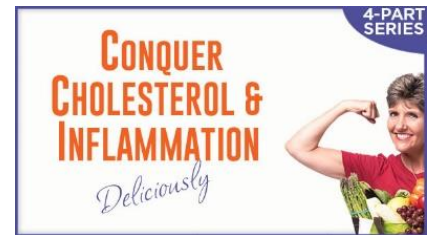


## School District of Lee County

### Results from Conquer Cholesterol & Inflammation Deliciously 4-Week Online Self-Paced Employee Cohort

Program Dates: January 2023 through March 2023

Based on 380 participants who completed assessments at the beginning and at the end of the program



% Yes Pre	% Yes Post	The Changes They Made
52%	98%	I know what my cholesterol, LDL, HDL, triglycerides, homocysteine, and CRP levels should be, and why they are important.
33%	89%	I understand the profound cholesterol-sopping effects of oats and am enjoying them deliciously at least five days a week. (And no, I don't feel like a horse!)
59%	99%	I know which are the bad and ugly fats, and how to effectively limit the amount I eat.
40%	69%	I have wrestled the cheese monster and I can happily report that I eat no more than 2 oz. of cheese per week.
42%	87%	I capitalize on the cholesterol-lowering benefits of canned beans (or cook from dried) by including them in my menu several times per week.
28%	68%	I consistently eat at least 7 servings of fruit and vegetables each day.
61%	84%	The fish/seafood counter doesn't intimidate me. I am comfortable buying and preparing salmon and other fish in delectable ways (that does not include commercially processed fish sticks).
73%	97%	I understand how excess sugar consumption fuels inflammation and have a good handle on enjoying healthful sweet treats in moderation.
27%	97%	I have a good understanding of nutritional supplements like CoQ10, niacin, red yeast rice extract, and fish oil, so I can have an intelligent conversation with my doctor.
74%	99%	I understand the value of true aerobic exercise and its impact on raising good HDL cholesterol, and have a plan in place for upping my exercise game.

68%

Cravings for &  
consumption of  
sweets have gone  
down

99%

Feel confident  
making delicious  
& nutritious  
meals at home

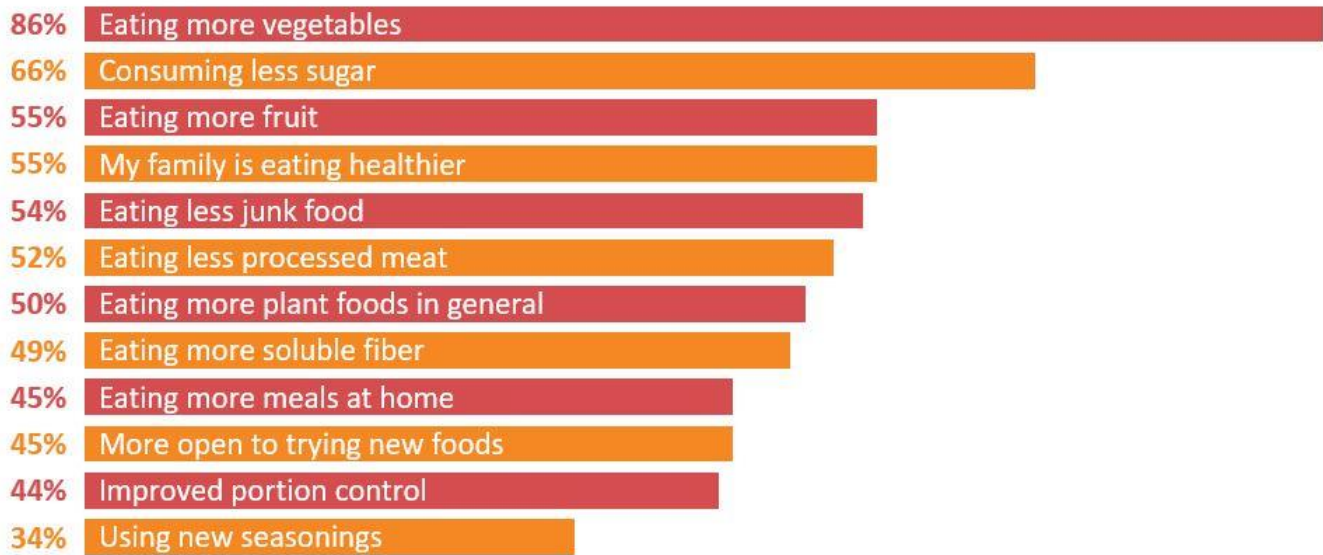
99%

Would  
recommend Eat  
REAL for Your  
Health to others!

