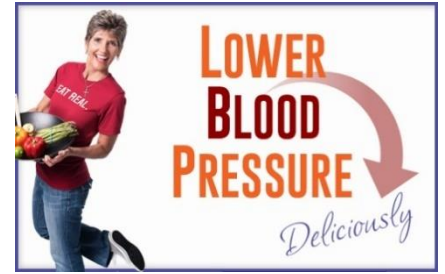


Lee County Schools

Results from Lower Your Blood Pressure Deliciously 5-Week Online Self-Paced Employee Cohort

Program Dates: 10/1/2021 through 11/12/2021

Based on 320 participants who completed assessments at the beginning and end of the Lower Blood Pressure Deliciously Program



Participants enrolled: 464

Number of pre-program assessments completed: 370

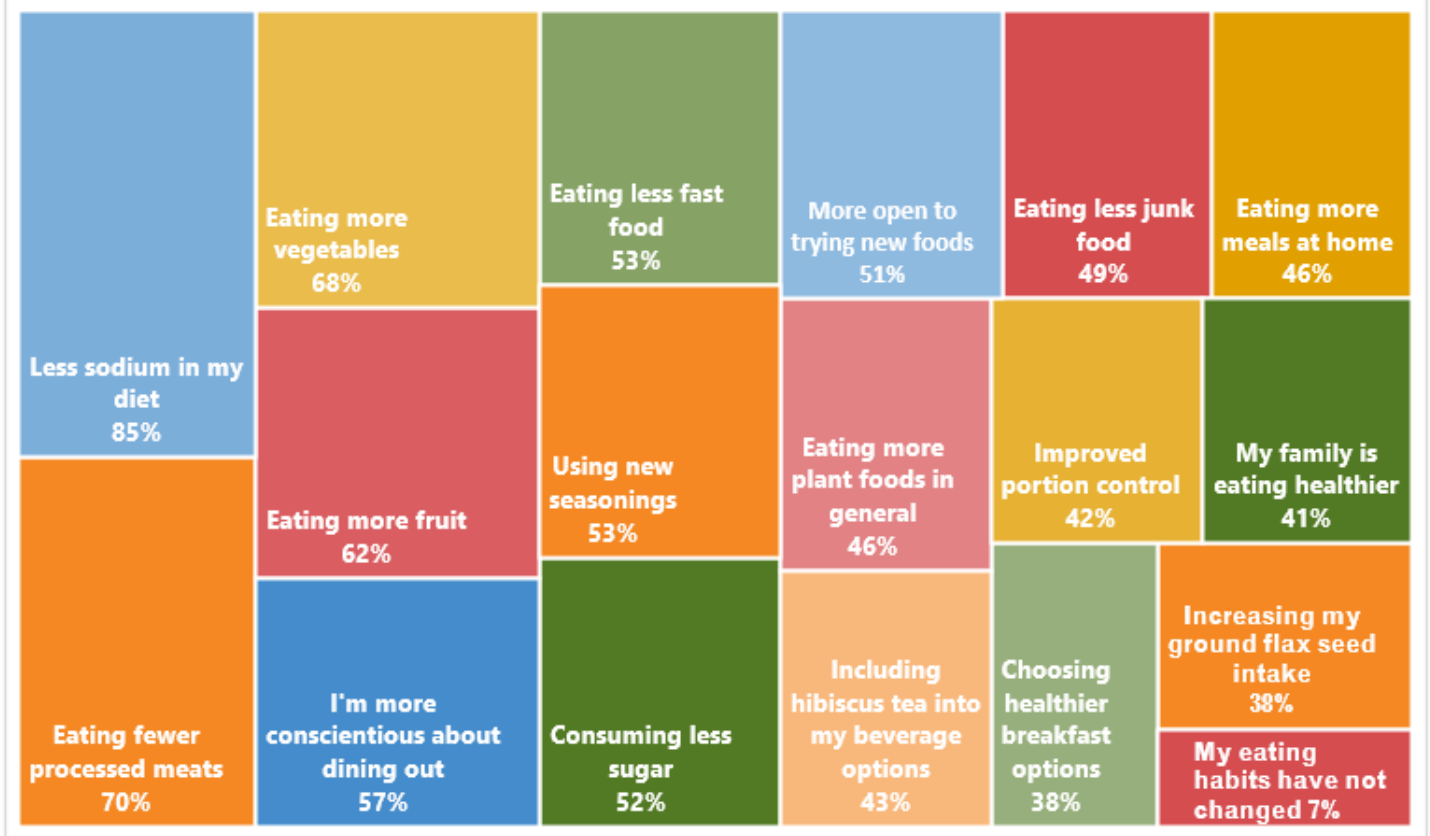
Number of pre- and post-program assessments completed: 320

