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) _______________________________________