

## 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:

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. Prior to taking this class, I had little understanding of the topic.					
2. After taking this class, I have a better understanding of this topic.					

- 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)

	Least	Important	Very
	1	2	3

- |  |   |   |   |
|--|---|---|---|
| a) How to read label.....                              | 1 | 2 | 3 |
| b) Eating fruits.....                                  | 1 | 2 | 3 |
| c) Eating vegetables .....                             | 1 | 2 | 3 |
| d) Eating a healthy snack.....                         | 1 | 2 | 3 |
| e) Setting a goal to walk for 30-60 minutes a day..... | 1 | 2 | 3 |

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?