% Yes's Pre	% Yes's Post	"Rate Your Plate" Questionnaire: The Changes They Made
70%	99%	I am confident when deciding what items to add to my grocery cart based on the ingredient list
41%	97%	I know how to read a nutrition label for sodium, calories, and sodium-to-calorie ratio
48%	99%	I have a good plan of action to make sure the sodium in bread isn't raising my blood pressure
35%	98%	I am confident in my ability to avoid dishes that are hidden salt mines when dining out
10%	95%	I know the top 20 foods that lower blood pressure, and include at least 5 of them daily
16%	95%	I know which foods provide the potassium, magnesium and calcium I need each day
61%	99%	I choose alternatives to processed meats that are just as satisfying
71%	98%	I understand the importance of stress management, and use breathing and yoga to manage my stress
44%	99%	I know how the "typical American diet" differs from one that lowers blood pressure, and choose the latter most of the time
58%	68%	I do not have high blood pressure, nor do I take medications to control high blood pressure

4.5 = The average "Rate Your Plate" score (out of 10) at the beginning of the program
 9.5 = The average "Rate Your Plate" score (out of 10) at the end of the program



In what ways have your eating habits changed as a result of this program?



Program Cost/Benefit Data

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.	31	\$8,028.00	\$248,868.00

*Data from Vital Incite 2018 Book of Business

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	599	\$11.00	\$6,589.00

** Data from CDC

Total Dollars Saved (Cost Avoidance)	Program Cost	Net Dollars Saved	Cost/Benefit Ratio	ROI
\$255,457.00	\$32,480.00	\$222,977.00	1:6.87	687%

In Their Words

Any other comments or suggestions to make this program better?

- I've been able to add to my understanding. I generally eat well-balanced meals, but I'm able to alter some things. I've gain knowledge with making dressings and other added new foods to my diet. I love this program!
- **Learned so many new meal ideas & it is doable and attainable. I feel and see a difference, life changing. Thank you so much**
- I totally enjoyed the program and would love recipes.
- Thank you
- **So happy I registered for this course. Although I do not remember EVERYTHING covered, I do remember enough to change bad habits. Very informative, great recipes, and (surprisingly) entertaining. :)**
- Very informative program
- Please send updates to lowering BP and healthy eating. I loved the program and the recipes. Thank you
- I enjoyed this quite a bit. I have added and removed things from my diet to help. Thanks for the advice!
- Zonya is knowledgeable and presents things in a way that seems easy to understand and implement. Yes, I can move from 5 or so fresh fruits and veggies to more. Yes, I can compare sodium and calories as a quick guide, etc. I also like how the program is segmented with information, quick recipes, stress management tips...
- Great Course!
- This is great information. I learned a lot. I am going stick to these eating habits that i have learned
- I eat rather healthy on a regular basis. I was interested in recipes and some ideas where I could make my food more nutritious.
- **Perhaps longer or have Zonya tackle high cholesterol do's and don'ts. Loved the course, but definitely too short!**
- Excellent program! I feel I was already eating healthy, but now I have some added strategies to make sure I am!
- No suggestions. I enjoyed the course. Thank You!
- Very good program, enjoyed the reminders of eating healthy.
- **Wow, this course was an eye opener. I am now on the lookout for sodium bombs! And I love sharing this information with others.**
- THIS IS A GREAT PROGRAM AND AN EYE OPENER TO A LOT OF FOODS!
- I loved the videos. She is a dynamic speaker. The recipes were phenomenal. Grateful for what I have learned.
- Thank you for offering and helping to make better food choices. Awesome and helpful
- I don't usually have high blood pressure but, my last checkup showed that I had an elevation of blood pressure. I think it was due to job stress. Nonetheless, I want to make sure that it doesn't go up again. This lesson was wonderful and I even got my sister to join. Thank you so much for these lessons!!

