



Growing Healthy Kids Presentation Evaluation

For each item below, please indicate the choice that best describes how you felt about the presentation.

1. The speaker was knowledgeable about the material

- Strongly agree Agree Neutral Disagree Strongly Disagree

2. The speaker interacted well with the group

- Strongly agree Agree Neutral Disagree Strongly Disagree

3. The presentation was easy to follow

- Strongly agree Agree Neutral Disagree Strongly Disagree

4. I would recommend this presentation to others

- Strongly agree Agree Neutral Disagree Strongly Disagree

Please indicate how much you learned about the following topics:

5. The importance of a healthy weight gain during pregnancy

Before the presentation, I...

- Knew very little Knew some Knew a lot Could teach others

After the presentation, I...

- Know very little Know some Know a lot Could teach others

6. The importance of breastfeeding for both mother and baby

Before the presentation, I...

- Knew very little Knew some Knew a lot Could teach others

After the presentation, I...

- Know very little Know some Know a lot Could teach others

7. The importance of establishing healthy eating habits early in childhood

Before the presentation, I...

- Knew very little Knew some Knew a lot Could teach others

After the presentation, I...

- Know very little Know some Know a lot Could teach others

8. How adults can encourage healthy eating habits for young children

Before the presentation, I...

- Knew very little Knew some Knew a lot Could teach others

After the presentation, I...

- Know very little Know some Know a lot Could teach others

9. The benefits of physical activity for young children

Before the presentation, I...

- Knew very little Knew some Knew a lot Could teach others

After the presentation, I...

- Know very little Know some Know a lot Could teach others

10. How adults can encourage young children to be physically active

Before the presentation, I...

- Knew very little Knew some Knew a lot Could teach others

After the presentation, I...

- Know very little Know some Know a lot Could teach others

11. How adults can use positive language to support healthy body image and self-esteem for young children

Before the presentation, I...

- Knew very little Knew some Knew a lot Could teach others

After the presentation, I...

- Know very little Know some Know a lot Could teach others

12. How adults can model healthy attitudes about weight for young children

Before the presentation, I...

- Knew very little Knew some Knew a lot Could teach others

After the presentation, I...

- Know very little Know some Know a lot Could teach others

13. Do you have any additional comments or suggestions for improving this presentation?

14. Your age range: 21 and under 22-34 35-44 45-54 55-64 65 and over

15. Your gender: Female Male

16. Do you interact with young children (ages birth to 5 years old) on a regular basis? (check all that apply)

- Yes- I am a parent of a young child(ren)
 Yes- I am a grandparent of a young child(ren)
 Yes- I am a caregiver for a young child(ren) (babysitter, teacher, childcare provider, etc.)
 No- I don't interact with young children on a regular basis
 I am a pregnant woman
 I am going to be a Dad soon - my partner is currently pregnant
 Other (please specify) _____