

School District of Lee County

Results from Eat REAL for Your Health Program

8-Week Online Self-Paced Employee Cohort

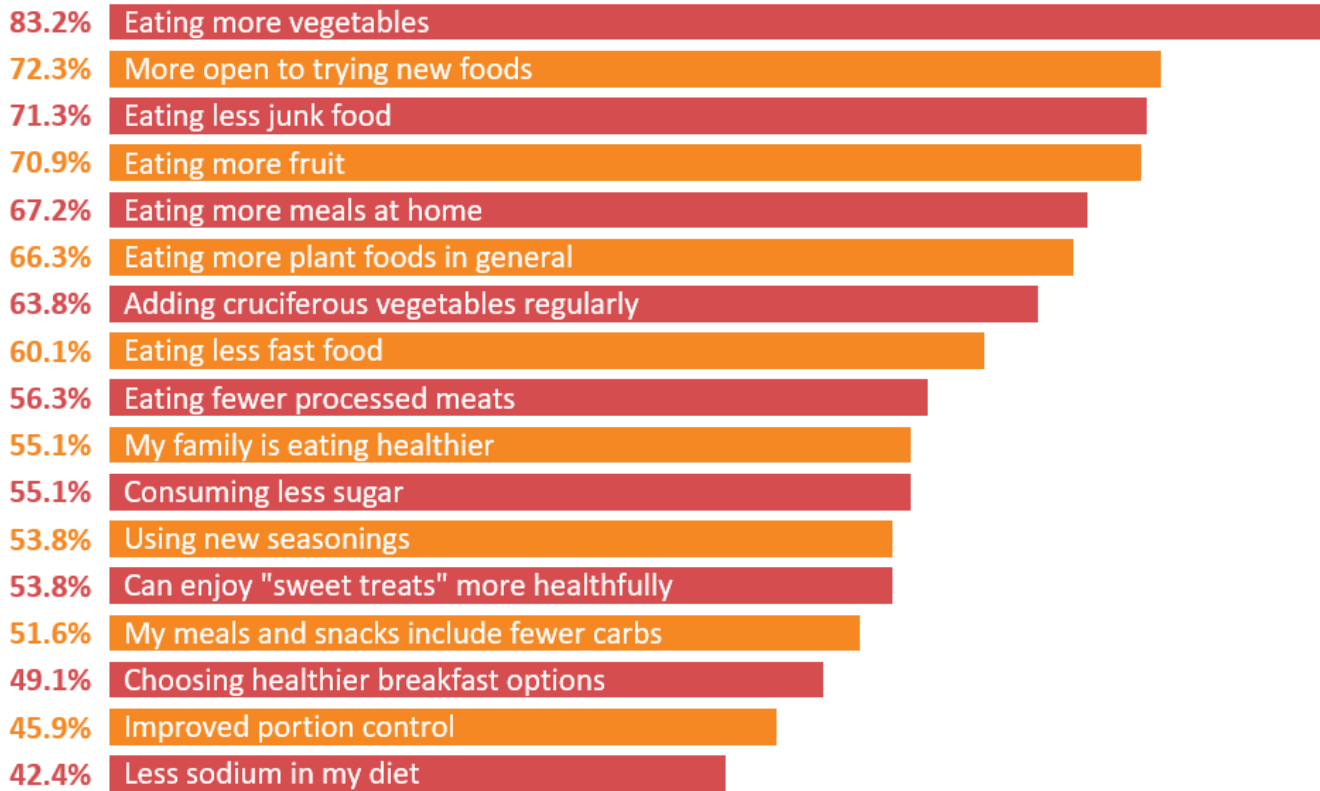


Participants enrolled: 495
Number completed: 481 (97.2%)

% Yes Pre	% Yes Post	The Changes They Made
56%	95%	It is a habit for me to evaluate a product by reading the ingredient list
21%	86%	When I want something sweet, I reach for fruit first
28%	85%	The majority of my snacks come from the produce aisle
21%	72%	I frequently incorporate flax and/or chia seeds in yogurt, oatmeal, cereal, or baked goods
33%	86%	When I choose chocolate, I select 60% cacao or higher
53%	95%	I know how to roast a variety of vegetables, and they are a hit at my house
38%	91%	I know about ginger and turmeric's disease-fighting properties, and I keep them within easy reach
51%	91%	I make at least one plant-based meal per week
36%	82%	Pizza in my world includes salad, and vegetable toppings on a thin or whole-grain crust
52%	99%	I know what cruciferous vegetables are, and why they are so beneficial
31%	91%	For pasta dishes, I keep my veggie to pasta ratio high - at least twice as many veggies as pasta



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	Savings Per Improved Participant*	Savings from Improved Health Conditions
I have high blood pressure, or I am on a blood pressure-lowering medication.	17	\$8,028.00	\$136,476.00
I have high cholesterol, or I am on a cholesterol-lowering medication	41	\$7,520.00	\$308,320.00
I have diabetes, or I am on a diabetes medication	1	\$9,640.00	\$9,640.00

*Data from Vital Incite 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	Savings Per Pound Lost**	Total Savings from Weight Loss
Total Weight Change in Pounds	2,228	\$11.00	\$24,508.00

** Data from CDC

Total Dollars Saved (Cost Avoidance)	Program Cost	Net Dollars Saved	Cost/Benefit Ratio	ROI
\$478,944.00	\$50,000.00	\$428,944.00	8.6:1	760%

Any other comments or suggestions to make this program better?

