

Family Health & Wellness Award

Healthy Georgia Wellness Curriculum

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Photograph

Healthy Georgia Wellness – Program Outline

Introduction:

Objectives:

The University of Georgia (UGA) Extension Southeast District (SED) Family and Consumer Sciences (FACS) Agents have developed a ***Healthy GA Wellness Curriculum (HGWC)*** to meet the needs of consumers who are constantly in search of ways to make their lives healthier, happier, and less stressful. This series consists of 14 lessons that can be stand-alone or used in a series, depending on the needs of the group. Topics covered within this series include Positive Thinking, Physical Activity, Planning for Success, Adequate Sleep, MyPlate – Portion Control, Energy Drinks, Understanding Food Labels, Stress and Health, Dining Out with Fast Food, Stress-less Meal Planning, Using Technology and Apps for Health, Increasing Financial Capability, Housing, Food Safety, Stress on Brain Development, and Time Management. With the topics chosen, it is the hope of the SED FACS Agents that this curriculum will be a go-to for providing important information with a limited amount of time and commitment from our clientele. Our objective is to teach adult and youth participants how to improve their overall health and wellness in order to live longer, happier, and healthier lives.

Description of Target Audience:

The original primary audience for this curriculum was workforce adults. It was developed with company-based wellness programs for employees in mind. It has also been utilized for all ages of adults in a variety of settings. Some of the resources have also been adapted for older youth. The curriculum works well for both rural and urban areas in multiple states. It was pilot-tested in ten Georgia counties to ensure that it would meet the needs of people from varying backgrounds, ages, educations, and socio-economic levels. To date, it has been conducted in 30 Georgia counties and 14 states (Arkansas, Arizona, Colorado, Florida, Idaho, Kansas, Maryland, North Carolina, Ohio, Oklahoma, Tennessee, Texas, Utah, and Virginia).

Timeliness:

People are constantly in search of ways to make their lives happy, healthy and stress-free. SED FACS Agents are constantly receiving requests for lunch-n-learn programs that can be delivered without the aid of smartboards, computers, and projectors. To answer that call, we worked collaboratively with each other to

develop a series of lessons that do just that. Meeting community needs and creating a “culture of health” was the driving force for this project.

Program Developed and Conducted in the Past Three Years:

This program was developed and pilot tested from 2018 to 2019. It is currently being conducted by **54** FACS Agents in **15** states and by **three** 4-H Agents in Georgia.

Description:

Plans and Activities:

The demand for quick lunch-n-learn programs that do not require a lot of time to set up led SED FACS Agents to work collaboratively with each other in order to develop a series of lessons that will do just that. Meeting community needs and creating a “culture of health” was the driving force for this project. These lessons are meant to be used in a group setting and do not require a PowerPoint, but offer hands-on activities that can be taught in a 30 to 45-minute timeframe. Originally, there were no PowerPoints for the lessons, but we added those when we were forced to move to virtual programming during the Coronavirus epidemic. These lessons are an excellent choice for Employee Wellness Program programs.

Materials Developed and/or Resources Used:

This curriculum was developed by a team of FACS Agents with expertise in health and wellness, under the direction and guidance of Dr. Ali Berg, Assistant Professor of Nutrition and Health Extension Specialist. Each lesson consists of one to two-page lesson instructions with ideas to expand the lesson if needed. Along with the instruction page, there are supplemental handouts and activities for each lesson, as well as an evaluation piece. Each Agent in Southeast District took one to three topics and were responsible for developing the content, activities, and supplemental handouts. Pilot testing of the curriculum was conducted by FACS Agents throughout the Southeast region of the state. The curriculum was awarded an Extension Innovation Grant of \$6,000 in 2019 to assist in its development.

100% of the information was written by the applicant’s team which includes Rachel Stewart, Becky Collins, Georgeanne Cook, Marnie Dekle, Terri Black, Laura Smith, Susan Moore, Jackie Ogden, Carrie Vanderver, Lisa Jordan, Dr. Ali Berg, Denise Everson, Rachel Hubbard, and Kisha Faulk. Information was

also obtained from USDA Choose MyPlate, National Sleep Foundation, Mayo Clinic, Go4Life National Institute on Aging, The Center for Mindful Eating, and Fight Bac, Partnership for Food Safety Education.

Partnerships or Collaborations:

Our partnership consists of a group of SED FACS Agents, four FACS Program Development Coordinators, and several Extension Specialists. We have collaborated with FACS and 4-H agents across the state of Georgia and in the following states: Arkansas, Arizona, Colorado, Florida, Idaho, Kansas, Maryland, North Carolina, Ohio, Oklahoma, Tennessee, Texas, Utah, and Virginia to implement our curriculum to a national audience of adults and youth.

Marketing:

We utilized part of our grant funds to hire a graphic artist to develop our Healthy Georgia Wellness Emblem – the flying butterfly fork. We have marketed our program by using flyers and informational posts on social media and via email to potential employers interested in offering the classes to their employees. The Extension Service is clearly identified in large red and black logo on all curriculum materials. It is also branded with the Healthy Georgia logo. The Extension logo is also on handouts and the title slide of the PowerPoint for the curriculum. It is also on the cover sheet of the curriculum book and on the flyer used for marketing.

Impact:

Evaluation Methods:

The data on participants attending training was obtained from class evaluations and the Qualtrics online survey. The retrospective evaluation uses a combination of open-ended and Likert scale questions to measure impact, including intent to change behavior.

Evaluation Results:

Since its inception, over **1,070 employees and community based educational adults** have completed these classes for a total of over **1,589 contact hours**. Since we began using the Qualtrics survey to collect data, **300 participants** have responded to the survey. The majority of participants noted that they gained knowledge in the class. Prior to taking classes, **less than 20%** indicated that they were very or extremely knowledgeable about the subject matter. This increased to **over 81%** after completing classes.

Evaluations measured participants intentions to use the information with **76%** stating they will definitely use the information after the program.

Comments from participants on evaluations:

What was the most beneficial part of the program?

- *How to make goals that are actually achievable*
- *Knowing the proper calorie count and what fruits and vegetables are best for you*
- *Learning to focus on what we are eating and stop multi-tasking*
- *Being reminded that I can take control of stressful situations by practicing the techniques suggested*
- *The most beneficial part of the program for me is learning how to eat healthier, not just for me, but my family as well.*
- *STOP – Savor, Taste, Observe, Pause*
- *Learning portion control*
- *Finding out how much sleep I really need*
- *Helped me guide my teenager away from energy drinks.*

How would you summarize your experience in the program in one sentence?

- *I feel better equipped to set and reach goals to give me the life I want.*
- *A huge eye opener for me that I need to get more sleep and take better care of myself and my health.*
- *A great eye opener for me since I drink a lot of energy drinks.*
- *My experience in this program was amazing. I have learned so much about myself.*
- *I learned a lot from this program and will share my knowledge with my family and friends.*
- *Very beneficial for my overall health and well-being.*
- *I enjoyed this program. I've become more knowledgeable about my sugar intake. I feel better on the road to a healthier lifestyle.*

In the evaluation, participants state the amount of financial benefit they feel the class provided over the next month. **21%** stated that they felt their financial benefit from these wellness classes was in the \$10-\$49

category with **18%** in the \$50-\$99 category, **12%** in the \$100-\$149 category, **7%** in the \$1-\$9 category, and **6%** in the \$150-\$199 category. Also, the participants indicate how they felt on a scale of 1 to 5 as a result of the classes with a 5 having the most positive feeling. 54% circled 5 and 29% circled 4, indicating that a **total of 83%** of respondents felt better because of completing the sessions. A **total of 78%** (39% circled 5 and 39% circled 4) indicated they felt less stressed and a **total of 83%** (46% circled 5 and 37% circled 4) felt more in control after completing the sessions.

