



# Lee County Schools

## Eat REAL for Your Health

### Aggregated Program Results



Program Dates: January 20 through April 10, 2020

# of Pre-Program Self-Assessment (A1) Respondents: 491  
 # of Post-Program Self-Assessment (A2) Respondents: 481  
 Percent Completed: 98%

Do You Eat REAL? (Yes/No forced choice)	Total # of Responses	Total # of A1 Yes's	Total # of A2 Yes's	# of participants who Improved	# of participants who worsened	# of participants with no change	Percent Positive Change
It is a habit for me to evaluate a product by reading the ingredient list.	481	270	458	190	2	289	39.5%
When I want something sweet, I reach for fruit first.	481	103	415	314	2	165	65.3%
The majority of my snacks come from the produce aisle.	481	137	408	279	8	194	58.0%
I frequently incorporate flax and/or chia seeds in yogurt, oatmeal, cereal or baked goods.	481	104	346	244	2	235	50.7%
When I choose chocolate, I select 60% cacao or higher.	481	159	412	255	2	224	53.0%
I know how to roast a variety of vegetables, and they are a hit at my house.	481	256	457	202	1	278	42.0%
I know about ginger and turmeric's disease-fighting properties, and I keep them within easy reach.	481	184	440	257	1	223	53.4%
I make at least one plant-based meal per week.	481	245	440	200	5	276	41.6%
Pizza in my world includes salad, and vegetable toppings on a thin or whole-grain crust.	481	175	398	233	10	238	48.4%
I know what cruciferous vegetables are, and why they are so beneficial.	481	253	476	224	1	256	46.6%
For pasta dishes, I keep my veggie to pasta ratio high - at least twice as many veggies as pasta.	481	147	439	298	6	177	62.0%

Health Questionnaire (Yes/No forced choice)	Total # of Responses	Total # of A1 Yes's	Total # of A2 Yes's	# of participants who Improved	# of participants who worsened	# of participants with no change	Percent Positive Change
I have high blood pressure or I am on a blood pressure-lowering medication.	481	124	107	21	4	456	4.4%
I have high cholesterol or I am on a cholesterol-lowering medication.	481	136	95	50	9	422	10.4%
I have diabetes or I am on a diabetes medication.	481	33	32	1	0	480	0.2%

Change in Weight (Self-reported at program start and end; weight and weight change outliers were removed)	All Participants with reported weight values	Participants reporting weight loss	Participants reporting weight gain	Participants reporting no change
Number of Participants	474	337	60	77
Percent of Participants	100.0%	71.1%	12.7%	16.2%
Total Weight Change in pounds	(2227.70)	(2468.10)	240.40	0.0
Average Weight Change in pounds	(4.70)	(7.32)	4.01	0.00



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**EAT REAL**  
*for Your Health!*

Program Evaluation (Yes/No forced choice)	Total # of Responses	Total # of Yes's	Percent of Yes's
This program has broadened my knowledge of foods that are good for me.	481	477	99.2%
As a result of this program, I feel more confident in my ability to make delicious and nutritious meals at home.	481	478	99.4%
I would recommend this program to others.	481	471	97.9%

In what ways have your eating habits changed as a result of this program? (Participants were instructed to check all that apply)	# of check marks	Percent of participants
More open to trying new foods	348	72.3%
Eating more vegetables	400	83.2%
Eating more fruit	341	70.9%
Less sodium in my diet	204	42.4%
Eating less junk food	343	71.3%
Improved portion control	221	45.9%
Eating more meals at home	323	67.2%
Eating less fast food	289	60.1%
Adding cruciferous vegetables regularly	307	63.8%
Consuming less sugar	265	55.1%
My meals and snacks include less carbs	248	51.6%
Using new seasonings	259	53.8%
My family is eating healthier	265	55.1%
Eating less processed meats	271	56.3%
Can enjoy "sweet treats" more healthfully	259	53.8%
Choosing healthier breakfast options	236	49.1%
Eating more plant foods in general	319	66.3%
My eating habits have not changed as a result of this program	30	6.2%
<b>Total # of check marks</b>	<b>4,928</b>	
<b># of participants who responded</b>	<b>481</b>	



## Lee County Schools Eat REAL for Your Health Program Cost/Benefit

EAT REAL

for Your Health!

