

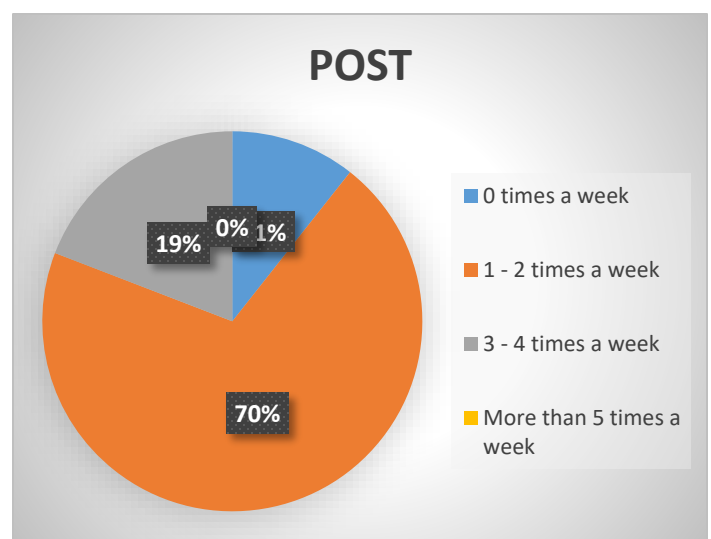
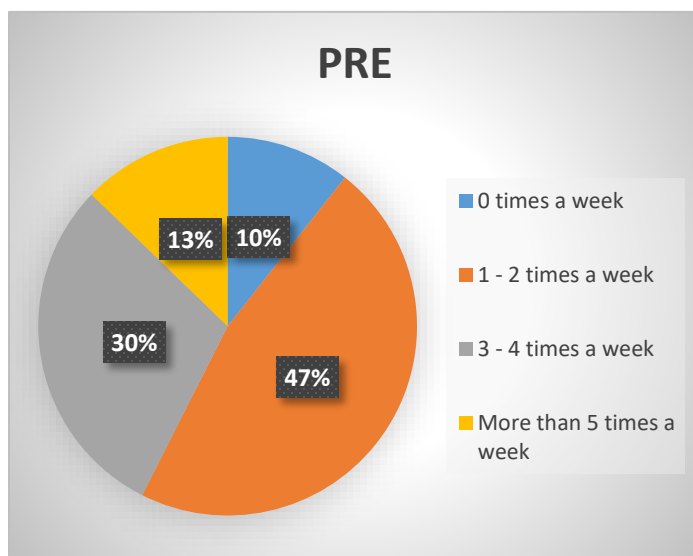
## Healthy Athletes Program Evaluation Data: 2016- 2017 Academic Year

The following results are based on self-reported survey responses from student participants administer the first day of the program and the last. The data reported reflects responses from 48 students from **Arleta, East Valley, Nava and Polytechnic High Schools**.

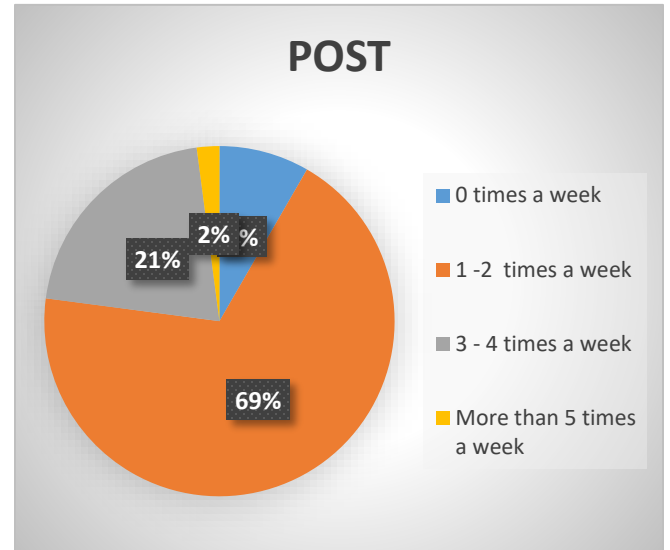
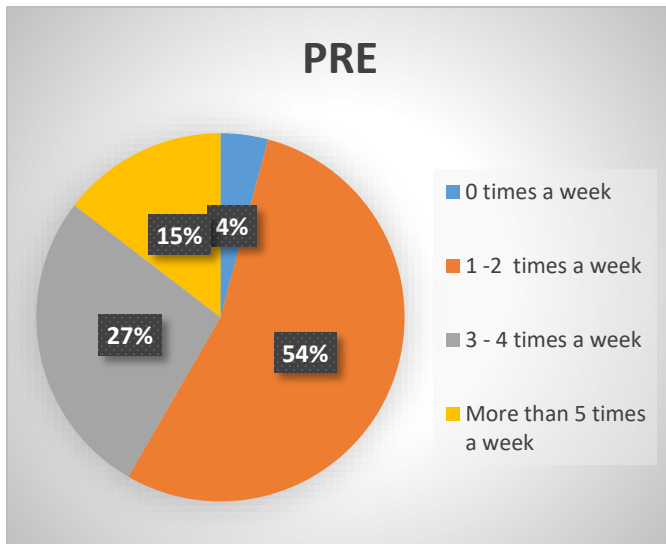
### Health Behavior Survey Responses