- The recipes have given me a broader outlook on different ways to prepare healthy food.
- My **blood sugar has been more under control** since this program
- **I loved this program** and all of the easy delicious recipes! Thank you for the great cook book!!!
- I enjoyed the short yet informational videos. **Very practical tips** that were easy to implement!
- I thoroughly enjoyed the videos, gaining new insight into eating healthier, the whole experience!!
- Keep up the good work - enjoyed the recipes to add variety to my meals
- I loved the content, and the cookbook! Thank you for the accessories to accompany this course.
- **I appreciated the easiness of the program.** Little bites at a time & at your own pace.
- This program was a great jump start to healthy eating for my husband and I. Towards the middle of the program we found out my husband had high cholesterol. Lucky for us we were already taking the steps to making plant-based meals more often. :) **I like the way the program was designed to make "baby steps" towards the end goal.**
- Great learning videos!!! I enjoy making a list and planning out meals for the week. **My 4-year-old is eating more veggies than cookies :)**
- I really appreciated the videos and ease of making snacks and dinner items. The recipes are easy to make once you break them down and plan for them. **Such a wonderful eye-opening experience**
- Enjoyed the weekly videos and recipes!
- I liked that you have a lot of other recipes for more options
- **The cookbook is amazing!** It really broadened my ability to use different spices I never would have thought to use.
- Thank you for all of the wisdom you imparted to us! It can save lives!!
- **This program should be implemented in our classrooms for kids to make better choices.** I loved - I tried new vegetables and I am happy about it. Thank you so much for creating a program-diet that is so simple, educational, and fun . . . and delicious to follow!! Also, thank you for answering my emails - you were always there. Your website is so clear and easy to navigate. Thank you and continue this wonderful job. :)
- I have done a great job in changing my eating habits.... except pizza. We still eat our favorite pizza every Friday night. BUT I only eat once slice with a salad!
- Thank you very much for enlightening me to make healthier food choices. Keep up the good work.
- **Very enlightening information.** It is time consuming to get started for a traditional not as healthy eating house hold. Thank you for helping us get on track with better health.
- My husband and I both feel and look better. We will be continuing this healthier way of eating. Thank you!
- Very thought-provoking! **I'm surprised it had the impact on me that it had.** I'm a junk food/fast food fanatic and I'm 61 years old! Time to give it up and take good care of myself!
- **Excellent! Magnificent! Bravo!**

Any other comments or suggestions to make this program better?

- It was awesome!! **Can't wait to use the website and cookbook more moving forward!!** Great job ladies! Saving lives with the truth and great eating!!! Thank you!!!
- I am a healthy vegetarian, yet I **found this program to be enriching and reaffirming of my eating habits.**
- I enjoyed this program and the videos. It was fun to try the recipes.
- **Super glad I participated in this program!**
- I enjoyed the videos and the meals were amazing. I am going to use the cook book for many other choices.
- I really enjoyed doing this programs. **The recipe are easy to make and my family love them, :)**
- My family enjoyed the meals! **The spices used made the meals taste like they came from a restaurant.**
- Love this program and the book. Myself and family are really enjoying all the things I have made so far. Looking forward to more awesome meals!
- I thought it was great - **I loved hearing all about the plant-based options and the super foods!**
- **Thank you Lee County!** Great program for someone who seldom cooked before.
- The variety of my meal menus has drastically increased with healthier options made from Real Food.
- **Wonderful program, so informative**, and if I am about to make a bad choice, at the grocery store, I run what I have learned in this program in my head and normally put it back on the shelf. **Thank you so much for offering this program to Lee county employees!!!! Love this woman!!!!**
- Absolutely loved this program! I will continue to use the recipes from my book as well as the shopping lists. **Thank you for providing this program for us, Lee County!**
- I really do have to thank this program being a diabetic this program has taught me a lot of a better ways to eat and more amazingly I have tried foods I never thought I would like. So thank you very much!
- This program is fabulous. **I have enjoyed being more informed and have a new found delight in cooking my creative new meals.** Thank you!
- My family has developed new favorites from the cookbook!
- Excellent program, will continue to use cookbook
- I loved your program. Sonia, thank you for your energy and fabulous videos.
- Truly enjoyed the class, and am looking forward to sharing with friends and family, as well as my Culinary Classes.
- Great program. I loved the easy to make great tasting recipes!
- It has been helpful in making me aware that **healthy food can also be enjoyable.**
- Some meal ideas even allowed me to sneak in a vegetable without my husband knowing! **He ate a mushroom and sweet potato for the first time in his life...**and didn't know!
- Everything was **healthy and delicious!**
- This was a very insightful program and above all, **I was able to share the information I learned with family and friends.**