

School District of Lee County

Results from Dodging Diabetes Deliciously

4-Week Online Self-Paced Employee Cohort



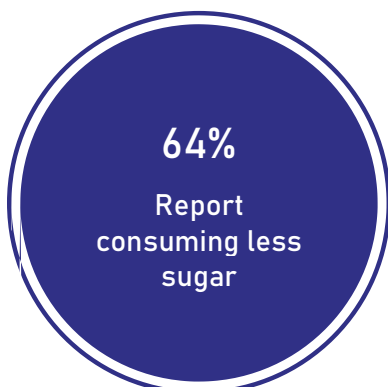
Participants enrolled: 839

Number completed: 675 (80.5%)

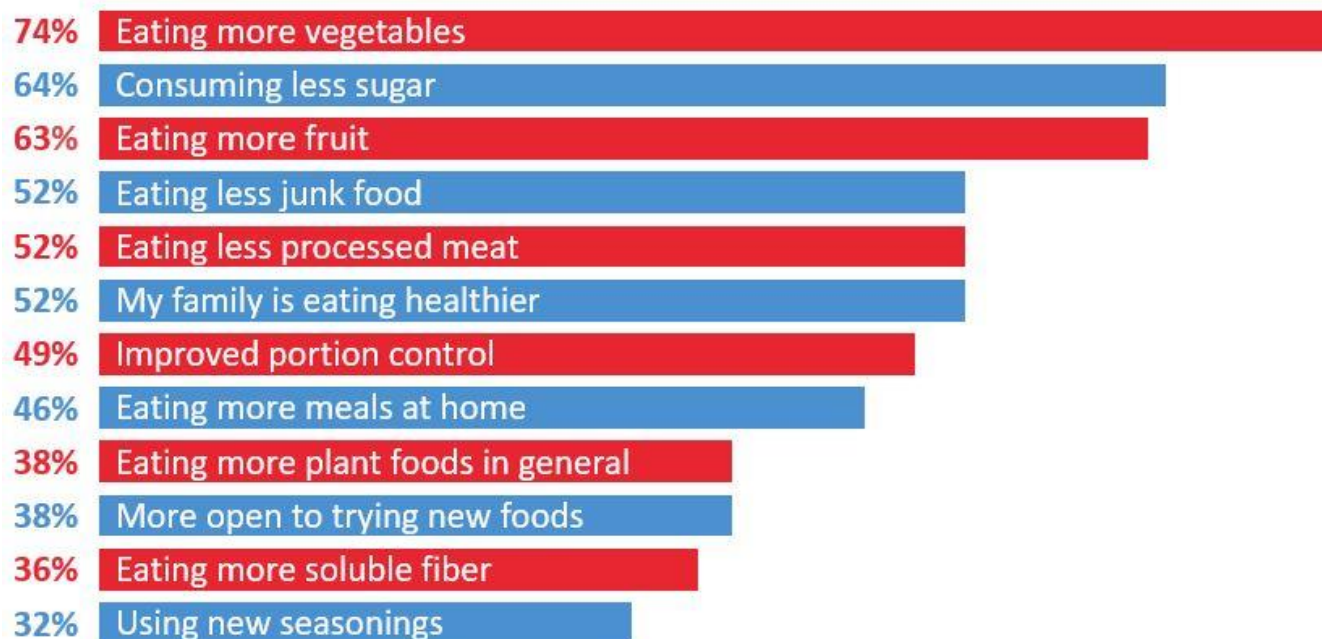
% Yes Pre	% Yes Post	The Changes They Made
25%	96%	I understand the difference between insulin resistance and insulin sensitivity and know the steps to increasing my insulin sensitivity.
52%	100%	I understand how fiber affects diabetes and know how to include fiber at every meal and snack.
33%	99%	I understand how inflammation affects diabetes and how to lower my inflammation.
36%	99%	I understand how gut health affects diabetes and how to keep my gut microbiome healthy.
54%	98%	I understand how to either count carbohydrates or eyeball them, for a lifestyle I can easily sustain for life.
61%	100%	I understand why some people think dried beans, fruit, and sweet potatoes are “bad” carbohydrates and why they are actually good for you when smartly balanced.
53%	99%	I know exactly how to enjoy fruit healthfully, several times a day, without it becoming too many carbs.
77%	96%	I avoid sugary drinks and know how to make water and tea delicious without adding sugar.
40%	79%	I am proficient at cooking low carb foods like spaghetti squash, zucchini, cauliflower, and quinoa, creatively and deliciously.
50%	100%	I understand how processed meats affect diabetes and I know which fresh meats or plant-based proteins to choose instead.

2.4 = The average “Dodging Diabetes IQ” score (out of 10) at the beginning of the program

9.6 = The average “Dodging Diabetes IQ” score (out of 10) at the end of the program



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



Program Cost/Benefit Data

Health Questionnaire Asked Pre and Post Program (Yes/No forced choice)	Number of Improved Participants	Projected Savings Per Improved Participant*	Projected Savings from Improved Health Conditions
I have diabetes, or I am on a diabetes medication	6	\$9,640.00	\$57,840.00
I have high cholesterol, or I am on a cholesterol-lowering medication	51	\$7,520.00	\$383,520.00
I have high blood pressure, or I am on a blood pressure-lowering medication.	22	\$8,028.00	\$176,616.00
*Data from Vital Incite Book of Business		Total	\$617,976.00

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	1,262	\$11.00	\$13,884.20

* Data from CDC

Projected Total Dollars Saved (Cost Avoidance)	Program Cost	Projected Net Dollars Saved	Cost/Benefit Ratio	ROI
\$631,860.20	\$83,061.00	\$548,799.20	7.6 :1	660%

