

*Explorit Science Center*  
*Health In Your World Project*  
*Evaluation*



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## Introduction

In early 2004 Explorit Science Center (Explorit) contracted with Visitor Studies Services (VSS) to design and conduct an evaluation of Explorit's Health In Your World Project (HIYW). HIYW is a traveling, science-based health education program for children and adults in low-income communities. HIYW features interactive experiments designed to make learning about the human body, health, and healthy choices fun and accessible. The program serves students in grades K-6, and is designed to engage parents and involve them as an integral part of the learning process. The HIYW Project was developed in response to the need for substantive health education programs at the elementary school level. HIYW enjoys major funding from its founding partner, Kaiser Permanente, and operating support from the Institute for Museum and Library Services (IMLS). Other HIYW Project funders include Wells Fargo.

Typically, the HIYW event is mounted at a school or community center and is open to visitors for 90 minutes. Volunteers from the host site attend a brief training about facilitating the stations before the doors open. Data collection for this evaluation was conducted at three such events. A fourth event where data were collected was in a small children's museum (Fairy Tale Town, Sacramento) and was open for four hours. At that event, data collectors conducted interviews for 90 minutes; questionnaires were collected during most of the four-hour period.

Thirty-six adults, and 32 youth (second grade and up) at four different sites completed exit questionnaires. Additionally, 22 youth participated in interviews which included a card sort. Interviewers laid the groundwork for a follow-up phone study with card sort participants should Explorit staff be able to conduct such a study in September of this year.

All instruments and interviews were available in both English and Spanish. Please see Sample Description below for more detail. Research instruments can be found in Appendix A.

## Summary of Evaluation Findings

An evaluation of Explorit's Health In Your World (HIYW) shows it to be successful on nearly every visitor and site coordinator-related goal and objective that could be tested. Of the 17 objectives for the program, 12 were exceeded, 2 were nearly met, and three were not tested.

Responses from a total of 90 HIYW visitors who completed a Questionnaire (36 adults; 32 youths) or participated in an Interview (22 youths) reveal high levels of knowledge gain, increased interest in health issues and eagerness to learn more about them, and great motivation to incorporate healthy activities into their lives. HIYW visitors also report a high level of satisfaction. They found the program to be convenient, largely

accessible, very educational, and lots of fun! Adults acknowledge and appreciate being involved in the activities with their children.

Visitor comments describe rich learning experiences which give a visceral reality to the information being received, whether that information is new or familiar. Previously learned lessons about washing hands or not smoking, for instance, take on new and deeper meaning for HIYW visitors who experience the Germ Station that demonstrates how plentiful germs are on our hands, or see the diseased lung model which is very ugly and cannot properly fill with air.

Volunteer facilitators play a pivotal role in helping communicate messages to visitors. They are a powerful and dynamic element of HIYW.

HIYW visitors readily make personal connections to the material presented. Many respondents exhibit general reactions in this vein such as, *I have a lot of bones*. Other connections are more deeply personal, *I learned more about asthma and mucus; I have minor asthma*.

The two objectives that were nearly met were about visitors finding the activities easy to do and easy to understand. In earlier evaluations of the HIYW Project, these objectives were exceeded. The difference in results is a function of the fact that the current test was made more rigorous. A more exacting test of these two objectives provides Staff with more detailed information about an area of special interest as they work to enhance HIYW accessibility.

Each of the four site coordinators agreed that HIYW was presented in a culturally appropriate manner. Three of them also found recruiting volunteers to be easy.

The reader is urged to review actual visitor comments which appear in the Questionnaire and Interview results sections of this report.

**Program Goal: Affect positive changes in participants' awareness, attitudes, interests, planned behaviors and choices related to health.**

Objective 1. 75% of participants will report that they found most of the activity stations to be "very interesting" or "interesting."

Objective Exceeded.

90% of adult and youth Questionnaire respondents rated the activities as *Very Interesting* or *Interesting*.

Please see Adult Question 2 and Youth Questions 2a-2d below for more detail.

Interview participants responded to an open ended question: *How did you like the event/these activities?* While no Interview participants used the word *interesting*, many of their responses clearly indicate that they did feel interested and engaged. All use positive terms, and many report that it was *educational*, they *learned...*, it was *fun*.

Please see Objective 6, Research Goal: Assess User Satisfaction, and Interview Question 1, below for more information.

Objective 2. 75 % of Participants will report that they are "very" or "somewhat" interested in health issues.

Objective Exceeded.

100% of Questionnaire respondents report that they are *Very Interested*, *Interested*, or *Somewhat Interested* in health issues.

When asked if they felt *more*, *less* or *as* interested in health issues after visiting HIYW, 71% report that they felt *more* interested as a result of attending the event.

Please see Adult and Youth Questions 3 and 3a below for more detail.

Objective 3. 40% of participants will be able to state at least one new specific action they can take to keep themselves or their family members healthy.

Objective Exceeded.

69% of Questionnaire respondents and 91% of Interview participants state or describe specific action(s) that can be taken for good health. Responses suggest that even where the action cited is not completely new to the respondent, there is some new level or detail of understanding about it. This is particularly evident in comments about not smoking. While many respondents had previously learned that smoking is unhealthy, the impact of the visually

explicit, unhealthy lung exhibit makes the lesson new again with a visceral understanding that had been lacking.

Sixty-two of the 68 adult and youth Questionnaire respondents (91%) report that they learned at least one thing that they can do to keep themselves healthy. Of those 62 respondents, 57 opted to specify what they learned. Of those 57 comments, 47 describe, or in some way represent, actions that can be taken for good health. Those 47 responses represent 69% of the sample which exceed the 40% goal.

Please see Adult and Youth Questions 4 and 4a for more detail.

Interview participants responded to an open ended question on this point: *Did you see anything here tonight about things you can do for good health?* Each of the 20 responses offered, accurately describes one or more healthy actions. In some cases participants were reporting information that was clearly new to them, e.g., *brushing teeth, I didn't know your gums could turn black too.* In other cases they commented on having gotten a reminder, for instance to wear a bike helmet or not to smoke, as described above.

While a few of the Interview respondents who commented on *washing hands regularly* indicated in conversation that this was new information, others were responding to a new level of understanding, either in terms of the connection between washing, germs, and illness; or the vast number of germs that exist. This new, more visceral understanding came from the Germ Station activity with powder which represents germs and is visible under a black light. This and the lung model mentioned above, seem particularly effective with users at this level of learning.

Please see Interview Question 3 below for more information.

*Objective 4. 25% of adult participants will report that they plan to incorporate that identified change into their daily lives and/or their families' lives.*

Objective exceeded.

51% of adult Questionnaire respondents are *Likely* or *Very Likely* to pursue the healthy action which they identified; and 82% of Interview participants identified from a list of 12, at least one activity that they would *Probably start/do*.

Of the 36 adult Questionnaire respondents, 29 described what healthy action they learned. Of those 29 adults, 14 (39% of all 36 adults) are *Very Likely* to do the stated action, which exceeds the 25% goal. Additionally, 12 (33%) are *Likely*; and 3 (8%) are *Somewhat Likely*. None reported being *Unlikely* to do the stated action.

Please see Adult Question 4b for more detail.

Eighteen of the 22 Interview participants (82%) identified at least one activity that they would *Probably start/do*. The most commonly cited activities that respondents would *Probably start/do* were *conserve water in my home*, and *reduce the amount of soda that I drink*.

Interview respondents participated in card sort wherein they sorted 12 healthy activities that appear in HIYW into four categories: *I already do this; I'll probably start/do this; I might start/do this; I won't start/do this.* A majority to a large majority of youth indicated that they already do eight of the 12 activities. While some of these children were likely to be exaggerating their good habits (this sort of behavior among survey respondents is well documented) many offered credible commentary as they were sorting the cards, e.g., *my mom makes me do this, I never eat butter, my mom doesn't buy soda,* or describing physical activities and sports, and the like.

Please see Interview Question 6 for more information.

*Objective 5. 25% of participants will report that they want to learn more about health issues, healthy behaviors, and/or choices after participating in HIYW.*

Objective exceeded.

79% of adult and youth respondents report that they want to learn more about health issues, and another 10% *Sort of* want to.

When asked if they felt *More, Less* or *As* eager to learn more about health issues after visiting HIYW, 60% report that they felt *More* interested in learning more about health issues as a result of visiting HIYW.

Please See Adult Questions 5 and 5a, and Youth Questions 6 and 6a for more detail.

**Program Goal: Increase contextual and experiential knowledge about health and science.**

*Objective 6. 50% of participants report that they learned "some" or "a lot" about health and science.*

Objective exceeded.

81% of adult and youth respondents report learning *Some* or *A lot* about health and science at the HIYW event. Another 12% felt that they learned *A little*.

Please see Adult Question 6 and Youth Question 5 below for more detail.

Interview participants responded to an open ended question, *How did you like the event/these activities?* Comments from 13 of these youth indicate that they *learned* something specific, *learned a lot (found out..., it taught...),* or that HIYW was *educational*.

Please see Interview Question 1 below for more detail.

Objective 7. 30% of participants will describe one specific thing they learned about health and science.

Objective exceeded.

54% of Questionnaire respondents and 100% of Interview participants described at least one specific health or science fact that they learned at HIYW.

Please see Adult Question 6a, Youth Question 5a and Interview Question 2 for more detail.

**Program Goal: Help participants to access health resources, referrals, information and/or direct services.**

Objective 8. 25% of adult participants will report that they received a health-related referral, written health information and/or information about community health resources.

Not tested.

Circumstances during data collection rendered a fair test of this Objective impossible. The agencies who participate in the HIYW programs to distribute these referrals are limited by their own missions as to the populations and geographic areas they serve. Of the four HIYW events under study, only two fit the referring agencies' missions and they were only able to be present at one of those. At that event, eight adults completed questionnaires; four of them report receiving information and/or a referral. These data suggest a rate of 50%, but the sample is too small for the results to be definitive.

Please see Adult Question 7 for more detail.

**Program Goal: Offer an appropriate experience that is cognitively, linguistically, and culturally accessible to children in grades K through 6 and their families.**

Objective 9. 75% of participants will report that the activities were "easy to understand" or "understandable."

Objective nearly met.

69% of Questionnaire respondents rated the activities as *Very Easy* or *Easy* to understand. Were we to include *Sort of Easy*, the total would be 94%, and the objective would be exceeded.

In previous evaluations, this objective appeared to be exceeded because the test was slightly different. The current study provides a more refined and rigorous test of this objective by offering the respondent three shades of positive to choose from (*Very Easy to Understand*, *Easy to Understand*, and *Sort of Easy to Understand*) and only one negative (*Not Easy to Understand*). The previous test offered respondents two positive responses (*Easy to Understand*, and



*Understandable*) and two negative responses (*Somewhat Difficult to Understand*, and *Difficult to Understand*).

Because Staff is focussing on the accessibility of HIYW, a finer test of Objectives 9 and 10 was deemed necessary and useful.

Please see Adult Question 2 and Youth Questions 2a - 2d for more detail.

*Objective 10. 75% of participants will report that the activities were “easy” or “very easy” to do.*

Objective nearly met.

72% of Questionnaire respondents rated the activities as *Very Easy* or *Easy* to do. Were we to include *Sort of Easy*, the total would be 94%, and the objective would be exceeded.

In previous evaluations, this objective appeared to be exceeded because the test was slightly different. The current study provides a more refined and rigorous test of this objective by offering the respondent three shades of positive to choose from (*Very Easy to Do*, *Easy to Do*, and *Sort of Easy to Do*) and only one negative (*Not Easy to Do*). The previous test offered respondents two positive responses (*Very Easy to Do*, and *Easy to Do*) and two negative responses (*Somewhat Difficult to Do*, and *Difficult to Do*).

Because Staff is focussing on the accessibility of HIYW, a finer test of Objectives 9 and 10 was deemed necessary and useful.

Please see Adult Question 2 and Youth Questions 2a - 2d for more detail.

*Objective 11. 75% of participants will indicate that the activities were available in their primary language through translated materials or volunteer interpreters.*

Objective not thoroughly tested.

Because this was asked only on the Spanish version of the Questionnaire and relatively few visitors opted to use it, we have very little data on this point; too small of a sample to provide meaningful results.

