

Sarasota County Schools

Results from How Greens Fight the Blues

4-Week Online Program with Zonya

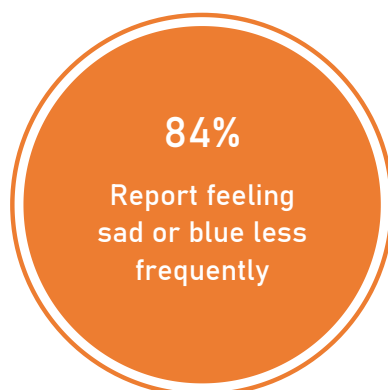
Participants enrolled: 84
Number completed: 51 (60.7%)



% Yes Pre	% Yes Post	The Habit Changes They Made
0%	84%	I know the top 20 antidepressant foods and include at least 5 daily.
18%	63%	I have a several-times-a-week “smoothie habit” that sneaks in veggies, fruit and other nutrient-rich add-ins.
25%	80%	For lunch (or dinner) most days of the week, I enjoy a large dark greens and veggie-filled salad as my entrée.
37%	100%	I know how to sauté up delicious greens (like collards and kale) and can do it without bacon/pork fat for flavor.
57%	90%	I know how to use avocados and do so regularly.
35%	98%	I understand sugar is kryptonite for my brain, and have a sensible strategy in place for keeping added sugars to a healthy moderate level.
6%	96%	I know how to make several simple dark chocolate desserts that are actually good for my brain.
45%	100%	I understand the value of omega-3s on the brain, and how to best maximize my intake via fish, flax, chia seed or supplements.
61%	92%	I am comfortable serving salmon, trout, or other seafood (not fried!) at least weekly.
8%	96%	I understand the gut-brain connection and know 3 daily habits to keep my microbiome in tip top shape.
16%	98%	I feel confident in my knowledge of nutrition supplements that may benefit my brain health.
22%	80%	I know (and do!) simple yoga moves daily that bring down my stress hormones through proper breathing and stimulation of my vagus nerve.

3.3 = The average “Greens IQ” score (out of 12) at the beginning of the program

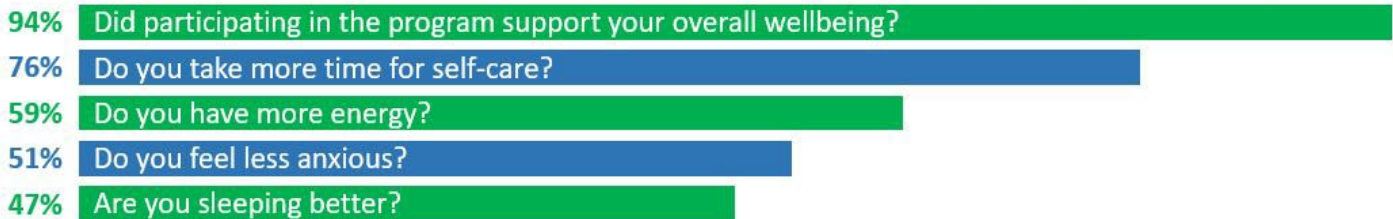
10.8 = The average “Greens IQ” score (out of 12) at the end of the program



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?



Program Cost/Benefit Data

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 (Avg. 2.8 per person)	139	\$11.00	\$1,529.00

* Data from CDC

Health Questionnaire (Yes/No forced choice)	Improved Participants	Projected Savings Per Improved Participant**	Projected Savings from Improved Health Conditions
In the last few weeks, I feel sad or blue less frequently.	43	\$2,184.00	\$93,912.00
I have high cholesterol or I am on a cholesterol-lowering medication.	4	\$7,520.00	\$30,080.00
Total			\$123,992.00

**Data from Vital Incite Book of Business

Projected Total Dollars Saved (Cost Avoidance)	Program Cost	Projected Net Dollars Saved	Return on Investment
\$125,521.00	\$10,556.00	\$114,965.00	11.9:1 (1090%)

