

School District of Lee County

Results from 4-Week Online Program

Participants enrolled: 1005

Number completed: 911 (90.6%)



% Yes Pre	% Yes Post	The Changes They Made
19%	98%	I fully understand which foods feed the bad bacteria in my gut, and which foods feed the good, and have a plan in place to leverage each appropriately.
30%	85%	I am fully aware of which foods give me reflux, and have agreeable replacements, so I can manage my reflux naturally without medication.
42%	98%	If I experience constipation or diarrhea, I have a natural approach to count on.
16%	76%	I practice “fiber maxing” on a daily basis.
27%	92%	I know why it’s important to consume a wide variety of plants each week, and I reach a goal of 30 different plants most weeks.
46%	99%	I understand how exercise directly affects my microbiome.
35%	88%	I eat at least 1 serving of a probiotic-rich food every day, being sure to vary the food type from day to day.
17%	99%	I understand what “leaky gut” is, the foods to avoid and the foods to include, to keep my gut lining intact.
27%	97%	I understand what diverticulosis is and the current dietary advice regarding treating it and preventing it.
33%	96%	I can confidently pick out a probiotic supplement.

3.5 = The average score (out of 10) at the beginning of the program

9.3 = The average score (out of 10) at the end of the program



Weight loss data is based on 730 participants reporting in pre- and post-program assessments.

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



How I Feel

Frequency	Pre-Program	Post-Program
90% of the time, my poops are regular, well-formed (like a sausage).	55%	80%
I experience bloating and/or gas beyond what is "normal" to a point that it is a nuisance.	42%	22%
I experience chronic phlegm, postnasal drip, or nasal congestion fairly often.	40%	24%
I often have gastrointestinal upset that requires me to stay by a restroom.	14%	9%



How satisfied were you with the program?

Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
752 (82.5%)	145 (15.9%)	14 (1.5%)	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 cholesterol, or I am on a cholesterol-lowering medication.	34	\$7,520.00	\$255,680.00
I have high blood pressure, or I am on a blood pressure-lowering medication.	16	\$8,028.00	\$128,448.00
I have diabetes, or I am on a diabetes medication.	2	\$9,640.00	\$19,280.00
I am taking (or about to begin taking) a GLP-1 medication.	36	\$13,000.00	\$468,000.00
In the last few weeks, I feel sad or blue less frequently.	297	\$2,184.00	\$648,648.00
*Data from Vital Incite Book of Business		Total	\$1,520,056.00

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	951.0	\$11.00	\$10,461.00

* Data from CDC

Projected Total Dollars Saved (Cost Avoidance)	Program Cost	Projected Net Dollars Saved	Return on Investment
\$1,530,517.00	\$129,000.00	\$1,401,517.00	12:1 (1,100%)

In Their Words

The following is a sample of the answers received. The full 65-page report is available upon request.

Did this course meet your expectations? Please explain
- Absolutely! It broke down the entire microbiome topic and helped me to change life habits to make my overall health better! - Absolutely! I've taken all courses offered! - Every class I take, I learn more and become healthier. I am close to 30 plants in a week - regularly hitting 27. - Excellent course and phenomenal evidence-based content - Excellent way to educate on a subject not a lot of people like to talk about. - GI problems have always run in my family. It was great learning about microbiomes and things I can do naturally to control my digestion. The information about vagal tone and the vagus nerve was also very informative. - Great course! Thanks Lee County for offering these great opportunities :)