A total of 10 respondents (six adults and four youth) completed the Spanish version of the Questionnaire, although many other bilingual, apparently Native Spanish speakers, opted to use the English Questionnaire.

Of the 10 respondents who used the Spanish form, seven (70%) indicated that they did indeed find the activities to be linguistically available to them. While this sample is too small to be more than a suggestion, the fact that all the children (six) but only one of the four adults responded to this in the affirmative. This apparent disparity may result from the parents' generation being more truly mono-lingual whereas the next generation is less reliant on Spanish and therefore needs less bilingual support to use HIYW. A deeper look into this issue may be warranted.

Objective 12. The majority of the site coordinators will report that HIYW was presented in a culturally appropriate manner.

Objective exceeded.

All four of the site coordinators in this study felt that HIYW was presented in a culturally appropriate manner. Two offered these comments:

- It was unbiased and could be used by all. (June 5 event)
- Spanish labels and directions or easy manipulatives to play with. (June 22 event)

**Program Goal: Provide the *Health in Your World* program and activity stations in the most effective format affordable.**

Objective 13. 75% of adult participants will report that the time (duration, time, day of week) was “convenient” or “very convenient.”

Objective exceeded.

Adults were asked questions of convenience. Out of a total of 36 adult respondents:

- 80% report that the day of the week was convenient or very convenient.
- 78% report that the time of day/evening was convenient or very convenient.
- 75% report that the event was open long enough.

The only negative response to these questions was from one person who felt that the event should stay open longer.

Please see Adult Question 9 below for more detail.

Objective 14. 75% of participants will report that they or their children touched or used elements of the activity stations.

Objective exceeded.

100% of respondents in each study (90 people) report that they, or their children, touched and/or used elements. Only two adults reported that they did not do so, but their children did, leaving a full 97% of respondents who actually touched and/or used elements at the activity stations.

Please see Adult and Youth Question 1 for more detail.

Objective 15. 60% of participants will report that the volunteers were “helpful” or “very helpful” with the activity stations.

Objective exceeded.

86% of Questionnaire respondents found the volunteers to be helpful or very helpful.

Please see Adult Question 8 and Youth Question 7 for more detail.

Objective 16. The majority of site coordinators will report that it was “somewhat” or “very” easy to recruit volunteers.

Objective exceeded.

Three of the four site coordinators in this study agreed that it was *Easy* to recruit volunteers. The site coordinator of the May 11 event found it difficult to do so. This may be a function of that organization’s collaborative structure.

Objective 17. The majority of volunteers will report that they were adequately prepared to serve as volunteers.

Not tested.

### **Research Goal: Assess User Satisfaction.**

Visitor satisfaction with the HIYW experience is clearly very high. Evidence of this is found in several places throughout the study. Highlights are summarized here. Please also refer to the Questions cited below to read complete and paraphrased visitor comments

92% of Questionnaire respondents indicated that they *Enjoyed it* (youth: *Pretty Fun*), or *Enjoyed it Very Much* (youth: *Really Great!*). Please see Adult Question 11 and Youth Question 8 for more detail.

85% of Questionnaire respondents rated the activities as *Very Fun* or *Fun*. Please see Adult Question 2 and Youth Question 2d for more detail.

73% of adult Questionnaire respondents would *Highly* or *Very Highly Recommend* HIYW to other people. Another 25% would *Recommend* it. Only one person responded in the negative. Please see Adult Question 12 for more detail.

Adults were asked how they would describe HIYW to a friend who had never visited it. The vast majority of the comments are specifically positive, address the value of the content, and state that it was interesting, educational and fun. No responses to this question were negative. Please see Adult Question 10 for more detail.

When asked how HIYW might be improved, comments are most likely to ask for more activities or state that it was fine and didn’t need any changes. Changes recommended

by respondents fall into several categories: content and level of information; delivery and volunteers; and miscellaneous. Please see Adult Question 13 and Youth Question 9 for more detail.

Enthusiasm among HIYW visitors is evidenced in responses to many questions throughout these studies. That the only complaint about convenience, for instance, was to ask for more time at the exhibit (Adult Question 9) is one such indicator.

Nearly every Interview participant voiced much satisfaction with learning and having fun at HIYW. Please see Interview Question 1 below to read paraphrased and verbatim comments.

**Research Goal: Collect user reflections about what they found *interesting* and *best* about HIYW.**

Highlighted here are several themes that surface in visitor comments. The reader is referred to Adult Question 13, Youth Question 9, and Interview Questions 1 and 2 below to read visitor responses in their own words (or paraphrased).

- Social aspect of learning at HIYW: For several adults the most interesting and/or best thing about HIYW was being able to do it with their child or younger sibling.
- Many respondents felt that the best thing was learning in general or learning something specific.
- The lungs make a strong impression on adults and children. As mentioned above, the look of the unhealthy lung model gives people a level of understanding about the damage of smoking which they previously lacked.
- Several respondents state that they appreciated the hands-on approach used in HIYW.
- Museum visitors always appreciate seeing the real thing, and HIYW users are no exception. Several respondents commented on having the real hearts and lungs to see and touch.
- Learning about the body was fun!

**Research Goal: Get a deeper look into participant memories and lessons learned.**

Evidence of knowledge gain can be found in several places throughout this study. The reader is encouraged to see responses to each of the questions listed below to read visitor comments in their own words or paraphrased.

In Adult and Youth Question 4a, respondents cite things they can do to get/stay healthy. Responses are dominated by fitness and nutrition issues.

In Adult and Youth Question 6a, respondents share a health or science fact that they learned at HIYW. As mentioned earlier, sometimes visitors cite specific information that

is new, other times they describe a new level of understanding about a familiar fact. The two most commonly cited themes here are lungs and nutrition.

Adult Question 13 and Youth Question 9 ask respondents to complete these sentences: *The most interesting thing I did was, and The best thing was.* Comments reveal a range of information and reactions.

In Interview Question 2 participants discussed with the interviewer each station they had visited. Reading over their verbatim and paraphrased comments reveals a variety of learning experiences and types of facts. Some also evidence family participation in learning, *my mom told me the names.* Some highlights are listed here.

- The Bones, Brains and Fitness stations appear very effective at communicating discreet facts that are new to participants, and offering memorable experiences.
- Comments about Germs reveal a clearly understood connection between germs and washing.
- The Growth, Germs and Lungs stations make lessons which were already familiar more physically real. The Germ and Lung impacts are described in Objective 3, above. In Growth, the beanbag fetus models impressed many youth who had not contemplated how babies grow (even though they see pregnant women getting larger), or that fetuses are heavy even when still growing inside the mother.
- Comments about the Nutrition station are often phrased in terms of what we should or shouldn't do, rather than as discreet facts. This is also true of Lung comments that relate to smoking.

### **Other Findings – Personal Connections with HIYW Content**

Many comments from children and adults reveal that they have taken HIYW personally, as it were. There are very many instances of *I need to...*, or *I shouldn't...* about healthy behaviors; as well as body facts such as, *I have a lot of bones.*

Several youth Interview participants overtly described making personal connections with information or materials. Two commented that they learned something about lungs that related to their own asthmatic condition. One was interested to see an x-ray because when one was taken of his jaw, he hadn't been able to look at it. Another was reminded of the heart surgery that her mother told her she had undergone as a baby.

See Interview Question 2 and other comments throughout the Questionnaire and Interview results sections below.

### **Other Findings – The Influence of Volunteer Facilitators on Learning Gives HIYW Powerful Flexibility, but Can Be a Liability**

The traveling nature of the HIYW Project saddles it with many variables. The physical space and arrangement of stations, and volunteer facilitators are different for each event. Testing the impact of the changing physicality is beyond the ability of this study, however, we do see an impact of having different facilitators.

Volunteer facilitators have a brief training session with Staff. They also have a bit of time to explore their chosen station on their own before visitors arrive. What staff

emphasizes during training, and/or what fascinates the facilitator is what that person will share with visitors. This presents HIYW with both powerful flexibility and a potential liability. Evidence of both surface in the data collected for this study.

At only one of the four events under study did any respondent comment on the fact that one loses more water from their body by urination than by perspiration. Yet at that event, this shows up in responses from two respondents to Interview Question 2. Clearly, the Drinking Water facilitator at that event was presenting this fact to visitors.

Staff can take advantage of the flexibility allowed by an ever-changing volunteer force by emphasizing, during facilitator training, whatever lessons are most desired based on the population served by the host site, current events or other determining factors.

The same power to influence HIYW presentation and visitor knowledge gain can fall victim to inaccurate information. In Youth Question 5a, below, one youngster reports that our *eyes can see 16,000,000 colors*. This potential downside of an ever-changing volunteer force underscores the importance of recruiting appropriate and effective facilitators.

## Sample Description

| Event                     | Adult Questionnaires |      |      | Youth Questionnaires |      |      | Youth Interviews |      |      | Total Respondents per Event |
|---------------------------|----------------------|------|------|----------------------|------|------|------------------|------|------|-----------------------------|
|                           | Eng.                 | Spn. | Tot. | Eng.                 | Spn. | Tot. | Eng.             | Spn. | Tot. |                             |
| May 11; School*           | 8                    | 0    | 8    | 4                    | 0    | 4    | 8                | 0    | 8    | 20                          |
| May 18; Community Ctr.    | 1                    | 0    | 1    | 3                    | 4    | 7    | 2                | 2    | 4    | 12                          |
| June 5; Small Child. Mus. | 17                   | 1    | 18   | 3                    | 0    | 3    | 4                | 0    | 4    | 25                          |
| June 22; School           | 6                    | 3    | 9    | 16                   | 2    | 18   | 6                | 0    | 6    | 33                          |
| Total:                    | 32                   | 4    | 36   | 26                   | 6    | 32   | 20               | 2    | 22   | 90                          |

Eng. denotes that the participant used the English version of the instrument/interviewer;  
Spn. denotes that the participant used the Spanish version of the instrument/interviewer.

| Event                           | Caucasian | African-American | Hisp./Latino | Native American | Asian American | Other | n/a | Total |
|---------------------------------|-----------|------------------|--------------|-----------------|----------------|-------|-----|-------|
| All Questionnaires & Interviews |           |                  |              |                 |                |       |     |       |
| May 11; School*                 | 6         | 2                | 5            | 0               | 7              | 0     | 0   | 20    |
| May 18; Community Ctr.          | 1         | 0                | 10           | 0               | 0              | 1     | 0   | 12    |
| June 5; Small Child. Mus.       | 11        | 3                | 5            | 1               | 3              | 0     | 2   | 25    |
| June 22; School                 | 7         | 4                | 13           | 0               | 0              | 4     | 5   | 33    |
| Total:                          | 25        | 9                | 33           | 1               | 10             | 5     | 7   | 90    |

Adults indicated ethnicity; children indicated language spoken at home.

| Event                           | Total Evaluation Respondents | Respondents per event as a %'age of total Sample | Total Evaluation Respondents | Respondents as a %'age of event attendance |
|---------------------------------|------------------------------|--|------------------------------|--|
| All Questionnaires & Interviews |                              |  |                              |  |
| May 11; School*                 | 20                           | 22 % of 90                                       | 20                           | 40% of 50                                  |
| May 18; Community Ctr.          | 12                           | 13 % of 90                                       | 12                           | 66% of 18                                  |
| June 5; Small Child. Mus.       | 25                           | 28 % of 90                                       | 25                           | 22% of 118                                 |
| June 22; School                 | 33                           | 37 % of 90                                       | 33                           | 22% of 150                                 |
| Total:                          | 90                           | 100 % of 90                                      | 90                           | --   |

\*This event took place at a school under the aegis of a non-profit community collaboration.

Please see Adult Question 14, Youth Question 10, and Interview Sample Demographics below for more information.

## Random Sampling Method

As children enter the hall, they receive a passport to use at the activity stations. Upon filling it out with a bit of information learned at the stations children are eligible for a raffle ticket for a drawing near the end of the event. Data collectors approached children as they obtained their raffle ticket. If an interviewer was ready for another respondent, that took precedence with the next available child; if not, the child was invited to complete a questionnaire form. Adults were also invited to participate in the written survey as they exited past the orientation table.

Because each site is different, and most sites have alternative exit doors, data collectors had to be very attentive and flexible. Data collection was also hampered by the short viewing time (90

minutes) which made most potential participants available to data collectors during a small window of about 45 minutes. In spite of this somewhat awkward situation, the flow of users was such that data collectors could pull a nearly 100% sample of target aged children and adults as they passed the orientation table. When a 100% sample was not possible, data collectors practiced a random sampling method.

