

General Program Evaluation From There to Here - A Weight Loss Journey

Date: 02/27/07

Presenter: Matt Vander Plow

Coordinator: Gayle Kuipers

1. The instructor clearly presented the course material.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	70	98.6%						
Undecided/Neutral	1	1.4%						
No	0	0.0%						

2. I learned new information from this presentation.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	61	85.9%						
Undecided/Neutral	10	14.1%						
No	0	0.0%						

3. Overall content of the class and program materials were appropriate and useful.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	67	95.7%						
Undecided/Neutral	3	4.3%						
No	0	0.0%						

4. I felt free to ask questions and/or contribute to the class discussion.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	44	67.7%						
Undecided/Neutral	17	26.2%						
No	4	6.2%						

5. I will attempt to make lifestyle improvements based on information I received today.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	62	88.6%						
Undecided/Neutral	8	11.4%						
No	0	0.0%						

6. The environment of the classroom was comfortable and clean.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	68	95.8%						
Undecided/Neutral	2	2.8%						
No	1	1.4%						

7. I would recommend this program to others.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	65	92.9%						
Undecided/Neutral	5	7.1%						
No	0	0.0%						

8. The program met my expectations.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	62	88.6%						
Undecided/Neutral	7	10.0%						
No	1	1.4%						

9. I feel I paid a fair price for the program.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	43	76.8%						
Undecided/Neutral	11	19.6%						
No	2	3.6%						

10. I found registering for the program to be simple and convenient.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	61	92.4%						
Undecided/Neutral	4	6.1%						
No	1	1.5%						

11. I am aware of other programs/services offered by the Center for Good Health.

Response	Frequency	Percent	0	20	40	60	80	100
Yes	54	79.4%						
Undecided/Neutral	9	13.2%						
No	5	7.4%						

12. What was the most useful part of the program, or what did you like best?

- Tips on exercising.
- Seeing the change.
- Ease of speaker. Very enjoyable and honest.
- The resources we can utilize once the class is done.
- The Disney reference.
- The speaker motivated me to change my lifestyle.
- Direct, straight forwardness.
- Matt's personal story.
- There was no reference to the weight. I hate that term. thanks!
- Seeing the calorie contents for the food choices.
- His personal stories about how he suffered when he was overweight. Also how it was stressed that its important to make a commitment to yourself.
- The resources given, the examples - pants, spoons, scale.
- Challenge for weight loss.
- The fill in paper.
- Holland Hospital did a great job to inform us of the change in location: email, voicemail, AND mailed notice. EXCELLENT!
- All
- Appreciated all of the presentation.
- His sharing from the heart. Also the plan laid out to follow. Steps to his success!
- Online info.
- Matt was full of helpful tips.
- To learn how to change my lifestyle.
- Matt Vanderplow and his success goals.
- His honesty and transparency to help others.
- Lively speaker, website ideas, handout was laid out nicely.
- The steps needed to lose the weight. I thought all of it was beneficial.
- Honesty and compassion to lose weight.
- The handouts.
- Websites.
- The speaker was very real.
- Real life stories.
- How big people get that way. Buffet, gastric bypass surgery.
- All of it. One of the best programs I have been to. He was excellent.
- His commitment to his decision, determination to do things on his own.
- Speaker shows humility humanity. Good handouts to follow lecture and calorie comparison test. Good powerpoint.
- The encouragement he brought.
- Online food diary fitday.com. Super real life person on a great life change.
- I could identify with Matt. I've been there.
- Matt was positive and upbeat throughout. Appreciate and will use the tip about yourself fitness video workout.
- It reinforced the program I'm now on to change my lifestyle. His openness and honesty was right on for anyone who is serious. He drove the point of it being a forever change.

13. What suggestions do you have to made the program better?

- Easier instructions on finding the library.
- Not sure.
- Contain in 1 hour.
- Mention the importance of water!
- Wonderful program!
- Needs to talk faster, keep energy up.
- Just continue, it's great motivation!
- None
- None, it was great!
- Keep it going!
- More pics during progress.
- Perhaps the speaker could be elevated so the props could be shown.
- None, he did an excellent job.
- Timing.
- Have questions from audience be part of the presentation at the end.
- When I called to register I asked where in the Hospital then I was told it moved only because I asked.
- Nothing I can think of.
- Video, tears.
- Auditorium seating so people in back can see slides. Presenter couldn't see at all.
- Too much time spend in pre-mode. Concentrate more on method and post. It's all in the process for motivation.
- Be more personal. How did you come up with your ideas? Reading books, original thinking, a nutritionist?
- Good as it was.