

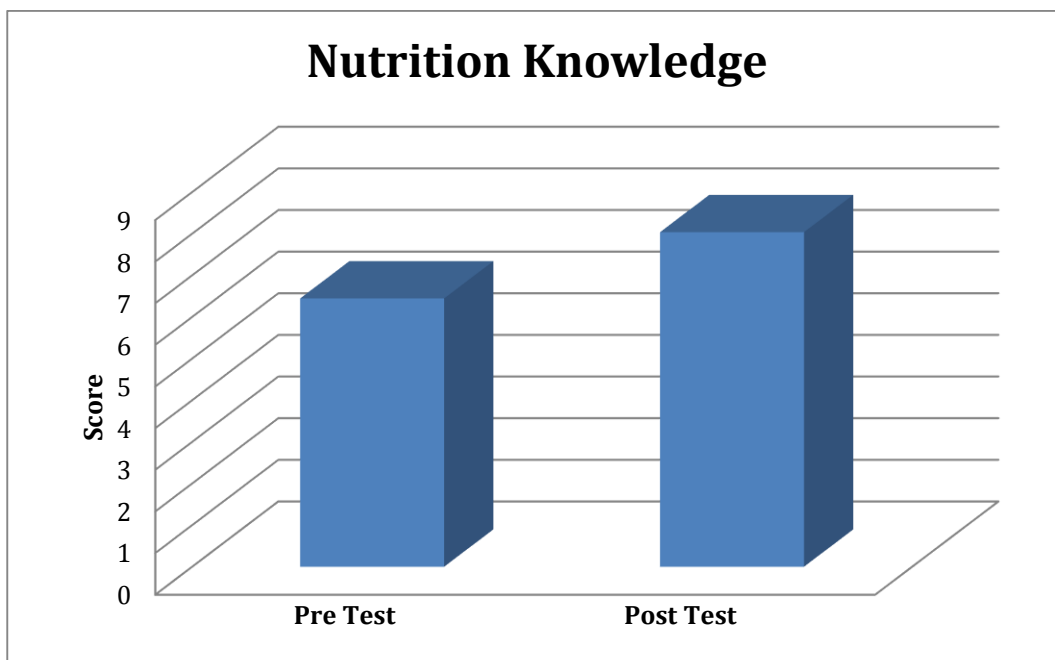
Healthy Athletes Program Evaluation Data June 2013

The following are results of Nutrition Knowledge Pre- and Post-Tests and Food Behavior Checklists given to students at the start and end of the Healthy Athletes Program. Results show that students increased consumption of fruits and vegetables and more students read food labels when making food choices.

This data represents responses from 246 students who participated in the Spring 2013 Healthy Athletes Program at Hamilton High School, Hollywood High School, Jefferson High School, Monroe High School, Santee Learning Center, Roybal Learning Center, University High School, and Venice High School.

Nutrition Knowledge

- **25% increase** in nutrition knowledge in high school students



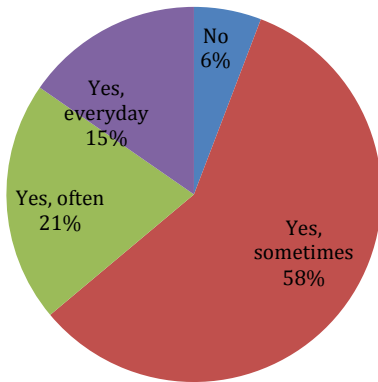
Food Behavior

- **42% increase** in overall number of students who eat fruit and vegetables as snacks either often or every day (36%→51%)
- **18% decrease** in overall number of students who drink fruit drinks, sport drinks or punch every day or often (51%→42%)
- **62% increase** in overall number of students who do not drink regular soda (21%→34%)
- **38% decrease** in overall number of students who drink regular soda everyday or often (29%→18%)
- **18% increase** in overall number of students who ate more than 1 cup of vegetables each day (39%→46%)
- **16% increase** in overall number of students who ate more than 1 cup of fruit each day (58%→67%)
- **31% increase** in overall number of students who ate more than 1 kind of fruit each day often or always (36%→47%)
- **27% increase** in overall number of students who ate more than 1 kind of vegetable each day often or always (26%→33%)

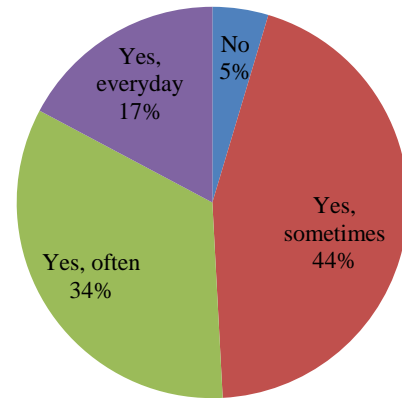
- **25% increase** in overall number of students who take the skin off their chicken often or always (32%→40%)
- **65% increase** in overall number of students who use the food label when shopping either often or always (20%→33%)

Do you eat fruits and vegetables as snacks?