## Adult & Youth Questionnaire Results – Tally Tables & Lists of Written Comments

### Adult Question 1

Did you or your child(ren) use or touch things at the activity stations?

### Youth Question 1

Did you use or touch things at any of the activity stations?

| Did you use/touch things at stations? | I did      | I & my kids did (adults only) | My kid(s) did (adults only) | n/a | Total |
|---------------------------------------|------------|-------------------------------|-----------------------------|-----|-------|
| Adults                                | 15         | 18                            | 2                           | 1   | 36    |
| Youths – Questionnaire                | 32         | --                            | --                          | 0   | 32    |
| Youths – Interview                    | 22         | --                            | --                          | 0   | 22    |
| Total:                                | 87         |                               | 2                           | 1   | 90    |
| %'age                                 | 97% of 90% |                               | <3%                         | <2% | 100%  |

### Adult Question 1.a.

### Youth Question 2.e.

¿Estaban las actividades disponibles en su idioma nativo a través de materiales o voluntarios bilingües?

(Were the activities available in your Native language through materials or bilingual volunteers?)

| Accessible in Spanish?       | Yes | No  | Total Using Spanish Q-Form |
|------------------------------|-----|-----|----------------------------|
| Adults                       | 1   | 3   | 4                          |
| Youths (Questionnaires only) | 6   | 0   | 6                          |
| Total                        | 7   | 3   | 10                         |
| %'age of 10 Respondents      | 70% | 30% | 100%                       |



## Adult Question 2

Overall, how would you rate the Health In Your World activities that you saw tonight?

(Adults used a grid in Question2 to rate each of the items that appear in Youth Questions 2a – 2d.)

## Youth Questions 2a – 2d

Were the activities interesting; easy to do; easy to understand; fun?

| Were the activities interesting? | Yes, Very! | Yes | Sort of | No | I'm not sure | n/a | Total |
|----------------------------------|------------|-----|---------|----|--------------|-----|-------|
| Adults                           | 17         | 16  | 1       | 0  | 1            | 1   | 36    |
| Youths (Questionnaires only)     | 17         | 11  | 2       | 0  | 2            | 0   | 32    |
| Total                            | 34         | 27  | 3       | 0  | 3            | 1   | 68    |
| %'age of 68 Respondents          | 50%        | 40% | <5%     | -- | <5%          | <2% | 100%  |

| Were they easy to do?        | Yes, Very! | Yes | Sort of | No | I'm not sure | n/a | Total |
|------------------------------|------------|-----|---------|----|--------------|-----|-------|
| Adults                       | 15         | 12  | 4       | 0  | 1            | 4   | 36    |
| Youths (Questionnaires only) | 9          | 13  | 9       | 0  | 1            | 0   | 32    |
| Total                        | 24         | 25  | 15      | 0  | 2            | 4   | 68    |
| %'age of 68 Respondents      | 35%        | 37% | 22%     | -- | <3%          | <6% | 100%  |

| Were they easy to understand? | Yes, Very! | Yes | Sort of | No | I'm not sure | n/a | Total |
|-------------------------------|------------|-----|---------|----|--------------|-----|-------|
| Adults                        | 16         | 9   | 6       | 0  | 1            | 4   | 36    |
| Youths (Questionnaires only)  | 11         | 10  | 11      | 0  | 0            | 0   | 32    |
| Total                         | 27         | 19  | 17      | 0  | 1            | 4   | 68    |
| %'age of 68 Respondents       | 40%        | 29% | 25%     | -- | <2%          | <6% | 100%  |

| Were they fun?               | Yes, Very! | Yes | Sort of | No | I'm not sure | n/a | Total |
|------------------------------|------------|-----|---------|----|--------------|-----|-------|
| Adults                       | 18         | 13  | 2       | 0  | 1            | 2   | 36    |
| Youths (Questionnaires only) | 19         | 8   | 4       | 0  | 1            | 0   | 32    |
| Total                        | 37         | 21  | 6       | 0  | 2            | 2   | 68    |
| %'age of 68 Respondents      | 54%        | 31% | 9%      | -- | <3%          | <3% | 100%  |

**Adult Question 3**

How interested in health issues are you?

**Youth Question 3**

Are you interested in health?

| Interested in health?        | Very | Yes | Some what | No | n/a | total |
|------------------------------|------|-----|-----------|----|-----|-------|
| Adults                       | 17   | 17  | 2         | 0  | 0   | 36    |
| Youths (Questionnaires only) | 26   | 2   | 4         | 0  | 0   | 32    |
| Total                        | 43   | 19  | 6         | 0  | 0   | 68    |
| %'age of 68 Respondents      | 63%  | 28% | 9%        | -- | --  | 100%  |

**Adult Question 3.a.**

Is that different from how you felt before visiting this event?

**Youth Question 3.a.**

Are you either more or less interested in health now than you were before tonight?

| More or less interested in health? | I feel more interested now. | I feel about the same now. | I feel less interested now | n/a | total |
|------------------------------------|-----------------------------|----------------------------|----------------------------|-----|-------|
| Adults                             | 20                          | 15                         | 0                          | 1   | 36    |
| Youths (Questionnaires only)       | 28                          | 4                          | 0                          | 0   | 32    |
| Total                              | 48                          | 19                         | 0                          | 1   | 68    |
| %'age of 64 Respondents            | 71%                         | 28%                        | --                         | <2% | 100%  |

**Adult Question 4**

Did you learn at least one thing tonight that you can do to keep yourself or your family healthy?

**Youth Question 4**

While you were here tonight, did you learn at least one thing that you can do to keep yourself healthy?

| Did you learn at least one thing to do for good health? | Yes | No | n/a | total |
|---|-----|----|-----|-------|
| Adults  | 31  | 4  | 1   | 36    |
| Youths (Questionnaires only)                            | 31  | 1  | 0   | 32    |
| Total   | 62  | 5  | 1   | 68    |
| %'age of 68 Respondents                                 | 91% | 7% | <2% | 100%  |

#### Adult Question 4a

If so, please describe something that you learned tonight that you can do to keep yourself or your family healthy:

#### Youth Question 4a

If so, please describe one thing that you can do to keep yourself healthy.  
Please be sure to tell us about something that you learned tonight for the first time.

Responses are grouped by topic. Youth responses are shown in italics.

#### Nutrition

- cut down on sugar and saturated fats
- reduce fat
- Eat fruit and veggies
- Need to eat healthy food
- Eating habits
- eat healthier
- *I learn to eat healthy food and don't eat junk food.*
- *I will try and balance my diet*
- *I learned not to eat a lot of [something] that is not healthy for me*
- *I learned that I need to keep my health up and not eat too much chocolate or too much chips*
- *Not to eat junk food because it could take a long time to take the fat off of it.*
- *I learned that you should always eat the right stuff to keep in shape*
- *You can not drink soda often because they have too much soda*
- *That sodas have lots of sugar*
- *I need to keep my [weight] together*

#### Fitness

- Help my family on doing more activities throughout the week
- Exercise
- To exercise more
- How much exercise is best for kids
- Less talk time and more activities including walking, biking & swimming
- Exercise more
- Plenty of exercise and no smoking
- *Exercise to keep healthy and strong.*
- *Ride your bike*
- *Exercise*

#### Nutrition & Fitness

- The good and bad food oils; the importance of exercise
- Eat less candy bars and walk 30 minutes to an hour per day
- Activities vs. snacks; types of oil
- Drink less soda and keep in shape
- *Ride a bike for half an hour. Eat healthy food.*
- *Exercise a lot. As long as I do that I can eat a lot!*

Continued...

## **Lung**

- not smoke
- Already knew cigarettes were disgusting -- learned how bad lungs really look
- *That you need to not smoke because your lungs can get sick.*
- *Don't smoke. If you do, your lungs will shrivel. It will be harder to breathe.*
- *Like if you smoke then your lungs will turn black and have tar in them*
- *To not smoke and eat unhealthy things*

## **Germ**

- Germs are a big factor when it comes to getting sick. We learned the importance of washing your hands.
- *La cosa que aprendi fue que tenemos que lavar las manos muy seguido.*  
*(The thing I learned was that we have to wash our hands right away.)*
- *Wash your hands after using the restroom*
- *Wash my hands very good.*

## **Bike Helmet**

- Bike helmets save lives
- El casco que se usa para cuando maneje bicicleta los niños entendieron por que deben usar.  
*(The helmet that you use when riding your bike, kids understand why they should use it.)*
- *Yo aprendi que tienes que usar un casco para que tu cerebro no se lastime. (I learned that you have to use a helmet so your brain doesn't get hurt.)*

## **Drinking Water**

- *Lo que aprendi fue que tengo que tomar agua. (What I learned was that I have to drink water)*
- *Lo que me dejaria es de tomar mucha agua. (What it left me with is to drink a lot of water.)*

## **Blood**

- I learned I have 5.6 quarts of blood
- *That I have 4.8 blood in my body*
- *That I have 2.6 blood in my body*

## **General**

- Lo saludable que tener buena salud. (sic) (What is healthy [is] go have good health.)
- El trabajo que desempeña cada parte del cuerpo humano. (The job that each human body part carries out.)
- How your body works

## **Other/Various**

- our projected heart rate
- But we had fun. It was fun showing my son
- about your lungs, brain and also the x-rays of your body
- *I learned that you have all kinds of bones*
- *Not smoke, wear helmets, exercise and run*

## **No Response**

- Adults – 7
- Youth – 4

**Adult Question 4b**

How likely are you to start doing this for yourself or your family?

(Adult Questionnaire only.)

| Likely to do this?      | Very Likely | Likely | Some-what Likely | Not Likely | n/a | Total |
|-------------------------|-------------|--------|------------------|------------|-----|-------|
| Adults only             | 14          | 12     | 3                | 0          | 7   | 36    |
| %'age of 36 Respondents | 39%         | 33%    | 8%               | --         | 19% | 100%  |

**Adult Question 5****Youth Question 6**

Do you want to learn more about health issues?

| Want to learn more about health? | Yes, really! | Yes | Sort of | Not really | n/a | total |
|----------------------------------|--------------|-----|---------|------------|-----|-------|
| Adults                           | 11           | 17  | 3       | 1          | 4   | 36    |
| Youths (Questionnaires only)     | 17           | 9   | 4       | 2          | 0   | 32    |
| Total                            | 28           | 26  | 7       | 3          | 4   | 68    |
| %'age of 68 Respondents          | 41%          | 38% | 10%     | 4%         | 6%  | 100%  |

**Adult Question 5a****Youth Question 6a**

Is that different from how you felt before visiting this event?

| Learning about health seems more/less important now? | Learning about health seem <u>more</u> interesting | I feel about the same now. | Learning about health seems <u>less</u> interesting | n/a | total |
|--|--|----------------------------|---|-----|-------|
| Adults   | 15   | 16                         | 0   | 5   | 36    |
| Youths (Questionnaires only)                         | 26   | 5                          | 0   | 1   | 32    |
| Total  | 41   | 21                         | 0   | 6   | 68    |
| %'age of 68 Respondents                              | 60%  | 31%                        | --  | 9%  | 100%  |

**Adult Question 6****Youth Question 5**

How much do you feel you learned about health and science at this event?

| How much learned about health or science? | A lot | Some | A little | Nothing | n/a | total |
|---|-------|------|----------|---------|-----|-------|
| Adults                                    | 7     | 19   | 5        | 0       | 5   | 36    |
| Youths (Questionnaires only)              | 25    | 4    | 3        | 0       | 0   | 32    |
| Total                                     | 32    | 23   | 8        | 0       | 5   | 68    |
| %'age of 68 Respondents                   | 47%   | 34%  | 12%      | --      | 7%  | 100%  |

## Adult Question 6a

### Youth Question 5a

Please share one science or health fact that you learned here today.

