

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

This document contains survey statements for evaluating indicators in the Health & Wellbeing (Youth) concentration area. *Extension agents should contact specialists/state contacts 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 (Youth) 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 (Youth) 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 (Youth) | | | |
|--|---|---|-------------------------|
| KERS Indicator # | Indicator | Statements (Y/N) | Timeline for Evaluation |
| 601.1 | Number of youth who reported that they have identified an interest in health or wellbeing initiatives in their community. | Since participating in [XYZ-Name of Program], I have identified an interest in health or wellbeing initiatives in my community. | ST |
| 601.2 | Number of youth who reported that they understand the importance of habits or choices that promote health and wellbeing. | Since participating in [XYZ-Name of Program], I understand the importance of habits/ choices that promote health and wellbeing. | ST |

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| 601.3 | Number of youth who reported that they learned ways to be physically active. | While participating in [XYZ-Name of Program], I learned ways to be physically active. | ST |
| 601.4 | Number of youth who reported that they learned how physical activity contributes to overall health. | While participating in [XYZ-Name of Program], I learned how physical activity contributes to overall health. | ST |
| 601.5 | Number of youth who reported that they learned how food impacts their overall health. | While participating in [XYZ-Name of Program], I learned how food impacts my overall health. | ST |
| 601.6 | Number of youth who reported that they have identified at least one job/career in health and wellbeing that fits their interest. | Since participating in [XYZ-Name of Program], I have identified at least one job/career in health and wellbeing that fits my interests. | ST |
| 601.7 | Number of youth who reported that they have used knowledge and/or skills learned in health and wellbeing programs to complete a project. | Since participating in [XYZ-Name of Program], I have used knowledge and/or skills I learned to complete a project. | MT |
| 601.8 | Number of youth who reported that they have used nutrition as a way to improve their overall health. | Since participating in [XYZ-Name of Program], I have used nutrition as a way to improve my overall health. | MT |
| 601.9 | Number of youth who reported that they have taken steps to pursue gaining more knowledge for a job in health and wellbeing based on their interests. | Since participating in [XYZ-Name of Program], I have taken steps to pursue gaining more knowledge for a job in health and wellbeing based on my interests. | MT |