

Program Evaluation (Adults)

Scantron Administration Protocol

Post-only survey (Version 127)

Planning & Preparation

- The surveys are in Scantron® (bubble sheet) format and can accept pen (blue or black ink only) or No. 2 pencil.
- Bring pens and No. 2 pencils with you for respondents.
- Be sure barcodes are placed on surveys before administration. Barcode instructions and templates can be found in the Partner Portal Evaluation section.

When to Administer

- This survey is only for adults ages 18 and older.
- This survey should be taken during the last lesson in the series after instruction is completed.
- Plan 10 minutes during the last session to administer surveys.

Administration

- To ensure data collection is not jeopardized, it's important to administer surveys consistently to all groups and to remain neutral in presenting the survey and answering any questions that arise.
- If multiple people will be administering surveys, they should all be trained on appropriate and consistent administration.
- We can't assume participants can read it on their own, so please read items and responses aloud to the group.
- When you administer the survey, do not prompt by telling them what the words or phrases mean (you can do that after).
- Tell participants to select the best answer for them, but that they can leave the answer blank if they don't know which response to choose.
- Have a copy of the survey available for yourself to be able to read questions and answer options from.

Introduction

- You should include an introduction for respondents before handing out surveys. The introduction is brief and conveys a neutral perspective. An abbreviated introduction is also included at the top of the survey.
- Text in italics can be read aloud.

Now that we have finished the lessons for this program, it's time to fill out a survey. We use your responses and feedback to make this program better for others in the future. Pick the most honest answer from the choices. Please do not write your name or anything else on the survey, just your answers. Your responses are voluntary and will remain anonymous. Make sure to read every question carefully and choose only one response per question, unless otherwise noted. Please let me know if you need help or have a question.

- *Let's get started. The first question is, "If foods were offered, did you enjoy them?"*
- *The response choices are: "Most or all of them", "some", "none of them", or "did not taste any."*
- *Continue with questions #2-8. Please turn to the backside of the page now.*
- *For question #9, there are several answer choices. Please mark all that are true for you. I will read though the list and pause for you to fill in circles of any that apply to you at this time. Please mark all the items below that you are doing more often due to these lessons. I am: Eating fruit more often; eating different kinds of fruit more often; ... [continue through each of the response options].*

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- Continue with question #10.
- For question #11, there are also several choices. Mark all the items that you plan to do more often due to these lessons. I plan to: [read through all response choices].
- For #12: [Read through question and response choices.] If you mark other, please write in where you found out about these lessons.
- Continue with #13. Once you have finished, I'll collect all the surveys now. Thank you for taking the time to complete this survey.

Returning Completed Surveys

Collect surveys, and mail to the Michigan Fitness Foundation with a cover sheet for scanning.

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MARKING INSTRUCTIONS

CORRECT: • INCORRECT: ✗

Bar Code Label Here

Note: We value your opinions and use them to improve food and healthy eating lessons. Your answers are private and not shared with educators/teachers. Thank you so much!

1. If foods were offered, did you enjoy them?

Most or all of them ☐ Some ☐ None of them ☐ Did not taste any ☐

2. If foods were offered, were they consistent with your culture?

Most or all of them ☐ Some ☐ None of them ☐ Did not taste any ☐

3. Can you get the foods you need to make the recipes?

Most or all of them ☐ Some ☐ None of them ☐ Did not get any recipes ☐

4. If the lessons had physical activity, did you enjoy them?

Most or all of them ☐ Some ☐ None of them ☐ Did not do any physical activity ☐

5. The food and healthy eating lessons were at the right level of difficulty.

Yes, they were ☐ No, they were too hard ☐ No, they were too easy ☐

6. How valuable were the lessons about food and healthy eating?

Very ☐ Somewhat ☐ Not ☐

7. Did you learn anything new about how to be healthy?

Yes, a lot ☐ Yes, a little ☐ No ☐

8. Was attending the lessons a good use of your time?

Definitely ☐ Somewhat ☐ No ☐

9. Mark ☐ items below that you are doing more often due to these lessons.

I am:

☐ Eating fruit more often

☐ Eating different kinds of fruit more often

☐ Drinking water more often

☐ Being active more minutes per week

☐ Choosing healthy foods within my budget

☐ Eating vegetables more often

☐ Eating different kinds of vegetables

☐ Washing my hands more often

☐ Reading nutrition fact labels more often

☐ Buying fruits and vegetables more often

☐ I am not doing any of these more often.

10. The mix of cooking, tasting, and information about healthy eating in the lessons was about right.

Yes ☐ Need more cooking ☐ Need more tastings ☐ Need more information ☐

11. Mark ☐ items below that you plan to do more often due to these lessons.

I plan to:

☐ Eat more fruit

☐ Eat different kinds of fruits

☐ Eat more vegetables

☐ Eat different kinds of vegetables

☐ Drink water more often

☐ Wash my hands more often

☐ Choose healthy foods within my budget

☐ Compare prices when shopping

☐ Work physical activity into my lifestyle

☐ Be active more minutes per week

☐ Buy more fruits and vegetables

☐ Read nutrition facts labels

☐ I don't plan to do any of these more often.

12. How or where did you find out about these lessons? Mark any that apply to you:

☐ Word of mouth/friend told

☐ Flyer or poster in the community

☐ Mail sent to my home

☐ At the farmers' market

☐ From my child's school

☐ The 211 phone line

☐ An email or text message

☐ A phone call

☐ Facebook, Instagram, Twitter (X), or YouTube

☐ From a health care worker

☐ During other programs I attended

☐ Other _____

13. What is your age?

☐ 18-30 years

☐ 31-50 years

☐ 51-70 years

☐ 71 years or older

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