Health Questionnaire (Yes/No forced choice)	Net improved participants	Savings per improved participant*	Savings from improved health conditions
I have high blood pressure or I am on a blood pressure-lowering medication.	17	\$8,028.00	\$136,476.00
I have high cholesterol or I am on a cholesterol-lowering medication.	41	\$7,520.00	\$308,320.00
I have diabetes or I am on a diabetes medication.	1	\$9,640.00	\$9,640.00
Total			\$454,436.00

Change in Weight (Self-reported at program start and end; weight and weight change outliers were removed)	All Participants with reported weight values	Savings per pound lost**	Total Savings from weight loss
Total Weight Change in pounds	(2227.70)	\$11.00	\$ 24,504.70

Total Dollars Saved (Cost Avoidance)	Program Cost	Net Dollars Saved	Cost/Benefit Ratio	ROI
\$478,940.70	\$ 50,000.00	\$428,940.70	1: 8.58	858%

\*Data from Vital Incite 2018 Book of Business

\*\* Data from CDC



# Lee County Schools Eat REAL for Your Health Program Evaluation

**EAT REAL**  
for Your Health!

## Any other comments or suggestions to make this program better?

Excellent!

I thoroughly enjoyed the videos, gaining new insight into eating healthier, the whole experience!!

I appreciated the easiness of the program. Little bites at a time & at your own pace.

Wonderful job!

Great program! Thank-you

Great course and the great cook book

I love the program , because I learned and it help me to select what I eat carefully .

Very thought-provoking! I'm surprised it had the impact on my that it had. I'm a junk food/fast food fanatic and I'm 61 years old! Time to give it up and take good care of myself!

This program was a great jump start to healthy eating for my husband and I. Towards the middle of the program we found out my husband had high cholesterol. Lucky for us we were already taking the steps to making plant based meals more often. :) I like the way the program was designed to make "baby steps" towards the end goal.

I loved your program. Zonya, thank you for your energy and fabulous videos.

I really loved the recipes! thank you!

Great program; the need for other healthy eating ideas is much needed today to be a more healthier person.

Great program like the short videos

Awesome course!

Thank you - the cookbook has been very helpful to me - I do not like to cook, so need to keep it easy

My family has developed new favorites from the cookbook!

Loved the programs and recipes!!!!

I loved the content, and the cookbook! Thank you for the accessories to accompany this course.

The recipes have given me a broader outlook on different ways to prepare healthy food.

Another great program.

I really enjoyed this series!

Excellent! Magnificent! Bravo!

Thank you for doing this! I learned a lot and love all the recipes!

Love this program and the book Myself and family are really enjoying all the things I have made so far. Looking forward to more awesome meals!

More low carb "delicious" recipes for those of us that have diabetes.

I am a healthy vegetarian, yet I found this program to be enriching and reaffirming of my eating habits.

The cookbook and listing my food needs has changed (love it)

I enjoyed the videos and the meals were amazing. I am going to use the cook book for many other choices.

Keep up the good work-enjoyed the recipes to add variety to my meals

My blood sugar has been more under control since this program

The cookbook is amazing! It really broadened my ability to use different spices I never would have thought to use.

Excellent program.

I learned a lot about Healthy food

I enjoyed this program and the videos. It was fun to try the recipes.

love this program - thank you

Loved the recipe book!

Enjoyed the weekly videos and recipes!

the two ladies are great!! Great work!

This program was fantastic

This is a great program!

My family enjoyed the meals! The spices used made the meals taste like they came from a restaurant.

