Evaluating Indicators in the Health & Wellbeing (Adult) Concentration Area

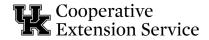
This document contains survey statements for evaluating the indicators in Health & Wellbeing (Adult) concentration area. Extension agents should contact specialists in this concentration area for guidance on how to evaluate learning opportunities in this area.

The indicators for this concentration area consist of short-term and medium-term outcomes as indicated in Table 1.

- **Short-Term Program Metrics (PM):** Indicators designated as short-term program metrics (PM) do not require a survey and are typically measured using program data and other program evaluation/process monitoring information (e.g. attendance/sign in sheets, participant records, participatory evaluation).
- **Short-Term Outcomes (ST):** Indicators designated as short-term (ST) represent expected **immediate** outcomes of UK Extension Health & Wellbeing (Adult) programs. These indicators are measured using post-participation evaluation tools/surveys.
- **Medium-Term Outcomes (MT):** Indicators designated as medium-term (MT) represent expected **behavior change** outcomes of UK Extension Health & Wellbeing (Adult) programs. Behavior change typically requires time to mature. Hence, these indicators are measured using follow-up evaluation tools/surveys.

Table 1: Indicators and Survey Statements

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Concentration Area: Health & Wellbeing (Adult)				
KERS Indicator #	Indicator	Statements (Y/N)	Timeline for Evaluation	
601.10	reported/demonstrates improved knowledge, skills, opinions, or confidence regarding a health- promoting behavior as a result of a participating in a health and well-being	Participating in [XYZ-Name of Program] increased my knowledge, skills, opinions or confidence regarding a health-promoting behavior (e.g. increasing physical activity, limiting sugarsweetened beverage consumption, tick bite prevention, etc.).	ST	
601.11	intentions to implement a behavior learned from a health and well-being	Since participating in [XYZ-Name of Program], I intend to implement a behavior I learned to improve my health and well-being.	ST	
601.12		Since participating in [XYZ-Name of Program], how many minutes of physical	MT	



		activity have you completed?	
		(minutes) ¹	
601.13	Number of participants who reported	Since participating in [XYZ-Name of	
	consuming more nutritious foods	Program], I have consumed more	MT
	and/or beverages.	nutritious foods and/or beverages.	
601.14	Number of participants who reported a	Since participating in [XYZ-Name of	
	change in a health-promoting behavior	Program], I have changed at least one	MT
	as a result of participating in a health	health-promoting behavior to improve my	
	and well-being program.	health and well-being.	
601.15	Number of community partners		
	(community organizations,	This is a program metric. Please report	
	institutions, agencies, or individuals)	from program data e.g., attendance	PM
	worked with to offer health and well-	lists.	
	being programming in the community.		
601.16	Number of volunteers who supported	This is a program metric. Please report	PM
	health and well-being programming in	from program data e.g., attendance	
	the community.	lists.	
601.17	Number of projects or initiatives	This is a program metric. Please report	
	working to improve a community	from program data e.g., attendance	PM
	health or safety issue.	lists.	

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.