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

- 1/2 plate of veggies!
- Added sugar. I knew to stay away but now I know exactly how much. I'm proud to say that the only added
- All the meals ideas, I really loved the idea of having the tray of vegetables ready to go
- Becoming a plant-based eater!! I have really enjoyed cooking again!
- Beginning to recognize healthier choices without having to think about it! That means the information sticks.
- Buying better snacks and teaching my daughter to buy/eat better foods.
- Confirmation - that I am making better choices, I started this journey a year ago. Thank you for this great info.
- Control of what I am eating
- Controlling my sweet tooth - I love love LOVE the trick of having water with a fruit to keep me from reaching for a pop tart or chocolate bar. I also tried new recipes and have started my own food journal/binder to keep recipes and notes on hand from this course.
- Cutting out soda!!! I am hoping to go a long time without soda. I switched to unsweet tea with a bit of stevia.
- Decreased sugar cravings.
- Drinking more water; eating less junk food; choosing healthier options when going out to eat
- Dropping sweet tea as my go to drink, drinking water now with cucumbers, or fruits
- Eating less sugar, reading labels, buying only whole foods (as much as possible) when shopping, cut out a lot of processed foods, walking after dinner, eating fruit throughout the day.
- Eating more during the day by adding healthy snacks such as nuts and fruits making me less hungry at lunch and at dinner. I stopped buying my mini sodas and replaced with water. I am mindful about the sugar intake and have made replacement from regular to Coconut Sugar. I also increased exercise time.
- Eating more fruits and vegetables and seeing my weight go down. My blood sugar was in the "high normal" range (my doctor said I am "pre-diabetic"). I am moving more and looking at how long I am active versus how many steps I am taking.
- Eating vegetables every day!
- Enjoying having fruit for dessert instead of going with the sugar option more often than not.
- Exercise doesn't seem that hard anymore with the easy moves that we were taught.
- Feeling better about ME!!!
- Hearing about all the ways to incorporate more fruits and vegetables. I am trying lots of new ideas of cooking for the Eat Real recipe website and I AM doing it. I am loving the exercises and how you don't have to do so much to make a difference.
- I always considered fruits high in sugar and did not want to eat them for fear of carbs and gaining weight. Since watching the videos I eat fruit every day with breakfast and for a snack in the afternoon. I have less cravings for sweets!
- I am back to understanding that I am what I eat. I am also excited that I begin each day with my new 15-minute core workout.
- I am excited to get my next blood work done instead of dreading it.
- I am going to the gym 4x a week and lowering my sugar.
- I do not have to be hungry and eat foods I do not like to be healthy and lose weight!
- I have consumed 4 fruits and at least 3 veggies EVERY day since beginning this program, a huge improvement for me :)
- I have learned so many helpful recipes and ideas that make eating healthy actually taste good.
- I have lost 3 pounds and have less cravings.

- I really benefited from hearing how sugary drinks are more of a craving and mindset and sugar isn't needed in coffee, iced tea, and energy drinks.
- I started eating better during the "Diet Free" class. This course has reinforced those habits and given me more insight into controlling my diet to stay healthy. My mother has type 2 diabetes from being overweight and I do not want that to happen to me. I know what I have to do to prevent that!
- I stopped drinking soda!
- I think my biggest takeaway from this course is the information I have been able to share with my dad who has diabetes. If I can help him control it with the foods he is eating, it will help his health as a whole.
- I walk after every meal now.
- Identifying the fact that processed food is so bad for you. Dropped 5 lbs
- It's hard for me to understand nutrition facts so these videos broke a few of the nutrition facts down into easy language to understand.
- Knowing how to correctly portion my meals.
- knowing how to count carbs
- Knowing how to understand the foods that I'm eating, walking after meals, and being mindful of what goes into my body. Enjoying this journey every day.
- Knowing that my family is eating healthier and we can (and are) avoiding some serious potential health issue later in life.
- Learning how to utilize vegetables in meals better and seeing that you don't have to have meat in every meal. I'm also eating a fruit every 4 hours to reduce sugar cravings in the evenings.
- Learning new recipes. It's hard to come up with ideas and searching the internet becomes boring after a while. I enjoy the way Zonya speaks and the course presentations. She gives you the science and the why. And, no need to join WW or go on a silly diet.
- Learning what I need to do to become better at managing my weight through appropriate food choices and simple exercises. No need for a gym membership. I love that I recently went to the doctor and from all the walking I have been doing, I am hovering at a lower weight more often rather than over 200 lbs!!
- Losing weight and lowering my A1C
- Meal prepping. More veggies. Better salad dressings. Cutting out diet coke.
- More confidence than ever
- My a1c has dropped by TWO points!!
- My biggest YAY is not just that my own weight has decreased (over 30 pounds), I feel healthier, and I have had a positive effect on others! My husband is walking over three miles everyday, my mother ordered broccoli instead of fries out to dinner, and I referred Zonya to a friend who dropped 68 points off of her cholesterol eating Zonya's breakfast and lunch recipes!
- My taste buds have completely changed, and I am enjoying the natural sweetness of many foods that I used to think were bitter (brussel sprouts for one)
- Prepping fruits and vegetables on Sunday to give myself zero excuses for eating out.
- Prepping some breakfast and grab and go options in advance so I make better morning choices.
- Recognizing hidden sugar, even though I do not "drink" sugar, I wasn't paying as close attention to seasonings and other hidden places sugar might lurk.
- Since starting this course and working with my doctor to control my insulin, I have lost 6lbs.
- The Diabetes plate, I have a better understanding on what kinds of vegetables and how much vegetables I should be eating. Plus, the creative use of vegetables especially zucchini.
- The different kinds of healthy recipes shown.