



Dear Student,

Hello! We are CalFresh Healthy Living, University of California (UC). Our program teaches young people about healthy eating and physical activity habits. Our goal is to help students stay healthy. Our program is funded by USDA. The program is free to your school or community.

To find out how well our lessons work, we ask that you complete this survey. However, completing the survey is totally voluntary. *Voluntary* means you can agree or not agree to complete it. It is up to you. You may also skip questions you do not want to answer. But, we hope that you will answer all of them. Any information about who you are will be kept secret. We will not share your name or id number.

If you have any questions about the survey, just ask us!

Name of your local CalFresh Healthy Living, UC educator: \_\_\_\_\_

Phone number: \_\_\_\_\_

You may also contact our CalFresh Healthy Living, UC State Director: Kamaljeet Khaira, University of California at Davis, 1632 DaVinci Court, Room #31, Davis CA 95618 (530) 752-0555

If you have any concerns or complaints about our CalFresh Healthy Living, UC evaluation, you may also contact the Institutional Review Board, University of California at Davis at (916) 703-9151, from 8:00 a.m. to 5:00 p.m., Monday through Friday, or by writing to the Institutional Review Board, CTSC Bldg., Suite 1400, Rm. 1429, 2921 Stockton Blvd., Sacramento, California 95817.

# YPAR Student Survey [RETROSPECTIVE]

Program Site: \_\_\_\_\_

County: \_\_\_\_\_

Grade:  4<sup>th</sup>  5<sup>th</sup>  6<sup>th</sup>  7<sup>th</sup>  8<sup>th</sup>  9<sup>th</sup>  10<sup>th</sup>  11<sup>th</sup>  12<sup>th</sup>

Date: \_\_\_\_\_

Read each question and think back to how you would have answered the question BEFORE participating in the program and check the appropriate box. Then check the box that best fits how you feel NOW.

**1. I want to make a difference in making my school/ community a healthier place.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**2. I know where and how to gather useful data on making my school/community a healthier place.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**3. I can use research results to come up with solutions or recommendations for making my school/ community a healthier place.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**4. I can share research findings in a meaningful way to adults, decision makers or other policy makers in my school/community.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**5. I understand how my surroundings affect my health.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**6. I see myself as part of a youth community that can solve problems we are concerned about.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**7. Eating healthy is important to me.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**8. I feel confident in knowing what is healthy and not healthy to eat.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**9. I feel confident in knowing what is healthy and not healthy to drink.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**10. I select foods based on their nutritional value.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**11. The snacks I choose are often fruits or vegetables.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**12. I generally stay away from sugary drinks (soda, juice, energy and sport drinks).**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**13. Doing physical activity is important to me.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**14. I know how much physical activity\* I need to be healthy. (\*includes walking to school, sports, exercise, etc.)**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**15. I am physically active at least 60 minutes a day.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**16. When I choose a drink, I chose water over sugar sweetened beverages.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**17. I can identify things I am good at.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**18. I plan to go to college after high school (community college, 4-year university, technical college).**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**19. I believe it is important to have a career where I can make a difference in the lives of others.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

**20. I believe it is important to be passionate about the work I do when choosing a career.**

	BEFORE	NOW
Yes, most definitely!	<input type="checkbox"/>	<input type="checkbox"/>
Yes, probably	<input type="checkbox"/>	<input type="checkbox"/>
Not sure	<input type="checkbox"/>	<input type="checkbox"/>
No, probably not	<input type="checkbox"/>	<input type="checkbox"/>
No, definitely not!	<input type="checkbox"/>	<input type="checkbox"/>

After participating in this project....	Now				
	Yes, definitely!	Yes, probably	Not sure	Not really	Definitely not!
1. I have learned that I can make a difference in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I plan to continue making my community a more healthy place.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I will be able to apply the skills learned to other issues I am passionate about.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Since being involved, I am more aware of healthy eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Since being involved in this project, I think I eat healthier.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I can influence others to eat healthier.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Since being involved, I am more aware of the importance of physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Since being involved in this project, I do more physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I can influence others on the importance of physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Since being involved in this project, I drink fewer sugar sweetened drinks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Since being involved in this project, I am more aware of clean drinking water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I can influence others on the importance of drinking water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I gained skills that will be useful in my job/career of interest.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I have identified things that I am good at.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I learned that I really enjoy certain skills/activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>One thing about this project that really stood out for me:</b>	<b>One thing I would like to change about this project:</b>				
<b>Describe what, if any, impact this project had on your future job/career interests.</b>	<b>Describe what, if any, impact this project had on your future education plans (ex: what you might want to study, where you might want to study, etc.).</b>				
Have you participated in an in-person YPAR program in the past? Yes <input type="checkbox"/> No <input type="checkbox"/>					
Thinking about this year, what did you like most about the online format of this YPAR program? What worked well for you?	What challenges did you have with the online format of this YPAR program? What did not work for you?				
If given a choice, how would you like to participate in a YPAR program again? <input type="checkbox"/> Online only <input type="checkbox"/> In-person only <input type="checkbox"/> Mix of online and in-person <input type="checkbox"/> No preference	Why would you prefer that format?				

**Activities and Involvement** - Check all boxes that describe you:

- |   |   |
|---|---|
| <input type="checkbox"/> I have a job.  | <input type="checkbox"/> I have presented to groups other than a classroom.                               |
| <input type="checkbox"/> I have had public recognition for my actions or work.  | <input type="checkbox"/> I am on the honor role at school.  |
| <input type="checkbox"/> I am involved in club sports.  | <input type="checkbox"/> I am involved in community activities and/or do volunteer work for my community. |
| <input type="checkbox"/> I am involved in extracurricular school activities (sports, band, drama, choir, cheer, school clubs, etc). |   |