

## BCBSKS

### Results from How Greens Fight the Blues 4-Week Online Program with Zonya

Program Dates: 1/14/2022 through 2/4/2022

Based on 44 participants who completed assessments  
at the beginning and end of the How Greens Fight the  
Blues Program



Participants enrolled: 51

Number of pre-program assessments completed: 47

Number of pre- and post-program assessments completed: 44

% Yes Pre	% Yes Post	The Habit Changes They Made
0%	45%	I have a several-times-a-week "smoothie habit" that sneaks in veggies, fruit and other nutrient-rich add-ins.
14%	59%	For lunch (or dinner) most days of the week, I enjoy a large "detoxifying" dark greens and veggie-filled salad as my entrée.
27%	93%	I know how to sauté up delicious greens (like collards and kale) and can do it without bacon fat for flavor.
5%	50%	I know how to make the most vibrant, vegetable-filled collard wraps. In fact, I pretty much prefer these over any other sandwich wraps.
25%	61%	I regularly incorporate flax seed and/or chia seeds into salads, yogurt, cereal, and baked goods.
2%	34%	I love impressing my family with divine, eye-appealing Chia Seed Puddings.
55%	73%	I look to consume avocados or guacamole several times a month, if not each week.
2%	89%	I know how to make the most decadent chocolate dessert that's actually good for my brain.
39%	73%	I am comfortable serving salmon, trout, or other seafood (not fried!) at least weekly.
7%	93%	I understand the gut-brain connection and know 3 daily habits to keep my microbiome in tip top shape.
11%	93%	I feel confident in my knowledge of nutrition supplements that may benefit my brain health.
7%	66%	I know (and do!) simple yoga moves daily that bring down my stress hormones, activate my core and improve my joint flexibility, from head to toe.

1.9 = The average "Greens IQ" score (out of 12) at the beginning of the program

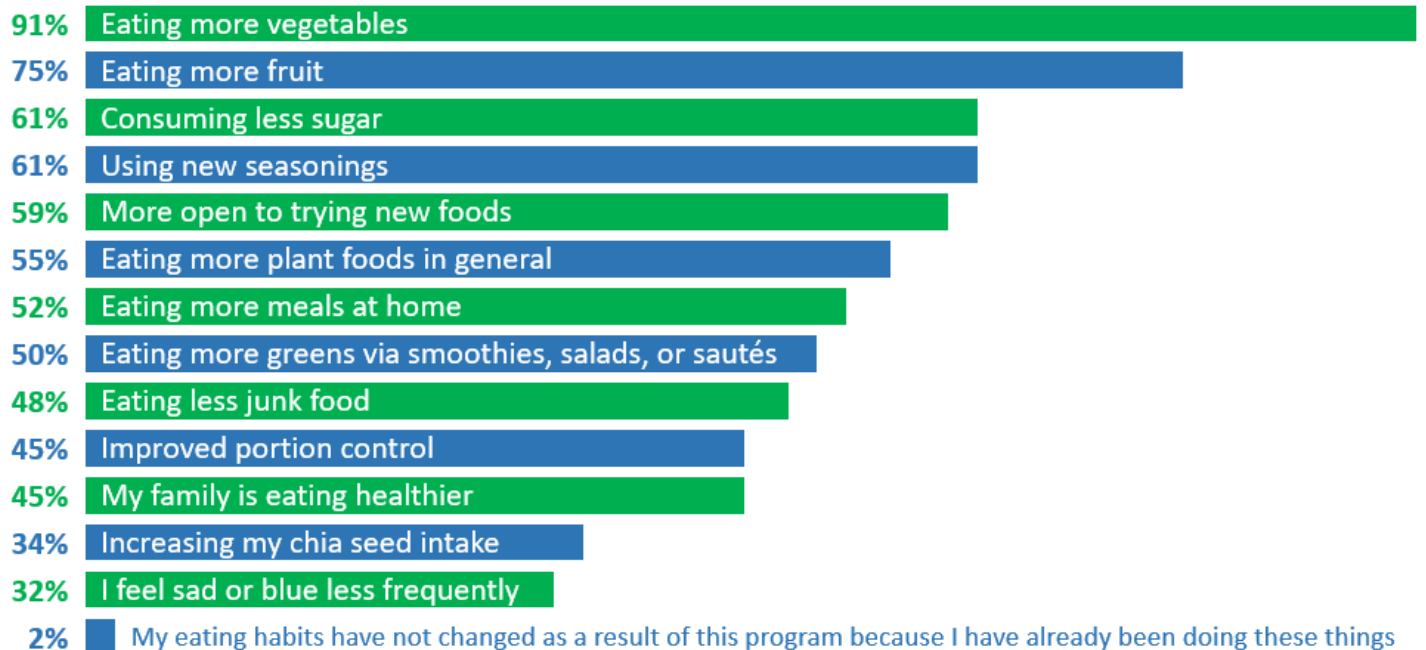
8.3 = The average "Greens IQ" score (out of 12) at the end of the program





52% reported that in the last two weeks, compared to weeks before this session, the number of times they've felt blue, sad, or mad, to a point where it significantly affected their day has decreased.