#### Lungs

- You can get a hole in the lungs.
- lungs get black if you smoke
- How bad your lungs get from smoking
- Los pulmones (the lungs)
- *Cuando tu fumas mucho, uno de los pulmones se encoge no puedes respirar muy bien. (When you smoke a lot, one of the lungs shrinks; you can't breathe very well.)*
- *Que tienes que tener un pulmon saludable. (That you have to have a/one healthy lung.)*
- *About lungs*

#### Nutrition

- Sugar content in sodas
- *I learned that to be healthy is to not eat junk food.*
- *To keep my [weight] together for my [height].*
- *You need to lean that you need to drink lots of sugar*
- *To keep my weight together and not to eat too much candy and chips*
- *When you eat unhealthy stuff you start to get really heavy*
- *Not to drink or eat much sugar*

#### Growth

- my son's height when he gets older
- How the body reacts to having a baby grow inside. My children were excited.
- *Babies get heavy while they grow.*
- *How babies are born*
- *I learned what order the baby grows in*

#### General

- Animal hearts are very similar to humans'
- Salud es vida. (Health is life.)
- *That now I know how and what is in the human body*
- *Keep yourself on weight. Be healthy. Definitely no smoking.*

#### Heart & Heart/Lungs

- How bad lungs look from smoking; average heart doesn't pump very well
- *The heart pumps with air to your lungs*
- *The way the heart pumps blood to the body*

#### Digestion

- how the digestive system works; it was informative
- How the digestive functions
- *How the food goes down your tummy.*

#### Drinking Water

- Today I learned that we need at least 3 quarts of water daily
- Your body needs water
- *Drinking water is healthy*

Continued...

### **Germs**

- Germs are microbes
- *Wash your hands all the time very careful.*
- *Tu tienes que lavarte las manos para que los germenese se caigan.*  
(*You have to wash your hands to get rid of germs.*)

### **Blood**

- explanation of blood pressure
- What cholesterol does when it clogs your blood;

### **Brain**

- *Your eyes see 16,000,000 colors*
- *My brain reacts to many things*

### **DNA**

- DNA info about traits
- Genetic genes that are passed to your children are not always from both parents

### **Fitness**

- *That you should exercise*
- *That you should exercise a lot to keep you healthy*

### **Other & Various**

- *There are a lot of bones in the body*
- Lungs - cells -heart
- *I learned lots of different kinds of stuff.*
- More when I read the stuff/flyers
- *Lo que aprendi fue que aprendi muchas cosas.*  
(*What I learned was that I learned many things.*)

### **Adult Question 7**

Did you receive any of the following during your visit here tonight?

| <b>Referrals:</b>                     | <b>Healthy Families</b> | <b>Kaiser Information</b> | <b>Both</b> | <b>None</b> | <b>n/a</b> | <b>Total Surveys</b> |
|---------------------------------------|-------------------------|---------------------------|-------------|-------------|------------|----------------------|
| May 11 only;<br>(Adult attendance 10) | 1                       | 2                         | 1           | 4           | 0          | 8                    |

### **Adult Question 7a**

If so, how likely are you to use or contact one of those references?

| <b>Referrals:</b>                     | <b>Very Likely</b> | <b>Likely</b> | <b>Somewhat Likely</b> | <b>Not Likely</b> | <b>Didn't receive</b> | <b>Total Surveys</b> |
|---------------------------------------|--------------------|---------------|------------------------|-------------------|-----------------------|----------------------|
| May 11 only;<br>(Adult attendance 10) | 1                  | 2             | 0                      | 1                 | 4                     | 8                    |

**Adult Question 8****Youth Question 7**

Were the volunteers at the activity stations helpful to you?

| <b>Were volunteers helpful?</b> | <b>Very Helpful</b> | <b>Helpful</b> | <b>Somewhat Helpful</b> | <b>Not Helpful</b> | <b>n/a</b> | <b>total</b> |
|---------------------------------|---------------------|----------------|-------------------------|--------------------|------------|--------------|
| Adults                          | 17                  | 11             | 3                       | 0                  | 5          | 36           |
| Youths (Questionnaires only)    | 22                  | 9              | 0                       | 0                  | 1          | 32           |
| Total                           | 39                  | 20             | 3                       | 0                  | 6          | 68           |
| %'age of 68                     | 57%                 | 29%            | 4%                      | --                 | 9%         | 100%         |

**Adult Question 9**

Was this event convenient for you to attend?

| <b>Was the day of the week convenient?</b> | <b>Yes, very!</b> | <b>Yes</b> | <b>Yes, some-what</b> | <b>No</b> | <b>n/a</b> | <b>Total</b> |
|--|-------------------|------------|-----------------------|-----------|------------|--------------|
| May 11; School                             | 4                 | 2          | 2                     | 0         | 0          | 8            |
| May 18; Community Ctr.                     | 0                 | 0          | 1                     | 0         | 0          | 1            |
| June 5; Fairy Tale Park                    | 12                | 4          | 0                     | 0         | 2          | 18           |
| June 22; School                            | 6                 | 1          | 1                     | 0         | 1          | 9            |
| Total:                                     | 22                | 7          | 4                     | 0         | 3          | 36           |
| %'age of 36 Adults                         | 61%               | 19%        | 11%                   | --        | 8%         | 100%         |

| <b>Was the time of day/evening convenient?</b> | <b>Yes, very!</b> | <b>Yes</b> | <b>Yes, some-what</b> | <b>No</b> | <b>n/a</b> | <b>Total</b> |
|--|-------------------|------------|-----------------------|-----------|------------|--------------|
| May 11; School                                 | 4                 | 2          | 2                     | 0         | 0          | 8            |
| May 18; Community Ctr.                         | 0                 | 1          | 0                     | 0         | 0          | 1            |
| June 5; Fairy Tale Park                        | 13                | 2          | 1                     | 0         | 2          | 18           |
| June 22; School                                | 5                 | 1          | 1                     | 0         | 2          | 9            |
| Total:   | 22                | 6          | 4                     | 0         | 4          | 36           |
| %'age of 36 Adults                             | 61%               | 17%        | 11%                   | --        | 11%        | 100%         |

| <b>Was the event open long enough?</b> | <b>Yes, very!</b> | <b>Yes</b> | <b>Yes, some-what</b> | <b>No</b> | <b>n/a</b> | <b>Total</b> |
|--|-------------------|------------|-----------------------|-----------|------------|--------------|
| May 11; School                         | 4                 | 2          | 2                     | 0         | 0          | 8            |
| May 18; Community Ctr.                 | 0                 | 1          | 0                     | 0         | 0          | 1            |
| June 5; Fairy Tale Park                | 14                | 1          | 0                     | 1         | 2          | 18           |
| June 22; School                        | 4                 | 1          | 2                     | 0         | 2          | 9            |
| Total:                                 | 22                | 5          | 4                     | 1         | 4          | 36           |
| %'age of 36 Adults                     | 61%               | 14%        | 11%                   | <3%       | 11%        | 100%         |



## Adult Question 10

How would you describe Health In Your World to a friend who had never visited it?

### Refer to Content

- similar to a health fair
- A lot of stations with specific areas of the body with experiments
- Que es interesante conocer su funcionamiento del cuerpo.  
(That it is interesting to learn about the functioning of the body.)
- You learn a lot about your body
- A very enlightening experience for the entire family; children will be fascinated with putting the skeleton together

### Interesting & Educational

- simple but you will learn something
- Visit a health fair. They are very interesting and fun to visit with your children. You can always learn something new.
- It's interesting for the kids
- Very interesting and hands-on
- Interesting and informative
- Lo describiria como un evento muy importante y al mismo tiempo, interesante.  
(I would describe it as an important event and at the same time, interesting.)
- It's really a great opportunity to get the leaning from this.

### Fun & ...

- informational and fun
- Interactive, fun
- Fun and interesting
- Fun, interesting
- Fun and informative

### Reference to Lessons Learned

- They help you and your children understand the body and to understand that it is important to stay healthy
- If you take care of yourself and eat right you can stay healthy
- It relieves tension and stress; it can also help in losing weight
- Es muy importante estar preocupado por la salud.  
(It is very important to be concerned about your health.)
- It is something that will help you live longer

### Interactive or Hands-on

- hands on learning
- Interactive/hands-on event

### General Comments

- Common sense prevails
- You will find good displays on health with flyers

### Other

- good effort; staff interested in surveys only!
- Si. (Yes)
- Worth the time to go see it
- You missed out on something really fun and cool

**Adult Question 11**

Overall, how well did you enjoy your visit to the Health In Your World event tonight?  
(Fixed responses shown in regular typeface in the table below.)

**Youth Question 8**

How did you like your visit to the Health In Your World event tonight?  
(Fixed responses shown in italics in the table below.)

| How did you like HIYW?       | Enjoyed it Very Much | Enjoyed it        | Enjoyed it Somewhat | Didn't Really Enjoy it       | n/a | total |
|------------------------------|----------------------|-------------------|---------------------|------------------------------|-----|-------|
|                              | <i>Really Great!</i> | <i>Pretty Fun</i> | <i>It was OK</i>    | <i>Didn't really like it</i> |     |       |
| Adults                       | 18                   | 15                | 3                   | 0                            | 0   | 36    |
| Youths (Questionnaires only) | 19                   | 11                | 1                   | 0                            | 1   | 32    |
| Total                        | 37                   | 26                | 4                   | 0                            | 1   | 68    |
| %'age of 68                  | 54%                  | 38%               | 6%                  | --                           | <2% | 100%  |

**Adult Question 12**

How highly would you recommend Health In Your World to other people?

| How highly recommend HIYW? | Very Highly Recommend | Highly Recommend | Recommend | Not Recommend | n/a | Total |
|----------------------------|-----------------------|------------------|-----------|---------------|-----|-------|
| Adults only                | 15                    | 11               | 9         | 1*            | 1   | 36    |
| %'age of 36                | 42%                   | 31%              | 25%       | <3%           | <3% | 100%  |

\*This individual was angry about personal issues (as evidenced by his inappropriate conversation with staff) and took it out on staff by, among other things, expressing frustration with staff attempts to conduct the survey.

**Adult Question 13****Youth Question 9**

Please complete these sentences.

**The most interesting thing I did at Health In Your World tonight was...**

**General Comments**

- conocer cada funcion en nuestro cuerpo.  
(to know about every function in our body)
- Interesante y importante. (Interesting and important.)
- *Learn about science and keep everyone healthy by telling them what to do*
- *Learn about things I did not know*
- *Learning about body parts*
- Si. (Yes.)
- Sobre la nutricion y el ejercicio el corazon los pulmones todo en general.  
(About nutrition and exercise, the heart, lungs, everything in general.)
- *Walking around and getting so see everything*

Continued...

### **Social Aspect; Social Learning**

- Help my brother learn about his body
- Learning things along with my child
- learning with my children about the lungs
- My son's favorite was digestion
- spend time with my children
- Watch my kids learn

### **Brain**

- *How your brain reacts to things*
- Learn about the five senses
- *Que hay unos cerebros.*  
(*That there are some (more than one) [part to the] brain.*)
- The brain quiz with the colored words
- *The most interesting thing was to take care of your brain*

### **The Real Thing**

- *Pig lungs*
- pig's lungs
- See pig lungs
- See the pig lungs
- *Smelling, touching, etc., the real heart*

### **Fitness & Nutrition**

- *How much I weigh for my [height].*
- *Weight. I liked the activity*
- *Trying to see how much I weigh and how much blood I had*
- Activities vs. snacks
- Place the bears on the scale - activities vs. intake (calories)

### **Drinking Water**

- Drinking water
- *que todos tienen que tomar agua. (that everyone has to drink water)*
- *Seeing why you need water in your body*
- The water your body needs

### **Lungs**

- about how animals' and people's lungs are different
- *How your lungs work*
- Learn about our lungs
- lung experience

### **Other**

- *that a baby could be heavier each week*
- *That pigs smoke*
- *Learn about teeth*

### **Heart**

- *Que si fumas tu corazon le ve feo. (That if you smoke, your heart will look ugly.)*
- *The heart*
- Use a pump to pump the heart of a pig and filling out my own health activity works facts

Continued...