In Their Words

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

- A real reminder to keep choosing and incorporating more veggies and fruits and really paying attention to the hidden added sugars in items.
- **Adding more self care for myself!**
- Adding more veggies into cooking dinner. Also ordered Chia Seeds to add to yogurt
- **Basing weekly meal prep around vegetables** and becoming more regular with my supplements.
- Cooked with kale for the first time!
- Cooking healthy and delicious desserts.
- Cooking more fish, trying canned tuna, eating more servings of vegetables, and trying kale. :)
- **Cutting down on sugar and saying no to dessert. Also eating a lot more salads**
- Eating cleaner
- Eating more fruits
- Eating more salads.
- Food prep inspiration and direction
- Fruits, vegetables and smoothy. Whatever was made ONLY with fresh ingredients.
- Getting more fruits and veggies in my diet and learning about brain health.
- How to make foods so I stay away from sugar.
- **I am a horrible cook but these recipes are so easy I actually made tasty food. Yay me!**
- I can do this!
- **I feel better and have more energy.**
- I finally took the time to take and complete a class for improving my own health.
- I find I am much more conscious of reading labels for processed foods, finding ways to avoid sugar and counting the number of servings/day of fruit and vegetables.
- **I have started to say no to sugar at work and outside and focused on healthier options when I get a sweet tooth.**
- I love yoga
- I really do like fruit
- I really liked the recipes, especially the desserts and the fact that I can add little things to food to get more brain healthy foods. Been sneaking chia seeds and herbs into my daughter's salad.
- **I want to eat better and buying the top 20 foods has helped to have the items in my frig, Eating the fun healthy desserts has helped me to eat less sugar**
- Including more fish in my diet and trying some new salads with tahini which I had never tried before.
- Incorporating more veggies daily.
- Increased my intake of fruits and vegetables considerably. Cutting out red meat more and serving more seafood.
- Integrating new things in my diet
- **Learning about the connection between nutrients and mental health.** Learning about the recommended daily amount of veggies to eat to stay healthy.
- Learning how to cook dark green leafy veg. Still not a HUGE fan of kale, but can now incorporate it into my diet. Love sauteing Swiss chard and spinach though :)
- Learning the value of vitamins and how to get them in a more natural way than just buying pills.
- Less sugar consumption

- Loved the salmon!! And sauteed greens.
- **Regularly eating more greens and fish**
- Seeing that I already do many of the things suggested and use many of the same products and brands.
- Sugar replacement recipes and more supplements
- The new recipes I can make
- Trying new foods
- **Trying new foods (and I'm excited about it!!!), Refraining from sugary foods (not perfect, but a great improvement), Weight loss, Realizing I can be satisfied without a lot of meat and carbs, Soooo much more energy!!!**
- Trying new healthy recipes
- Various options for salads; learning about daily amounts of servings for Omega 3, B-12, etc
- **We are eating so much healthier and exercising more. Encouragement from Zonya has helped with the sugar addiction. Learning healthy recipes to make vegetables taste great. Reducing the amount of meat I eat and increasing fish. I feel better :)**
- With arthritis, I'm very tuned into turmeric for curcumin anti-inflammatory cooking.

Did this course meet your expectations?