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



## Program Cost/Benefit Data

Change in Weight (Self-reported at program start and end)	Group Weight Loss	Projected Savings Per Pound Lost*	Projected Total Savings from Weight Loss
Total Weight Change in Pounds	165	\$11.00	<b>\$1,815.00</b>

\* Data from CDC

Health Questionnaire (Yes/No forced choice)	Improved Participants	Projected Savings Per Improved Participant**	Projected Savings from Improved Health Conditions
In the last two weeks, compared to weeks before this session, the number of times I've felt blue, sad, or mad, to a point where it significantly affected my day has decreased.	23	\$2,184.00	\$50,232.00
Total			<b>\$52,047.00</b>

\*\*Data from Vital Incite 2018 Book of Business

Program Cost	Projected Total Dollars Saved (Cost Avoidance)
\$8,000.00	<b>\$52,047.00</b>

## In Their Words

### My biggest "Yay me!" outcomes from this class have been:

- **Losing several pounds and beginning a discussion with my primary care physician regarding the discontinuation of my antidepressants in the future.**
- **I have replaced most unhealthy snacks with raw fruits and veggies. Ghirardelli 92% dark chocolate has become my favorite kind of chocolate.**
- Adding more vegetables into my day, as well as adding flax seed to oatmeal.
- Having more knowledge about green foods and methods of fixing.
- The lettuce wraps are delicious
- Using chia seed more
- Zonya's enthusiasm makes eating healthier more enjoyable.
- I have been able to make some of the recipes without exposing all of the ingredients and the family loves them. I do tell them all of the stuff I added without their knowledge, and that makes them more willing to try those ingredients in other recipes.
- Trying new recipes. Some of these things I would never have tried before. **Some of the recipes I have tried have been a hit with the entire family.**
- Eating at home
- I am ready to change
- **My biggest Yay me! for this class is that I was able to successfully make salmon with roasted veggies for dinner in the oven. My husband said that he preferred this to how he has made it in the past.** He usually does all the cooking. I'm now in the kitchen more.
- Incorporating more greens into my diet and enjoying them
- Good information on the food/mind connection
- Smoothies!
- Trying foods that I thought I didn't like and enjoying them.
- **Love treating my family but using healthy choices. If we do have something not so great, I insist on having a fruit/veg with it.**
- **Great ideas on new foods that I would normally not try. Zonya makes everything great and she is such a positive person.**
- I have restarted taking my vitamins and supplements and am doing so daily.
- **Learning new cooking skills. Pleased my chef at our BCBSKS Cafe offered to teach better food prep and cutting techniques when I have questions.**
- The combinations of food and seasonings are so delicious, and I am grateful for new ways to enjoy food.
- **Fruit intake, knowledge on supplements, less cravings, use food as a stress reducer less often, I exercise more even if it is only for 10 minutes, lost 6 pounds in 4 weeks.**
- I have learned new ways to add more vegetables to my diet.
- Eating more fish when we go out to dinner and the vitamin supplements
- **Can see the difference in eating more fruits and vegetables have on how I feel.**
- Love the new info on supplements and the great new foods. Foods that I would not normally eat but now I am eating new foods and like/love them.

### Did this course meet your expectations?

- **Really enjoyed the energy! I also appreciate how the mindset was more along the lines of "give it a week," amplifying that a week isn't a huge commitment. This presentation made the entire change seem less scary and easier to stick with.** Generally health programs are so intense and overwhelming that you tend to lose focus almost immediately. Great program!
- It exceeded my expectations, gave great examples for using healthy options for making desserts, and salads that I would never have considered.
- Yes, I gained new knowledge on benefits of eating green foods and how they work in my favor. Also, more about supplements and vitamins.
- Yes, very informative and fun as well as interesting.
- Yes, this course is great! I learned to use some greens and other ingredients that I never would have thought about before. **I found myself looking forward to this class more each week, and it was very easy to follow along as well as being able to cook the recipes myself.**
- Yes - it was so helpful!
- This course exceeded my expectations. I feel that I will have a plan of action before winter returns, as well as, continuing with many of these new habits throughout the year.
- Yes, I wanted to learn about more healthy recipes and incorporating healthier ingredients, without sacrificing taste, and feel that a lot of the recipes accomplish this.
- **Yes, I learned how what you eat really does affect your brain chemistry**
- Yes, love this course. Super informative, keeping us accountable, always fun to watch the videos.
- Yes, it was a great course and I liked the 4 concentrated week sessions.
- Yes, I gained great knowledge on selecting vitamins and supplements for myself. I know what to look for now!
- Yes, it definitely did! **I have noticed a change in mood, and my body feels genuinely better.**
- Yes, It showed me delicious ways to enjoy more greens with surprising seasoning mixes.
- It exceeded my expectations. I signed up for this course to learn new ways to add more vegetables to my diet. I don't have depression issues but have had trouble adding better for you foods to my family's diet. I have put the Eat Real America recipes to good use. I didn't always utilize the recipes from the class but went out and found recipes for what I had on hand and was pleasantly surprised. **I've lost a few pounds and feel more confident in finding new ways to add better foods to my diet.** When my 6 months expires I'm going to have to invest in keeping the website access as it has proven to be very beneficial for me.
- Yes I loved it. Just wished it was longer.
- Yes - so educational and helpful in eating healthier, moving more.

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

- **Such an amazing benefit from BCBSKS**
- I can't think of anything. **Thank you for challenging me to step out of my comfort zone when it comes to my diet.**
- **I highly recommend this course for anyone. It helps to know that greens can be tasty if only you try some of these new recipes.**
- I really appreciate getting the slides to refer back to and the emails prior the class to know what to expect. I have started using the website to help me build a "better for me" shopping list. **This has been the most useful class I have taken.** Thank you for offering!
- Awesome program Zonya always does such a great job and makes it fun.
- More programs