### **Bones**

- Bones (2)
- Looked at the bones & tried to put them back together
- Put skeleton together

### **Body Basics**

- Body models
- *How your body basics work.*
- Try to put together the upper part of the body at the station of body basic

### **Digestion**

- discover how long your intestines really are
- pull on the intestine model
- *the Digestion Station*

### **Blood**

- Find out how much blood I have in quarts
- *Learn how much blood you have in your body*

### **Germes**

- *Always wash your hands*
- *Que tenemos muchos germenos en todo nuestro cuerpo. (That we have many germs on our whole body.)*

## **The best thing about being at Health In Your World tonight was...**

### **General Comments**

- *being teach and learn by*
- I really learned a lot
- Learning about your body
- learning new things
- *Learning to be healthy*
- *muy bien para mi. (very good for me.)*
- *que es muy divertido. (that it is very fun)*
- Sensacional (sensational)
- Si. (yes)
- That I got to learn many new things today
- The learning experience
- *The participants and the information*
- venir a ver todo esta. (to come and see all that there is [here])

Continued...

### **Social Aspect; Social Learning**

- doing something interesting at my child's school
- For my son to learn about the body
- Good exposure for my kids to health issues
- My children learning to be healthy
- My kids had some fun.
- My son enjoyed it very much
- que pude asistir con mi hijo y verlo interesado.  
(that I can help with my sone and see him interested.)
- Spending time with my kids learning something new
- time with child
- was sharing with my children the growth cycle
- Watch my kids learn.
- Watching my child learn

### **Information Delivery & Hands-on**

- Easy access
- Getting flyers to read at home
- Great way to present a wide topic area
- simple stuff to feel and touch
- the displays, hands-on
- The volunteers were nice
- Was the charming volunteers
- *Being able to participate*
- *Learning hands-on*

### **Other**

- *Doing the face*
- Free passes and interactive
- Shade tree
- *Germs Station*
- *el cerebro. (the brain)*
- Digestive section

### **Lungs**

- *Lungs*
- *Never, never smoke*
- *Tenemos que tener mucho cuidado con los cigarros.*  
(*we have to be careful with cigarettes.*)
- *The lungs of a non-smoker and a smoker.*
- *To not smoke*

### **Nutrition**

- *About what to eat and not to eat*
- *Eating healthy foods*
- *to eat and know what is healthy.*
- *To learn more about what to eat and not to eat*

### **The Real Thing**

- *getting to see the pig lungs*
- *Smelling, touching, etc., the real heart*

Continued...

**Fitness**

- *Learning about how to keep yourself strong*
- *How you keep yourself healthy and strong.*

**Blood**

- *Being able to learn about my blood*
- *How much blood I have in my body*

**These activities and/or the way they are presented would be better if...****Content & Level of Information**

- *There were x-rays*
- *It will be more interesting if it had more details*
- *Their was more about drinking water*
- There were more advanced interactive aids; explanation of DNA was missing. I was told it was still in the box, there was not enough room.
- *They can have more [details].*
- They were designed for younger children (4 years old)
- things were laid out simpler and easier for younger children to understand

**Delivery & Volunteers**

- There were games
- *I could touch it.*
- A little more guidance
- *Hubieran mas mostraciones para aprender.*  
*(there had been more exhibits/demonstrations to learn.)*
- *los ayudantes de siete grado podrian explicar mas despacio.*  
*(the helpers from seventh grade could explain more slowly.)*
- The people at every display were more talkative about their topic
- *They had more helpers*
- Volunteers were more excited about it
- They had more people (unclear reference: to users or volunteers?)

**They Are Fine (13) & I don't know (5)**

- I don't know/I'm not sure (2 youth; 3 adult)
- I can't say, I really enjoyed them just the way it was
- *I liked them all.*
- I liked them fine
- I think everything was done in the best way
- *I think it is fine the way it is.*
- just perfect the way they were presented
- *No change necessary*
- *Nothing. Sorry.*
- They are already better (neon colors) and more frills
- *They were good*
- *They were great*
- They were presented fine
- They're fine as they are.

Continued...

**Food**

- Comida
- *They had food*

**If There Were More**

- *habian otras cosas. (there were other things.)*
- *If there were more activities*
- *There were more*
- *There were more things*
- *They would be more stuff*
- *se efectuaran mas seguido. (there were still more)*

**Other**

- A little more spread out
- *I did all of them*
- *por que te enseñan como salvarte de infecciones. (because they teach you how to save yourself from infections.)*

**Adult Question 14**

**Youth Question 10**

Please tell us a bit about yourself... (demographics)

| Event<br>Questionnaires Only | Caucasian | African-<br>American | Hisp./<br>Latino | Native<br>American | Asian<br>American | Other | n/a | Total |
|------------------------------|-----------|----------------------|------------------|--------------------|-------------------|-------|-----|-------|
| May 11; School*              | 5         | 0                    | 5                | 0                  | 2                 | 0     | 0   | 12    |
| May 18; Community Ctr.       | 1         | 0                    | 6                | 0                  | 0                 | 1     | 0   | 8     |
| June 5; Small Child. Mus.    | 9         | 3                    | 3                | 1                  | 3                 | 0     | 2   | 21    |
| June 22; School              | 7         | 1                    | 12               | 0                  | 0                 | 3     | 4   | 27    |
| Total:                       | 22        | 4                    | 26               | 1                  | 5                 | 4     | 6   | 68    |

Adults indicated ethnicity; children indicated language spoken at home.

\*This event took place at a school under the aegis of a non-profit community collaboration.

| Gender                       | Female | Male | n/a | Total |
|------------------------------|--------|------|-----|-------|
| Adults                       | 26     | 10   | 0   | 36    |
| Youths (Questionnaires only) | 19     | 10   | 3   | 32    |
| Total                        | 55     | 20   | 3   | 68    |

| Adult Age Range   | No. of Respondents | Youth Age | No. of Respondents | Youth Grade in School | No. of Respondents |
|---|--------------------|-----------|--------------------|-----------------------|--------------------|
| 18 – 25   | 3                  | 7         | 3                  | 2                     | 4                  |
| 26 – 35   | 15                 | 8         | 1                  | 3                     | 8                  |
| 36 – 45   | 11                 | 9         | 8                  | 4                     | 3                  |
| 46+   | 5                  | 10        | 5                  | 5                     | 8                  |
| n/a   | 2                  | 11        | 7                  | 6                     | 4                  |
| Total   | 36                 | 12        | 2                  | 8                     | 1                  |
| Children of adult respondents range in age from infant to 16, with the bulk being aged 2 – 6. |                    | 13        | 2                  | n/a                   | 4                  |
|   |                    | 19        | 1                  | Total                 | 32                 |
|   |                    | n/a       | 3                  |                       |                    |
|   |                    | Total     | 32                 |                       |                    |

### Interview Question 1

Thank you for coming tonight and for taking a few minutes with me now.

How did you like the event?

- *Basically very educational for the people who didn't know about this.*
- *Chistoso, porque cuando toque el corazon senti chistoso.  
(Funny, because when I touched the heart it felt funny.)*
- *Cool. I learned a lot.*
- *Free food.*
- *Fun - doing activities and finding where the bones go and what happens in your body.*
- *Good - I learned a lot of things.*
- *Good. I liked how the brain works.*
- *Great. It was fun.*
- *I liked it a lot.*
- *I liked it. I had only been to one before. I liked the x-ray.*
- *I really liked it. They did a pretty good job. Really fun for me, I learned a lot. We just finished with health at school so it was (see Raw 9)*
- *It really helped me learn things that I didn't know.*
- *It was fun and I learned a lot about body parts.*
- *It was fun. I learned a lot of things.*
- *It was nice, especially when he ate the cracker and I put on the hearing thing (stethoscope) and heard something drop down in there.*
- *It was okay; I learned a lot of things about body parts*
- *It was very good, I expected and learned a lot.*
- *It was wonderful because I got to try new things and learn about what I never knew before.*
- *It's fun and I like it. I like going around and learning things about your body.*
- *Kind of scary to see lungs - we shouldn't drink certain things because you might get fat*
- *Muy bien y divertido porque te ensenyan cuanta agua necesitas para to cuerpo.  
(Very well, and fun because they teach you how much water you need for your body.)*



## Interview Question 2

I'd like to know if you discovered anything new at the tables you visited while you were here.

Working from the child's passport, the interviewer reviewed the list of stations visited and discussed what the child remembered from them. Some children referred to their notes on the passport, others were verbose without using it. In a few cases, time did not allow discussion of each station visited. The fact that the child listed the station is recorded.

### **Bike helmet** and how it protects you

- *A good reminder - I could get hurt if I fall without it.*
- *Always wear bike helmet. Even if good bike rider. Don't get hurt.*
- *Didn't think that your brain would get smashed like that.*
- *How helmet protects you - breaks when you fall.*
- *My mom says need to wear helmet - but helmet hurts. But I've changed my mind [now I plan to wear it].*
- *Si no lo uso es peligroso. (If you don't use it, it's dangerous.)*
- *You need a helmet.*
- *You need it because your brain is like play dough.*
- *when you hurt your head you can't do anything like when you put on mittens you can't tie your shoe.*
- No time for discussion (1)

### **Bones** and your skeleton

- *That I have a phagocyte on left side of my bones*
- *How big they are, how they look.*
- *How can you move your body - see examples of joints and the x-rays.*
- *How they move and are connected.*
- *How x-rays look - when I had one of my jaw they didn't show it to me.*
- *I have a lot of bones. Didn't know I had that many.*
- *I knew where they go, my mom told me the names (of the bones).*
- *I thought the spine was one piece but it's lots of different pieces.*
- *No pueden crecer tus huesos para atras. (Your bones can't re-grow.)*
- *Our muscles are very heavy and strong*
- *There are two bones between my elbow and my hand.*
- *There are two bones in your arm (forearm).*
- *There are unique bones in the human body, the neck joint - how all the joints work - cool to see them (models of each joint type).*
- *Tienes muchas partes del cuerpo. (You have many body parts.)*
- *What all the bone parts were and how they worked. How when bones break they put in a screw.*
- *What holds bones together - the tissue and how they put them together when they're broken - from looking at x-rays.*
- *When we are born we are composed of over 800 bones*
- No time for discussion (3)

Continued...

## **Body basics** and your body's cells

- *Five organs. I thought there were six. Should have lungs clean.*
- *Our body has a lot of body parts*
- *Showed how cells work when hot and cold. Warm parts move faster because cold ones stick together*
- *We have a lot of body parts.*
- No time for discussion (3)

## **Brain** and your 5 senses

- *Blood flows through my brain.*
- *Brains look weird.*
- *Could figure out inner shape of puzzle by listening. (felt proud)*
- *How it runs, how it gives you information.*
- *I thought the brain was two parts (right and left) but I found out there are three parts.*
- *Knew lots of veins and knowledge, but now I know that the shape isn't round and smooth, but squishy (refers to convoluted surface).*
- *Nos mueve nuestros huesos y la sangre. (The brain moves our bones and blood.)*
- *Our brain is composed of 3 parts*
- *The brain controls everything*
- *What does your brain do when it... things it does for your (vague).*
- *You have 3 parts*
- 
- *how fast I can match the colors... made me feel happy because I got 54 seconds twice*
- *tenemos muchas partes (we have many parts)*
- No time for discussion (1)

## **Digestion** and how food breaks down

- *Body basics, teeth - you need to brush.*
- *Saw how cracker moved down. Never thought it would sound like that.*
- *The tennis ball thing - how it goes down slowly. (Refers to food moving through the body.)*
- *We shouldn't eat that much food; your stomach gets bigger - my dad eats a lot, but stomach gets smaller when goes to work.*
- *When use teeth to chew it helps the digestion*
- *When you eat a cracker and hear it inside.*
- *You have special teeth for special jobs.*
- *You need to take small bites of your food.*
- No time for discussion (3)

## **DNA** and your genetic code

- *Gene forms (face shapes)*
- *How can you make somebody... blocks in the tray numbered 1 - 6, and a chart for whatever color, like eye color.*
- *You have 6 pieces on your head.*

Continued...