Weight Loss  
Group Total:  
633 pounds

Weight Loss  
Average Per  
Person:  
1.68 pounds

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



### Program Cost/Benefit Data

Health Questionnaire (Yes/No forced choice)	Improved Participants	Projected Savings Per Improved Participant*	Projected Savings from Improved Health Conditions
I have high cholesterol, or I am on a cholesterol-lowering medication	35	\$7,520.00	<b>\$263,200.00</b>
I have high blood pressure, or I am on a blood pressure-lowering medication.	12	\$8,028.00	<b>\$96,336.00</b>
I have diabetes, or I am on a diabetes medication	1	\$9,640.00	<b>\$9,640.00</b>

\*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)	Group Weight Lost	Projected Savings Per Pound Lost**	Projected Total Savings from Weight Loss
Total Weight Change in Pounds	633	\$11.00	<b>\$6,963.00</b>

\*\* Data from CDC

Projected Total Dollars Saved (Cost Avoidance)	Program Cost
<b>\$376,139.00</b>	<b>\$44,500.00</b>

## Sample of Participant Comments

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

- My cholesterol score dropped 60 points
- Able to make different recipes to satisfy my daily nutrient intake.
- Eating more veggies!
- Learning to curb cholesterol with food. I eat a lot of oats and I like it. I have increased my family's consumption of fish as well.
- Eating more fresh fruits and vegetables on a daily basis
- Reduced meat consumption to 1-2 meals per week. Signed up for Home Chef veggie meals.
- eating more whole foods, and seeing this reflected in my weight loss
- Moving toward more plant based foods
- Yay me! I lost 10 lbs.
- Taking control of my health.
- I have increased energy because of the food intake that I have.
- I engage in aerobic activity 5-6 times per week.
- All the good advice I got. The implementation of changes on my life.
- Starting vitamins, listening to my body and reducing knee pain biggest, riding 8 miles a day
- Healthier habits, healthier me!
- My doctor said I could stop Lovastatin because my number was 201, down from 240. And because I'm eating healthier and began taking Omega-3 and Niacin supplements. I'm also taking Vitamin D supplements.
- Getting my kids to try new things.
- Hummus is yummus!
- I am going to keep making the yummy recipes and improve my health and my family's health.
- My biggest "Yay Me" moment was eating more plant-based items.
- Eating healthier breakfasts... I have consistently been "oating it up". I am also consuming more fruits and vegetables on a daily basis.
- Added alot more spices, oats, nuts & lean meats to my diet. Cut down on processed meat & cheese.
- Trying new, healthy recipes. I really enjoy cooking and introducing my family to new foods.
- I love every one of Zonya's classes, I have a tons of new recipes to make and enjoy.
- Upgrading my walks to make them more beneficial. Eating oats 5 times a week. Eating fish 2-3 times a week.
- I have lost over 10 pounds and feel so much better! I notice a huge difference in the amount of pain in my body and I attribute that to the changes I have made in my diet. Thank you for helping me get the tools to be healthier and feel great.
- I love watching your programs, and the great ideas I get to help me lead a healthier lifestyle. Thanks so much!
- I loved the recipes and the access to the website with additional recipes. I have been eating so much salmon and I have noticed I have lost a couple of pounds. Love it! :)
- Eat less meat!! I'm eating a lot of oatmeal and fish
- I am eating more fish!!! And I am walking at least 3 times a week!!
- I have really stepped out of my comfort zone!
- Getting off all medication that I was on prior to this class
- I learned many new things about healthy eating that I have implemented into cooking at home for my family. I took this course because my husband has high cholesterol and high blood pressure and I wanted to be able to help him in any way that I can. I do the grocery shopping and most of the cooking so I will be able to help him lead a healthier lifestyle as well.