Visibility of the Program (Public Relations):

Since spring of 2018, this curriculum has been used in **30 urban and rural** Georgia counties and **21 other states**. This curriculum has been implemented in a variety of ways to address emerging issues and to accommodate audiences in different situations. This curriculum has been used more than 500 times nationally. We have used Facebook and emailed flyers to promote the program.

Future Sustainability, Plans, and Implications:

The Southeast District FACS Agents delivered the ***Healthy GA Wellness Curriculum Series*** to a statewide audience through a train-the-trainer program during our 2020 Extension Winter Conference. In-Service program delivery was provided to Extension Agents (FACS, Agriculture and Natural Resources, and 4-H and Youth) in a train-the-trainer series developed by the ***Healthy GA Wellness Curriculum*** planning team. Participants learned more about the lessons and tips for implementing them. The team was awarded the UGA Extension Innovative Grant of \$6,000 to provide the ***Healthy GA Wellness Curriculum*** team to develop a train-the-trainer program, create educational resources, handouts, publications, fact sheets and resources to inform the public about the new UGA initiative Healthy Georgia. We were also able to teach a train-the-trainer session at a concurrent session during the 2020 NEAFCS annual conference. As a result, 54 agents from 15 states are conducting the program. Currently, we are working with Florida Extension to translate the curriculum to Spanish and to eventually expand our reach internationally.



Curriculum Guide

Preface..... **Introductory Materials**
Letter from Development Team
Acknowledgements
Contact Information

Lesson 1..... **Introduction- SMART Goals**
Lesson Plan
SMART Goal Setting Guide
SMART Goals Worksheet
Short-Term Goals Handout
Evaluation

Lesson 2..... **Adequate Sleep**
Lesson Plan
Sleep Duration Recommendation Handout
Why Sleep is Important Handout
Tips to Improve Sleep Handout
Evaluation

Lesson 3..... **Let's Get Physical!**
Lesson Plan
Let's Get Moving Handout
Pre-Participation Checklist
My Fitness Goal Handout
Evaluation

Lesson 4..... **Preventing Portion Distortion**
Lesson Plan
Preventing Portion Distortion Handout
Eat Healthy Be Active Handout
Evaluation

Lesson 5..... **Understanding a Nutrition Facts Label**
Lesson Plan
Understanding the Nutrition Facts Label Handout
Side-by-Side Comparison Handout
Evaluation

Lesson 6..... **The Power of a Can**
Lesson Plan
The Power of Can: What are We Consuming? Handout
Food Label for Activity Handout
Evaluation

Lesson 7..... **Mindful Eating**
Lesson Plan
True or False Handout
Hunger/Fullness Handout
Mindful Portion Handout
Tips for Mindful Eating Handout
Evaluation



Curriculum Guide

Lesson 8..... Food Safety Begins at Home

- Lesson Plan
- Be Food Safe, Georgia! Scenarios & Answers Handout
- Be Food Safe, Georgia! Poster Handout
- Calibrate Handout
- Evaluation

Lesson 9..... Stress-less Meal Planning

- Lesson Plan
- Meal Planning Made Easy Handout
- Grocery Game Plan and Calendar Handout
- Grocery Game Plan Grocery List
- Evaluation

Lesson 10..... Dining Out

- Lesson Plan
- Eating Healthy While Dining Out Handout
- Eating Healthy While Dining Out, Meal Choices Handout
- Evaluation

Lesson 11.. How you Spend Makes a Difference in Your Fiscal Wellness

- Lesson Plan
- My Spending Plan Handout
- What's Most Important Handout
- My Occasional Expenses Handout
- Evaluation

Lesson 12..... Clean is the Foundation of Everything

- Lesson Plan
- Eight Principals of a Healthy Home Handout
- Evaluation

Lesson 13..... Appsolutely Fabulous Health & Wellness Apps

- Lesson Plan
- Appsolutely Fabulous Health & Wellness Apps Handout
- Calorie King Handout
- Food Recall Exercise
- Evaluation

Lesson 14..... Stress Less, Live More

- Lesson Plan
- Check Your Stress Levels Activity
- Stress Less, Live More Handout
- Evaluation

Appendix..... Additional Resources

See cover page for list of Resources

App-solutely Fabulous Health & Wellness Apps



Author:

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County FACS Agent

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Target Audience: General Adult (18 Years and Older)

Estimated Time: 30-45 minutes

Description/Lesson Overview: This class will introduce participants to some app-solutely fabulous apps that can enhance their health and wellness journey.

Goal: To introduce participants to wellness apps that will enhance their physical, financial, and emotional well-being.

FACS Core Value(s): Family and Consumer Sciences – Health & Wellness

Life Skill: To improve overall health & wellness utilizing apps

Objectives:

The participant will:

- Identify apps that can help them track diet and exercise, reduce stress, find healthy recipes, save money, reduce their risk of foodborne illness, and manage their time.
- Demonstration skills to download and utilize apps that will enhance their physical, financial, and emotional well-being.

Materials:

Handouts and materials – detailed below:

1. App-solutely Fabulous Health and Wellness Apps Handout
2. Exercise – One Minute to Mindfulness Instructions, Smartphone with Stop Breathe & Think app downloaded on it and a speaker
3. Optional Exercise – CalorieKing App Food Recall Exercise Instructions, Food Recall Worksheet Handout, Smartphones with the CalorieKing App downloaded

App-solutely Fabulous Health & Wellness Apps

Procedure

Vocabulary:

Applications (Apps): an application, especially as downloaded by a user to a mobile device.

Mobile Apps: is a computer program or software application designed to run on a mobile device such as a phone/tablet or watch.

CalorieKing: is an online weight loss club and software developer with a program centered on healthy eating and exercise.

Lesson Notes

Instructor Notes: Important Pre-Work: Make sure you have downloaded the Stop Breathe & Think app on your smartphone for the activity.

App-solutely Fabulous Health & Wellness Apps

Introduction: As you know, mobile apps have fundamentally transformed nearly every aspect of our lives – from ordering food to shopping or making a grocery list – you name it, and there’s an app for that! Today I will be talking to you about a variety of smartphone apps that you can use to enhance your physical, financial, and emotional well-being.

How many of you own a smartphone? About how many apps or applications do you have downloaded on your phone? How many do you actually use?

Experience:

Pass out the *App-solutely Fabulous Apps for Health & Wellness* handout. Begin the class with introduction questions. Go over the apps listed on the handout, taking time to explain how each of the apps work. If time allows, open the Stop Breathe & Think app on your smartphone and do the One Minute to Mindfulness exercise with the group.

Materials Needed: Smartphone with the Stop Breathe & Think App downloaded on it and a speaker to attach to the phone.