Make more food options for people with allergies to common foods (or at least suggest an alternative) like: fish, dairy, nuts, eggs, chocolate, bananas, and spices like soy, cinnamon, ginger, etc. (Most of these are life-threatening, some precipitate migraines). Almost everything on the videos sounded great, but was not doable in my family situation for the above reasons. Roasting vegetables was great, but we already did that prior to the class. We did work more cruciferous vegetables into our eating. Thanks!

Very informative program!!

Some meal ideas even allowed me to sneak in a vegetable without my husband knowing! He ate a mushroom and sweet potato for the first time in his life...and didn't know!

The program was so helpful to me.

This program is just awesome. Thank you!!

The program was great, I look forward to trying out more recipes. Thanks

Truly enjoyed the class, and am looking forward to sharing with friends and family, as well as my Culinary Classes.

It has been helpful in making me aware that healthy food can also be enjoyable.

I like the fact that the videos are full of information, but they are short.

Program was great, thank you!

I had a great time trying to new things

very informative and recipes are very tasty

I appreciated the time zonya took in each segment to prepare a meal and demonstrate how easy it is to be healthy. We know as a family that our grocery bill will increase the next couple of months but it would be worth it in the long run. My family and I are both excited about our next endeavor. I hope there is a follow up program where I can check in on a monthly basis about my family's progress. Thanks again.

Loved the cookbook and wide range of recipes

I loved this program and all of the easy delicious recipes!

Awesome program!

The videos were extremely helpful in learning new things and being exposed to new recipes.

Thank you very much for enlightening me to make healthier food choices. Keep up the good work.

Different levels would be good (beginning, intermediate, advanced?). I already had made a lot of changes in my nutrition, so much of the information was repetitive, although still valuable.

Great program. I loved the easy to make great tasting recipes!

I loved the videos and cookbook!! Thank you!

I loved the program!!!

Possibly add some variations of the meals for toddlers or see which ones have been popular with kids in general.

Thank you for this program and the cookbook. I love it.

This program has helped me tremendously with reaching my weight loss goals.

I never ate at fast food restaurants and tried to eat healthy, but now I am really eating healthy and have a better understanding of spices, crucifers, and nutrition! Thank you!

A group message board would be nice to encourage each other and share ideas would be nice- even after finishing the required components. A co-worker and I texted new recipes we tried and liked as well as ways we modified to get family members to eat Real Foods!

Super glad I participated in this program!

Recipes for one or two people

My oldest (22 years old) has been trying to lose weight and with his workout program and my healthy meals, he has lost 15 pounds. My youngest is a junior in high school and a wrestler who has to make weight weekly. He bragged to his teammates that he never missed a meal, ate as much as he wanted, and was actually under his required weight. In the past, if I made a big bowl of salad, I had a lot left after dinner. I started making each person a salad, and each person finished their bowl! I used to snack on nuts, but it was a lot of calories to consume, so now I grab an extra piece of fruit for my afternoon snack. I have been trying to get healthy by incorporating exercise and healthy eating. I have dropped an additional 7 pounds on this program bringing my total to 20 pounds total.

No. Great program.

More videos

I enjoyed the short yet informational videos. Very practical tips that were easy to implement!

Thank you for all of the wisdom you imparted to us! It can save lives!!

I love the recipes but would like more non-meat options.

I thought it was great. I learned so much!!! Thank you.

Thank you for the great cook book!!! I'm old fashion and like to have the book in my hands as opposed to online recipes. Just in that generation I guess.

I was already eating very healthy, but his program told me a few new things to add.

very well put together. Thank you for doing this.

I thought it was great- I loved hearing all about the plant-based options and the super foods!

I really enjoyed doing this programs. The recipe are easy to make and my family love them, :)

Great!!!!

I will continue to visit your site!!! Great ideas!!!!

The cooking tutorials and great.

Loved your video recipes - like shown exactly how done!!

Everything was healthy and delicious!

Love the how to videos. Tried most of the recipes. Easy to follow.

I like the cookbook and the extras that come with the program. The recipes and videos are good!

