

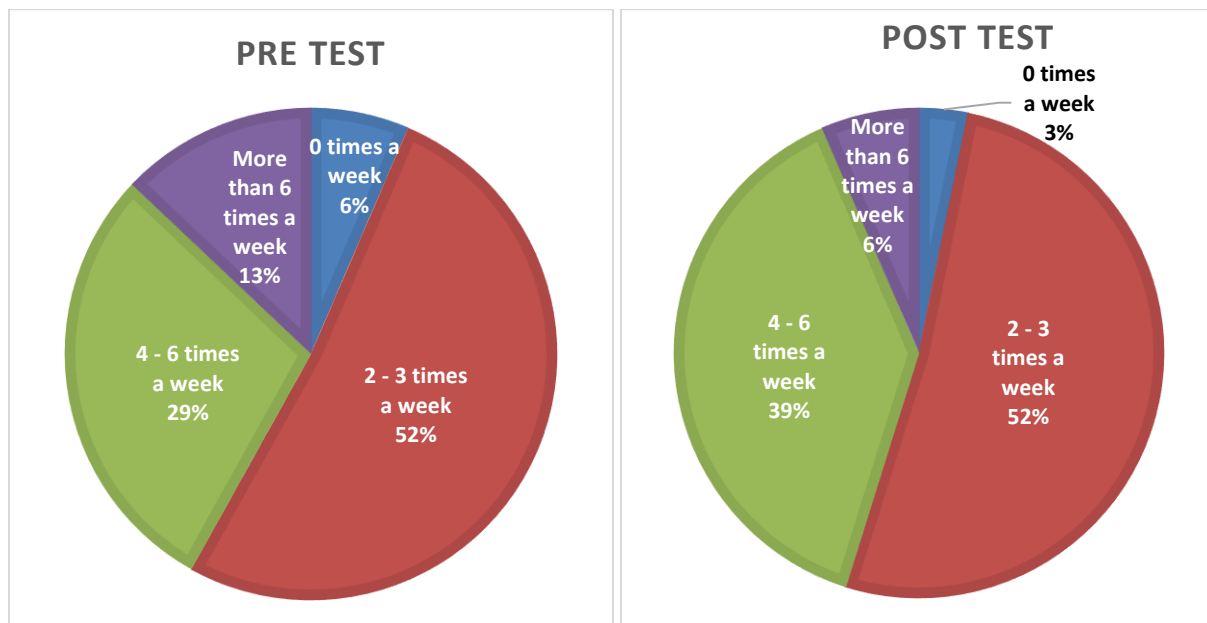
## Healthy Athletes Program Evaluation Data: 2015-2016 Academic Year

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 31 students from 3 high schools (Francis Polytechnic High School, Nava College Prep, and Arleta High School) in the Los Angeles area.

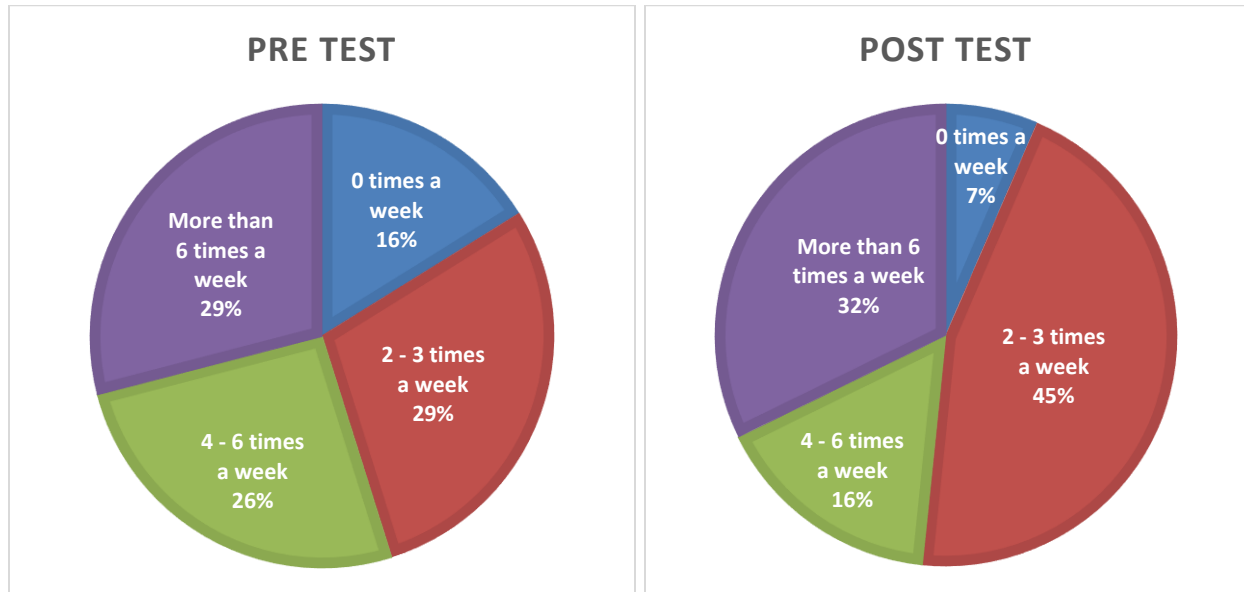
### Health Behavior Survey Responses

- **50% decrease** in overall number of students who *don't* eat fruit and vegetables as snacks (6%→3%).
- **63% decrease** in overall number of students who drink fruit drinks, sport drinks or punch more than 6 times a week (26%→10%).
- **350% increase** in overall number of students who ate 2 1/2 servings of vegetables each day (6%→29%).
- **17% increase** in overall number of students who ate 2 servings of fruit each day (19%→23%).
- **33% increase** in overall number of students who use the food label everyday (10%→33%).