Directions:

Open the Stop Breathe & Think App and go to the Explore Sessions App. Select One Minute and click on One Minute to Mindfulness, select the one-minute audio session, and tap Listen. Hit the play button when you are ready, and the app will lead the group through a one-minute breathing activity. When the tone sounds, ask the group how the exercise made them feel.

If participants had time to complete the *One Minute to Mindfulness* activity, ask for volunteers to explain how the activity made them feel.

Assessment:

Have participants complete the class evaluation.

Wrap Up/Review/Reflection:

If participants had time to complete the *One Minute to Mindfulness* activity, ask for volunteers to explain how the activity made them feel.

App-solutely Fabulous Health & Wellness Apps

Assessment:

Have participants complete the class evaluation.

Useful Resources:

- Missouri Extension Nutrition & Health Apps. Handout
https://currituck.ces.ncsu.edu/wp-content/uploads/2018/01/SmartApps_Wellness.pdf?pwd=no
- Clemson Healthy Campus Apps.
<https://www.clemson.edu/campus-life/healthy-campus/apps.html>
- Iowa State University Extension Words on Wellness
<https://iastate.app.box.com/s/sivesz2e9nsg5hm8xik3r0bnns38mrie>

Suggestions to Expand the Lesson:

Have participants with smartphones download the CalorieKing app. Pass out the *Food Recall Worksheet* handout and lead the group through the *Food Recall* Group Exercise.

Materials Needed: Smartphone with the CalorieKing App downloaded on it and the Food Recall Worksheet.

Directions:

Have participants download the app on their smartphones (if any participants do not have a smartphone, group those participants with others who *do* have smartphones). Have everyone complete the attached Food Recall Worksheet listing everything they ate at their last meal. Have them use the CalorieKing app to look up the calories, fat, and sodium in the foods they consumed.

Discuss the results. Ask if anyone would like to share how much sodium he or she consumed. Ask if anyone is surprised by how much sodium was in his or her last meal? Explain to participants that it is recommended that you consume no more than 2300 mg of sodium per day and some people should consume less than that.

Suggestions to Condense the Lesson:

Eliminate the *Food Recall* Group Exercise.

Special Comments:

There are many free apps available to help you improve your health. These are just a few examples of apps that were free and commonly available at the time of publication.

Program Name: Appssolutely Fabulous Health & Wellness Date: _____

1. Please rate your knowledge level regarding the information presented...

	No knowledge	Some knowledge	Fairly knowledgeable	Very knowledgeable	Extremely knowledgeable
BEFORE this program	<input type="radio"/>				
AFTER this program	<input type="radio"/>				

2. Please indicate your intention to use any of the information presented in today's program:

- I will definitely use the information
- I will probably use the information
- I have not decided if I will use this information
- I probably will not use this information
- I definitely will not use this information

3. Please indicate how you feel on a scale of 1 to 5 by marking the appropriate circle.

As a result of this program I feel:

	5	4	3	2	1	
Better	<input type="radio"/>	Worse				
More Healthy	<input type="radio"/>	Less Healthy				
More Stable	<input type="radio"/>	Less Stable				
Less Stress	<input type="radio"/>	More Stress				
More In Control	<input type="radio"/>	Less In Control				

4. What amount of financial benefit do you believe you will personally receive, and/or the business you represent will derive, from this type of information in the next month?

- \$0
- \$1-\$9
- \$10-\$49
- \$50-\$99
- \$100-\$149
- \$150-\$199
- \$200 or more- Please specify approximate amount \$ _____

5. What was the most beneficial part of the program? Write your answer below.

6. How would you summarize your experience in the program in one sentence?

App-solutely Fabulous Health & Wellness Apps



The Breath2Relax App is a portable stress management tool that provides information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill of diaphragmatic breathing. It will take users through guided breathing exercises to better manage stress and relax. Breathe2Relax is free.



The CalorieKing app provides a quick and easy way to count calories, fat, cholesterol, sodium, carbs, fiber, protein, and calcium in different foods by giving you access to a database of over 70,000 foods and fast food chains and restaurants. Calorie King is free with ads. You can pay a monthly subscription fee of \$1.49 or a yearly fee of \$11.99 to have an ad-free version.



The Coupons.com app allows users to take advantage of free paperless coupons by linking store loyalty cards to their Coupons.com account and adding coupons with a tap. To save at stores that do not have loyalty cards, take a picture of your receipt, submit it, and have cash deposited directly to your PayPal account. Coupons.com is free.



The FoodKeeper app was created by the USDA to help people use food at peak quality to reduce food waste. It contains storage advice to help the user maintain the freshness and quality of foods. The app also has educational videos on a variety of food safety topics and access to information on food recalls. The FoodKeeper app is free.



MyFitnessPal will track your food intake and how many calories you consume. When you sign up, you enter your height, current weight, how many pounds you want to lose, and how fast you want to lose them. It figures out how many calories you can eat per day to reach your goal. It also tracks your exercise and how many calories you have burned. The basic version is free.



The RetailMeNot app provides information on the best prices and cash back offers for over 50,000 retailers – both in store and online. The savings map shows all the offers near your current location. The app notifies you of nearby deals and you can scan coupons from your mobile phone. RetailMeNot is free.



The RunKeeper App is popular among runners who want to track their stats without too many extra bells and whistles. It works well for walkers, too. It allows you to enter a target pace at the start of your workout and gives you voice prompts to let you know if you are on pace. RunKeeper Pro is free.



The Stop Breathe & Think App has guided meditations designed to help with stress, anxiety, and depression. It has over 30 free activities including meditation, breathing, yoga, and acupuncture. It also has a daily feed with tips, inspiration, and meditation recommendations. The Stop Breathe & Think App is free but there are premium options available as in-app purchases.



The Wunderlist App allows users to add, organize, and schedule to-dos from cell phones, tablets, or computers. It allows users to set due dates and reminders. Users can share lists with family, friends, and coworkers. Users can also save web pages and articles for later viewing with the Add to Wunderlist sharing extension. Basic Wunderlist is free, and Wunderlist for Business is \$4.99/month.



Calorie King App – Food Recall Exercise

Materials Needed: Smartphone with the CalorieKing App downloaded on it and the Food Recall Worksheet.

Directions:

Have participants download the app on their smartphones (if any participants do not have a smartphone, group those participants with others who *do* have smartphones). Have everyone complete the attached Food Recall Worksheet listing everything they ate at their last meal. Have them use the CalorieKing app to look up the calories, fat, and sodium in the foods they consumed. Discuss the results. Ask if anyone would like to share how much sodium he or she consumed. Ask if anyone is surprised by how much sodium was in his or her last meal? Explain that no one should consume more than 2300 mg of sodium per day and some people should consume less than that.



Food Recall Exercise

Using this worksheet, list everything you consumed during your last meal. Use the CalorieKing App to look up the calories, fat, and sodium in each item you ate. List the amount and percent of daily value for each and totals for the meal.

Food:	Calories	Fat		Sodium	
		Grams	% DV	Milligrams	% DV
TOTALS:					

Notes: _____

Healthy Wellness

This lunch-n-learn style program encompasses the six dimensions of wellness to create a “culture of health” for everyone, from individuals to families. The range of topics covered are all non-biased and research-based information set to improve a person’s physical, cognitive, and emotional well-being.