Wonderful program, so informative, and if I am about to make a bad choice, at the grocery store, I run what I have learned in this program in my head and normally put it back on the shelf. Thank you so much for offering this program to Lee county employees!!!! Love this woman!!!!

Thank you for making this program available to us.

I have learned a lot, but still have work to do. I'm not much of a cook, so I haven't added the tumeric and cumin yet, but I will get their.

The videos were very helpful in showing how to easy it actually is to make some of the recipes each week!

Absolutely loved this program! I will continue to use the recipes from my book as well as the shopping lists. Thank you for providing this program for us, Lee County!

No, the course is great!

Thank you so much!! Have truly enjoyed.

Great learning videos!!! I enjoy making a list and planning out meals for the week. My 4 year old is eating more veggies than cookies :)

Thank you Lee County! Great program for someone who seldom cooked before.

I enjoyed this program very much!

I would really like recipes for cooking vegetables and turning them into a broth for soup. That will be the best way for me to eat more vegetables. Thank you.

This program is fabulous. I have enjoyed being more informed and have a new found delight in cooking my creative new meals. Thank you!

I've enjoyed the recipes and I've tried different foods because of this program. thank you

Great Job! Thank you for all the helpful tips!!

I loved this program. I learned a lot about seasoning and different foods.

no comments, liked the program because now I'm open to try new foods and seasonings

Thank you Loved The Recipes.

I really enjoyed the practicals that were offered and recipes.

I have done a great job in changing my eating habits.... except pizza. We still eat our favorite pizza every Friday night.. BUT I only eat once slice with a salad!

I truly appreciate the grocery list and desert variety.

I really do have to thank this program being a diabetic this program has taught be a lot of a better ways to eat and more amazingly I have tried foods I never thought I would like. So thank you very much!

I already ate healthy, it was great to follow this to learn new meals.

I really appreciated the videos and ease of making snacks and dinner items. The recipes are easy to make once you break them down and plan for them. Such a wonderful eye-opening experience.

I am allergic to chocolate and do not eat meat so in answering the questions it would be nice to have a third option other than yes or no such as N/A.

I would like more content and suggestions for snacks and easy quick lunches

I enjoyed this program. As I went through the program, I shared it with my family and friends.

Great program and amazing recipes

I love the program and have learned a lot. We have massaged Kale almost daily. I have gotten a convection oven to make roasted veges quick and easy. I love the cook book. We make the power balls and overnight oats every week. The healthy pizza is another favorite.

The program was easy to follow and had great recipes

love the recipes and easy access to the recipes

Very enlightning information. It is time consuming to get started for a traditional not as healthy eating house hold. Thank you for helping us get on track with better health.

Thank you for this opportunity to make better choices with my food intake.

I liked that you have a lot of other recipes for more options

Loved all the informative videos and the recipes were very tasty

No, I love that you didn't overwhelm me with too much information, loved the class

My husband and I both feel and look better. We will be continuing this healthier way of eating. Thank you!

This is a wonderful program - I always control my intakes of food in quantity and quality. . . . and I exercise. I love vegetables and fruits- However, losing weight after menopause. it has been a struggle. Perhaps if you address tips to lose weight and keep fit after menopause, I would greatly appreciated it.

This program should be implemented in our classrooms for kids to make better choices. I loved - I tried new vegetables and I am happy about it. Thank you so much for creating a program-diet that is so simple, educational, and fun . . . . and delicious to follow!! Also, Thank you for answering my emails - you were always there. Your website is so clear and easy to navigate. Thank you and continue this wonderful job. :)

I LOVE IT

The variety of my meal menus has drastically increased with healthier options made from Real Food.

Thank you!

This program has been fantastic! Thank YOU!

Well organized and I look forward to delving into even more of the recipes in the book.

I enjoyed the program and the book was nice but hard to navigate at times when looking for something specific. But the online bank was great. Thank you

I truly have enjoyed this program.

It was awesome!! Can't wait to use the website and cookbook more moving forward!! Great job ladies! Saving lives with the truth and great eating!!! Thank you!!!