## **Drinking water** and how your body uses it

- *If you litter in the water, it pollutes it.*
- *Water dissolves bad things you eat*
- *When you breathe next to mirror, there is a lot of water in it; you breathe out water.*
- *Drink water so salt doesn't stay in your body. I didn't know you had to drink so much.*
- *Mom already tells me to drink a lot of water.*
- *Necesitamos mucha agua para vivir. (We need a lot of water to live.)*
- *Que tengo que tomar mas agua. (That I have to drink more water.)*
- *We have to drink 3 quarts of water*
- *We should drink a lot of water; my dad said that I should so we don't have that much sugar.*
- *When you pee you lose more water than when you sweat.*
- *You have to drink a lot of water to stay healthy*
- *You pee to get rid of it. And drink water not soda.*

## **Emotions** and how you learn

- *Que con las manos podemos hacer gestos. (That we can make signs with out hands.)*

## **Fitness** and making your body strong

- *Get a lot of exercise so don't gain weight. Don't eat a lot of food.*
- *Hard exercise makes your heart beat fast.*
- *I went fast with the weights on, faster than I expected, it made me feel happy. (on the step up/down activity)*
- *Milk helps your bones stay strong*
- *My family is active.*
- *My heart rate is 142.8*
- *My heart rate is 145.6*
- *When put blue things on me (weights) and I jumped and jumped, it made me tired - so its harder to exercise when weigh more.*
- *When you use a baton it works your muscles, I didn't know that a baton would do that.*
- *With too much weight you can't do thinks because you're too heavy. It's easier to do sports when your just right (the right weight).*
- *Working out is more important than you think it is.*
- *Your heart beats faster when you play.*
- *healthy for bones. Exercising is good.*
- *you have to exercise to be strong.*

Continued...

## **Germs** and your immune system

- *Are very nasty. They get your skin.*
- *Germs can be good and bad.*
- *It's more important to watch out than normally sounds like - the bag of germs think, like if you sneeze without washing you can give someone germs.*
- *Lizards have germs on them.*
- *Might not be clean of germs if you don't wash your hands.*
- *Se pueden meter a tu cuerpo si no te lavas las manos.*  
*(Germs can get in your body if you don't wash your hands.)*
- *We get germs very fast*
- *Whatever you can touch has germs.*
- *When you sneeze you need to cover your mouth.*
- *White blood cells can turn into germs.*
- *You need to wash your hands.*
- *No time for discussion. (2)*

## **Growth** and your body changes

- *A baby is heavier each week.*
- *Babies are heavy when a woman is pregnant (referring to fetus).*
- *Babies start like a little thing (gesture) and as they get bigger, they get heavier.*
- *Baby's are very small, when they're born we need to be gentle.*
- *Baby's growth in mother's stomach.*
- *Bodies grow differently over time. I am a tall rectangle.*
- *I learned how baby's change.*
- *Not new because I had Family Life. It was cool to see the phases of the baby - takes 40 weeks.*
- *Que soy rectangulo largo. (That I am a long rectangle.)*
- *The body gets heavier the older the baby gets.*
- *The way babies... the order they go/grow.*
- *We just did this in school, but I didn't learn about the soft spots on the babies head (new today).*
- *that a baby is like a bean bag (the weight)*

## **Health careers** and your job interests

- *No children listed this on their passport.*

## **Heart** and your blood

- *Don't quite remember*
- *How average heart works - a fit heart is better than average.*
- *How it lives - (if you eat healthy it keeps you going).*
- *How much blood you have in your body.*
- *I already knew a lot about it, I had surgery and my mom told me about it.*
- *It beats faster, but it also goes slow.*
- *It takes 20 beats to fill the cup - the healthy heart version.*
- *Our heart is very big*
- *Pompea 5 cuartos de sangre (I pumped 5 quarts of blood.)*
- *We have two types of blood paths*
- *how much blood is in my body.*
- *tienes un corazon muy importante (you have a very important heart)*

Continued...

## **Lungs** and your breathing

- *How lungs work - air comes in and they blow up. If you smoke, it's hard to breathe.*
- *How they pump and how we breathe.*
- *I learned more about asthma and mucus. I have minor asthma.*
- *Last year, smoking turns your lungs black. Never saw that before. My uncle smokes so his lungs must be like that.*
- *Lungs are important; if I smoke my lungs will turn black.*
- *Normal lung pumps - how bad wouldn't work as well. Never knew lung would look like that.*
- *Not smoke. It can cause cancer.*
- *Que los pulmones se encogen cuando fumas.  
(That lungs shrink when you smoke.)*
- *Smokers lung looks bad, when you don't smoke, they look healthier.*
- *Smoking can ruin your lungs*
- *The balloons, when you pull down, air goes in and out and with an asthma attack it's fast. (I have asthma.)*
- *The black lung doesn't inflate as fast. I knew smoking makes lungs black.*
- *The black lungs are harder to breathe with.*
- *We all breathe.*
- *You don't breathe the same air in that you breath in.*
- *You shouldn't smoke, you can't breath good when you smoke. I knew this before.*
- *Your lungs can get black if you smoke.*
- *No time for discussion (2)*

## **Medical tools** and measuring your health

- *Describes the blood pressure cuff, he had never seen one before.*
- *There are different kinds of foods.*
- *Your heart is the most important muscle.*

## **Muscles** and your body in motion

- *No children listed this on their passport.*
- *not available every time, and sometimes associated with Bones, respondents could have commented on this elsewhere*

Continued...

## **Nutrition** and your diet

- *A lot of sugar is in soda*
- *Crisco is bad for you and that fat runs through your body.*
- *Eat a lot of healthy food like veggies and fruit, but you can eat junk food once in a while*
- *Eat right kinds of food, like meat. My grandma tells me beans and fish.*
- *I know about it, but repeated it so I can learn it more.*
- *If you have a lot of fat on your body it's heavy, hard to walk (wore the heavy apron).*
- *La azucar es mala para mi. (Sugar is bad for me.)*
- *Our family eats healthy, I didn't learn anything new here.*
- *Si comes frutas y vegetales seras muy fuerte.  
(If you eat fruits and vegetables, you will be very strong.)*
- *What to eat - more veggies and fruit.*
- *When it solid stuff - butter was solid wouldn't move and that's like fat.*
- *You have to eat healthy foods.*
- *You shouldn't eat a lot because it gets harder for you to walk 'n stuff and you get teased in school because your big.*
- *liquid and solid (shape of fat)*
- No time for discussion. (1)

## **Teeth** and your dental health

- *You need to chew a lot.*
- No time for discussion. (1)

### Question 3

#### Did you see anything here tonight about things you can do for good health?

Follow up: if they say something general, like “not smoke” ask if they ever heard that somewhere else before they came here.

- *(Pig heart) not to smoke, and how to test my eye sight.*
- *A reminder not to smoke.*
- *Brush my teeth twice a day.*
- *Brushing teeth - I didn't know your gums could turn black too.*
- *Correr y hacer ejercicio. (Run and do exercise.)*
- *Correr; lavarme mis manos. (Run, wash my hands.)*
- *Drinking water, wearing a helmet, washing hands*
- *Eat fruit and veggies*
- *Eat healthy foods and to keep your germs to yourself.*
- *Eat healthy stuff.*
- *Eat right type of oils in food; keep exercising if weigh a lot to keep bones strong; lungs - not smoke or do drugs to keep lungs healthy; drink water*
- *Eat the right food.*
- *Exercise more and keep germs away, wash my hands and teeth so that I can be healthy.*
- *Exercise regularly and less video games. Drink more water.*
- *How to exercise - I didn't know that. (referring to pulse rate change)*
- *I learned to cut down on carbs.*
- *If you drink milk and water it helps you stay alive longer, and if you don't smoke your lungs are healthy*
- *To not smoke, to always wash my hands before eating.*
- *Wear the helmet because I could hurt myself.*
- *Yes, drink more water, wash my hands more regularly*

### Question 4

Here are several ideas of things you can do for good health. I'd like you to sort them to show me if you feel that you're likely to do them or not.

| Action  | I Already do this | I'll probably do this | I might do this | I won't do this |
|---|-------------------|-----------------------|-----------------|-----------------|
| choose not to smoke or stop smoking 11          | 21                | 0                     | 0               | 1*              |
| wash my hands regularly 1                       | 19                | 1                     | 1               | 0               |
| eat fruit and vegetables 9                      | 18                | 2                     | 2               | 0               |
| feel good about the way I look 6                | 17                | 1                     | 0               | 4               |
| exercise regularly 10                           | 17                | 1                     | 4               | 0               |
| drink more water 2                              | 16                | 4                     | 2               | 0               |
| go for regular health check-ups 3               | 14                | 2                     | 6               | 0               |
| help reduce air pollution by carpooling 5       | 12                | 5                     | 2               | 2               |
| reduce the amount of saturated fat that I use 8 | 10                | 2                     | 6               | 4               |
| conserve water in my home 4                     | 9                 | 9                     | 1               | 2               |
| wear a bike helmet that fits my head well 7     | 9                 | 5                     | 3               | 4               |
| reduce the amount of soda that I drink 12       | 9                 | 7                     | 4               | 2               |

\*The wording on this card was confusing to some participants. This was probably a misunderstanding on the part of the respondent.



## Question 5

**May we call you in about four months to ask you a few questions about this interview?  
If you're interviewing a child, check with the parent and get adult's name.**

Every participant agreed to this request. In almost every case a parent was found to ask for approval. Should staff be in a position to take this on in September of 2004, contact information is on the original Interview form and recommended follow-up questions can be found on the research instruments in Appendix A.

## Interview Sample Demographics

| <b>Event<br/>Interviews Only</b> | Caucasian | African-<br>American | Hisp./<br>Latino | Asian<br>American | Other | n/a | Total |
|----------------------------------|-----------|----------------------|------------------|-------------------|-------|-----|-------|
| May 11; School                   | 1         | 2                    | 0                | 5                 | 0     | 0   | 8     |
| May 18; Community Ctr.           | 0         | 0                    | 4                | 0                 | 0     | 0   | 4     |
| June 5; Fairy Tale Park          | 2         | 0                    | 2                | 0                 | 0     | 0   | 4     |
| June 22; School                  | 0         | 3                    | 1                | 0                 | 1     | 1   | 6     |
| Total:                           | 3         | 5                    | 7                | 5                 | 1     | 1   | 22    |

Adults indicated ethnicity; children indicated language spoken at home.

| <b>Gender</b> | <b>No. of<br/>Resp.</b> |
|---------------|-------------------------|
| Female        | 11                      |
| Male          | 11                      |
| Total         | 22                      |

| <b>Grade</b>    | <b>No. of<br/>Resp.</b> |
|-----------------|-------------------------|
| 2 <sup>nd</sup> | 2                       |
| 3 <sup>rd</sup> | 2                       |
| 4 <sup>th</sup> | 7                       |
| 5 <sup>th</sup> | 3                       |
| 6 <sup>th</sup> | 4                       |
| n/a             | 4                       |
| Total           | 18                      |



## Appendix A

### Research Instruments

- Youth Questionnaire – English
- Youth Questionnaire – Spanish
- Adult Questionnaire – English
- Adult Questionnaire – Spanish
- Youth Interview Survey Form – English
- Youth Interview Survey Form – Spanish

Note: Formatting of these forms has been changed slightly to fit them into this document.



*Thank you for taking a few minutes to complete this questionnaire. Your answers help us make sure that Health In Your World is as good as it can be. Thank you for printing legibly.*

1. Did you use or touch things at any of the activity stations?  Yes  
 No

2.a. Were the activities you did here tonight interesting?  Very Interesting  
 Interesting  
 Sort of Interesting  
 Not Interesting  
 I'm not sure

2.b. Were they easy to do?  Very Easy  
 Easy  
 Sort of Easy  
 Not Easy  
 I'm not sure

2.c. Were they easy to understand?  Very Easy  
 Easy  
 Sort of Easy  
 Not Easy  
 I'm not sure

2.d. Were they fun?  Very Fun  
 Fun  
 Sort of Fun  
 Not Fun  
 I'm not sure

3. Are you interested in health?  Very Interested  
 Interested  
 Sort of Interested  
 Not Interested  
 I'm not sure

3.a. Are you either more or less interested in health now than you were before tonight?  
 I feel more interested in health now.  
 I feel less interested in health now.  
 I feel about the same now as I did before tonight.



4. While you were here tonight, did you learn at least one thing that you can do to keep yourself healthy?

- Yes
- No

4.a. If so, please describe one thing that you can do to keep yourself healthy. Please be sure to tell us about something that you learned tonight for the first time.

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5. How much do you feel you learned about health and science at this event?

- A lot
- Some
- A little
- Nothing

5.a. Please share one science or health fact that you learned here today.

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6. Do you want to learn more about health issues?

- Yes, really!
- Yes
- Sort of
- Not really
- I'm not sure

6.a. Is that different from how you felt before visiting this event?

- No, I feel about the same way as I did before.
- Yes, learning about health issues seems more interesting to me now.
- Yes, learning about health issues seems less interesting to me now.

