

Health & Wellbeing Concentration Area Follow-up Evaluation Tool

The statements below can be used in a survey to evaluate medium-term (MT) outcomes (at least four weeks after a program takes place). *Extension agents should contact specialists in this concentration area for guidance on how to evaluate learning opportunities in this area.*

[XYZ-Name of Program] Follow-Up Survey

Please circle the option that best describes your response to each statement.

Indicator # in KERS	Statements/Questions	Response Categories	
601.12	Since participating in [XYZ-Name of Program], how many minutes of physical activity have you completed?	_____(minutes) ¹	
601.13	Since participating in [XYZ-Name of Program], I have consumed more nutritious foods and/or beverages.	Yes	No
601.14	Since participating in [XYZ-Name of Program], I have changed at least one health-promoting behavior to improve my health and well-being.	Yes	No

¹ Please note that this indicator assesses the number of minutes of physical activity, hence, the question is asking participants to indicate an amount in minutes. An agent implementing any of the learning opportunities that targets this indicator will add (sum) the number of minutes reported by all participants in their program and report the total in KERS.