- I had NO IDEA of how important the microbiome is to ALL functioning. Very eye opening!
- I have had digestive issues the past few years and already after just 3 weeks applying what I have learned, I feel a difference in my body.
- I learned so much about the foods that I should be eating to help with my GERD.
- I love all of Zonya's courses. She always gives me a "reset" by taking a new course. I especially loved the 30 fruits and veggies challenge in this class and have done it for a couple of weeks.
- I love Zonya's videos. They are so informative and fun. I liked the slides version so I could read back through instead of watch the whole video again.
- I wasn't expecting it to have so much practical information -- especially about the probiotics. I don't think I've ever found one that works or made an impact for me, but I feel a lot more confident that I'll be able to find a good one now. Also, "fiber maxing" is a completely new idea to me, but I'm trying to implement it in my normal diet. It's not easy, but I am adding a little bit here and there, so I'm confident I will eventually get there.
- I watched this course with my whole family so we could all understand the importance of eating healthy.
- It did. I expected general health tips, but left with a much better understanding of how my food choices affect my gut and energy levels.
- It exceeded my expectations. I learned more than I thought I would. Everything was explained clearly and in a way that made the steps feel like they were not super overwhelming to accomplish. I also like that I could do the course on my own timeline.
- It was a very well organized program. Full of great information
- I've been suffering from gastrointestinal inflammation for several years, and my husband and daughter have leaky gut. That's why this course has been so helpful. I'll gradually incorporate each recommendation and keep notes about my meal times, frequency, and what I eat to determine which foods trigger these symptoms and signs. I'll also help my family do the same to improve our health.
- Learning about IBS and the leaky gut was the main goal for taking this course. It did help me with the choices that I have to improve my medical condition ULCERATIVE COLITIS which is starting to be in remission.
- Si he aprendido mucho sobre mi alimentacion (Translation: Yes, I have learned a lot about my diet.)
- Si mejoro mi microbioma (Translation: Yes I improve my microbiome)
- Si, como todos locuras de zonya termino siempre aprendiendo a consumir comida real (Translation: Yes, as with all of Zonya's crazy ideas, I always end up learning to eat real food.)
- Since I was just hospitalized with diverticulitis, this information has been extremely helpful.
- This course has been a life changer for me. My body has been acting very crazy and by taking this course I have answers and solutions. Thank you
- This course was exceptional! I would recommend this course to all of my friends and family!
- Yes! I honestly wasn't sure what to expect, but I am following the 30 plants a week and the 3 fermented foods each day and I feel great!
- Yes! I love all of Zonya's courses. She inspires me and her recommendations have changed my life on many levels.
- Yes! I learned so much! It helped me understand why I have so much reflux and now I can do something about it. I also struggled to sleep because of heartburn and it feels great to learn how to make it go away.
- Yes, I have taken about 8 courses from Zonya that my school district offers and boy it has changed my life. All of the courses are life changing and I love that they are building on each other. I eat better, I feel better and I think my energy levels have increased as a result.
- Yes, this course helped realize the root cause of my constant coughing and phlegm and post-nasal drip.

- Yes. I knew it would be good but it was excellent. It taught me why I was feeling the way I was and gave me options that I can do to feel better without meds.
- Zonya knows what she is talking about! She is encouraging, bright, kind, and simple with how she describes things. She holds my attention entirely and keeps it simple and to the point. Love her courses and would take one over and over if I could.

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

- 30 plant varieties a week. Trying more fermented foods in future. Feeling better!!
- A wide variety of plants each week of 30 different plants most weeks. Yes
- Adding daily fermented foods to my diet. Increasing the number of different veggies every week.
- Adding more fruits and vegetables, meal planning, and trying new recipes.
- Adding sauerkraut to EVERYTHING!! I had never even tasted it before this course, but it's delicious! :)
- Again- helping me to deal with diverticulitis, constipation, gas and bloating.
- As someone with Celiac Disease for the past 25 years, I always have issues with my gut. I feel like this course will be a life changer for me. Thank you for bringing us such great learning opportunities!
- Being able to explore new ways to be healthy without medication.
- Better bowel movements
- Counting my 30 grams of fiber, making me more aware of how many I am eating.
- Cutting down on dairy really helped my stomach issues.
- Eating 30+ plants per week and I am now eating kimchi!
- Eating a variety of plants on the 30-List! Go Me!
- Eating a wider variety of fermented foods besides yogurt.
- Eating fermented foods daily now. I also chose the right probiotic for my body.
- Eating more plants, shopping smarter, adding probiotics and fermented foods.
- Eating out less and being more conscious of the food I am eating and its nutritional value.
- Eating zero or as much as possible zero ultra-processed foods with microbiome-altering additives. Assessing ingredient labels more closely to avoid the ingredients that can damage my gut. Eating more meals at home
- El conocimiento (Translation: Knowledge)
- Feeling better overall and eating better. More energy
- Feeling less groggy and more alert throughout the day
- Fermented foods are really making my stomach happy!
- Fermenting my own foods
- Getting close to 30 plants in a week
- Getting more fiber from food instead of drinking fiber. I learned I need a min of 30 different plants a week and I am having so much fun doing that. I also enjoy eating 3 pieces of fruit a day. I can improve my gut health naturally.
- Getting my family on board! We are experimenting with new foods and I love it!
- Getting my husband to try new food I made and enjoying it. I feel better. I'm more excited and inspired to make food from recipes. I've enjoyed using my kitchen.
- Having these tools in my tool box has been great. I have ventured out and I am trying new foods that I normally would not regularly have consumed before this course.
- I am finally prioritizing hydration and fiber intake and I can really feel the difference in my overall digestion
- I didn't know I could improve my nasal congestion by changing my diet!!! :)