7. Were the volunteers at the activity stations helpful to you?

- Very helpful
- Helpful
- Sort of helpful
- Not helpful
- I'm not sure

8. How did you like your visit to the Health In Your World event tonight?

- Really great!
- Pretty fun.
- It was OK.
- Didn't really like it.

Please continue with Question 9



**9. Please complete these sentences.**

The most interesting thing I did at Health In Your World tonight was... \_\_\_\_\_

\_\_\_\_\_

The best thing about being at Health In Your World tonight was... \_\_\_\_\_

\_\_\_\_\_

These activities would be better if... \_\_\_\_\_

\_\_\_\_\_

**10. Please tell us a little bit about yourself...**

I am a  Girl  Boy

I am \_\_\_\_\_ years old.

I am in \_\_\_\_\_ grade.

The language I speak at home is \_\_\_\_\_.

*Thank you!*

*Please hand in this form and get your thank you gift.*



Gracias por tomar unos minutos para llenar esta encuesta. Tus respuestas nos ayudarán a asegurarnos de que el proyecto de La Salud en Tu Mundo sea tan bueno como puede ser.  
Gracias por escribir nítidamente.

1. ¿Usaste or manipulaste objetos en alguna de las estaciones?

- Si
- No

2.a. ¿Fueron interesantes las actividades que hiciste aquí esta noche?

- Muy interesantes
- Interesantes
- Mas o menos interesantes
- Aburridos
- No estoy seguro/a

2.b. ¿Fueron fáciles de hacer?

- Muy fácil
- Fácil
- Mas o menos fácil
- Difícil
- No estoy segura/o

2.c. ¿Fueron fáciles de entender?

- Muy fácil
- Fácil
- Mas o menos fácil
- Difícil
- No estoy seguro/a

2.d. ¿Fueron divertidas?

- Muy divertidas
- Divertidas
- Mas o menos divertidas
- Aburridas
- No estoy seguro/a

2.e. ¿Estaban las actividades disponibles en tu idioma nativo a través de materiales o voluntarios bilingües?

- Si
- No

Favor de continuar...



**3. ¿Estás interesado/a en la salud?**

- Muy interesado(a)
- Interesado(a)
- Mas o menos interesado(a)
- No interesado(a)
- No estoy seguro(a)

**3.a. ¿Estás menos o mas interesado(a) en la salud ahora que antes de venir a este programa?**

- Me siento mas interesado/a en la salud ahora.
- Me siento menos interesado/a en la salud ahora.
- Me siento igual que me sentí antes de esta noche.

**4. ¿Mientras estabas aquí esta noche, aprendiste por lo menos una cosa que puedes hacer para mantenerte saludable?**

- Si
- No

**4.a. Si respondiste que "si" a la pregunta 4, por favor describe algo que puedes hacer para mantenerte saludable.**

**Asegúrate de contarnos algo que aprendiste aquí por primera vez.**

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**5. ¿Cúanto piensas que has aprendido sobre la salud y la ciencia en este evento?**

- Mucho
- Algo
- Un poco
- Nada

**5.a. Por favor comparte un hecho de la ciencia o de la salud que aprendiste aquí esta noche.**

---

**6. ¿Quieres aprender mas sobre temas de la salud?**

- ¡Si, por supuesto!
- Si
- Mas o menos
- No tanto
- No estoy seguro/a

**6.a. ¿Es eso diferente de la manera en que te sentías antes de asistir a este evento?**

- No, me siento igual de la manera en que me sentía antes.
- Si, aprender de temas de salud me parece mas interesante ahora.
- Si, aprender de temas de salud me parece menos interesante ahora.

Favor de continuar...



**7. ¿Fueron atentos los voluntarios?**

- Muy atentos
- Atentos
- Mas o menos atentos
- No fueron atentos

**8. ¿Qué te pareció tu visita La Salud en Tu Mundo esta noche?**

- ¡Excelente!
- Bastante divertida
- Regular
- No me gusto tanto

**9. Por favor completa estas oraciones.**

**La cosa mas interesante que hice en La Salud en Tu Mundo fue....**

---

**Lo mejor de haber asistido a La Salud en Tu Mundo fue.....**

---

**Estas actividades podrían ser mejor si.....**

---

**10. Por favor cuéntanos un poco de tí.....**

**Soy un(a)**     Niña         Varón

**Tengo \_\_\_\_\_ años.**

**Estoy en el \_\_\_\_\_ grado.**

**El idioma que hablo en casa es \_\_\_\_\_.**

*¡Gracias!  
Por favor entrega este formulario y reclama tu regalo.*



*Thank you for taking a few minutes to complete this questionnaire. Your answers help us make sure that Health In Your World is as good as it can be. Thank you for printing legibly.*

**1. Did you or your child(ren) use or touch things at the activity stations? (please check one)**

- Yes, I did
- Yes, my child(ren) did
- Yes, my child(ren) and I did
- No, none of us did

**2. Overall, how would you rate the Health In Your World activities that you saw tonight?**

Please circle one number in each row.

|   | Yes,<br>Very!<br>1 | Yes<br>2 | Sort of<br>3 | No<br>4 | I'm not<br>sure<br>5 |
|---|--------------------|----------|--------------|---------|----------------------|
| <b>Were the activities interesting?</b> | 1                  | 2        | 3            | 4       | 5                    |
| <b>Were they easy to do?</b>            | 1                  | 2        | 3            | 4       | 5                    |
| <b>Were they easy to understand?</b>    | 1                  | 2        | 3            | 4       | 5                    |
| <b>Were they fun?</b>                   | 1                  | 2        | 3            | 4       | 5                    |

**3. How interested in health issues are you?**

- Very Interested
- Interested
- Somewhat Interested
- Not Interested

**3.a. Is that different from how you felt before visiting this event?**

- No, I feel about the same way as I did before.
- Yes, health issues seem more interesting to me now.
- Yes, health issues seem less interesting to me now.

**4. Did you learn at least one thing tonight that you can do to keep yourself or your family healthy?**

- Yes
- No

**4.a. If so, please describe something that you learned tonight that you can do to keep yourself or your family healthy:**

---

**4.b. How likely are you to start doing this for yourself or your family?**

- Very Likely
- Likely
- Somewhat Likely
- Not Likely

Please continue...





**5. Do you want to learn more about health issues?**

- Yes, really!
- Yes.
- Sort of.
- Not really.

**5.a. Is that different from how you felt before visiting this event?**

- No, I feel about the same way as I did before.
- Yes, learning about health issues seems more interesting to me now.
- Yes, learning about health issues seems less interesting to me now.

**6. How much do you feel you learned about health and science at this event?**

- A lot
- Some
- A little
- Nothing

**6.a. Please share one science or health fact that you learned here today.**

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**7. Did you receive any of the following during your visit here tonight?** Please check all that apply.

- Healthy Families referral (health insurance)
- Printed materials from Kaiser (brochures or flyers)
- No, I didn't receive anything like this.

**7.a. If so, how likely are you to use or contact one of those references?**

- Very Likely
- Likely
- Somewhat Likely
- Not Likely

**8. Were the volunteers at the activity stations helpful to you?**

- Very Helpful
- Helpful
- Somewhat Helpful
- Not Helpful

**9. Was this event convenient for you to attend?**

|  | <b>Yes,<br/>very!<br/>1</b> | <b>Yes<br/>2</b> | <b>Yes,<br/>somewhat<br/>3</b> | <b>No<br/>4</b> |
|--|-----------------------------|------------------|--------------------------------|-----------------|
| <b>Was the day of the week convenient?</b>     | 1                           | 2                | 3                              | 4               |
| <b>Was the time of day/evening convenient?</b> | 1                           | 2                | 3                              | 4               |
| <b>Was the event open long enough?</b>         | 1                           | 2                | 3                              | 4               |

Please continue...



10. How would you describe Health In Your World to a friend who had never visited it?

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11. Overall, how well did you enjoy your visit to the Health In Your World event tonight?

- Enjoyed it very much
- Enjoyed it
- Enjoyed it somewhat
- Didn't really enjoy it

12. How highly would you recommend Health In Your World to other people?

- Very Highly Recommend it
- Highly Recommend it
- Recommend it
- Would not recommend it

13. Please complete these sentences.

The most interesting thing I did at Health In Your World tonight was... \_\_\_\_\_

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The best thing about being at Health In Your World tonight was... \_\_\_\_\_

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These activities and/or the way they are presented would be better if... \_\_\_\_\_

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14. Please tell us a bit about yourself...

- Male       Female

Age:    18 – 25     26 – 35     36 – 45     46 – 55     56 – 70     71+

Age(s) of your child(ren): \_\_\_\_\_

Which best reflects your ethnic heritage? Please check all that apply.

- White/Caucasian
- African-American
- Hispanic/Latino
- Native American / Native Alaskan
- Asian-American
- Other (please describe): \_\_\_\_\_

*Thank you very much for your time and thoughtful responses.  
Please give this form to staff and collect your thank you gift.*



Gracias por tomar unos minutos para llenar esta encuesta. Sus respuestas nos ayudarán a asegurarnos de que el proyecto de La Salud en Tu Mundo sea tan bueno como debe ser. Gracias por escribir nítidamente.

**1. ¿Su o su(s) hijo/a(s) usaron o manipularon cosas en las diferentes mesas de actividades?**

Por favor marque uno.

- Si, yo lo hice
- Si, mi(s) hijo/a(s) lo hizo/hicieron
- Si, mi(s) hijo/a(s) y yo lo hicimos
- No, ninguno de nosotros lo hicimos

1.a. ¿Estaban las actividades disponibles en su idioma nativo a través de materiales o voluntarios bilingües?

- Si
- No

**2. En general, como calificaría las actividades de “La Salud en Tu Mundo” que vio esta noche?**

Por favor encierre con un círculo un número en cada línea.

|  | ¡Si,<br>mucho!<br>1 | Si<br>2 | Mas o<br>menos<br>3 | No<br>4 | No estoy<br>seguro/a<br>5 |
|--|---------------------|---------|---------------------|---------|---------------------------|
| <b>¿Fueron interesantes las actividades?</b> | 1                   | 2       | 3                   | 4       | 5                         |
| <b>¿Fueron fáciles de hacer?</b>             | 1                   | 2       | 3                   | 4       | 5                         |
| <b>¿Fueron fáciles de comprender?</b>        | 1                   | 2       | 3                   | 4       | 5                         |
| <b>¿Fueron divertidas?</b>                   | 1                   | 2       | 3                   | 4       | 5                         |

**3. ¿Qué tan interesado/a está en temas de la salud?**

- Muy interesado(a)
- Interesado(a)
- Mas o menos interesado(a)
- No interesado(a)

**3a. ¿Es diferente de la manera en que se sentía antes de visitar el evento?**

- No, me siento de la misma manera que me sentía antes.
- Si, los temas de la salud me parecen mas interesantes ahora.
- Si, los temas de la salud me parecen menos interesantes ahora.

Favor de continuar...



4. ¿Aprendió por lo menos una cosa que puede hacer para mantenerse usted o su familia saludable?

- Si
- No

4.a. Si respondió que “sí” a la pregunta 4, por favor describa algo que aprendió esta noche que puede hacer para mantenerse usted o su familia saludable.

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4.b. ¿Que probable es que usted comience a hacer esto para usted o para su familia?

- Muy probable
- Probable
- Mas o menos probable
- Improbable

5. ¿Quiere aprender mas sobre temas de salud?

- ¡Si, definitivamente!
- Si
- Mas o menos
- Realmente no

5a. ¿Es eso diferente de la manera en que se sentía antes de asistir a este evento?

- No, me siento igual de la manera en que me sentía antes.
- Si, aprender de temas de salud me parece mas interesante ahora.
- Si, aprender sobre temas de salud me parece menos interesante ahora.

6. ¿Cuanto piensa que ha aprendido sobre la salud y la ciencia en este evento?

- Mucho
- Algo
- Un poco
- Nada

6.a. Por favor comparta un hecho de la ciencia o de la salud que aprendió aquí hoy.

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7. ¿Recibió una de las siguientes cosas durante su visita esta noche?

Por favor marque todas las que aplican.

- Referencia para Healthy Families (seguro médico)
- Material escrito de Kaiser (folletos o hojas volantes)
- No, no recibí nada de esto.

