

Learning Opportunities and Indicators in the Health & Wellbeing (Adult) Concentration Area

The table below provides an overview of the Learning Opportunities in the Health & Wellbeing (Adult) area and the specific indicators used to evaluate them. Please reference this table to evaluate and report program outcomes in the Kentucky Extension Reporting System (KERS).

Extension agents should contact specialists in this concentration area for guidance on how to evaluate learning opportunities in this area.

Learning Opportunities	Indicators							
	601.10	601.11	601.12	601.13	601.14	601.15	601.16	601.17
Adult Vaccines: What Do I Need to Know	X	X						
Bingocize	X	X	X	X	X			
Dining with Diabetes	X			X	X			
Emergency Health Information Cards	X	X						
Extension Health & Wellness Ambassador							X	X
Faithful Families				X	X			
Families on the Move			X		X			
Family Mealtime	X	X						
Families in the Kitchen...Cook Together, Eat Together (NEP)								
Food as Health Toolkit	X	X		X	x			
Food Label Fundamentals	X	X						
Gardening Safely	X	X						
Health Literacy for the Win	X	X						
Healthy Choices for Every Body (NEP)								
Healthy Choices for Your Recovering Body (NEP)								
Kick Kentucky Cancer	X	X			X			
Macronutrients: The Foundation of a Balanced Diet	X	X						
Mastering Food Choices	X	X		X	X			

MyPlate: Tools for Building a Balanced Plate	X	X						
Nutrition for Older Adults	X	X						
Pathways to Wellness	X	X						
Pest Control Short Course	X	X			X			
Plate it Up! Kentucky Proud		X		X	X			
Savor the Flavor	X	X		X	X			
SNACK Club	X							
Stocking and Using Pantry Staples	X	X						
Strong Bones for Life: Prevent Osteoporosis	X	X						
Walk Your Way Challenge	X	X	X		X			
Yoga-ta Try This	X	x						