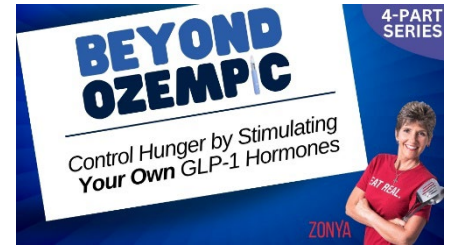


School District of Lee County
Results from 4-Week Online Program
Program Dates: Fall of 2025



Participants enrolled: 998
 Number completed: 888 (89.0% completion rate)

% Yes Pre	% Yes Post	The Changes They Made
21%	98%	I know which foods contain compounds that drive "food noise" and how to avoid them.
52%	100%	I understand the importance of eating 30+ grams of fiber daily and know how to achieve this deliciously.
35%	99%	I know when and how much protein I need for muscle maintenance, growth, and appetite control.
30%	95%	I understand the benefits of 1 tablespoon of apple cider vinegar (diluted) and consume it most days, easily and deliciously.
11%	97%	I know how thylakoids in certain foods support appetite control and how to include them in my diet.
16%	98%	I understand the role of bitters in appetite control and use recipes to keep my bitter taste receptors active.
48%	98%	I have an effective strategy for minimizing added sugar without overusing artificial sweeteners.
67%	98%	I eat slowly and mindfully, or I am working toward making this a habit.
31%	85%	I have a weekly meal plan (as a guide to follow) achieving the right portions, essential nutrients, and calories for me.
57%	86%	I engage in 30 minutes of resistance exercise at least twice a week and walk 8,000+ steps most days.

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

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



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



I feel like food controls me more than I control it.

Pre-Program	Frequency	Post-Program
17.2%	Most of the time	8.1%
39.2%	Some of the time	27.9%
21.6%	Neutral	23.0%
16.9%	Rarely	32.8%
5.1%	Never	8.2%

Percentage of Yes Answers	
98%	I feel confident that I have new (non-medication) strategies to help me enjoy food healthfully, without being controlled by it.
98%	I am confident that I can plan, shop for, and cook REAL food meals more easily than I ever have before.
82%	I have more energy since taking this course.

How satisfied were you with the program?

Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
741 (83.5%)	131 (14.8%)	14 (1.6%)	1 (0.1%)	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 am taking (or about to begin taking) a GLP-1 medication.	4	\$13,000.00	\$52,000.00
I have high cholesterol, or I am on a cholesterol-lowering medication.	47	\$7,520.00	\$353,440.00
I have high blood pressure, or I am on a blood pressure-lowering medication.	16	\$8,028.00	\$128,448.00
I have diabetes, or I am on a diabetes medication.	0	\$9,640.00	\$0.00
In the last few weeks, I feel sad or blue less frequently.	338	\$2,184.00	\$738,192.00
		Total	\$1,272,080.00

*Data from Vital Incite 2018 Book of Business

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	1,485.8	\$11.00	\$16,343.80

* Data from CDC

Projected Total Dollars Saved (Cost Avoidance)	Program Cost	Projected Net Dollars Saved	Return on Investment
\$1,288,423.80	\$129,000.00	\$1,159,423.80	10:1 (1000%)

In Their Words

Did this course meet your expectations? Please explain.

- 100 percent.
- Absolutely! I learned way more than I anticipated. I consider myself to be fit and healthy, and this course opened my eyes to many nutrition hacks I wasn't aware of.
- Excellent and in-depth information, easy to follow and energetic!
- I enjoyed this course and thought it flowed well and was organized. I am inspired to continue implementing these tips in my home.
- I found the content practical and actionable. The section on breakfast that set up "all-day success" was particularly helpful.
- I have read many books and taken other classes and feel like this has been the best one.

- I learned something new in each section. The recipes are great and help a lot in implementing the lessons learned in each section.
- I now know what exactly GLP-1 is, and how I don't need to get an expensive prescription for it. I can do this all on my own.
- I was very satisfied with the course. I learned many new strategies for fighting food cravings and how to eat healthier without feeling deprived. Love the meal planner and great recipes.
- It exceeded my expectations with the comprehensive approach which included diet, exercise, sleep, and lifestyle tips.
- It is often very tempting to start on Ozempic to help with weight loss because so many around me are. Thankful for all of the ideas this course has provided!
- This course exceeded all my expectations. I learned so much about nutrition, recipes, and more, and I've started taking apple cider vinegar.
- This course truly surpassed my expectations. I entered with the desire to enhance my understanding of GLP-1 medications, and I emerged feeling exceptionally confident about the science behind them and their integral role in an overall plan for metabolic health.
- Wow, I didn't think I would be that excited to watch an online program. It was simple, and easy to implement.
- Yes and beyond! I just love your classes, Zonya! I get so inspired and learn so much each time I take a new class.
- Yes, it has met my expectations. I have been able to drop about 4 pounds and feel better as a result of eating healthier. I had been considering asking my doctor if I could be considered for a prescription of Ozempic but I will continue to commit to eating healthier and exercising and adding resistance exercise.
- YES! I love, love, love these courses. I bring the laptop home to play the videos to my family. Thank you for such an amazing resource.
- Yes! As someone that is very controlled by food, this helped me so much.
- Yes, it met my expectations. I learned how to activate my GLP-1 naturally through healthy food choices instead of medication. The course gave me simple, sustainable strategies to manage my weight and improve my metabolism.
- Yes, this course definitely met my expectations. I learned practical strategies that truly help me manage appetite, reduce cravings, and make healthier decisions without feeling restricted. I now understand more about how food affects my body, and I feel confident applying these tools in real life. I appreciate how simple and realistic the guidance was, and I already notice improvements in my habits, energy, and overall relationship with food.

