



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



**Program Dates: January 20 through April 10, 2020**

# of Pre-Program Survey Respondents: 491  
# of Post-Program Survey Respondents: 481  
Percent Completed: 98%

Health Questionnaire (Yes/No forced choice; surveyed at program start and end)	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 Group Change in Weight (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 Participant Responses



Do You Eat REAL? (Yes/No forced choice; surveyed at program start and end)	Percent Positive Change
It is a habit for me to evaluate a product by reading the ingredient list.	39.5%
When I want something sweet, I reach for fruit first.	65.3%
The majority of my snacks come from the produce aisle.	58.0%
I frequently incorporate flax and/or chia seeds in yogurt, oatmeal, cereal or baked goods.	50.7%
When I choose chocolate, I select 60% cacao or higher.	53.0%
I know how to roast a variety of vegetables, and they are a hit at my house.	42.0%
I know about ginger and turmeric's disease-fighting properties, and I keep them within easy reach.	53.4%
I make at least one plant-based meal per week.	41.6%
Pizza in my world includes salad, and vegetable toppings on a thin or whole-grain crust.	48.4%
I know what cruciferous vegetables are, and why they are so beneficial.	46.6%
For pasta dishes, I keep my veggie to pasta ratio high - at least twice as many veggies as pasta.	62.0%

In what ways have your eating habits changed as a result of this program? (Participants were instructed to check all that apply; surveyed at program end)	# 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%



# Lee County Schools Eat REAL for Your Health Program Evaluation



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

Any other comments or suggestions to make this program better? (Open-ended responses; surveyed at program end)
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.
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!
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.
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.



## Lee County Schools Eat REAL for Your Health Program Evaluation



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.
I learned a lot about Healthy food
I enjoyed this program and the videos. It was fun to try the recipes.
Loved the recipe book!
Enjoyed the weekly videos and recipes!
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
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 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.
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.



## Lee County Schools Eat REAL for Your Health Program Evaluation



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!

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

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-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. I have dropped an additional 7 pounds on this program bringing my total to 20 pounds total.

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.

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.

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

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!



# Lee County Schools Eat REAL for Your Health Program Evaluation



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!
This program is fabulous. I have enjoyed being more informed and have a new found delight in cooking my creative new meals. Thank you!
Great Job! Thank you for all the helpful tips!!
I loved this program. I learned a lot about seasoning and different foods.
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 one 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 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 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
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
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
I LOVE IT
The variety of my meal menus has drastically increased with healthier options made from Real Food.
This program has been fantastic! Thank YOU!
Well organized and I look forward to delving into even more of the recipes in the book.