- **Absolutely! Not only am I benefiting but also my family.**
- Great recipes and suggestions for supplements. Love the fact that desserts were included but they are healthy and all natural.
- I had no expectations. **It was enlightening information that I will use daily.**
- I had no idea what to expect, but my father had Alzheimer's and I wish I had known how to help him.
- **I loved this course! Zonya offered so many little tips and tricks and reminders in such a casual, chill way. I could hear her friendly voice when I opened my cupboard for a snack... and then chose an orange :)**
- I thought I was eating healthfully, but learned I was not eating as many fruits & veggies as my brain & body need. Sugar is not a problem for me, but my husband craves it. We are truly enjoying your delicious recipes and will try the Chia Seed Puddings this week. Our favorite is the Chocolate Fudge Layer Cake :). Thank you for sharing your knowledge, **this was a program I would recommend to everyone!**
- **It has been an amazing experience to know the variety of food that we can find to eat in healthier and more delicious ways.**
- Simple. loved the recipes!!
- The course was excellent. **I learned so much and am applying what I learned to be a healthier individual. I don't have a problem with depression but know my diet was less than okay for my overall health. I know I need change to be my best and this class has really helped me get myself on track. I'm not perfect at it, and I make mistakes, but I am eager to keep going. The variety of recipes is amazing and I am eager to explore more on the Eat Real website. So happy I signed up!**
- **This was so interesting and fun.** I have always practiced clean eating but Zonya took this to a new level and I learned so much.
- **With a family history of heart disease and Alzheimer's, this gave me tools to use to help combat these diseases**
- Yes
- Yes help out with eating better
- **Yes I loved the recipes and took 15 pages of different notes**
- Yes this course met and exceeded my expectations. Great easy recipes and nutrition info with resources to verify suggestions.

- Yes very informative!
- Yes! I believe that the course made adding more whole foods to my diet easier. I loved all the ideas that Zonya gave to get the nutrition that my body and brain need to function better.
- **Yes! I have been eating a salad every day and now crave them! I have had a clearer brain at work and have been able to focus better. I also have more energy in the morning and find getting out of bed easier than ever. I have also had a better gut since starting this program. I love how the videos are broken up and not all the information is given at one point. Having the making of recipes between information really helped me absorb more information than I thought I would.**
- Yes, I have always believed that food was the best medicine. I am disappointed to hear that we still need to take supplements, but it does make sense.
- YES, better than I expected. Zonya makes it easier to eat healthy.
- **Yes, I enjoyed the fun way Zonya presents the class and learned lots of new information. I watched the videos several times each.**
- YES, I learned a lot!
- Yes, it did.
- Yes, It gave me some valuable information on supplements.
- Yes, it was very helpful in explaining nutrition needs and how to counter deficiencies on a daily basis.
- Yes, it went beyond my expectations-- was excellent!
- Yes, loved the way is presented and all the good information and recipes.
- yes, made me aware of the hidden sugars and good supplements available
- Yes, very informative on healthy eating.
- Yes, Zonya was a treat!!
- Yes. I gained knowledge about vitamins and minerals in different foods and **learned how to combine different vegetables for yummy, healthy meals.**
- Yes. i thought i knew more than i do about healthy foods. I gained a lot more knowledge from Zonya. She made preparing the foods look so easy and fun.
- Yes. **It had a nice balance of informative information and hands-on cooking demonstrations.**
- Yes. I have learned many new salad recipes I will be implementing into our meals.
- Yes. I learned how to improve my health my cooking/making healthier foods.
- Yes. It opened my eyes on new ways of preparing meals to stay healthier.
- **Yes. The course offered many healthy tips I can easily add to my lifestyle.**
- yes. great information shared!
- Yes-thanks for making recipes with us
- Yes-very much so.

Any other comments or suggestions to make this program better?

- Create short video segments vs. one long 45 minute one.
- **Do this as a group and have the ingredients prepared ahead of time and make what you are cooking for the first time with a group so everyone can taste it before spending a lot of money on something you cannot stand and have to throw everything away.**
- Great information and easy, tasty recipes to try.
- I enjoy the class and great teacher.
- I loved it
- Instructor is wonderful and keeps you engaged.

- It was excellent.
- Keep up the Good Work! Thank you!!
- Keep up the great work, so helpful. Thank you!
- **Loved this! Hope you are able to teach more to the district!!**
- No comments. I enjoyed the program very much! Thank you!
- No it was great!
- none
- Nothing, is great as it is.
- **Thank you for offering this course to my school district. I've been telling so many of my friends about it because it is just THAT good. I especially really, really loved the cooking segments and learned so much from them. It's so obvious Zonya has a passion for what she does and her energy is catching. Thanks again!**
- Thank you!
- Thank you!
- Zonya answers her phone on Sundays! I was so surprised to speak with her. Great job with this class. **Thank you for sharing this information in such a fun way.**