1. How confident are you in your ability to recognize the symptoms of an eating disorder?
   Not at all - 1%  Somewhat - 5%  Confident – 22%  Very confident - 60%  N/A – 2%

2. How confident are you in your ability to identify support for a friend with an eating issue?
   Not at all – 0%  Somewhat – 6%  Confident - 26%  Very confident - 65%  N/A – 3%

3. How knowledgeable are you regarding exercise resources in the Manhattan area?
   Not at all - 0%  Somewhat - 13%  Knowledgeable – 5%  Very – 12%  N/A – 70%

4. How confident are you in identifying methods to improve body image?
   Not at all - 1%  Somewhat – 2%  Confident – 18%  Very confident – 62%  N/A – 17%

5. How knowledgeable are you regarding current recommendations for healthy eating?
   Not at all – 0%  Somewhat – 12%  Knowledgeable – 18%  Very – 52%  N/A – 8%

6. How confident are you in your ability to identify healthy weight management strategies?
   Not at all - 0%  Somewhat – 4%  Confident – 17%  Very confident – 62%  N/A – 7%

7. How motivated are you to change your current nutrition or exercise behaviors?
   Not at all – 1%  Somewhat – 7%  Motivated – 10%  Very motivated – 72%  N/A – 0%

8. How confident are you in your ability to choose safe nutrition/exercise behaviors as opposed to potentially harmful extremes?
   Not at all – 0%  Somewhat – 0%  Confident - 22%  Very confident – 76%  N/A – 2%

Additional comments:

“Thank you so much for taking the time to come to Ford Hall to talk with us!”

“Great presentation! It really opened my eyes to how the image of beauty is distorted.”

“I would have liked to see more discussion/interaction and a ‘call to action’.”

“Really enjoyed the presentation.”

“I really appreciated the resources that were pointed out and the real life application for college students.”

“As a male, the focus of the presentation seemed more female-oriented. It would be nice to include more resources for guys.”

“Thank you for providing this much needed information on an important topic.”