



Make Time for Health

Program Evaluation

Please take a moment to complete this questionnaire so that we can evaluate this program. Your input is valued and appreciated.

As a result of attending this workshop, what amount of new information did you learn from the following topics?

? Importance of developing strong bones during childhood:

- ? Nothing New
- ? Some New
- ? Moderate Amount
- ? A Great Deal

? Need for a healthy diet with adequate calcium & other nutrients to build strong bones:

- ? Nothing New
- ? Some New
- ? Moderate Amount
- ? A Great Deal

? Various sources of calcium:

- ? Nothing New
- ? Some New
- ? Moderate Amount
- ? A Great Deal

? Negative effects on bones when eating an unhealthy diet:

- ? Nothing New
- ? Some New
- ? Moderate Amount
- ? A Great Deal

? Need for physical activity to build strong bones:

- ? Nothing New
- ? Some New
- ? Moderate Amount
- ? A Great Deal

? Please check which of the calcium-rich foods you plan on increasing in your child (children's) diet.

- ? Almonds
- ? Cheese, low fat*
- ? Stone ground Corn Tortillas
- ? Green Vegetables (bok choy, broccoli, collard greens, kale, and mustard greens)
- ? Dried Figs
- ? Legumes
- ? Milk, skim*
- ? Oatmeal
- ? Yogurt, low fat*

*Low fat products may be used for children over 2 years.

As a result of attending this workshop, what changes do you plan to make?

? Increase my calcium intake everyday:

- ? Plan to do
- ? Do more often
- ? Do because of program
- ? Probably won't do

? Encourage/help my children to increase their calcium intake everyday:

- ? Plan to do
- ? Do more often
- ? Do because of program
- ? Probably won't do

? Reduce my soda intake:

- ? Plan to do
- ? Do more often
- ? Do because of program
- ? Probably won't do

? Encourage/help my children reduce their soda intake to help them build strong bones:

- ? Plan to do
- ? Do more often
- ? Do because of program
- ? Probably won't do

? Include a calcium-rich food at every meal:

- ? Plan to do
- ? Do more often
- ? Do because of program
- ? Probably won't do

? Encourage/help my child (children) to increase their physical activity:

- ? Plan to do
- ? Do more often
- ? Do because of program
- ? Probably won't do

Thank you for your participation.