Pre Test

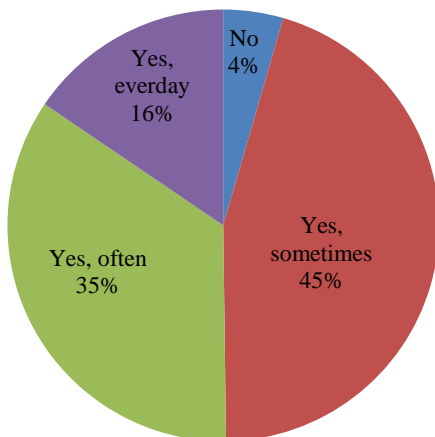


Post Test

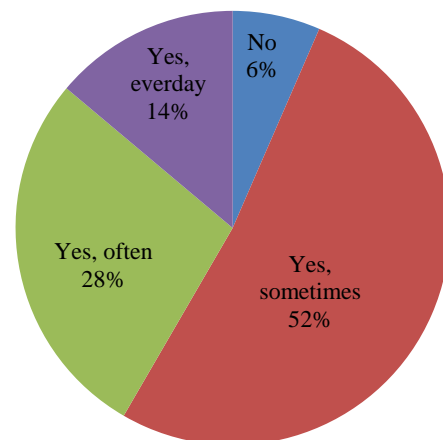


Do you drink fruit drinks, sport drinks or punch?

Pre Test

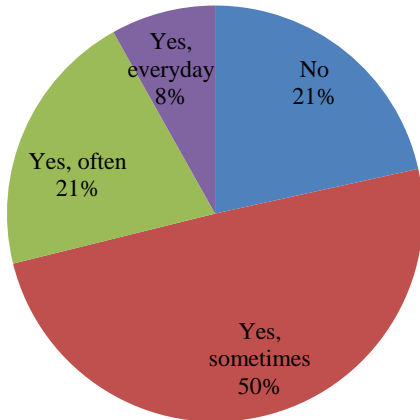


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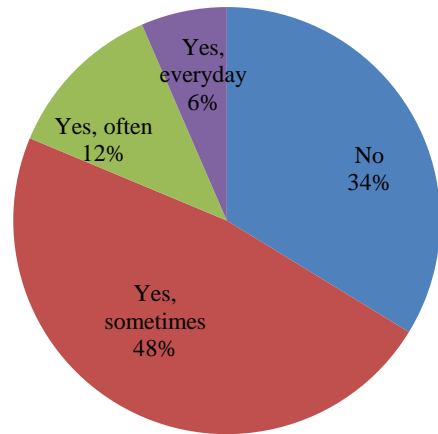


Do you drink regular soda?

Pre Test

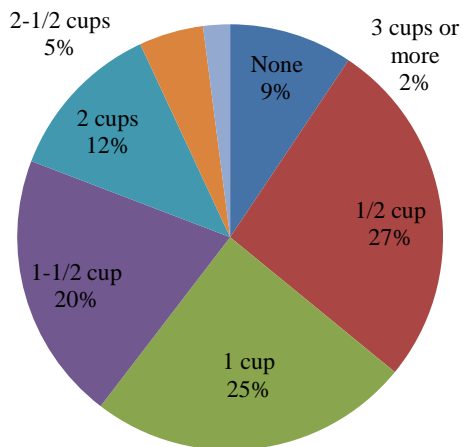


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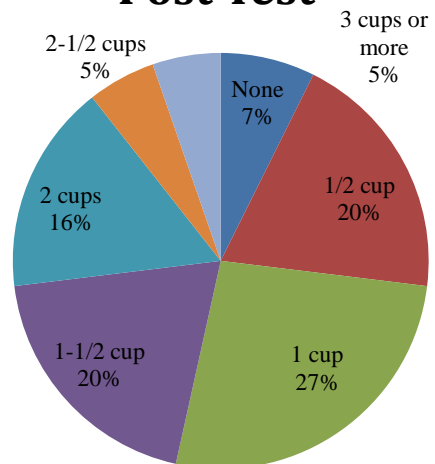


How many cups of vegetables do you eat each day?

