 1 to 4, with 1 being the most disappointing and 4 being excellent.

Thank you for your feedback!

	1 Disappointing	2 Fair	3 Good	4 Excellent
The content was presented well.	1	2	3	4
The content was helpful.	1	2	3	4
I learned a new website to find information about HIV/AIDS.	1	2	3	4
Presenter(s) were knowledgeable.	1	2	3	4
I feel more confident using the Internet.	1	2	3	4

Additional Comments: