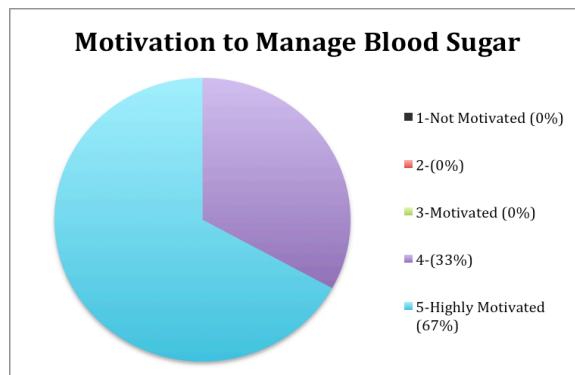


Dance Out Diabetes Post Program Evaluation Survey Summary 2012

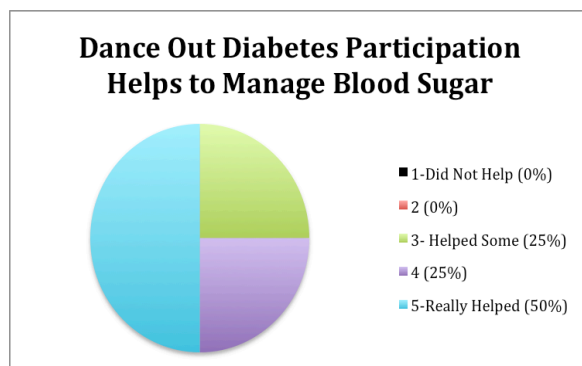
1. How motivated are you to manage your blood sugars?

1	2	3	4	5
Not Motivated		Motivated		Highly Motivated
0%	0%	0%	33%	67%



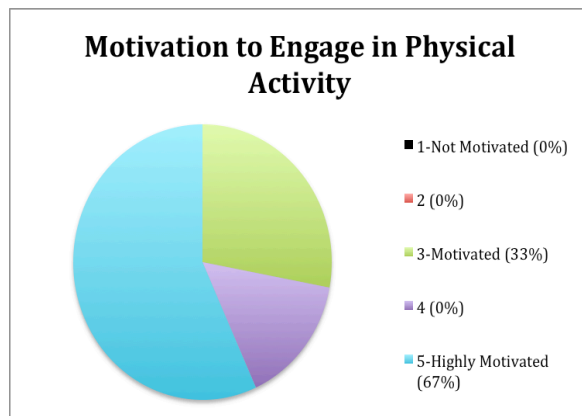
2. How has your participation with Dance Out Diabetes helped you to manage your blood sugars?

1	2	3	4	5
Did not help	Helped some			Really helped
0%	0%	25%	25%	50%



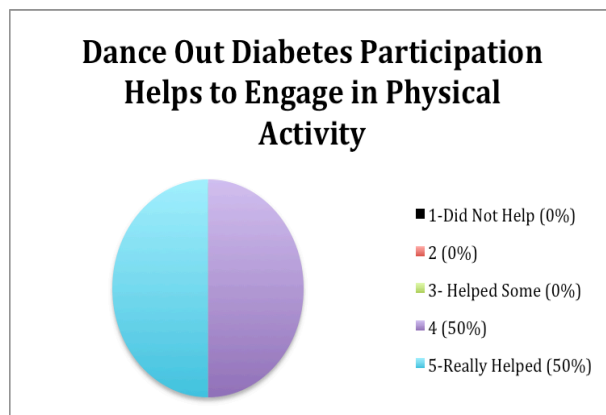
3. How motivated are you to engage in physical activity?

1	2	3	4	5
Not Motivated		Motivated		Highly Motivated
0%	0%	33%	0%	67%



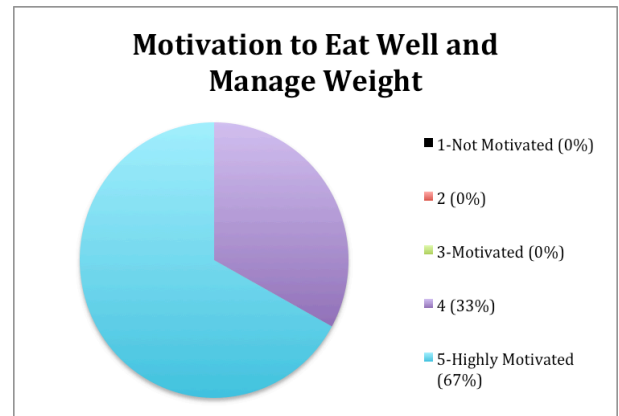
4. How has Dance Out Diabetes helped you to engage in physical activity?

1	2	3	4	5
Did Not Help		Helped Some		Really Helped
0%	0%	0%	50%	50%



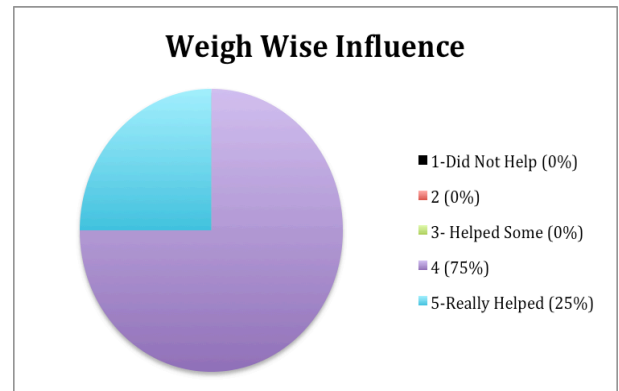
5. How motivated are you to eat a well-balanced diet and manage your weight?

1	2	3	4	5
Not Motivated	Motivated		Highly Motivated	
0%	0%	0%	33%	67%



6. Given our monthly “Weigh Wise” handouts, how has Dance Out Diabetes helped you to eat a well-balanced diet and manage your weight?

1	2	3	4	5
Did Not Help	Helped Some		Really Helped	
0%	0%	0%	75%	25%



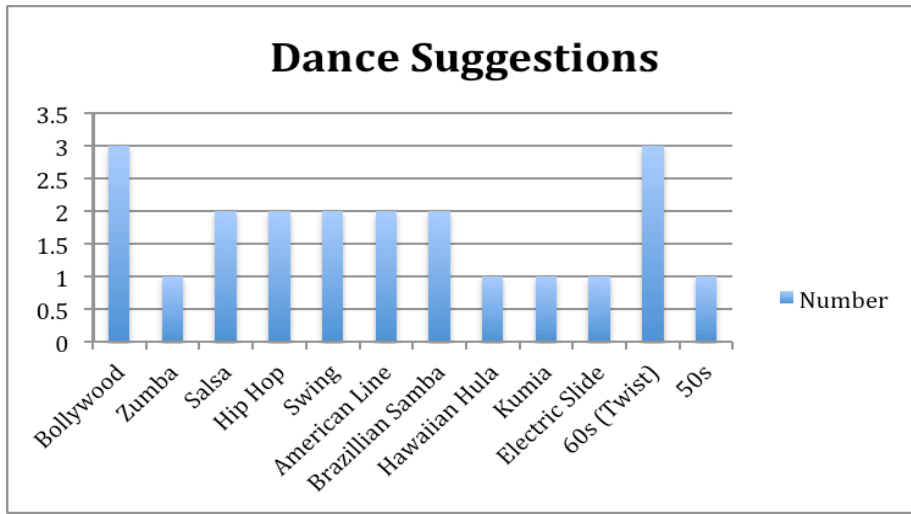
7. Meeting others with diabetes makes me able to manage my diabetes better.

Agree: 100% Disagree: 0%

8. If you have skipped a Dance Out Diabetes event within the last three months, what was the reason? (Check all that apply)

- Time of day or week
- Health Condition
- 3 Prior Commitment
- Forgot
- Type of Dance Offered
- Type of participants
- 1 Other: Also go quilt every second Tuesday each month

9. What types of dances did you like or would you like to see in the future?



10. How can we improve our dances?

Comments from survey participants:

- You are doing great! Please keep it up. Thanks.
- Everything is great.
- All seems to be fine!