- I am trying to implement more of the habits learned in my every day meals. I am not a terrible eater but I want to get better at it and get off my pressure meds.
- **I thought this was one of the most helpful trainings that has been offered as part of our wellness incentives. Great job!**
- Great course. Zonya just seems real. Thank you
- Lessons are great, love the access to recipes & yoga tips as additional support.
- Maybe a down loadable chart we can print of foods high in Potassium, Magnesium and Calcium
- Great Program
- I have truly enjoyed and learned from the course. I am a very healthy person, running, wall yoga, floor exercises, daily 5 x a week. I do not like going out to eat and both my husband and I cook. However, I am definitely getting your cook book. I need to utilize flax and more different spices. I need to increase our fruit and make more fruit salads with your simple tasty dressings. I fall short in knowing what spices to use and I know your cook book will be a tremendous help. Thank you for doing this. I do NOT have high blood pressure. My husband takes a pill for blood pressure but I am hoping he will not have to someday.
- **I have enjoyed ALL your courses the school district has offered, Thank you!!**
- Thank you!
- Loved it! Maybe break the videos in each section into smaller pieces instead of one 35 min video
- Thank you for great reciepes, tips and tricks! This course was so helpful!
- This was a great class, I loved the recipes! Are they available to us w/o having to pay to join...when I clicked on the link to print recipes it took me to a sign in/up page which is for fee. Thanks so much!
- Thank you!
- Thank you for helping me understand how to keep my blood pressure in check as it has been increasing over the years.
- It was nice and I was able to take it in my leisure. I do wish that the reminds on the action steps opened earlier. I noticed I clicked through the suggestions so I could get the action steps and write notes on them.
- I loved the course and I'm using what I've learned every day. Thank you. :)
- GREAT INFORMATION AND RECIPES
- It has been a great program, Love the recipes for zucchini boats for a dinner option. I use lettuce for wraps on lunch items.
- This program was awesome! Although I feel that I already eat healthy, this program has helped me determine the amount of sodium in foods.
- Thank you it was good!
- Super course, loved it :)
- Thank you so much for the information
- Enjoyed. Very informative
- **I have always tried to eat healthy but with this program I found out I was making some mistakes and was able to fix them. I was especially shocked with some of the hidden sources of sodium I didn't know. Thank you!**

- I have already been doing some of these things but feel more comfortable knowing that I am on the right track. Do need to increase the intake of vegetables, especially leafy greens and beets.
- Thank you for making these lessons so practical. Truly enjoyed them!
- **I enjoyed this program, I learned a lot and I am willing to apply all what I learned daily. Thanks, It is very helpful!**
- None
- No, I think it is great as is. :-)
- Wonderful!
- Terrific information; easy implementation
- I love it
- Excellent program.
- I really got the full dietitian effect, thanks for the education.
- Thank you
- **This is a great program...VERY eye-opening! Thank you so much!!**
- IT WAS A VERY USEFUL PROGRAM.
- Great Program, thank you
- I learn something new every time I take a class. The meals are easy to prepare, and very tasty. I enjoy listening to Zonyas presentation, she is very up beat and fun.
- I have enjoyed this class and learned so much. thank you so much
- **Interesting. I did not realize how much sodium was in the food I was eating. Opened my eyes and made me more aware of my choices.**
- **The class is excellent and I learned many new things. I had no idea how important potassium is and how bad bread is due to sodium in addition to carbs!**
- **Really good information even if you do not have high blood pressure, it is information to use everyday so not to ever get into a danger zone.**
- Can't wait to try more recipes
- This program was great!!
- It would be beneficial to have the recipes for the dishes shown in the videos without having to join the monthly program.
- **Great! Thank you. Have enjoyed the new recipes including zucchini "pizza", lentils spaghetti sauce, etc. Can't wait for another opportunity to take another Zonline class.**
- All good
- Excellent program. Too short!! Like all the ideas, cooking made easy and educational. Thank you!
- Thank you. I really enjoyed it.
- Really enjoyed this program!
- Zonya has a great program and great recipes
- **This is an excellent program and I would take again as a refresher course.**

- I have learned so much through this course and have shared it with family and friends. Thanks for opening my eyes in a fun and interesting way!
- Wonderful and very informative! I enjoyed listening to Zonya and watch her cook.
- Awesome program
- I liked what the program has to offer. Many people my age that may have not been exposed to eating well when young, not having access to a lot of fresh "real" food, have to gradually try to get used to the different vegetables and combinations of them. I realize that is the first step and that changing old habits is where the work comes in, but just the thought of cantalope mixed with anything else almost brings a gag reflex. That is such a huge jump. After going through the program and searching the recipes, I feel as though I may need my own nutritionist to "slowly" introduce some recipe ideas that can gradually get me there.
- Excellent videos & great ideas :)
- Thank you!