

# Health & Wellness Survey

Your views on the quality and effectiveness of Extension programs are extremely important. Please take a few minutes to tell us about your thoughts upon completing this program. Your answers will help us better meet your needs. Please **do not write your name on this form** so that your responses are anonymous.

Please answer each question below by **shading** in a bubble. Thank you!

**MARKING INSTRUCTIONS**

CORRECT:  INCORRECT:    

## As a result of this program . . .

1. Do you think nutrition and physical activity are important for good health and well-being?  Yes  No
2. Are you more aware about the need to have a healthy lifestyle?  Yes  No
3. Will you eat meals that include a variety of foods from MyPlate?  Yes  No
4. Will you pay attention to portion sizes?  Yes  No
5. Will you increase your fruit and vegetable consumption.  Yes  No
6. Will you read labels when making decisions about food purchases?  Yes  No
7. Will you increase your physical activity?  Yes  No
8. Are you more aware of the types of appropriate physical activity?  Yes  No
9. Are you more aware of the effects of stress?  Yes  No
10. Are you more aware of the types of chronic diseases that can be prevented through improved eating habits and increasing physical activity?  Yes  No

## Participant background . . .

11. Has your doctor told you that you are:
  - diabetic . . . .  Yes  No
  - overweight. . . .  Yes  No
  - have high cholesterol . . .  Yes  No
  - have high blood pressure .  Yes  No
  - have heart disease . . . .  Yes  No
12. Does any immediate family member have any of the above health issues?  Yes  No
13. Do you smoke?  Yes  No
14. You are:  Female  Male
15. Your age:  Under 18  40-44  65-69  
 18-24  45-49  70-74  
 25-29  50-54  75+  
 30-34  55-59  
 35-39  60-64

16. How do you describe yourself? (*select one only*)

- African American (non-Hispanic)
- Asian American
- Hispanic
- Native American
- White (non-Hispanic)
- Other
- Multi-Racial

17. What did you like most about this activity?