Interested? [Contact Us!](#)



Program Name: _____

Date: _____

1. Please rate your knowledge level regarding the information presented...

	No knowledge	Some knowledge	Fairly knowledgeable	Very knowledgeable	Extremely knowledgeable
BEFORE this program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
AFTER this program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Please indicate your intention to use any of the information presented in today's program:

- I will definitely use the information
- I will probably use the information
- I have not decided if I will use this information
- I probably will not use this information
- I definitely will not use this information

3. Please indicate how you feel on a scale of 1 to 5 by marking the appropriate circle.

As a result of this program I feel:

	5	4	3	2	1	
Better	<input type="radio"/>	Worse				
More Healthy	<input type="radio"/>	Less Healthy				
More Stable	<input type="radio"/>	Less Stable				
Less Stress	<input type="radio"/>	More Stress				
More In Control	<input type="radio"/>	Less In Control				

4. What amount of financial benefit do you believe you will personally receive, and/or the business you represent will derive, from this type of information in the next month?

- \$0
- \$1-\$9
- \$10-\$49
- \$50-\$99
- \$100-\$149
- \$150-\$199
- \$200 or more- Please specify approximate amount \$_____

5. What was the most beneficial part of the program? Write your answer below.

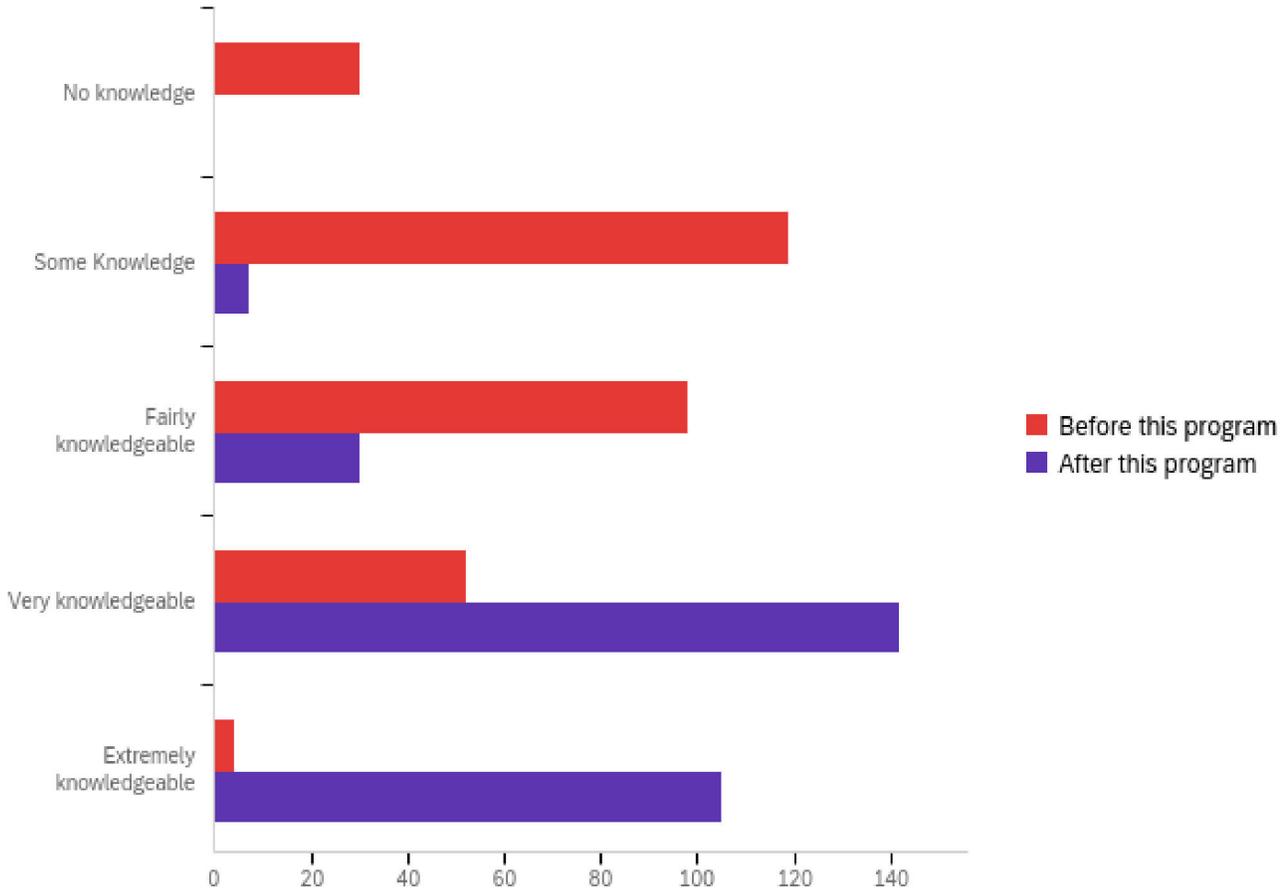
6. How would you summarize your experience in the program in one sentence?

Default Report

Healthy Georgia Wellness - Participants

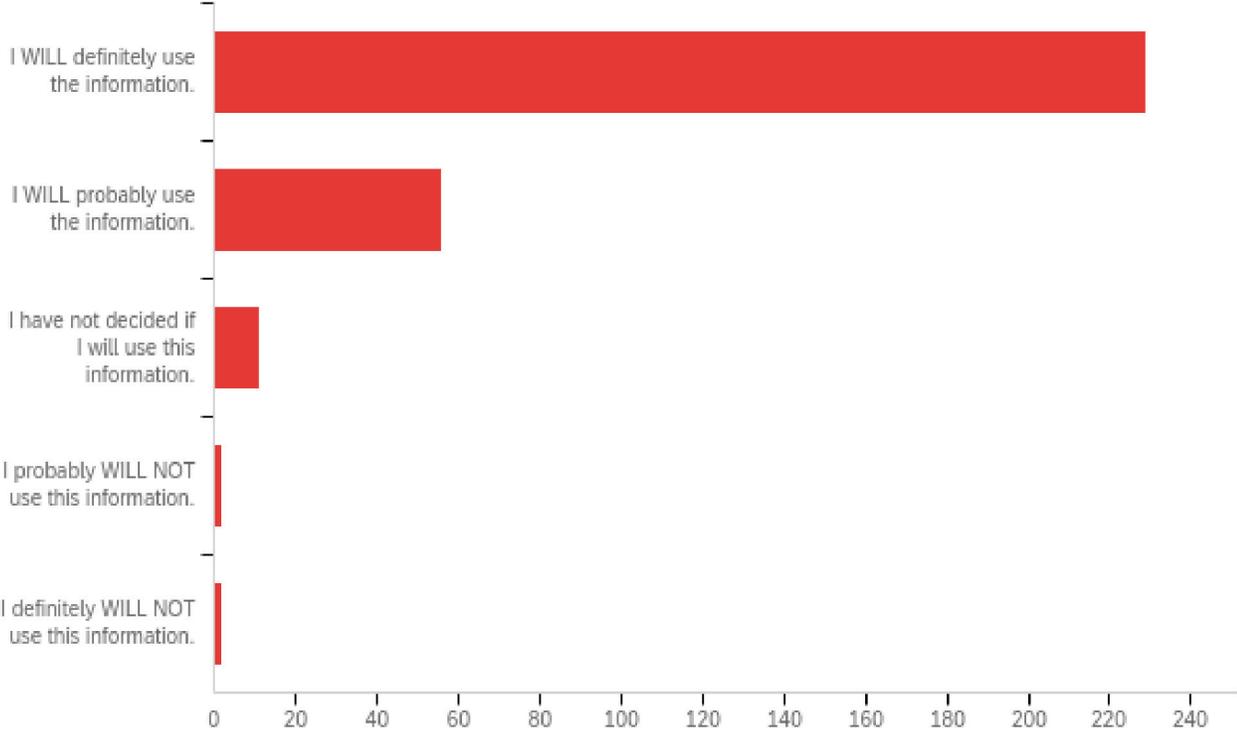
February 9th 2021, 12:06 pm MST

Q1 - Please rate your knowledge level regarding the information presented...



