

Program Evaluation (Adult)

We value your opinions and use responses to improve programs. Surveys are confidential and not shared with program staff. Thank you so much!



Q1 If lessons needed supplies, were you able to get them?

- No supplies were needed
- Most or all of them
- Some of them
- None of them



Q2 If recipes were demonstrated, did you or will you make at least one?

- Recipes were not demonstrated
- Yes, I have
- Not yet, but I plan to
- No, and I don't plan to



Q3 The program was at the right level of difficulty.

- Yes, it was
- No, it was too hard
- No, it was too easy



Q4 Did you learn anything new about how to be healthy?

- Yes, a lot
- Yes, a little
- No



Q5 How valuable was this program?

- Very
- Somewhat
- Not



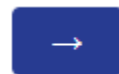
Q6 How engaged were you in this program?

- Very
- Somewhat
- Not



Q7 Was attending the program a good use of your time?

- Definitely
- Somewhat
- No



Q8 Are you doing more physical activity because of this program?

- Yes
- No
- Not sure



Q9 During the past week, did you eat more than 1 kind of vegetable each day?

- Yes
- No



Q10 Within the next week, how often will you eat more than 1 kind of vegetable each day?

- Same as before
- More often
- Less often



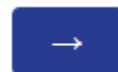
Q11 Mark all items below that you **plan to do more often** due to this program. **I plan to:**

- Eat more fruit
- Eat different kinds of fruit
- 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



Q12 How old are you?

▼ 18-59 ... 60 or older



Q13 How would you describe yourself?

- Hispanic/Latino
- Non-Hispanic/Latino
- Prefer not to answer



Q14 How would you describe yourself (select one or more)?

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or Other Pacific Islander
- White
- Not listed (may specify here)

-
- Prefer not to answer



Q15 How would you describe yourself?

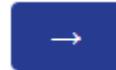
- Female
 - Male
 - Not listed (may specify here)
-

Prefer not to answer



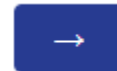
Q16 Before coming to this class, do you recall seeing any signs or information online with the slogan, **'Show them the way: eat more fruits and veggies every day'** or **'Show them the way: go out and play'**? You may have seen these messages on a billboard, bus or truck; at places like the food pantry, farmers market, grocery store, and school; or on social media or streaming television (such as Hulu or HGTV Go). Check all that apply.

- Yes, I have seen the message about **eating more fruits and veggies**
- Yes, I have seen the message about **being more active**
- No



Q17 Please select where you saw the slogans **'Show them the way: eat more fruits and veggies every day'** or **'Show them the way: go out and play'**. Check all that apply.

- On a billboard
- On a bus
- On the side of a truck
- At a food pantry
- At a farmers market
- At a grocery or corner store
- At a school
- On Facebook or Instagram
- On streaming television



Q18 How many times have you seen the slogans **'Show them the way: eat more fruits and veggies every day'** or **'Show them the way: go out and play'**? Check 1 answer.

- 1-10 times
- 11-20 times
- More than 20 times



Q19 Did seeing or hearing either of these messages **cause you** to think about trying something new or start doing something different for you or your family? Check all that apply.

- I searched for more information about healthy eating or physical activity
- I signed up for a nutrition class
- I **thought** about eating more fruits and vegetables
- I started eating more fruits and vegetables
- I started serving my child more fruits and vegetables
- I **thought** about being more physically active
- I started being more physically active
- I encouraged my child to be more physically active
- I **thought** about cooking or preparing more meals together with my children
- I cooked or prepared more meals together with my children



Submit

Thanks for taking this survey!