

School District of Lee County

Results from DIET FREE Program

10-Week Online Self-Paced Employee Cohort



Based on 210 participants who completed assessments at the beginning and at the end of the DIET FREE Program

Participants enrolled: 302
 Number of pre-program assessments completed: 246
 Number of pre- and post-program assessments completed: 210

% Yes Pre	% Yes Post	The Habit Changes They Made
74%	96%	My beverage of choice is water, and I am good about limiting calorie-filled beverages
46%	90%	I avoid processed food and choose wholesome and natural options instead
13%	59%	I often eat at least seven servings of fruits or vegetables each day
55%	90%	When I eat, it is because I am physically hungry and not because I am "feeding my emotions"
51%	78%	If someone brings in donuts, I do not eat them 90 percent of the time
37%	76%	I am diligent about not eating two to three hours before bedtime
36%	73%	I understand the value of strength training, and do resistance or conditioning at least 2x/week
31%	83%	I stretch at least 10 minutes twice a week to preserve and improve my flexibility

The Improvements They Saw

- 83%** Reported having a more positive mood
- 81%** Reported sleeping better
- 85%** Reported feeling better in their clothes
- 79%** Reported being more physically active
- 75%** Reported walking, bending and moving more easily
- 81%** Reported an improved energy level



6 reported no longer having high blood pressure, or needing blood pressure-lowering medications.

16 reported no longer having high cholesterol, or needing cholesterol-lowering medications.

Program Cost/Benefit Data

Health Questionnaire (Yes/No forced choice)	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.	6	\$8,028.00	\$48,168.00
I have high cholesterol, or I am on a cholesterol-lowering medication.	16	\$7,520.00	\$120,320.00
Total			\$168,488.00

*Data from Vital Incite 2018 Book of Business

Change in Weight (Self-reported at program start and end)	Group Weight Loss	Savings Per Pound Lost*	Total Savings from Weight Loss
Total Weight Change in Pounds	1,008	\$11.00	\$11,088.00

* Data from CDC

Program Cost	Total Dollars Saved (Cost Avoidance)	Cost/Benefit Ratio
\$27,952.00	\$179,576.00	1: 6.42

In Their Words

Do you have any personal health "wins" that you would like to share?

- **Lost almost 20 pounds and started walking again.**
- I eat a lot more fruits and veggies throughout the day.
- Lost nine pounds...
- I lost 10 lbs in 3 months!
- **The most amazing "win" for me is that I now eat to live and not live to eat. By doing so and incorporating all of these tools this program has provided my numbers drastically changed. My cholesterol level went from the 200s to the 100s and the nurse practitioner was pleased.**
- Eating fruit more than my normal twice a day did help with sweet craving
- Down 14 lbs!
- Lost 15 lbs
- **I look forward to going to the gym :)**
- Lost 10 pounds
- **So far I have lost 39 lbs. Feeling much better about myself and my accomplishment**

- I have been more conscious about my eating...making better choices.. substituting fruits & veggies instead of unhealthy snacks. Drinking more water instead of soda or juices.
- Eating and snacking on raw veggie tray before meals
- **I have been able to reduce my Dr. Pepper addiction greatly**
- I lost 3 lbs
- **I feel better in my clothes and I feel healthier**
- Just the consciousness of food and beverage and feeding my body to nourish it. **Blood pressure is down.** I have not given up the cheesecake - just select a smaller portion.
- I increased my water intake and have avoided processed foods as much as possible.
- **I have begun to walk to work which is approximately 2 1/2 miles away. I thought that it would be hard but, it gets easier every day!! I'm loving it!!!**
- My family and I discuss foods/habits more to make better choices for all of us.
- I lost about 5 pounds. I can tell!
- My clothes fit better, and I feel better!
- **When I began the Diet Free exercise habit, I happily added strength training to my walking routine by going to the gym at the District office. I'm at the gym Monday through Thursday and love it. I've done this for three weeks now and the routine is feeling more and more like the "normal" way for me to begin my day before work.**
- I am moving and stretching more
- Eating more veggies, eating apples to curb my sweet tooth, moving more, and replacing processed foods....these changes have really helped change my mindset.
- Cutting down on sugar
- Cut sodium from diet
- **I have been motivated to move more and I have received encouragement to run even more than I already was. I am now working on a goal of running a half marathon!**

How do you feel about the changes you've made with the DIET FREE Program?

- **The lessons and habits learned are going to be easy to keep for a lifetime. I do not feel deprived.**
- **I feel amazing! I am making better food choices every day!**
- Zonya makes it easy to make the changes to my diet. I feel like I am making changes now that will help me have a better relationship with food and a better life in the future.
- I like them and feel that they are sustainable for life.
- **The changes I am making, make sense. I feel like I am also setting up my children for having good eating habits.**
- I feel better than before... more energy.
- **I truly enjoyed listening to and watching Zonya during her presentations. She is so upbeat and positive! I found myself smiling, and feeling as though I had a seat in the audience too.**
- I really enjoyed this course. I especially loved the book we read. I feel great about making lifelong changes!
- I feel great!
- The Diet Free program is a simple reminder of eating healthy and gradually changing habits to maintain consistently eating to stay healthier in all areas of my life. My changes were easy and I am learning ways to better my health, body and mental stress.
- Great, definitely a lifestyle change

- I feel much better and am learning to be prepared to do things. I am still working on the habits daily.
- I am grateful for this program.
- Good! Just want to keep it up!
- I feel pretty confident that I can change my habits into this program. They are simple and over time I feel I can change them.
- **I am pleased to say that this is my 2nd course having gone through with Zonya. I learned quite a bit before but what I was able to do this time was add more to my arsenal to use to becoming fit. I shared it with my 70 year old mom and her doctor is very pleased with all of her numbers.**
- It has given strong reinforcement of a lot of things I knew I needed to do for my health and has added additional tools to keep my health on track.
- I feel wonderful about the changes I've made with this Program. I am trying to get rid of the bad habits, and I know that in time I will succeed.
- I have been more aware of including more fiber in our diets; less sugar products; more veggies and more fruits; I feel better making those choices alone knowing that in the long run I and my family will benefit from them.
- I feel very good about the changes I have made. One of the biggest changes for me was eating more fruits and vegetables.
- **Each lesson was informative & it was easy to incorporate pieces of the program into my daily life, I feel good about making better choices.**
- Healthy and happy
- I am drinking more water and incorporating a lot more fruits and vegetables into my diet. I am also conscience about not eating 2-3 hours before bed. I have also included more exercise in my week and a variety of them (resistance bands, treadmill and movement videos). These are my biggest changes.
- The DIET FREE Program has provided great information for me to follow to create a long-lasting healthy lifestyle.
- I am developing a better understanding of my relationship with food and have greatly reduced "feeding my emotions".
- The Diet Free program has given me the knowledge to make positive small changes in my habits and I will try to incorporate them into my daily routine.
- **Fabulous! I have more energy and am a lot more conscious of what I eat.**
- I have always "known" these habits to be true (from my mom), but to actually have a step-by-step guide has really helped solidify. The biggest issue for me was incorporating fruits, veggies and drinking more water. I can tell that my body is getting to a better place.