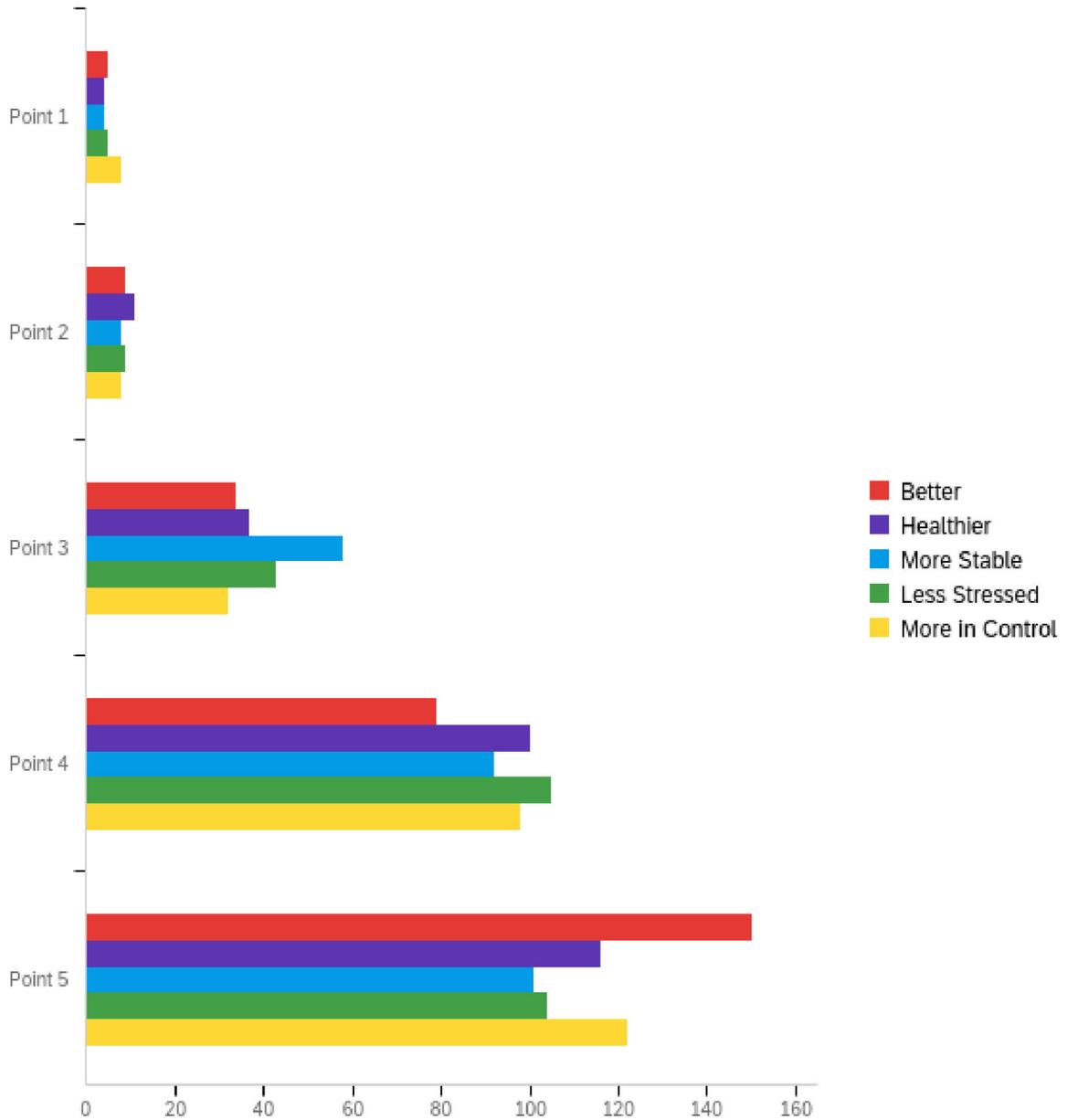
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Before this program	1.00	5.00	2.61	0.93	0.86	303
2	After this program	2.00	5.00	4.21	0.73	0.53	284

Q2 - Please indicate your intention to use any of the information presented in today's program:



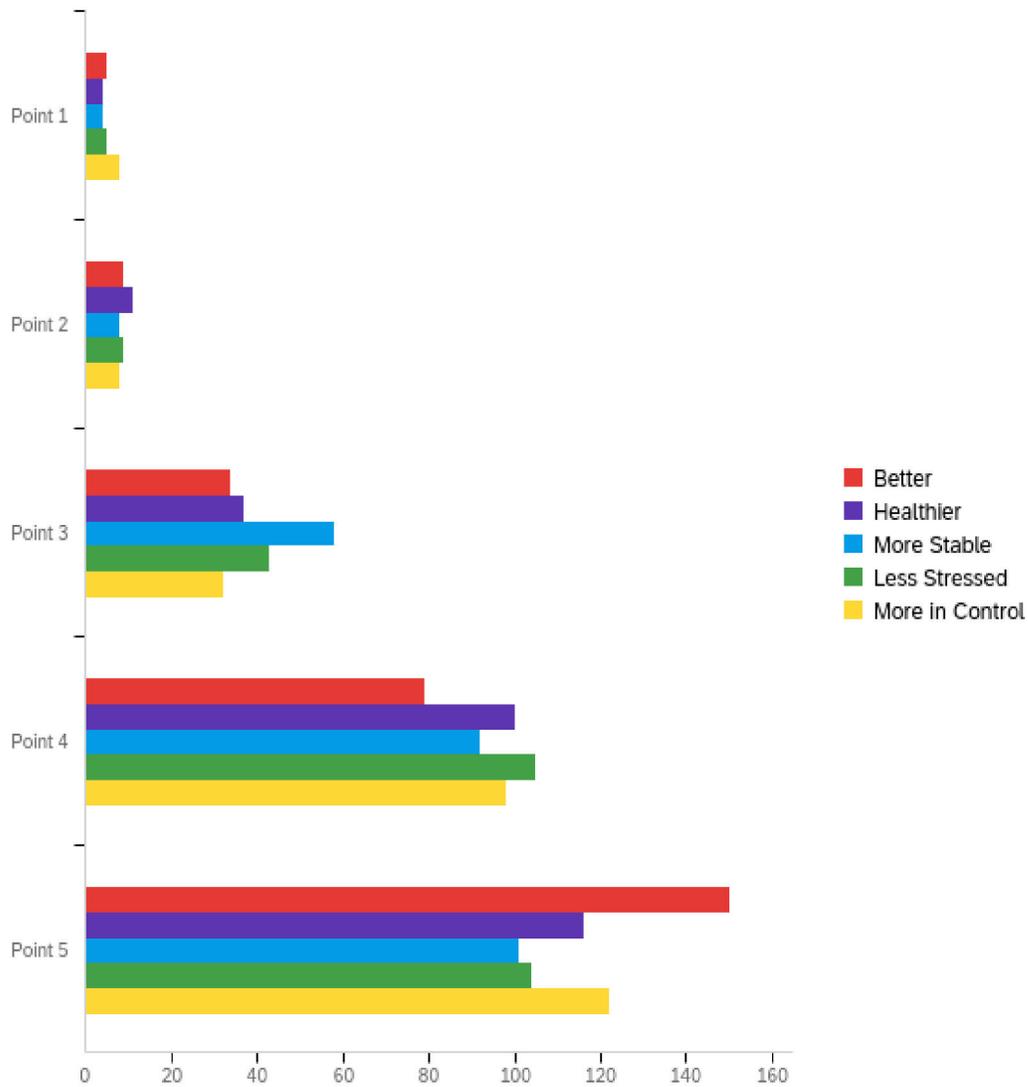
#	Answer	%	Count
1	I WILL definitely use the information.	76.33%	229
2	I WILL probably use the information.	18.67%	56
3	I have not decided if I will use this information.	3.67%	11
4	I probably WILL NOT use this information.	0.67%	2
5	I definitely WILL NOT use this information.	0.67%	2
	Total	100%	300

