

**Pre Test** For your ID number, list your two initials and your birth month and day. Example: Sally Smith born on May 17 = ID# SS517; Jim Calhoun born on October 6 = JC106; Rita Marone born January 5 = RM15.

ID number \_\_\_\_\_

**Please check the correct answer**

1) I am a/an (check all that apply)

- undergraduate student, nutrition/dietetics major
- undergraduate student, not nutrition/dietetics major
- graduate student, nutrition/dietetics
- graduate student, not nutrition/dietetics
- Registered Dietitian
- Registered Nurse
- MD
- Community/Extension educator
- Other, please describe \_\_\_\_\_

2) I am

- 22 years old or younger
- 23 to 35 years of age
- 36 to 50 years of age
- 51 to 65 years of age
- Over 65 years

3) I am      MALE              FEMALE

4) My ethnic/racial identity is

- Asian American
- Mexican American or other Latino
- Native American
- Pacific Islander
- White, non-Latino
- African-American

**Please circle your responses to the following questions:**

5) I would rate my overall understanding of a “Health at Every Size” (HAES) approach to health promotion as

- |               |        |      |      |               |
|---------------|--------|------|------|---------------|
| 1             | 2      | 3    | 4    | 5             |
| No            | Little | Some | Good | Excellent     |
| understanding |        |      |      | understanding |

6) I would like to learn more about a HAES approach to health promotion.

- |          |        |      |      |          |
|----------|--------|------|------|----------|
| 1        | 2      | 3    | 4    | 5        |
| No       | Little | Some | Good | High     |
| Interest |        |      |      | Interest |

7) I would rate my current attitude towards a HAES approach to health promotion as \_\_\_\_ Check here if you have no knowledge of HAES; do not select a response below.

1	2	3	4	5
Very Negative	Somewhat Negative	Neutral	Somewhat Positive	Very Positive

8) I would rate my ability to use a HAES approach to health promotion in individual counseling as \_\_\_\_ Check here if you don't do or will not be expected to do individual counseling as a health professional; do not select a response

1	2	3	4	5
No Ability	Little	Some	Good	Excellent Ability

9) I believe the HAES approach to health promotion is "evidence based", i.e. is based on scientific research.

1	2	3	4	5
Strongly Disagree	Somewhat Disagree	Not sure	Somewhat Agree	Strongly Agree

10) I would rate my ability to design programs incorporating a HAES approach to Health promotion as \_\_\_\_ Check here if you don't design programs or will not be expected to design programs as a health professional; do not select a response

1	2	3	4	5
No Ability	Little	Some	Good	Excellent Ability

11) I feel that one of my responsibilities as a health professional is/will be to help end the obesity epidemic by promoting caloric restriction and exercise for overweight and obese people.

1	2	3	4	5
Strongly Disagree	Somewhat Disagree	Not sure	Somewhat Agree	Strongly Agree

12) I feel that one of my responsibilities as a health professional is/will be to help reduce risk of chronic disease by promoting healthy eating and physical activity for individuals and families.

1	2	3	4	5
Strongly Disagree	Somewhat Disagree	Not sure	Somewhat Agree	Strongly Agree

# THANK YOU!

Post Test For your ID number, list your two initials and your birth month and day. Example: Sally Smith born on May 17 = ID# SS517; Jim Calhoun born on October 6 = JC106; Rita Marone born January 5 = RM15.

ID number \_\_\_\_\_

## Please circle your responses to the following questions:

1) I would rate my overall understanding of a “Health at Every Size” (HAES) approach to health promotion as

1	2	3	4	5
No	Little	Some	Good	Excellent
understanding				understanding

2) I would like to learn more about a HAES approach to health promotion.

1	2	3	4	5
No	Little	Some	Good	High
Interest				Interest

3) I would rate my current attitude towards a HAES approach to health promotion as

1	2	3	4	5
Very	Somewhat	Neutral	Somewhat	Very
Negative	Negative		Positive	Positive

4) I would rate my ability to use a HAES approach to health promotion in individual counseling as

\_\_\_\_\_ Check here if you don't do individual counseling or do not anticipate doing individual counseling as a health professional; do not select a response

1	2	3	4	5
No	Little	Some	Good	Excellent
Ability				Ability

5) I believe the HAES approach to health promotion is “evidence based”, i.e. is based on scientific research.

1	2	3	4	5
Strongly Disagree	Somewhat Disagree	Not sure	Somewhat Agree	Strongly Agree

6) I would rate my ability to design programs incorporating a HAES approach to health promotion as

\_\_\_\_\_ Check here if you don't design programs; do not select a response

1	2	3	4	5
No Ability	Little	Some	Good	Excellent Ability

7) I feel that one of my responsibilities as a health professional is/will be to help end the obesity epidemic by promoting caloric restriction and exercise for weight loss for overweight and obese people.

1	2	3	4	5
Strongly Disagree	Somewhat Disagree	Not sure	Somewhat Agree	Strongly Agree

8) I feel that one of my responsibilities as a health professional is/will be to help reduce risk of chronic disease by promoting health eating and physical activity for individuals and families.

1	2	3	4	5
Strongly Disagree	Somewhat Disagree	Not sure	Somewhat Agree	Strongly Agree

9) Comments you would like to make about the presentation that you have seen on HAES

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**THANK YOU!**