



**DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP™)**  
**Training of Peer Educators**  
**Workshop Evaluation**

Please complete this form to permit us to evaluate the workshop. Don't write your name on this form. Your participation is voluntary. Your information is confidential.

Please RATE this training based on the following...	Poor	Fair	Good	Excellent
1. Workshop format	1	2	3	4
2. Workshop agenda	1	2	3	4
3. Length of workshop	1	2	3	4
4. Timeliness of information	1	2	3	4
5. Relevance to my concerns or work	1	2	3	4
6. Opportunity to ask questions	1	2	3	4
7. Interactions among participants and presenters	1	2	3	4
8. Speaker's knowledge	1	2	3	4
9. Group activities	1	2	3	4
10. Teach-back activities	1	2	3	4
11. Handouts and resources in the package	1	2	3	4
12. Overheads/Power Point used	1	2	3	4

Directions: Read each statement. In the AFTER column, circle the number that indicates your level of confidence at the present time. Next, think back about how you felt before attending the workshop. In the BEFORE column, circle the appropriate numbers.

TO WHAT EXTENT DO YOU FEEL YOU ARE ABLE TO ...	AFTER Workshop			BEFORE Workshop		
	Not at all	Somewhat	Completely	Not at all	Some what	Completely
1. Give a presentation on diabetes in lay terms	1	2	3	1	2	3
2. Describe the functions of the main body organs and their relationship to diabetes	1	2	3	1	2	3
3. Define type 2 diabetes	1	2	3	1	2	3
4. Identify three modifiable diabetes risk factors	1	2	3	1	2	3
5. Name three benefits of using a glucose meter	1	2	3	1	2	3
6. Demonstrate the use of a glucose meter	1	2	3	1	2	3
7. List three benefits of exercise in diabetes management	1	2	3	1	2	3
8. Demonstrate three appropriate exercises for persons with diabetes	1	2	3	1	2	3
9. Identify the six food groups in the ADA food guide pyramid and the number of portions for each group	1	2	3	1	2	3

10. Correctly interpret food label information such as calories, fat, sugar, and sodium content	1	2	3	1	2	3
11. Describe three self-care strategies to prevent diabetes complications	1	2	3	1	2	3
12. Describe the role of the members of the diabetes health care team	1	2	3	1	2	3
13. Identify three types of medications available for diabetes control	1	2	3	1	2	3
14. Correctly interpret A1C values	1	2	3	1	2	3
15. Describe three challenges to patient adherence to a medication plan	1	2	3	1	2	3
16. Demonstrate how to pose questions to health care providers	1	2	3	1	2	3
17. Describe how stress can impact diabetes control	1	2	3	1	2	3
18. Recommend strategies to cope with stress and depression associated with diabetes	1	2	3	1	2	3
19. Describe the role of the health promoter in the health care system	1	2	3	1	2	3

**Would you attend a similar workshop again?  Yes  No  Maybe**

**What was the most important thing that you learned in the workshop?**

**How do you plan on using the information and techniques learned in this training in the future?**

**THANK YOU.**