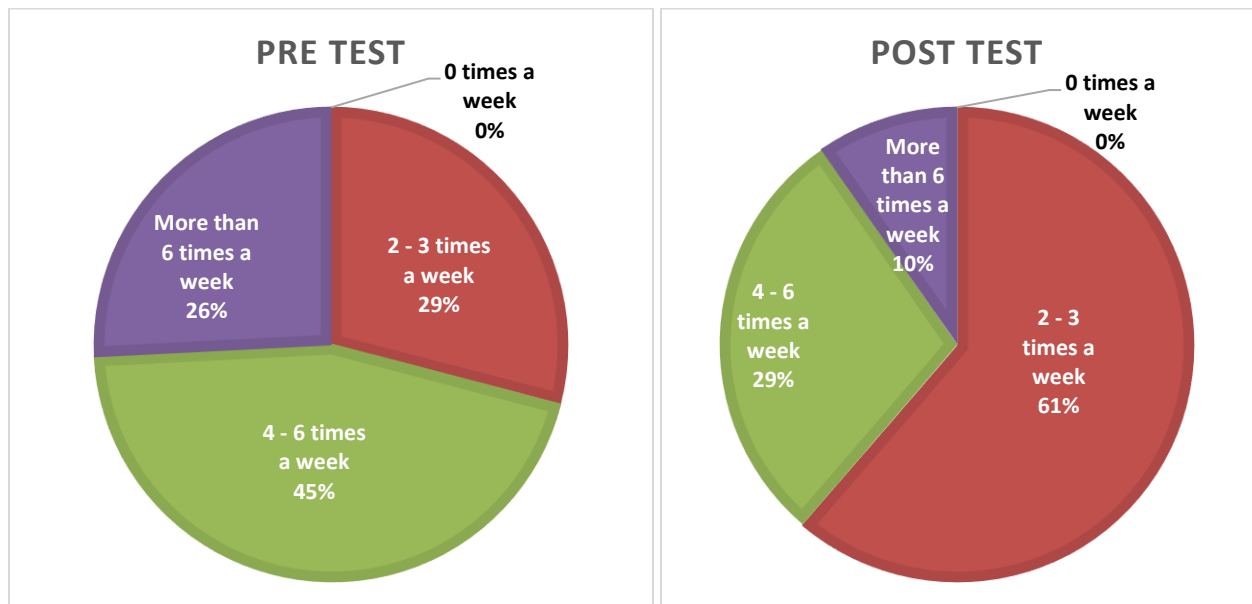
### Do you eat fruits and vegetables as snacks?



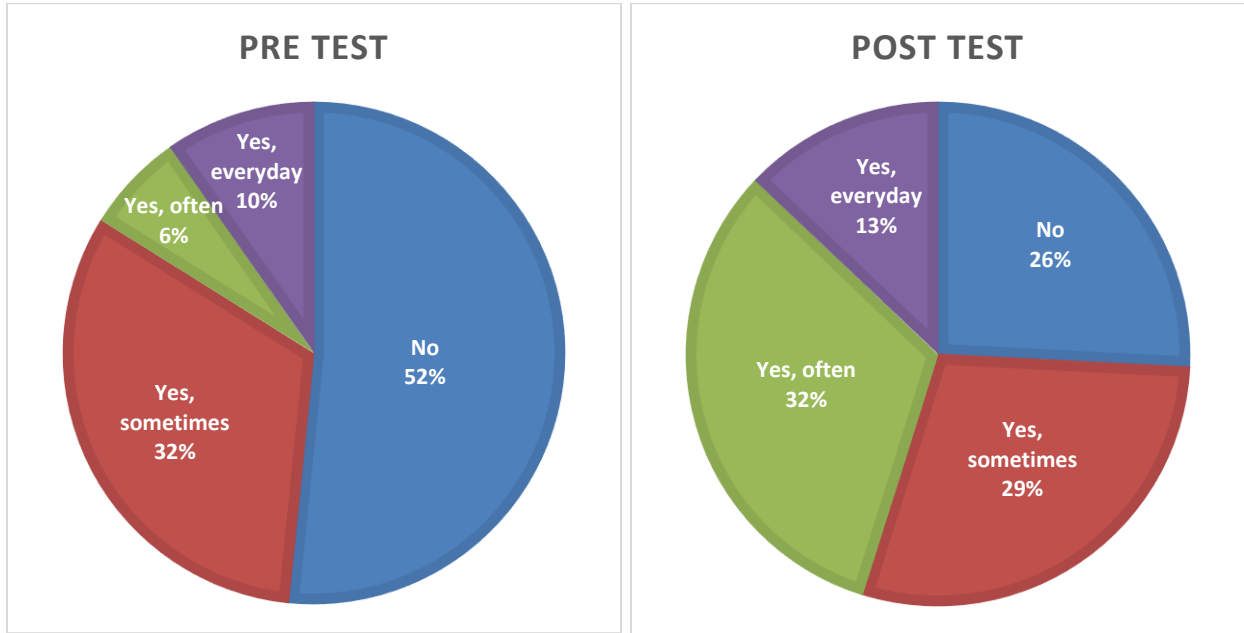
### Do you eat breakfast?



### Do you drink fruit drinks, sport drinks or punch?



### Do you use this label when food shopping?



### Nutrition Knowledge Test Responses

- **5% increase** in nutrition knowledge in high school students