- 100% Decrease in number of students who drink sugar sweetened beverages more than 5 times a week (13% to 0%)
- 86% Decrease in number of students who eat processed food as snack more than 5 times a day (15% to 2%)
- 400% Increase in students who use food labels every day when choosing or preparing a meal or snack (2% to 10%) and 64% decrease in those who never use food labels (46% to 17%)
- 122% Increase in students who first look at serving size. When reading food labels (22% to 43%)

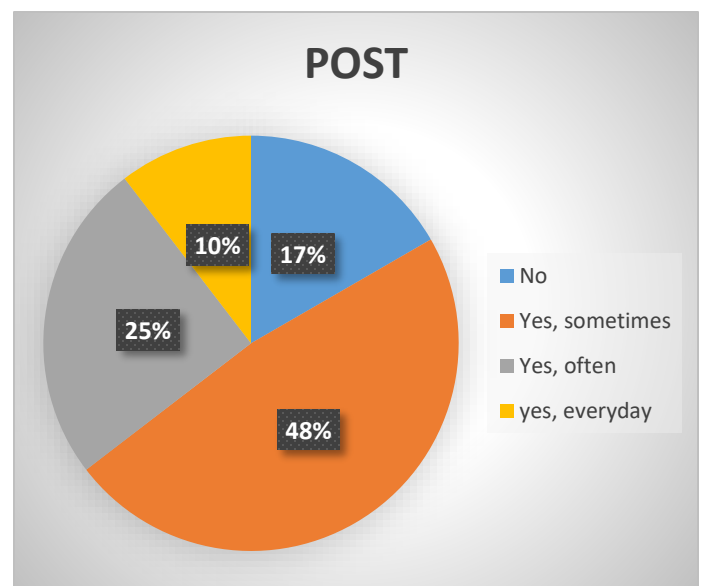
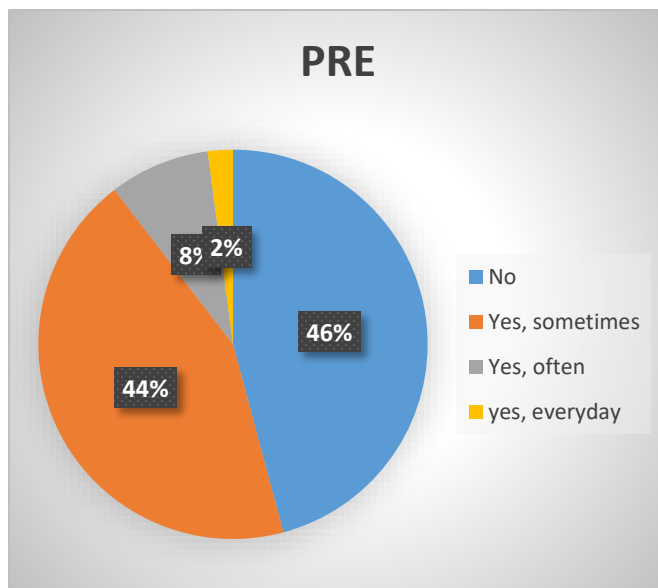
**Do you drink sugar sweetened beverages like punch, sports drinks?**