Q3 - Please indicate how you feel on a scale of 1 to 5 by marking the appropriate circle with 1 being the worst and 5 being the best.

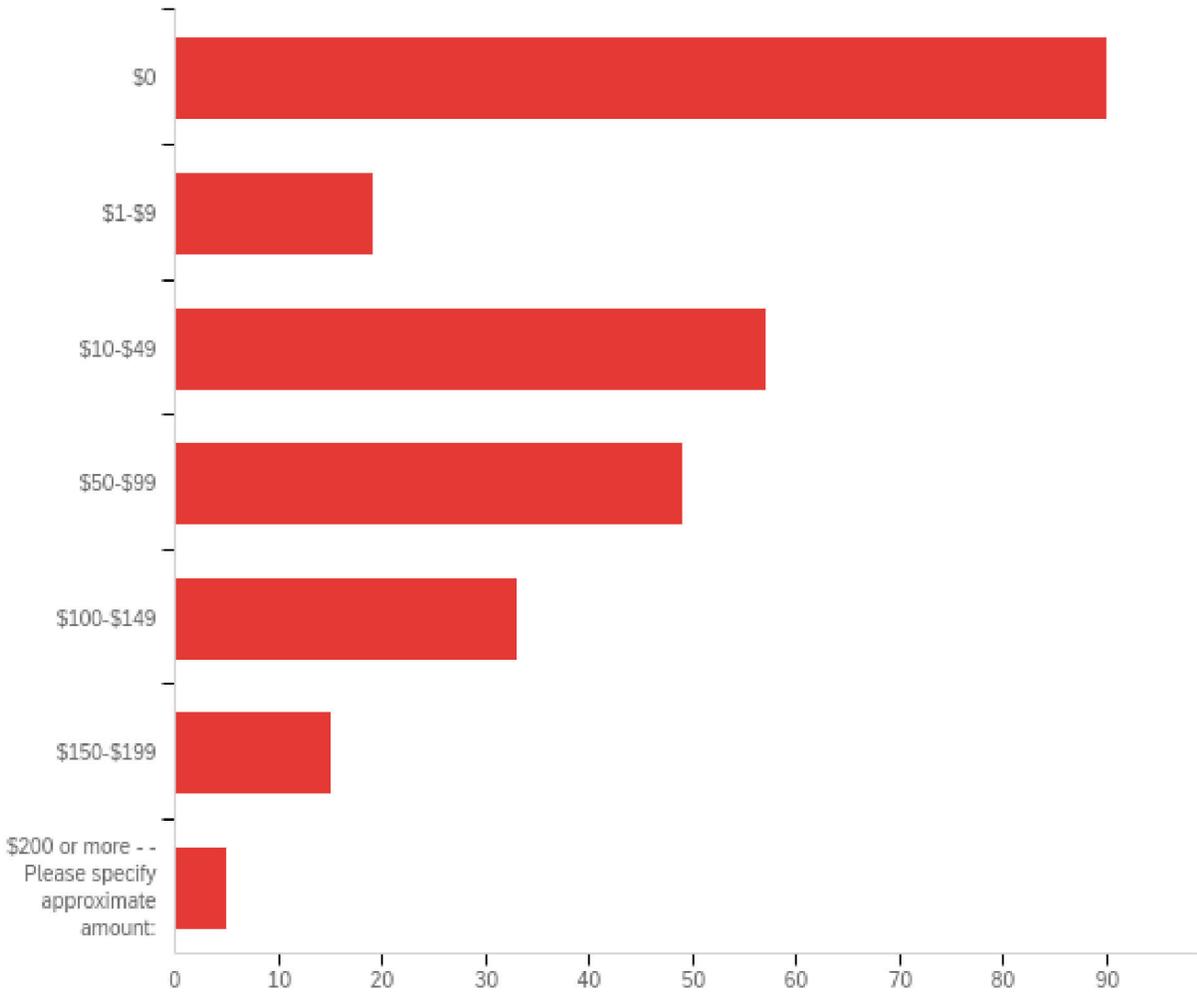


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Better	1.00	5.00	4.30	0.93	0.87	277
2	Healthier	1.00	5.00	4.17	0.92	0.84	268
3	More Stable	1.00	5.00	4.06	0.93	0.86	263
4	Less Stressed	1.00	5.00	4.11	0.92	0.85	266
5	More in Control	1.00	5.00	4.19	0.96	0.93	268

#	Question	Point 1		Point 2		Point 3		Point 4		Point 5		Total
1	Better	1.81%	5	3.25%	9	12.27%	34	28.52%	79	54.15%	150	277
2	Healthier	1.49%	4	4.10%	11	13.81%	37	37.31%	100	43.28%	116	268
3	More Stable	1.52%	4	3.04%	8	22.05%	58	34.98%	92	38.40%	101	263
4	Less Stressed	1.88%	5	3.38%	9	16.17%	43	39.47%	105	39.10%	104	266
5	More in Control	2.99%	8	2.99%	8	11.94%	32	36.57%	98	45.52%	122	268



Q4 - What amount of financial benefit do you believe you will personally receive, and/or the business you represent will derive, from this type of information in the next month?



#	Answer	%	Count
1	\$0	33.58%	90
2	\$1-\$9	7.09%	19
3	\$10-\$49	21.27%	57
4	\$50-\$99	18.28%	49
5	\$100-\$149	12.31%	33
6	\$150-\$199	5.60%	15
7	\$200 or more - - Please specify approximate amount:	1.87%	5
	Total	100%	268

Q4_7_TEXT - \$200 or more - - Please specify approximate amount:

\$200 or more - - Please specify approximate amount: - Text

Savings

none

did not report

Q5 - What was the most beneficial part of the program? Write your answer below.

