Muevete USA™ Program Evaluation

ID # __________

Demographics:

Male or female (circle)  Age  __________  Place of Birth _________________

Primary language spoken at home  __________  Occupation: _________________________

Educational Level  __________  Parent / Relative / Caregiver (circle one)

Race  __________  Ethnicity: (Hispanic, Black, American Indian/Alaskan Native, Asian/Pacific Islander)

About the Class Presentation:

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Prior to taking this class, I had little understanding of the topic.</td>
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<td>2.</td>
<td>After taking this class, I have a better understanding of this topic.</td>
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1) What did you learn from the program?

   a) How to read a food label
   b) Exercise for 30 minutes a day.
   c) How to use “My Plate”
   d) Healthy snack versus unhealthy snack
   e) How to set a personal goal
2) Choose what is important to you using the scale from 1 to 3.  
(Please circle the number that best describes how you feel)

<table>
<thead>
<tr>
<th>Least Important</th>
<th>Important</th>
<th>Important</th>
<th>Very Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) How to read label..................................1..........................2..........................3</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>b) Eating fruits........................................1..........................2..........................3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c) Eating vegetables ....................................1..........................2..........................3</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>d) Eating a healthy snack...............................1..........................2..........................3</td>
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<tr>
<td>e) Setting a goal to walk for 30-60 minutes a day........1..........................2..........................3</td>
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</table>

3) Every day we try to stay healthy. After today’s program which items below is easy to start doing today? 
   a) Choose a healthy snack every day
   b) Exercise 30 minutes a day
   c) Using “my plate” every meal
   d) Read food labels when shopping

4) After what you learned from Muevete USA Program, what changes do you plan to make for you and your family? Circle items below:
   a) Eat a fruit every day
   b) Eat vegetables every day
   c) Read food labels while shopping
   d) Exercise 30-60 min a day

5) Do you have (circle all that apply)
   a) Fresh food grocery store near you?
   b) A park near you?
   c) A car?
   d) Use the bus?