

## School District of Lee County

### Results from Fight Cancer With Your Fork

#### 6-Week Online Self-Paced Employee Cohort

Based on 630 participants who completed assessments at the beginning and end of the Fight Cancer With Your Fork Program



Participants enrolled: 748

Number of pre-program assessments completed: 670 (89.6%)

Number of pre- and post-program assessments completed: 630 (84.2%)

% Yes Pre	% Yes Post	The Changes They Made
32%	99%	I know how the "Standard American Diet" promotes cancer, and 4 ways to convert it into a cancer-fighting diet.
39%	94%	I understand the cancer-fighting power of certain teas and drink these often.
56%	96%	I know how to eat 10 servings of fruit and vegetables a day and can actually achieve this several days a week.
40%	92%	I understand why animal protein is linked to tumor growth, and feel confident serving delicious, 100% plant-based meals several nights a week.
30%	94%	I know how to get enough protein from a 100% plant-based diet.
47%	97%	If I choose to include fish, chicken, beef, pork or eggs, I know the recommended limits.
63%	99%	I understand why they say "excess sugar feeds cancer", and I have a plan for enjoying healthful sweet treats safely.
51%	95%	I understand how mushrooms are huge cancer fighters, and feel confident including them several times a week.
58%	93%	I choose alternatives to processed meats that are just as satisfying.
19%	94%	I understand the cancer-fighting value of myokines and the four exercise strategies I need to achieve maximum myokine production.

4.4 = The average score (out of 10) at the beginning of the program

9.5 = The average score (out of 10) at the end of the program

Weight Loss  
Group Total:  
966.2 pounds

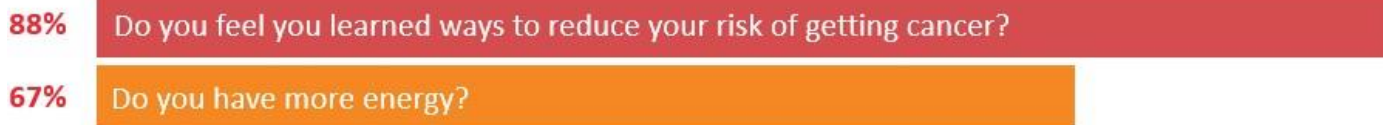
Weight Loss  
Average Per  
Person:  
1.5 pounds

99.5%  
Would  
recommend this  
program to  
others!

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



## Which questions would you answer "Yes" to since taking this course?



## How satisfied were you with the program?

Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
522 (83%)	103 (16%)	5 (1%)	0 (0%)	0 (0%)

## 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 blood pressure, or I am on a blood pressure-lowering medication.	25	\$8,028.00	<b>\$200,700.00</b>
I have high cholesterol, or I am on a cholesterol-lowering medication	34	\$7,520.00	<b>\$255,680.00</b>
I have diabetes, or I am on a diabetes medication	6	\$9,640.00	<b>\$57,840.00</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)	All Participants with Reported Weight Values	Projected Savings Per Pound Lost**	Projected Total Savings from Weight Loss
Total Weight Change in Pounds	966.2	\$11.00	<b>\$10,628.20</b>

\*\* Data from CDC

Projected Total Dollars Saved (Cost Avoidance)	Program Cost	Projected Net Dollars Saved	Return on Investment
<b>\$524,848.20</b>	<b>\$96,750.00</b>	<b>\$428,098.20</b>	<b>1: 5.42 (542%)</b>

## In Their Words

Did this course meet your expectations? Please explain.

- 100%
- **A lot of excellent and healthy information. I love how it is demonstrated with nutritious food and recipes.**
- a lot of good information with supporting scientific data
- Above and beyond. The recipes were amazing.
- absolutely
- Absolutely
- Absolutely! I learned a lot of new ideas for healthier eating.
- Absolutely, I always learn wonderful things from Zonya and Laura's exercises were a plus.
- **Absolutely. I was never a label reader, and I am now. I have cut so much out of my diet, including soda, lowered my sugar intake, and eating more veggies.**
- Absolutely. The information is invaluable in changing my lifestyle.
- Although I am not always fully amenable to some of the ideas/meals/suggestions in these courses, I do enjoy learning my options.
- Another great course taught with Zonya's help. Thank you so much!
- Another great course!!
- as always

- As always, Zonya is practical, a great teacher, and provides easy ways to make changes.
- **Exceeded expectations. Easy to understand. Very practical ideas that can be done.**
- Exceeded my expectations
- exceeded with by giving me more options to eat healthier
- Excellent
- Excellent course!
- Fabulous
- Fantastic!!! Really good information
- Fantastic. Learned so much.
- Gave great tools to think about what I consume daily.
- Gave me information on which foods are healthy
- gave more thing to learn and how to reduce
- Good
- Good way to understand all the topic and good recipes.
- Great and useful real-life information.
- great course
- Great explanation on how each food item helps fighting cancer.
- Great info and videos
- Great videos and instruction and I love the added recipes.
- **Helped me look at food differently. Think more carefully what I'm cooking for myself and my family.**
- Helped to reinforce healthy choices
- how not to eat the wrong food
- how to lose more weight by cutting out sugar
- I actually had very low expectations for the course, but I really enjoyed learning about the food and everything we consume.
- I agree, it was great and helpful, easy to understando. "Fun!"
- I always enjoy Zonyas courses and incorporate them into our lives
- I always learn valuable information and new ideas to incorporate.
- I did not have enough information about how i can fight cancer with food now i know more .
- I didn't know I could find so many delicious and healthy recipes at the same time.
- I eat plant-based so I was aware of a lot of the information that was shared.
- I enjoy the educational videos.
- I enjoy watching Zonya and seeing what she has next. I knew some foods could help with fighting diseases but I didnt know how many things they were out there for you.
- **I enjoyed learning more about food and ways it can affect your body. I am more aware of what I buy at the grocery store too.**
- I enjoyed this course very much! I learn so much in such a quick and easy way!! Thank you!!
- I found the information very informative. I have much work to do, but am excited for the journey.
- I had no idea how I was damaging my own body.
- I have Learned about the nutrients in some food s, fruits and vegetables that significantly help prevent and fight cancer.
- **I have several things I can do to change my lifestyle in order to fight cancer. I am starting with the following: trading out plastics in my home, green tea in the morning, hibiscus tea before bed, increase of fruits daily, washing fruits**
- I have taken 4 classes from Zonya. I lost 35 pounds, but 7 have come back. Taking these classes reminds me how to stay on track, and each time, i am learning even more.
- I learned a few new ways to stay healthy.
- **I learned a lot about changing my habits and trying to eat better with my family!**
- I learned a lot about healthy eating! Thank you!
- I learned a lot about how your diet impacts your risk of cancer.
- **TO VIEW ALL 27 PAGES OF COMMENTS email [Zonya@Zonya.com](mailto:Zonya@Zonya.com)**