

Results from Lower Your Blood Pressure Deliciously
5-Week Online Self-Paced Employee Cohort

Participants enrolled: 50
Number completed: 37 (74%)



% Yes Pre	% Yes Post	"Rate Your Plate" Questionnaire: The Changes They Made
62%	100%	Even without a food chemistry degree, I can confidently glance at the ingredient list on a food label and decide whether an item deserves to be added to my cart.
30%	100%	If a nutrition label says "400 mg of sodium per serving," I know the other factors to consider when deciding whether this food is acceptable for me.
27%	100%	I am aware of the sodium and calories that bread contributes to my diet, and I have a good plan of action to make sure bread isn't raising my blood pressure.
30%	100%	When I dine out, I know how to avoid dishes that are hidden salt mines, and I am confident in my ability to order a delicious meal that will NOT raise my blood pressure.
3%	84%	I am well aware of the top 20 foods that lower blood pressure, and I automatically include at least 5 each and every day.
5%	95%	I know which foods (and how much) provide the potassium, magnesium and calcium I need each day. And I enjoy eating them!
49%	97%	Processed meats have no power over me. I have alternatives that are just as satisfying, and they lower, rather than raise, my blood pressure!
73%	100%	I understand the importance of stress management, and use breathing and yoga to manage my stress.
24%	97%	I have a clear picture of how the "typical American diet" differs from one that lowers blood pressure, and I'm proud that my days fit into the latter, most of the time!
27%	32%	I do not have high blood pressure, nor do I take medications to control high blood pressure.

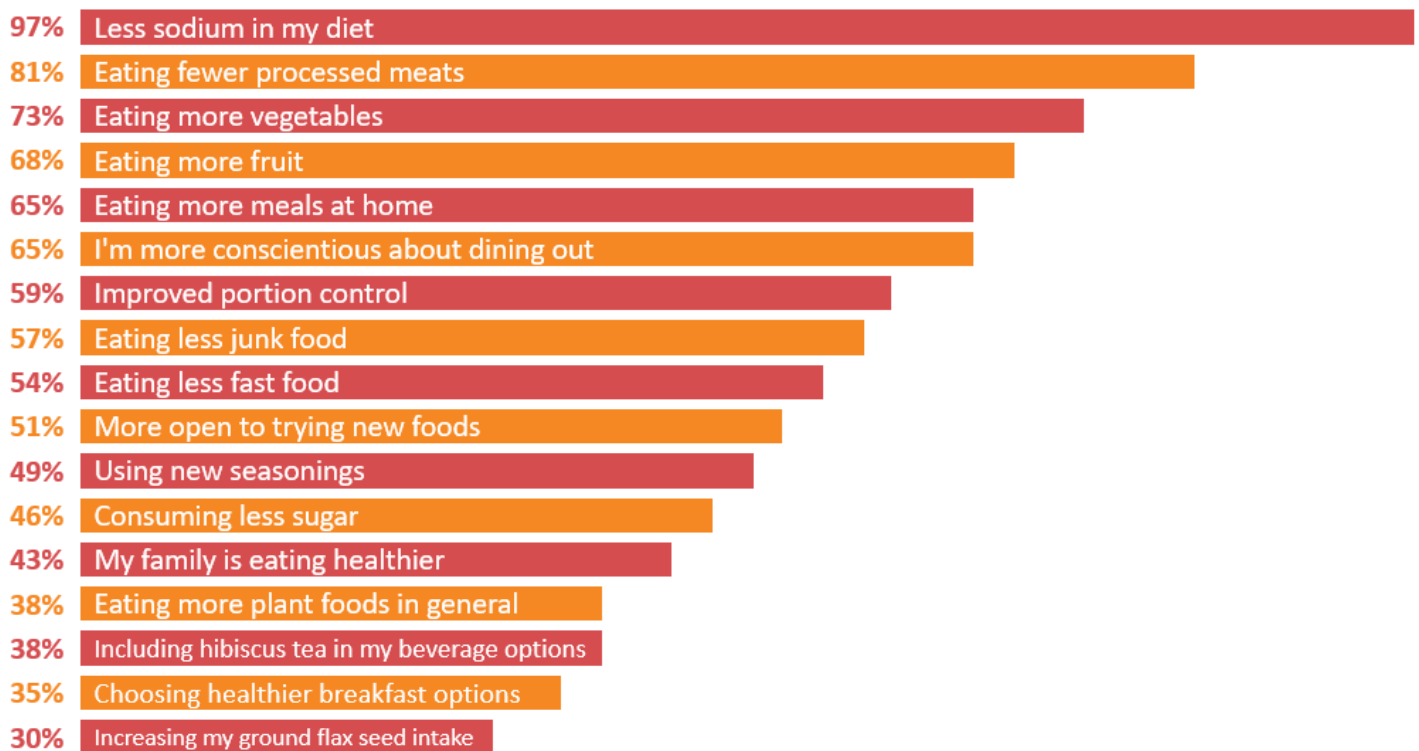
3.6000000000000001 = The average "Rate Your Plate" score (out of 10) at the beginning of the program

9.0999999999999996 = The average "Rate Your Plate" 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 (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.	5	\$8,028.00	\$40,140.00
I have high cholesterol, or I am on a cholesterol-lowering medication	4	\$7,520.00	\$30,080.00

*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	132	\$11.00	\$1,452.00

** Data from CDC

Program Cost	Total Dollars Saved (Cost Avoidance)	Cost/Benefit Ratio
\$6,450.00	\$71,672.00	11.1:1 (1010%)

In Their Words

Any other comments or suggestions to make this program better?
• This has been one of my favorites programs that we have worked so far. I enjoyed the length, content, and conversations. Thanks so much for offering! • This was a great class, very well put together and very informative. I enjoyed it a lot. • Great info in digestible segments -- no pun intended. • Great program with tools to make healthier choices every time! • Never realized how much sodium was in so many foods I loved to eat. Change is good. Thank you! • Yes, when the quiz populate the score; it will be nice to see what the correct answers are if you missed it. Thanks • I understand that fruits and vegetables are good to have in our diets. However, there are some individuals that have trouble with the textures of food and are not able to eat as many of those types of foods. So it would be nice to hear more about other options for those that have this type of issue. Thank you!