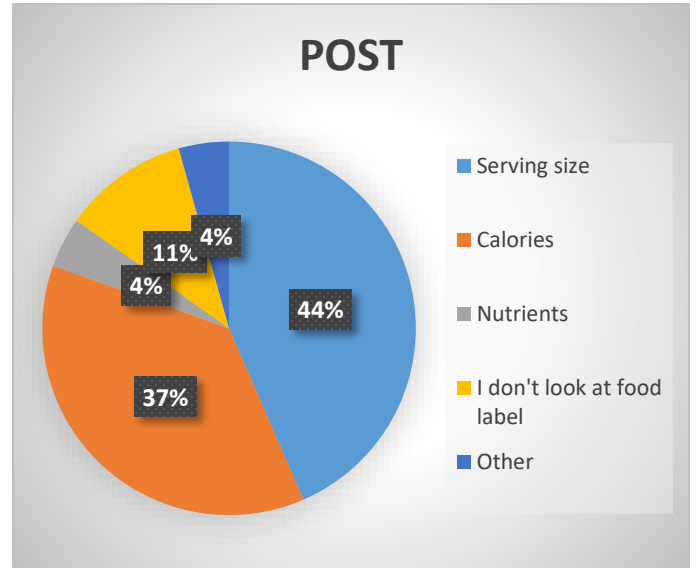
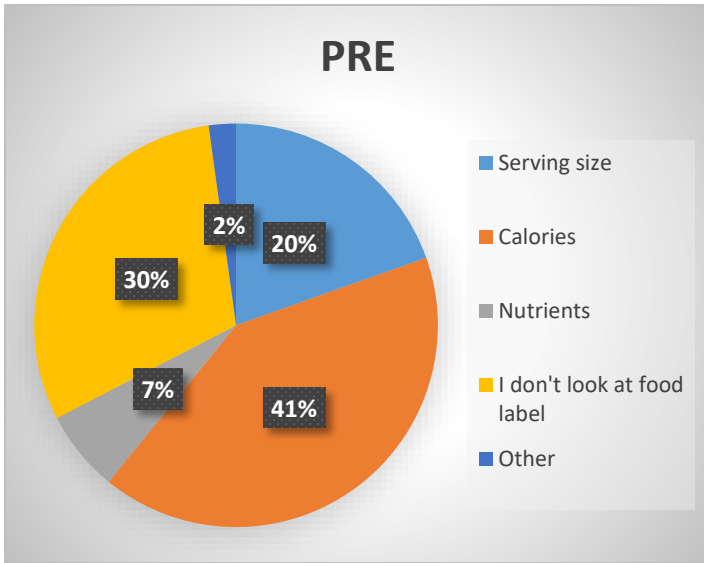
### Do you eat processed food as a snacks?



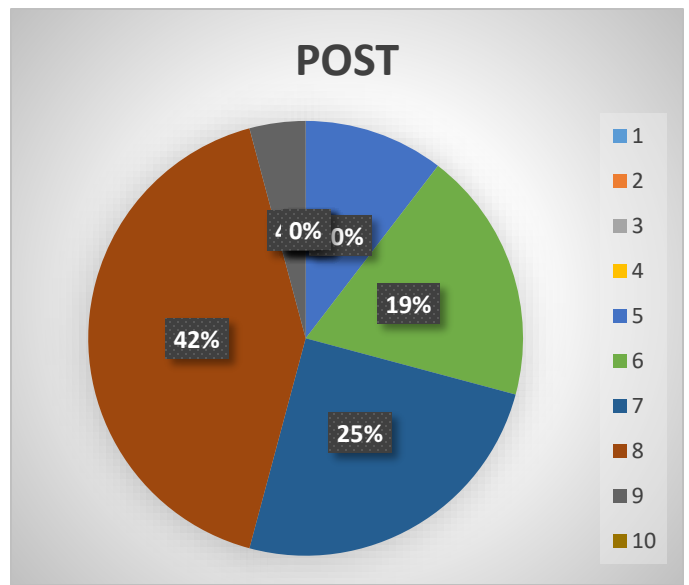
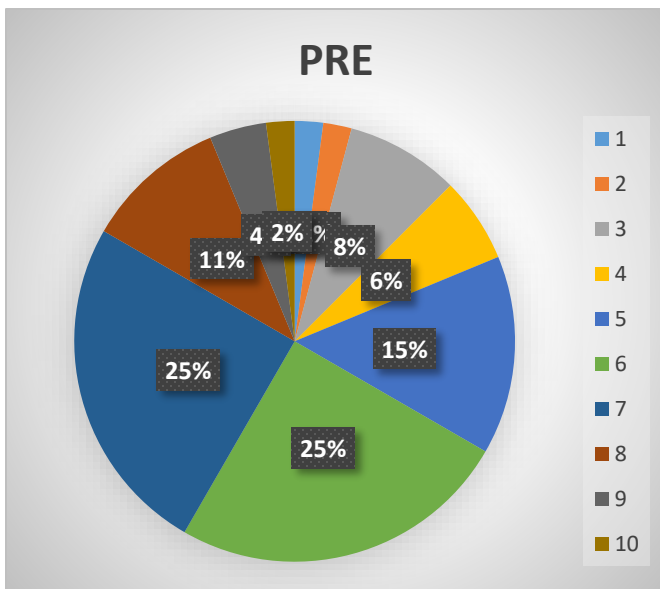
### Do you use this food label when choosing or preparing a meal or a snack?



**What is the first thing you look at, when reading a food label?**



**How would you rate your eating habits?**



## Nutrition Knowledge Test responses:

18% Increase in the nutrition knowledge among students.

