

e-YEAH! Follow-up Survey

Today's Date / /

Group Birth Month Birth Day

Your code

We want to learn more about you and your thoughts about your YEAH! Project. Your honest answers to the items in this survey are very important. If you have questions or if something isn't clear, please ask the person who gave you this survey.

Remember....

- we want to know what you think
- there are no right or wrong answers and everything you tell us will be kept confidential (secret)
- please try to answer all the questions

1. What type of project did your group focus on? *(circle all that apply)*

School Parks Fast food outlets Outdoor advertising Stores I don't know

Please tell us how you feel about these things *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
2. I am sure that I can tell my friends to eat healthy.	1	2	3	4	5
3. I am sure that I can tell my friends to be physically active.	1	2	3	4	5
4. I am a leader.	1	2	3	4	5
5. I like to wait and see if someone else is going to solve a problem.	1	2	3	4	5
6. I find it very hard to talk in front of a group.	1	2	3	4	5
7. If I have a problem when working towards a goal, I usually <u>do not</u> give up.	1	2	3	4	5
8. I can influence the decisions my group makes.	1	2	3	4	5
9. I can talk with adults about issues I believe in.	1	2	3	4	5
10. If I tell someone "in charge," like a leader, about my opinions, they will listen to me.	1	2	3	4	5

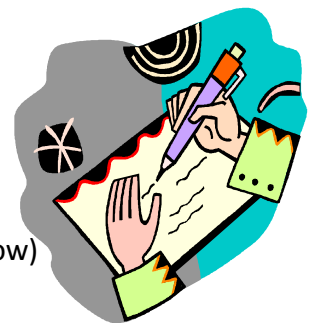
Please tell us how you feel about these things *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
11. I can ask others to help work on making our school or community healthier.	1	2	3	4	5
12. I can start discussions with others about how to change our school or community to make it healthier.	1	2	3	4	5
13. I know how to get information about ways to make my school or community a better place for being physically active and eating healthy.	1	2	3	4	5
14. I am confident that I can work to make my school or community a better place for being physically active and eating healthy.	1	2	3	4	5
15. This project can make a difference in making our school or community a better place for being physically active and eating healthy.	1	2	3	4	5
16. I am confident that this group can work through problems.	1	2	3	4	5
17. I enjoy participating because I want to have as much say as possible in my school or community.	1	2	3	4	5



18. Have you ever done any of these things? *(check all that apply)*

- Signed a petition to change a school or community policy or law
- Written or called a government official
- Written or called the news media (newspaper, TV, radio)
- Written a letter to the editor
- Attended a youth leadership conference
- Done a community assessment (besides the project you are working on now)
- Been part of meetings with school or community officials
- Attended a rally or demonstration
- Nothing other than this group



--Keep it up, you're doing great--

19. In the last year, how many times have you tried to tell other students, your family, or friends, to think more about eating healthy or being physically active? *(circle one)*

Never

Once

2 or 3 times

4 or 5 times

6 or more times



20. In the last year, how many times have you tried to tell school leaders, people in your community, or politicians, to be more interested in making your school or community a better place for being physically active and eating healthy? *(circle one)*

Never

Once

2 or 3 times

4 or 5 times

6 or more times

Physical activity and nutrition

Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. It can be done in sports, with friends, or walking to school. Some examples are running, walking briskly, rollerblading, biking, dancing, swimming, skateboarding, basketball, and football.

21. Over the past seven days, how many days were you physically active for a total of at least 60 minutes per day? *(circle one)*

0

1

2

3

4

5

6

7

22. Over a typical or usual week, on how many days are you physically active for a total of at least 60 minutes per day? *(circle one)*

0

1

2

3

4

5

6

7

23. Not counting PE classes, how many days per week do you play or practice a team sport, or take a physical activity class (like martial arts, dance, tennis)? *(circle one)*

0

1

2

3

4

5 or more

24. In a typical week, how many days do you walk or bike to school? *(circle one)*

0

1

2

3

4

5



25. In a typical week, how many days do you walk or bike from school? *(circle one)*

0

1

2

3

4

5

26. I enjoy doing physical activity. *(circle one)*

Strongly disagree
(1)

Somewhat disagree
(2)

Neutral
(3)

Somewhat agree
(4)

Strongly agree
(5)

27. Outside of school, in a typical week how many times do you eat fast-food?

times/week

times/month



28. In a typical day, how many servings of fruit do you eat?

A serving is equal to:

- One medium piece of fruit (about the size of a baseball)
- ½ cup fruit salad (about the size of ½ a baseball)
- ¼ cup raisins, apricots, or other dried fruit (about the size of a large egg)
- 6 ounces (¾ cup) of 100% orange, apple, or grapefruit juice
(Do not count fruit punch, lemonade, Gatorade, Sunny Delight, or fruit drink)

0 1 2 3 4 or more

29. In a typical day, how many servings of vegetables do you eat?

A serving is equal to:

- One medium carrot or other fresh vegetable
- 1 small bowl of green salad (about the size of a baseball)
- ½ cup fresh or cooked vegetables (about the size of ½ a baseball)
- 6 ounces (¾ cup) of vegetable soup
(Do not count French fries, onion rings, potato chips, or fried okra)

