

Nutrition and Exercise

Your input is very valuable to our County Extension. Please take a brief moment of your time to help us make our programs more effective for you. Thanks!

We would like your views on the quality of the information at this conference. Please rate your level of agreement/disagreement with the following statements. Simply check the box that best reflects you.

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The information was up to date and accurate.					
The information was received in time to be useful.					
The information was easy to understand.					
The information will help in decisions about my own situation.					
The examples used were relevant and meaningful.					
The information was easy to understand.					

Please check the box for the statement that best describes your level of understanding of Osteoporosis as a result of your participation in the County Nutrition and Exercise Program.

Statements	Very Low	Low	Moderate	High	Very High
Understanding <i>Physical Signs</i> of Osteoporosis					
Understanding <i>Risk Factors</i> of Osteoporosis					
Understanding <i>Prevention</i> of Osteoporosis					
Understanding <i>Types of Tests</i> for Osteoporosis					
Understanding <i>How Much Calcium is Needed</i> to Prevent Osteoporosis					
Understanding <i>Bone Building Exercises</i> to Prevent Osteoporosis					

After participating in the County Nutrition and Exercise Program, how would you rate yourself?

Statements	Stayed the Same	Increased Slightly	Increased Greatly
Your Endurance			
Your Strength			
Your Balance			
Your Flexibility			
Your Overall Health			

Please read the following questions and check the box that best matches you.

Question	Never	Seldom	Sometimes	Often	Always
Do you read food labels?					
Do you take calcium supplements?					
In an average day, how often do you eat fruits and vegetables?					
In an average day, how often do you eat foods high in calcium?					
In an average day, how often do you eat cookies and candy?					
In an average day, how often do you eat chips and french fries?					

From this program, which topic(s) associated with nutrition and exercise have you taken home and made a habit?

What other topics associated with nutrition and exercise would you like further information about?

*******Thanks so much for your time!*******