7.a. Si recibió algo, que probabilidad hay de que usaría o contactaría una de estas referencias?

- Muy probable
- Probable
- Mas o menos probable
- Improbable

Favor de continuar...



**8. ¿Fueron atentos los voluntarios?**

- Muy atentos
- Atentos
- Mas o menos atentos
- No fueron atentos

**9. ¿Era este evento conveniente para usted asistir?**

|   | <b>¡Si,<br/>muy!<br/>1</b> | <b>Si<br/>2</b> | <b>Si, mas o<br/>menos<br/>3</b> | <b>No<br/>4</b> |
|---|----------------------------|-----------------|----------------------------------|-----------------|
| <b>¿Fue conveniente el día de la semana?</b>            | 1                          | 2               | 3                                | 4               |
| <b>¿Fue conveniente la hora del día?</b>                | 1                          | 2               | 3                                | 4               |
| <b>¿Estuvo abierto el evento por suficiente tiempo?</b> | 1                          | 2               | 3                                | 4               |

**10. ¿Cómo describiría el programa de La Salud en Tu Mundo a una persona que nunca lo ha visitado?**

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**11. ¿En general, cuanto disfrutó su visita a La Salud en Tu Mundo hoy?**

- Lo disfruté mucho.
- Lo disfruté
- Lo disfrute mas o menos
- No lo disfruté

**12. ¿Que tanto recomendaría el programa de La Salud en Tu Mundo a otras personas?**

- Altamente lo recomendaría
- Lo recomendaría mucho
- Lo recomendaría.
- No lo recomendaría.

**13. Por favor complete estas oraciones.**

La cosa mas interesante que hice en la Salud en Tu Mundo hoy fue... \_\_\_\_\_

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Lo mejor de haber asistido a La Salud en Tu Mundo fue... \_\_\_\_\_

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Las actividades y/o la manera en que son presentadas podrían ser mejor si.... \_\_\_\_\_

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Favor de continuar...



**14. Por favor cuéntenos un poco de usted...**

Masculino    Femenino

**Edad:**       18 – 25       26 – 35       36 – 45       46 – 55       56 – 70       71+

**Las edades de sus niños:** \_\_\_\_\_

**¿Cual de las siguientes representa mejor su origen étnico?**

Por favor marque todos los que aplican.

- Blanco/Anglo-Sajón
- Afro-Americano
- Hispano/Latino
- Nativo Americano / Nativo de Alaska
- Asiático-Americano
- Otro (mencione): \_\_\_\_\_

*Gracias por su tiempo y por su amabilidad.  
Por favor entregue este formulario a uno de nuestros empleados y  
reclame su regalo..*



1. Thank you for coming tonight and for taking a few minutes with me now.  
 How did you like the event?

\_\_\_\_\_

\_\_\_\_\_

2. I'd like to know if you discovered anything new at the tables you visited while you were here.

| Table                                    | √ | Discovered something new |
|--|---|--------------------------|
| Air and how to keep it clean             |   |                          |
| Bike helmet and how it protects you      |   |                          |
| Body basics and your body's cells        |   |                          |
| Bones and your skeleton                  |   |                          |
| Brain and your 5 senses                  |   |                          |
| Digestion and how food breaks down       |   |                          |
| DNA and your genetic code                |   |                          |
| Drinking water and how your body uses it |   |                          |
| Emotions and how you learn               |   |                          |
| Fitness and making your body strong      |   |                          |
| Germs and your immune system             |   |                          |
| Growth and your body changes             |   |                          |
| Health careers and your job interests    |   |                          |
| Heart and your blood                     |   |                          |
| Lungs and your breathing                 |   |                          |
| Medical tools and measuring your health  |   |                          |
| Muscles and your body in motion          |   |                          |
| Nutrition and your diet                  |   |                          |
| Saving water in our environment          |   |                          |
| Teeth and your dental health             |   |                          |

**3. Did you see anything here tonight about things you can do for good health?**

**Follow up:** if they say something general, like “not smoke” ask if they ever heard that somewhere else before they came here.

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**4. Here are several ideas of things you can do for good health. I’d like you to sort them to show me if you feel that you’re likely to do them or not.**

| Action  | Already | Probably | Maybe | Won't | Follow-up Interview |
|---|---------|----------|-------|-------|---------------------|
| wash my hands regularly                       | 1       |          |       |       |                     |
| drink more water                              | 2       |          |       |       |                     |
| go for regular health check-ups               | 3       |          |       |       |                     |
| conserve water in my home                     | 4       |          |       |       |                     |
| help reduce air pollution by carpooling       | 5       |          |       |       |                     |
| feel good about the way I look                | 6       |          |       |       |                     |
| wear a bike helmet that fits my head well     | 7       |          |       |       |                     |
| reduce the amount of saturated fat that I use | 8       |          |       |       |                     |
| eat fruit and vegetables                      | 9       |          |       |       |                     |
| exercise regularly                            | 10      |          |       |       |                     |
| choose not to smoke or stop smoking           | 11      |          |       |       |                     |
| reduce the amount of soda that I drink        | 12      |          |       |       |                     |

**5. May we call you in about four months to ask you a few questions about this interview?  
If you’re interviewing a child, check with the parent and get adult’s name.**

First Name: \_\_\_\_\_ Parent: \_\_\_\_\_

Phone Number: (\_\_\_\_\_) \_\_\_\_\_

Best time to call in day or evening: \_\_\_\_\_

*Thank you so much!  
Here is your thank you gift.*



**Follow-up Questions for phone call:**

Hi, My name is \_\_\_\_\_. I'm calling from Explorit. Back in \_\_\_\_\_ (*month*) you visited the

Health in Your World event at \_\_\_\_\_ (*location*).

1. Do you remember going to that? \_\_\_\_\_

2. *If they haven't already volunteered something:* What do you remember best about the activities at the tables there?

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3. Great. While you were there, you participated in a short interview and sorted cards about healthy behavior. (*Let them acknowledge this.*)

4. At that time you thought that you would probably to do a few things for good health. I'd like to know if you have been able to do any of them. Here's the first one... (*Go through list on table above, citing only those things that they were Very or Somewhat likely to do. Mark their response in the column provided.*)

Additional Comments:

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**CALL LOG:**

|             |  |  |                                    |
|-------------|--|--|------------------------------------|
| Date: _____ | Result: <input type="checkbox"/> left voice mail | <input type="checkbox"/> left msg with person: _____ | <input type="checkbox"/> Interview |
| Date: _____ | Result: <input type="checkbox"/> left voice mail | <input type="checkbox"/> left msg with person: _____ | <input type="checkbox"/> Interview |
| Date: _____ | Result: <input type="checkbox"/> left voice mail | <input type="checkbox"/> left msg with person: _____ | <input type="checkbox"/> Interview |
| Date: _____ | Result: <input type="checkbox"/> left voice mail | <input type="checkbox"/> left msg with person: _____ | <input type="checkbox"/> Interview |



1. Gracias por venir esta noche y por tomar unos minutos para platicar conmigo.  
¿Cómo te pareció el evento?

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2. Me gustaría saber si descubriste algo nuevo a las mesas que visitaste mientras estabas aquí.

| Mesa  | √ | Descubri algo de nuevo... |
|---|---|---------------------------|
| El <b>ADN</b> y tu código genético                  |   |                           |
| El <b>agua potable</b> y como tu cuerpo lo usa      |   |                           |
| El <b>aire</b> y como mantenerlo puro               |   |                           |
| El <b>casco</b> y como te protege                   |   |                           |
| <b>Carerras de salud</b> y tus intereses de trabajo |   |                           |
| <b>El cerebro</b> y tus 5 sentidos                  |   |                           |
| <b>Conservando el agua</b> en nuestro medioambiente |   |                           |
| El <b>corazón</b> y tu sangre                       |   |                           |
| <b>Cosas básicas</b> y las células de tu cuerpo     |   |                           |
| El <b>desarrollo</b> y los cambios en tu cuerpo     |   |                           |
| Los <b>dientes</b> y tu salud dental                |   |                           |
| La <b>digestión</b> y como se digiere la comida     |   |                           |
| El <b>ejercicio</b> y manteniendo tu cuerpo fuerte  |   |                           |
| Las <b>emociones</b> y como aprendes                |   |                           |
| Los <b>gérmenes</b> y tu sistema inmunológico       |   |                           |
| Los <b>huesos</b> y tu esqueleto                    |   |                           |
| <b>Instrumentos médicos</b> y la medida de tu salud |   |                           |
| Los <b>músculos</b> y tu cuerpo en movimiento       |   |                           |
| La <b>nutrición</b> y tu dieta                      |   |                           |
| Los <b>pulmones</b> y tu respiración                |   |                           |

**3. ¿Viste algo esta noche acerca de cosas que puedes hacer para mantener la buena salud?**

**Para mas información:** si dicen algo en general, como “no fumar”, pregunta si escucharon eso en otro lugar antes de venir a este programa.

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**4. Aquí hay algunas cosas que puedes hacer para mantener la buena salud. Me gustaría que las organices para mostrarme si ya los estás haciendo o si los podrías comenzar.**

| Acción  | Ya lo hago | Muy probable | Mas o menos probable | No es probable | Seguimiento a largo plazo |
|---|------------|--------------|----------------------|----------------|---------------------------|
| lavar mis manos frecuentemente                                | 1          |              |                      |                |                           |
| beber suficiente agua   | 2          |              |                      |                |                           |
| asistir chequeos de salud regulares                           | 3          |              |                      |                |                           |
| conservar agua en mi hogar                                    | 4          |              |                      |                |                           |
| ayudar reducir la polución en el aire compartiendo transporte | 5          |              |                      |                |                           |
| sentirme bien de la manera en que me veo                      | 6          |              |                      |                |                           |
| usar un casco de bicicleta que me quede a la medida           | 7          |              |                      |                |                           |
| comer muy poca de grasa saturada                              | 8          |              |                      |                |                           |
| comer frutas y vegetales                                      | 9          |              |                      |                |                           |
| hacer ejercicio regularmente                                  | 10         |              |                      |                |                           |
| decidir no fumar  | 11         |              |                      |                |                           |
| beber muy poca soda   | 12         |              |                      |                |                           |

**5. ¿Te podríamos llamar en unos cuatro meses para hacerte algunas preguntas sobre esta entrevista?**

Si estás entrevistando a un menor de edad, consigue el permiso de los padres y obten el nombre del/a padre/madre/guardián

Nombre: \_\_\_\_\_

Padre/madre/guardián: \_\_\_\_\_

Número de teléfono: (\_\_\_\_\_) \_\_\_\_\_

Mejor tiempo para llamar durante el día o la noche: \_\_\_\_\_

*¡Muchísimas gracias!  
Aquí está tu regalo.*

**Preguntas de seguimiento para llamada telefónica:**

Hola, me llamo \_\_\_\_\_. Estoy llamando de Explorit. En el mes de \_\_\_\_\_ visitaste el evento de La Salud en Tu Mundo en el local de \_\_\_\_\_.

1. ¿Te acuerdas de haber ido? \_\_\_\_\_

2. Si no ha mencionado ya: ¿Que acuerdas mas sobre las actividades que estaban sobre las mesas?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Excelente. Mientras asististe, participaste en una corta entrevista y organizaste *tarjetas* (permite que ellos lo afirmen). \_\_\_\_\_

4. En ese tiempo pensaste que probablemente harías unas cosas para mantener la buena salud. Me gustaría saber si las has podido hacer. Aquí está la primera... (Go through list on table above, citing only those things that they were Very or Somewhat likely to do.)

Otro comentario:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**CALL LOG:**

|             |  |  |                                    |
|-------------|--|--|------------------------------------|
| Date: _____ | Result: <input type="checkbox"/> left voice mail | <input type="checkbox"/> left msg with person: _____ | <input type="checkbox"/> Interview |
| Date: _____ | Result: <input type="checkbox"/> left voice mail | <input type="checkbox"/> left msg with person: _____ | <input type="checkbox"/> Interview |
| Date: _____ | Result: <input type="checkbox"/> left voice mail | <input type="checkbox"/> left msg with person: _____ | <input type="checkbox"/> Interview |
| Date: _____ | Result: <input type="checkbox"/> left voice mail | <input type="checkbox"/> left msg with person: _____ | <input type="checkbox"/> Interview |