0 1 2 3 4 or more

30. In the past seven days, how many days did you eat any fruits and/or vegetables? *(circle one)*

0 1 2 3 4 5 6 7

31. How many of your five closest friends are physically active at least 5 days a week? *(circle one)*

0 1 2 3 4 5

32. How many of your five closest friends eat at least 5 servings of fruits and vegetables a day? *(circle one)*

0 1 2 3 4 5



Please tell us how you feel about these things *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
33. I often tell my friends and family to be physically active and/or eat healthy.	1	2	3	4	5

34. What are some of the benefits you got from being a member of this group? *(check all that apply)*

- Learned new skills
- Spent time with friends
- Learned about new things
- Made a difference, educated others, created change
- Looks good on college applications, transcripts or resumes
- Got involved in a political issue
- Community service hours
- Fun
- Met new people or friends
- Gifts, prizes, or free stuff
- Nothing I can think of
- Other *(please specify)* _____



Please tell us how you feel about these things *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
35. This group allowed me to have a say in planning events or activities.	1	2	3	4	5
36. This group had specific leadership roles for youth.	1	2	3	4	5
37. The group meetings or events were held at times when it was easy for me to attend.	1	2	3	4	5
38. Members of this group worked well together to accomplish our goals.	1	2	3	4	5
39. This group can influence how adults in this community feel about nutrition and physical activity.	1	2	3	4	5
40. This group can influence how people my age, who are not in this group, feel about nutrition and physical activity.	1	2	3	4	5
41. Our group is united to make our school and community a better place for being physically active and eating healthy.	1	2	3	4	5

--You're getting close to the end! Keep going--

Please tell us how you feel about these things *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
42. Members of our group <u>do not</u> spend time together outside of meetings or events.	1	2	3	4	5
43. I'm unhappy with my group's level of commitment to its goals for creating healthier communities.	1	2	3	4	5
44. This group does not give up during tough times.	1	2	3	4	5
45. If this group failed to accomplish one of our goals, we kept trying to find a way to reach it.	1	2	3	4	5
46. Since I started this project, I understand a lot more about what changes are needed to make my school or community a better place for being physically active and eating healthy.	1	2	3	4	5
47. Since I started this project, I have <u>talked to my parents or family members</u> about changes needed to make my school or community a better place for being physically active and eating healthy.	1	2	3	4	5
48. Since I started this project, I have <u>talked to my friends</u> about changes needed to make my school or community a better place for being physically active and eating healthy.	1	2	3	4	5
49. Since I started this project, I am more confident in my ability to communicate with decision-makers about the kinds of changes we need to make our school or community a better place for being physically active and eating healthy.	1	2	3	4	5
50. Since I started this project, I understand a lot more about how to work for change in my school or community.	1	2	3	4	5
51. I plan to continue to work for change in my school or community after this project is over.	1	2	3	4	5
52. If I had a chance to join a similar group in the future, I would do it.	1	2	3	4	5
53. Our work was worth the time and effort we put into it.	1	2	3	4	5
54. I am proud of the work our group did.	1	2	3	4	5

Please tell us how you feel about these things *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
55. Our leader(s) provided help whenever we needed it.	1	2	3	4	5
56. Our leader(s) did not force his or her ideas and opinions on the group.	1	2	3	4	5
57. Our leader(s) let us work through our disagreements to decide what was best for the group.	1	2	3	4	5



58. Did your group meet with a decision maker to advocate for change in your school or community?
 Yes No

If your group did meet with decision makers, please tell us how you feel about the following:

Please tell us how you feel about these things *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
59. The decision maker(s) listened carefully to our group.	1	2	3	4	5
60. The decision maker(s) seemed to understand what we were asking for.	1	2	3	4	5
61. The decision maker(s) seemed to learn something new from what we were saying.	1	2	3	4	5
62. The decision maker(s) would have listened to us more if we were adults instead of youth.	1	2	3	4	5
63. The decision maker(s) listened to us more because we were youth (rather than adults).	1	2	3	4	5
64. The decision maker(s) were impressed by our group's work.	1	2	3	4	5
65. The decision maker(s) are going to make some changes based on the information from our group.	1	2	3	4	5

66. How many group meetings and activities did you attend? *(circle one)*

- a. I attended all of them
- b. I missed 1 meeting/activity
- c. I missed 2 meetings/activities
- d. I missed 3 or more meetings/activities

67. What roles have you played in this group? *(check all that apply)*

- Active member through meeting attendance
- Served in a formal leadership role. Such as held an office or led a committee
- Decision maker in designing events/strategies
- Conducted/implemented events/activities
- Supervised other youth
- Recruited other youth
- Have not taken an active role
- Other _____

68. When I attended meetings, I took part in the discussions:

- Very often Often Occasionally Rarely Never

69. I took responsibility for things that the group needs to have done.

- Very often Often Occasionally Rarely Never I have not had the opportunity to do this

70. What did you like best about participating in this group?

71. Is there anything else you would like to tell us about your experience? Please share so we can plan for future groups.

Demographic Information

70. How old are you?

What grade are you in?

71. Are you a: *(circle one)* boy (1) girl (2)



All done!
Thanks for helping us by answering these questions. Your responses will help make programs like YEAH! even more successful in the future.

