

School District of Lee County

Results from Fight Cancer With Your Fork 6-Week Online Self-Paced Employee Cohort

Participants enrolled: 748

Number 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

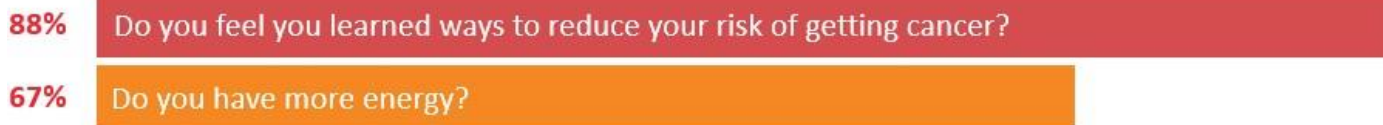
Weight Loss
Average Per
Person:
1.5 pounds

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	\$200,700.00
I have high cholesterol, or I am on a cholesterol-lowering medication	34	\$7,520.00	\$255,680.00
I have diabetes, or I am on a diabetes medication	6	\$9,640.00	\$57,840.00

*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	Projected Savings Per Pound Lost**	Projected Total Savings from Weight Loss
Total Weight Change in Pounds	966.2	\$11.00	\$10,628.20

** Data from CDC

Projected Total Dollars Saved (Cost Avoidance)	Program Cost	Projected Net Dollars Saved	Return on Investment
\$524,848.20	\$96,750.00	\$428,098.20	5.4:1 (440%)

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**