- I have been cooking dinners for my family at least 4 times a week now!
- I have been using the Yuka app to help replace foods that are harmful for me and my IBS! This has helped with bloating big time!
- I have truly been sticking to the daily ferments and 30 plant based foods per week and I feel great.
- I no longer feel hopeless; I have much greater control of my body and how it functions.
- I'm shooting for 30 veggies and having fun doing it.
- Learning about why my gut reacts the way that it does.
- Learning how to control my reflux.
- Learning how to eat better and poop better.
- My acid reflux seems to be less frequent.
- My belly feels better and I don't feel bloated and painful.
- My digestion has improved considerably, I've managed to lose weight and reduce inflammation in my body
- My GERD has been reduced.
- Not feeling as bloated as when I started.
- Reducing the gassiness.
- Regularity. Less stomach upset
- Seeing a change in irritable bowels.
- When my energy increased after a couple of weeks!

How have your thoughts about gut health changed as a result of this course?

- A few years ago I was diagnosed with Ulcerative colitis. I was overweight and experiencing some stomach problems which led me to have a colonoscopy. I then started taking Zonya classes and was able to drop over 25 pounds. I do not experience any flare ups from my diagnosis any longer and am not on any medications.
- A lot of health issues are directly related to your gut health. I have heard this many times but actually doing a deep dive into why, it makes sense to me!
- Absolutely, I have been getting compliments from people saying that I look slimmer and my clothes fit so much better. Food really does heal!
- Absolutely, it is not only manageable but also repairable, and I have started that journey; thank you.
- As a result of this course, my thoughts about gut health have changed significantly. I now understand that gut health is not just about digestion, but it also impacts my immune system, mood, and overall well-being. I've learned how everyday choices - like diet, stress management, and even the medications I take - can directly influence my gut microbiome. I'm more aware of the importance of nurturing beneficial bacteria and how small, consistent changes can make a real difference. Overall, I feel more empowered and motivated to take proactive steps to support my gut health.
- Before taking this course, I thought of gut health mainly in terms of digestion: avoiding stomachaches, bloating, or constipation. I didn't fully understand how deeply connected the gut is to other systems in the body. As a result of this course, my perspective has expanded significantly.
- Choosing everyday meals no longer feels like a chore, but has now become a positive fun experience.
- Cómo una buena salud intestinal interfiere en tu salud mental, conciliación del sueño y muchas cosas más. (Translation: How good gut health impacts your mental health, sleep, and much more.)
- Completely, now I'm very aware of how important is the food I eat. Now I'm ready to prepare my own kombucha, my own pickles and any other food I can ferment.
- Didn't realize all the ways your gut is affected by food and alcohol

- Didn't realize how gut health is connected to the brain
- Everything doesn't need medication, I can correct some of my illness with my diet
- Gut is the second brain, every food choice affects my body and mind.
- Gut health is more self-manageable than I previously thought.
- Have changed significantly. Before taking the course, I mainly associated gut health with digestion, but I now understand that the microbiome plays a much larger role in overall health, including immunity, mental well-being, energy levels, and inflammation. I have learned that maintaining a healthy gut involves more than avoiding unhealthy foods- it requires nourishing beneficial bacteria through balanced nutrition, stress management, quality sleep, and lifestyle choices.
- I did not realize all of the ways certain foods affected my gut health! I feel way less bloated all the time now!
- I have a more positive relationship with food.
- I learned that my gut is a complex ecosystem. I no longer just think about calories but about how to feed my beneficial bacteria.
- I no longer look at changing my diet as a way to deny myself but as a way to enhance my life.
- I once believed that gut health was simply about stomach aches; now I understand it plays a crucial role in my brain, skin, and immune system, revealing the incredible interconnectedness of our bodies.
- It changed a lot. Because I thought healthy was nasty and boring, but this course have changed my way of thinking
- More fiber in my diet and less processed food makes me feel less bloated.
- Realizing gut health is connected to so many other systems in my body
- The older I get I want to feed my gut with nutritious healthy things. This course has guided me in an easy way to make healthier choices that will not break the bank.