- I have begun planning meals for the week to use some of the tips and recipes I have received.
- Cutting out sugar and finding different ways to still have "sweet treats"
- I am eating plant based 3 days a week.
- Oats & Beans!!! Everyone could say eat oatmeal to lower cholesterol but never say why. Having it conveyed as the item that "sops up the cholesterol and moves it on out" is a strong & lasting visual.
- I crave veggies now! I live in Florida, and last time I was at Disney, I had such a hard time finding food that was fresh (veggies/fruit), and before I was eating all the salty, processed Mickey pretzels, ice cream bars, hamburgers, etc. I absolutely crave radishes and peppers (I also took the how the greens fight the blues) and have them all the time in my veggie ready to go in the fridge. I am fighting cholesterol naturally, this summer my cholesterol levels were 250 (I thought I was super healthy, doctor says it could be genetic and part of life style), but after taking the first course (how greens fight the blues) I was able to lower my cholesterol to 211. Since then, this course showed up and it was perfect! Exactly what I needed. I have learned to love oats (which I hated before) and I can skip the bakery in the grocery store without missing a beat! (Of course it is the first thing you see when you go in the store and before I was not able to resist!)
- It was learning more alternatives to meat to get protein.
- I didn't know the value of Vitamin D and especially fish oil DHA and EPA totaling to 1000. I have tried a couple of recipes. My new snack is the roasted peanuts, dark chocolate and raisins. I started taking turmeric and happy to report that I don't get severe leg muscle spasms in the evening time. Although turmeric hasn't removed all the pain and inflammation, just because my legs don't hurt anymore is promising to continue taking this. I didn't know about dark chocolate and looking for processed with alkali. All of my Aldi's dark chocolate was processed that way, and it went in the trash. Now, I read the labels to make sure how it is processed.

#### Did this course meet your expectations? Please explain.

- ABSOLUTELY! First of all, Zonya is amazing, her personality is just bubbly and I would love to meet her in real life! I had taken her greens fight the blues and started my health journey and now it is just icing in the cake, if there was a third course I would do it! All the recipes are delicious and super easy to do.
- I always enjoy courses offered by Zonya. She is very engaging and full of knowledge.
- I am so thankful for this course and the previous one I took about letting the greens fight the blues. Taking these two courses was a TKO!
- I appreciate the self-paced online availability and also being able to go back and review content.
- It did! I was hoping to be re-inspired to have more healthy habits and it has worked for sure. I'm still trying to slay the sugar dragon and my body is fighting me hard but I'll get there.
- This course met my expectations by way of the easy recipes. This made the prep of healthy food less intimidating and increased the likelihood of me sticking with the program.
- This course was amazing. It came at a time that I was ready and able to make changes.
- Yes - love that you included easy recipes. I started a whole binder of my favorites.
- Yes and beyond. I did not know there would be so much great information and she made it fun and easy to understand.
- YES! I love the Zonya course!
- Yes! Every time my school district offers another Zonya class, I get super excited!
- Yes, and it exceeded my expectations. I will invite my coworkers to take this course.
- Yes, I always enjoy courses led by Zonya...very educational and practical
- Yes, I always feel so motivated after one of Zonya's programs.

- Yes, I am borderline high cholesterol and by learning some of the ways to lower cholesterol through diet and exercise will help keep me from having to take statins to control my cholesterol.
- yes, I enjoy Zonya's tips and encouragement
- Yes, I enjoyed the ability to choose when and where I could watch the weekly videos. I also learned many new ways to eat healthier and have a wealth of healthy recipes at my fingertips.
- Yes, I love watching Zonya make the recipes and share her nutritional knowledge. Even though I hate fish, she gives alternatives that I can use to get the results I want.
- Yes, I love watching Zonya cook all the healthy meals so I don't feel so intimidated to cook them myself
- Yes, I love Zonya's "go get 'em" personality, so I try to take every course my district offers.
- Yes, I took another course from Zonya and it really helped me to start changing my eating habits. I started to lose weight and feel better.
- Yes, it definitely increased my knowledge to assist my husband (who does have heart disease, high cholesterol and borderline diabetes as well as myself to get and stay healthy.
- Yes, it gave very practical advice and presented new knowledge clearly and easy to understand.
- Yes, it helped me to lower my cholesterol. I give blood, and my cholesterol was in the green range the last time I donated a week ago.
- Yes, it was very simple to navigate and the content is highly accessible.
- Yes, my Dr. found that I have the bad cholesterol a little higher than normal, and with this course I've learned what foods I can use to low my cholesterol and to change some habits that are triggering my bad cholesterol.
- Yes, these courses are not only informative but also interesting! I feel like I know quite a bit about healthy habits and foods but I always learn new things when watching these videos.
- Yes, Zonya is a wonderful teacher and helps me know I can make healthy options to eat!
- Yes. The instructor was fun to listen to and was very knowledgeable!
- yes. Zonya is a wonderful teacher and lives by example. I think she explained all the practical ways that you can lower cholesterol and stay off the statins. Exercise is very important to lowering cholesterol and she gave some simple examples.
- Yes. Zonya is very encouraging and informative.
- yes....I love Zonya's courses with easy recipes