What was the most beneficial part of the program? Write your answer below.

tips about checking pantry, refrigerator & freezer before making grocery list

How to make goals that are actually achievable.

Knowing the proper calorie count and which fruits and vegetables are best for you

Learning about a subject that will help me in both my professional and personal life

The given idea of where I want to be in 5 years

easy to understand info

easy to understand info about writing SMART goals

The examples, the definitions, the rating scale

Learning new ways to stay healthy

Good review of setting and using goals.

The personal accountability of the challenge

The information and suggestions given

Goals

Learning to focus on what we are eating and stop multitasking.

Learning the benefits of mindful eating.

a good reminder

Mindful vs mind full

It made me more aware of eating to enjoy the food.

BROKEN DOWN TO BE UNDERSTANDABLE

Learning tips on how to be more mindful while eating

Seeing how I can relieve stress/calm myself down in any situation - breathing

Being reminded that I can take control of stressful situations by practicing the techniques suggested.

She gave different exercises to help reduce stress

Learning the dangers of energy drinks

Energy drink aren't good for you

Knowing how much sleep I'm supposed to get verses how much I'm getting. The sleep I'm getting is not enough.

HAVE ME DIFERENT FORMS TO REALISE MY NEEDS OFF.

Good presenter.

Learning that there are foods that contain natural melatonin to help with sleep aid.

Knowledge

Difference in portion sizes

Understanding the risks

Information on added sugar

Amount of sugar in the cans

Learning different stresses

All

Relax

Definitely helps with the stress

Learning how to lower stress

Explaining the difference in stressors

The stress release exercises

Focus on actual amounts of food we should eat each day

All was good

Great information

Handouts

Handouts

Handouts

Handouts

Good information

Glad to know number of recommended hours of sleep

Helped me understand why I sometimes have trouble focusing

Handouts

Amount of sleep needed per night

Tie between nutrition and sleep

Handouts

Personal interaction

The most beneficial part was learning actual ways to save.

Letting me know that I need to learn how to save.

Knowing that you have people that are willing to help.

Learning responsibility.

Knowing I have someone to talk to in the time of need.

Learning about healthier eating.

The most beneficial part of the program for me is learning how to eat more healthier, not just for me but my family as well. Utilizing my grocery list to healthier food and fruit. How to grocery shop and great recipes.

Learning additional triggers surrounding current sleep pattern.

Shocked to hear risks of individuals working nightshift

Preparing for interviews a healthy program

To learn to eat healthy and pay more attention to the label

Knowing your nutrition facts and just because it says that its healthy choice doesn't mean that it's healthy

Information on healthy food

I like having the visual aids to support the speaker's presentation.

learning about being mindful with food and not multitasking while eating!

the good instructor and the cool handouts.

It gave me action steps about what I could do next.

Great info.

Knowing how to read the label and what to buy. Also, size of meals ordered and eaten.

Información

I have more about

All good

Making spinach dish

Attention to new facts and labels

Having someone "verify" what you're already doing

Came in late, but what I heard was informative

Learning to save my heart

What is the best you can eat

Learning to understand the labels

Nutrition facts, recipes, seasonal chart

Nutrition facts are better

to really know and keep in mind my stress level

different things that cause stress and how they rate/effect you

how to rate stress level

I need to eat more nut because they are good for us.

all

all

Literature and measuring cup

portion size

Portions of food to eat

Good update information

Update in nutrition information

Update all information

Leaning correct portion sizes

Recommended Hours of Sleep.

I learned techniques for de-stressing myself.

I learned a lot about how to keep my family heathy.

need to learn better portion control

speakers' comments

control portion size

nutritional information concerning portion control

examples of food

handouts

the information

portion

learning to eat less

try to eat less

How to eat more mindfully

Being mindful drinking while eating you get full faster

Learning how to eat better and take your time

Learning mindful eating healthy and eating slow

Plan meals and snacks ahead of time

Enjoying food more

STOP - Savor, Taste, Observe, Pause

Learning what not to order at restaurants

Talking about options

All the info

Talking about options

Remind us how to make good decision

How to measure my plate

Learning portion control

Serving size

Educating people on portion size

Extra knowledge on healthy eating

Straight forward charts really easy to follow

Learning how to be aware of nutrition facts labels

Eye opening about portion sizes

Explaining how to measure portions

MyPlate and using hand as measuring

The tips on how to help me sleep better

Knowing that you are 3x more likely to catch a cold if you're not getting enough sleep

Information

Carrie

Finding out how much sleep I really need

The knowledge you gain to improve your lifestyle

Learning something I didn't already know

Learning how to get better sleep

Attaining knowledge for better sleep habits

Knowing how to relax and go back to sleep

Learning about energy drinks

Bone loss as a result of energy drinks

Helped me guide my teenager away from energy drinks

All risks of energy drinks and the best replacement -- water

Learning the health risks associated with energy drinks

Harmful effects of energy drinks and B12 overdose

informative

Knowing the overdose of Vitamin B in energy drinks

Bit too obvious but I appreciate the effort the presenter put into it

The knowledge of the dangers of energy drinks

Make better beverage choices

All

Know how much sugar is involved in Coke

How much sugar is in energy drinks

Info on how bad energy drinks are

Learning about the different drinks and how to make water better to drink

Your health

To learn to be more aware of what my body is taking in

Learning the benefits of a healthy life

The knowledge

To see how much sugar is in drinks

Dangers of Energy Drinks

Your healthy

I knew energy drinks are not good for you but I didn't know it was that bad

Q6 - How would you summarize your experience in the program in one sentence?

How would you summarize your experience in the program in one sentence?

good

I feel better equipped to set and reach goals to give me the life I want.

It is very helpful

The training was informative

very informative

Excited about planning my future financially and healthier.

good

good

Very thought provoking, Easy to do follow through

Active engagement in my well-being

This was a good overview with steps to set and achieve goals.

Good

Great

Great Information

I feel good about what I learned and had an enjoyable time during the program.

It was a very good experience.

This is a very good program .

Gained beneficial knowledge

Less distraction, and more focus on the actual food is good for the body.

IT PROVIDED VERY USEFUL INFORMATION.

Very informative presentation

Enjoyed it and excited about the next one.

With COVID isolating me from participating in person, I am glad it could be done virtually.

She gave us alot of useful information.

A great eye opener for me, since I drink a lot of energy drinks.

People with underlying health conditions & pregnant women should never drink energy drinks.

Sleep is very important to our well-being & overall health.

GOOD.

Well done.

A huge eye opener that for me that I need to get more sleep and take better care of myself and my health.

Very good

Very good information

Very informative and interesting

Great presentation

Great information

It was very good and informative

Grrrrreat

It was very informative

This class was very helpful!

I really learned a lot and will implement some of these stress mgt tools.

Excellent

Great!!! An awesome resource

Enlightening

Reminded me to take part of my meal home when eating out

Can save money and eat less by not upsizing my meals

Confirmed what I thought about servings

Eye-opening

Program helped explain why my brain sometimes doesn't seem to work

Nice lunch break activity

The program is going to help me save and I'm happy to have had the opportunity.

It taught me a lot.

