



Participant ID: _____ - _____
 Last 4 digits of your phone # County in which you are participating

Keys to Embracing Aging: Evaluation

Thank you for participating in *Keys to Embracing Aging*. As a participant, we value and appreciate your feedback. If you choose, please take a moment to voluntarily answer the following questions – your responses will be kept confidential and there will be no negative consequences if you choose not to respond.

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
This program increased my understanding of how the choices I make today will affect my health and well-being in the future.					
My participation in this program helped me to understand that healthy lifestyle choices promote independence and well-being.					
This program increased my understanding of how healthy lifestyle choices can promote a longer, healthier life.					

Which of the following behaviors do you intend to improve as a result of today's program?

	Improve	Stay the Same	Unsure
Focus on a positive attitude			
Eat smart and healthy			
Regularly engage in physical activity			
Exercise my brain			
Engage in meaningful social activity			
Tune into the times			
Be more safety conscious			
Know my health numbers			
Appropriately manage my stress			
Work toward financial health			
Practice good sleep habits			
Take at least 10 minutes for myself everyday			

Please list the three most important things you learned today.

1)

2)

3)

Please tell us a little about yourself.

Age:	Gender:	Racial Identity:	Ethnic Identity:
<input type="checkbox"/> 0-18	<input type="checkbox"/> Female	<input type="checkbox"/> American Indian/Alaskan Native	<input type="checkbox"/> Latino/Hispanic
<input type="checkbox"/> 19-34	<input type="checkbox"/> Male	<input type="checkbox"/> Asian	<input type="checkbox"/> Not Latino/Hispanic
<input type="checkbox"/> 35-44		<input type="checkbox"/> Black	
<input type="checkbox"/> 45-54		<input type="checkbox"/> Native Hawaiian/Pacific Islander	
<input type="checkbox"/> 55-64		<input type="checkbox"/> White	
<input type="checkbox"/> 65-74		<input type="checkbox"/> Mixed Race (more than 1 race)	
<input type="checkbox"/> 75-84		Other _____	
<input type="checkbox"/> 85+			

Please share any other comments you may have about this program in the space below.

Thank you!



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