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

- Automatically being able to choose better food options (less decision fatigue).
- Being mindful when I'm eating. Taking my time and eating less sugar
- Better relationship with food
- Cutting WAY down on sugar.
- Decreasing my sugar cravings using the strategies Zonya suggested. Just being more mindful of what I am eating and putting into my body.
- Ditching plastic water bottles; meal prep with healthier food choices; trying new recipes; and walking more every day.

- Eating less sugar. Bread at the end of the meal. Making sure I eat enough protein and getting rid of all of my plastic stuff!
- Eating more veggies! Took control of sleep apnea and now getting 7 restful hours of sleep a night with minimal interruptions.
- Figuring out that eating healthy doesn't mean the food won't taste good.
- I am capable of changing things without medication. I can find foods that taste great and get my family to eat them.
- I can do weight loss without meds.
- I cleaned out the fridge and pantry with no guilt or remorse
- I don't need to take a GLP-1 to lose weight! It can be controlled with diet and exercise.
- I have already lost 5 pounds and I am motivated to continue and my family has joined as well.
- I have learned how to stimulate my own GLP-1 hormones so that I can get more out of the foods I eat.
- I lost about 8 pounds
- I'm making better food choices
- Just realizing that little changes can make a huge difference.
- Learning how to choose foods that naturally boost my GLP-1, feeling more in control of my eating habits, and noticing steady progress in my energy and weight.
- Making small but consistent meal changes that have noticeably reduced my cravings and food noise.

How has this course changed your thoughts about and/or plans for using a GLP-1 medication?

- I always told myself that I never wanted to get on medicine for my weight. However, this year I noticed that my weight kept on going up and down and was getting somewhat tempted to try. This course has allowed me to find ways to manage that without the desire to get the medications.
- I always wanted a natural way of losing weight and controlling my blood sugar and Zonya has provided me with a lot of great tools!
- I am currently on medication but I know I won't be forever, so this course will truly help me maintain my weight loss after I come off of it.
- I am optimistic that I will be able to get off the meds and still keep the weight off afterwards.
- I am still using the GLP-1 medication but am starting to make changes to include these GLP-1 hacks so I can come off of the medication and sustain my weight loss.
- I am working with my doctor to develop a plan to wean off of GLP-1, and these tips will help me control my blood sugar.
- I considered trying a GLP-1 med before actually taking this class. I now know that I can get the same results without it.
- I did not want to use GLP-1 medications, but was tempted when it worked for others. Now I know how to do it the natural way.
- I have been very successful on a GLP 1 but I would like to slowly taper off and I think this course will help me to maintain the weight loss I have achieved.
- I have never wanted to take them as I am afraid of the long term ramifications and issues that may be associated with GLP-1 medications. I was seeking a healthier alternative and I have found it!
- I now realize that there are healthier and safer alternatives to taking a GLP-1.
- I really wanted to try the drugs but was afraid, now I know that I can change my diet. I no longer want to take GLP-1

- I was considering GLP-1 medications but have since decided against it and would prefer using the methods taught in this course to stimulate my GLP-1 naturally.
- I was on the fence but have decided it's not worth the side effects
- It is often very tempting to start on Ozempic to help with weight loss because so many around me are. Thankful for all of the ideas this course has provided!
- The thought was just in the back of my mind- I no longer plan to look further into it
- There are natural ways to do what GLP-1 medications do. I didn't know there were ways to do that
- This course has given me a better understanding of how GLP-1 medications work and the importance of making lasting lifestyle changes alongside any medication. I feel more empowered to consider all my options and to have informed conversations with my healthcare provider before making any decisions about using a GLP-1 medication.
- This course helped me understand how powerful lifestyle habits can be for appetite control, energy, and overall health. I now feel more confident trying non-medication strategies first, before considering a GLP-1 medication. I appreciate knowing that if I ever do need medication in the future, these healthy habits will still be important. For now, I feel encouraged and motivated to continue making progress naturally.
- This course showed me that I can naturally support my GLP-1 through nutrition and lifestyle changes. I now feel more confident focusing on food-based strategies instead of relying on medication for weight management.

Any other comments or suggestions to make this program better?

- 10/10
- Everything was excellent
- Excellent program! Thank you.
- Great class. Please continue to produce more classes that speak to the struggles we have in society.
- I actually wish it was longer.
- I am completely satisfied with all of the material presented and found it both informative and valuable.
- I really enjoyed this program and found it very practical and motivating.
- I really liked this program. It had all the components to be successful. I now know what to do to be successful without taking medication.
- Out of all the trainings and classes this one has been the one I have learned and liked most. Very knowledgeable lady and the way she exposed the information it's very easy to understand. Thank you!
- Thank you for providing so much valuable information. The printable slides were so helpful for future access.
- Thanks again for a great program. This is my 5th class. I can't wait till the next one! :-)
- This was great. It was very helpful.
- Yes. Great information. Very helpful
- Yes. So excellent. Full of great information.
- Zonya ALWAYS delivers. I trust the content completely.