This experience was wonderful, helpful, and gave me peace.

The experience overall has been great.

Awesome, because I have more knowledge of the real world.

I feel so much better from the knowledge I have accumulated from this program.

My experience in this program was amazing, I've learned so much about myself.

Good info to share

I learned an experience so much with step-up program

Very well explained

Outstanding

Very informative

Great info about paying more attention to your food and eating healthier.

Thank you for sharing your knowledge and tips.

Very relaxed and hoping to change my eating speed and amounts.

I learned a lot from this program and will share my knowledge with my family and friends.

Great speaker

Good. Things I can use for our family.

Very good

Helpful to me.

It helped some.

It will help some.

Good

The program was well presented.

Good

The experience was great

was late to the program, didn't get all information

Very helpful

Helped a lot

Being updated on the changes

It was good.

it is good to have to stop and think about my own mental and physical health

great introduction to stresses

be aware of situations and simple ways to reduce stress

great

enlightening

very positive

Good information.

ok

good

Lots of good information, but the presenter spoke a little too fast and it was hard to understand her at times.

very beneficial

We get some very good information.

Good update information

It was informative.

Very knowledgeable.

Very informative

Great Class!

love the program - so good to have knowledgeable people come speak

become more knowledgeable by reading labels

very good

the information is very informative

very educational

session very interesting, too short, motivated to do better

i enjoyed hearing the information

i will continue to come

beneficial

helpful

helpful

Wonderful

Very experienced after this lesson

I thought it was wonderful

Always eat in moderate speed

I enjoy knowing

Educational information was given in the program

It has changed my life by making me more mindful

Interesting

I need to have better self-control

It's Greeeeeat

Eat healthier and less at a sitting

Informative for how I should balance my diet

Challenged

Good information

Awesome

Very beneficial for my overall health and well being

very useful information

Enjoyed it!

Informative

Very informative and well presented

Very informative

knowledgeable

Very informative

great

Very informative. I enjoyed the info that was shared.

Very informative about how to improve my sleeping habits

helpful

I learned new knowledge on sleep

Ger more sleep

Getting education

Helpful

Eye opening - but I am not an energy drink consumer

Informative

informative

informative

Making me more aware!

A little bored with info

Had heard most of this info, but I researched while finding ways to increase energy

Great!

Do not drink energy drinks

Very informative

I enjoyed the program. I've become more knowledgeable about my sugar intake. I feel better on the road to a healthier lifestyle.

It was a very good experience about this program

It was very well taught and very well executed

Very helpful and knowledgeable

It was very knowledgeable and fun

Very informative

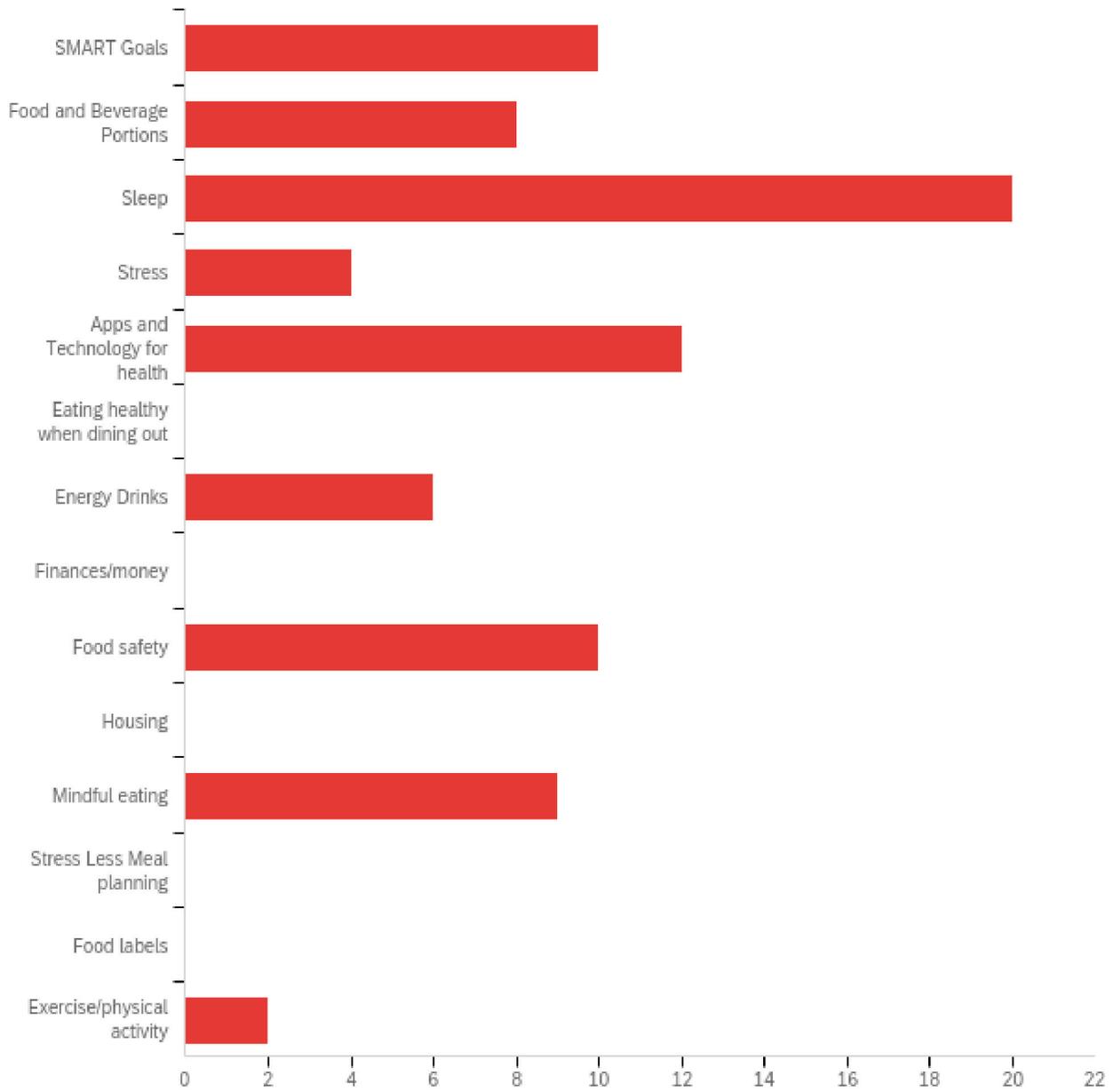
Informative

Learn a lot about the dangers of energy drinks

Your healthy make good

tons of useful information

Q10 - What was the topic of this lesson?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What was the topic of this lesson?	1.00	14.00	5.20	3.48	12.13	81

#	Answer	%	Count
1	SMART Goals	12.35%	10
2	Food and Beverage Portions	9.88%	8
3	Sleep	24.69%	20
4	Stress	4.94%	4
5	Apps and Technology for health	14.81%	12
6	Eating healthy when dining out	0.00%	0
7	Energy Drinks	7.41%	6
8	Finances/money	0.00%	0
9	Food safety	12.35%	10
10	Housing	0.00%	0
11	Mindful eating	11.11%	9
12	Stress Less Meal planning	0.00%	0
13	Food labels	0.00%	0
14	Exercise/physical activity	2.47%	2
	Total	100%	81