

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

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QUESTIONNAIRE FOR AGENTS INVOLVED WITH DEB MAIL-OUT MATERIALS

Instructions: Check the appropriate response(s) for each item.

Section 1: General Information

1. Were the people receiving the DEB mail-out materials representative of the population in your area? yes no
2. Can you indicate evidence that differences in educational level caused a difference in the way people responded to the DEB mail-out materials?
yes no
3. Can you indicate evidence that differences in geographical location (rural vs. urban) caused a difference in the way people responded to the DEB mail-out materials? yes no
4. Can you indicate evidence that differences in income level caused a difference in the way people responded to the DEB material? yes no
5. Can you indicate evidence that age differences caused a difference in the way people responded to the DEB material? yes no
6. How many people requested the DEB material from you? _____

Section 2: Educational Materials

7. Were the lesson outlines easy to understand and work with? yes no
8. Were the goals and objectives for each lesson clearly identified? yes no
9. Was there too little information in some lessons? yes no
10. If your answer to question 9 was "Yes," please indicate which lessons you feel had too little information. _____
11. Was there too much detail presented in some lessons? yes no
12. If your answer to question 11 was "Yes," please indicate which lessons you felt were too detailed. _____
13. Were participants generally able to complete everything from one lesson to the next? yes no
14. With the information available to you, in general, were you able to adapt it to meet the specific needs of the participants you were working with? yes no

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15. Was the use of handouts (worksheets) clearly explained? ___yes ___no
16. Were participants able to use the worksheets easily? ___yes ___no
17. Did you use the RECALL computer program to evaluate participants' diets?
___yes ___no
18. If you answer to question 17 is "Yes," did participants show any improvement in dietary intake (calories and/or nutrients) during the DEB program? ___yes ___no
19. Did most participants seem to understand the nutritional concepts that were taught? ___yes ___no
20. Did participants seem to understand the principles of the exchange system?
___yes ___no
21. Were participants able to work out their own diet plans using the exchange system? ___yes ___no
22. Would you like to see the method of presenting the exchange system changed?
___yes ___no

Section 3: Behavior Modification - Activity Patterns

23. Did participants seem to understand the relationship between weight control and moderate increase in physical activity along with moderate decrease in food intake? ___yes ___no
24. Were participants able to correctly identify their own particular activity patterns? ___yes ___no
25. Were participants able to identify ways in which they could increase their daily physical activity? ___yes ___no

Section 4: Summary

26. Do you feel that the DEB mail-out material enabled participants to change their dietary and activity patterns in a manner necessary to achieve or maintain weight loss? ___yes ___no
27. What do you feel was of most value to your participants in helping them to lose weight?
- _____ Increased knowledge of correct nutrition habits.
- _____ Increased physical activity.
- _____ Support of family and friends.
- _____ Their own will power.
28. Would you be willing to continue to mail out DEB material? ___yes ___no