<u>Session 6 Program Evaluation</u> Healthier Living: Managing Ongoing Health Conditions

We value your opinion. Please take a few moments to tell us what you thought of our workshop. Your comments and suggestions will help us make improvements.

1.	Your Initials:							
2.	What is your date of birth? _			/		_/	 	
	· -	N /	N /		· -	\/	 \/	1/

Self-Management in Action

On a scale from 1 to 4, where 1 = "Not at All Sure" and 4 = "Very Sure," please circle the number that indicates how sure you are that you can do the things you learned on your own.

How sure	are you that you <u>can</u> :	Very <u>Sure</u>	<u>Sure</u>	Sort of Sure	Not at All Sure
3.	Set goals to make changes to improve your health?	4	3	2	1
4.	Make an action plan for achieving changes that will improve your health?	4	3	2	1
5.	Monitor your action plan on a daily and/or weekly basis to watch how you are doing?	4	3	2	1
6.	Use problem-solving steps to help you when you are facing a problem regarding your health?	4	3	2	1
7.	Use positive thinking/self-talk to get you through more difficult times, health problems, and/or setbacks?	4	3	2	1
8.	Know when changes in your illness mean that you should see a physician?	4	3	2	1

Please turn over to continue survey

Program Usefulness

	9.	Were the Healthier Living workshop leaders informative and caring?	<u>Yes</u> 4	<u>No</u> 3	<u>Maybe</u> 2	<u>Don't</u> <u>Know</u> 1
	10.	Have the skills and information you learned in the Healthier Living workshop saved you visits to your physician?	<u>Yes</u> 4	<u>No</u> 3	<u>Maybe</u> 2	Don't <u>Know</u> 1
	11.	Overall, how much did you learn about managing your chronic illness from the Healthier Living workshop?	A Lot 4	Some 3	<u>A Little</u> 2	Not at All 1
	12.	My health has improved as a result of participating in the Healthier Living workshop.	A Lot 4	Some 3	A Little 2	Not at All 1
		Do you have any comments o or a story that you would like t		ons about th	ne Healthier	Living workshop
☐ Please	e chec	ck the box if it is not okay to sh	nare your	comments/s	tory.	
Name (o	ptiona	ıl):				_

Thank you!