

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

Concentration Area: Health & Wellbeing (Adult)			
KERS Indicator #	Indicator	Statements (Y/N)	Timeline for Evaluation
601.10	Number of participants who 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 program.	Participating in [XYZ-Name of Program] increased my knowledge, skills, opinions or confidence regarding a health-promoting behavior (e.g. increasing physical activity, limiting sugar-sweetened beverage consumption, tick bite prevention, etc.).	ST
601.11	Number of participants who reported intentions to implement a behavior learned from a health and well-being program.	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	Number of physical activity minutes recorded by a participant.	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 consuming more nutritious foods and/or beverages.	Since participating in [XYZ-Name of Program], I have consumed more nutritious foods and/or beverages.	MT
601.14	Number of participants who reported a change in a health-promoting behavior as a result of participating in a health and well-being program.	Since participating in [XYZ-Name of Program], I have changed at least one health-promoting behavior to improve my health and well-being.	MT
601.15	Number of community partners (community organizations, institutions, agencies, or individuals) worked with to offer health and well-being programming in the community.	<i>This is a program metric. Please report from program data e.g., attendance lists.</i>	PM
601.16	Number of volunteers who supported health and well-being programming in the community.	<i>This is a program metric. Please report from program data e.g., attendance lists.</i>	PM
601.17	Number of projects or initiatives working to improve a community health or safety issue.	<i>This is a program metric. Please report from program data e.g., attendance lists.</i>	PM

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.