Pre Test

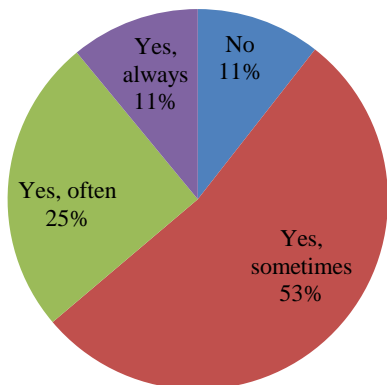


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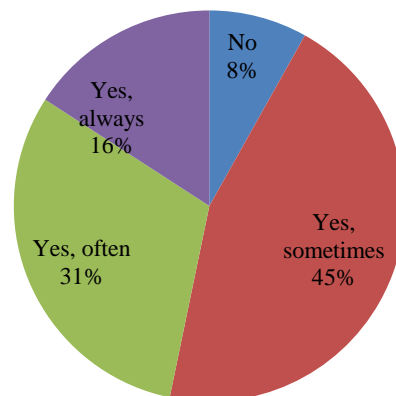


Do you eat more than one kind of fruit each day?

Pre Test

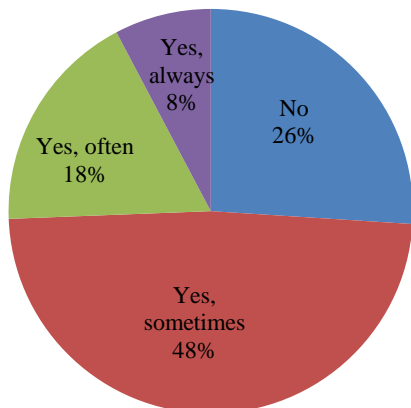


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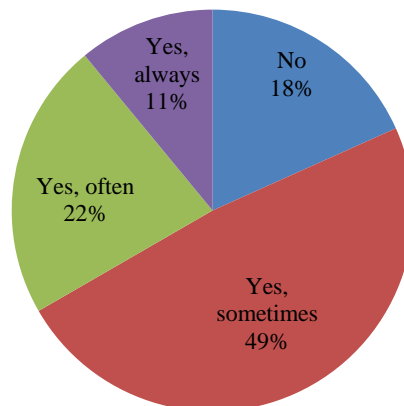


Do you eat more than one kind of vegetable each day?

Pre Test

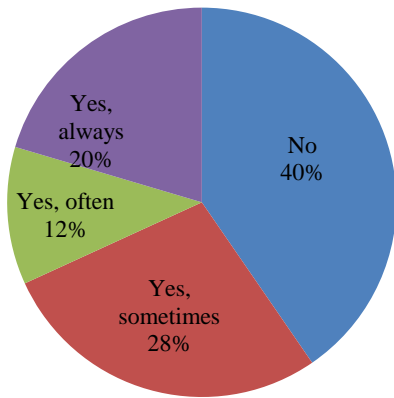


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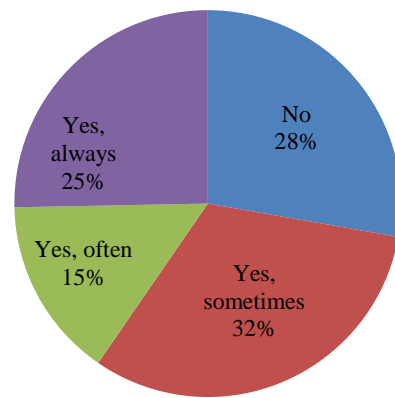


Do you take the skin off chicken?

Pre Test

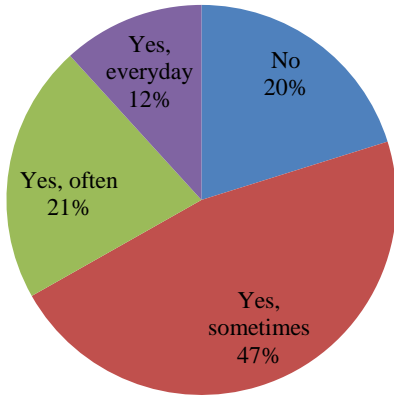


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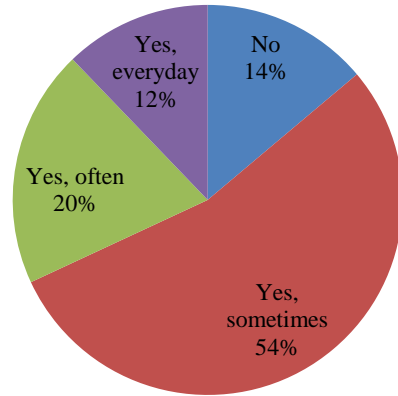


Do you eat 2 or more vegetables at your main meal?

Pre Test

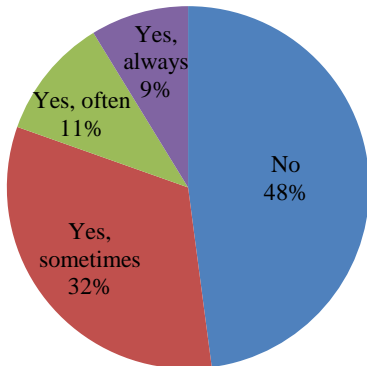


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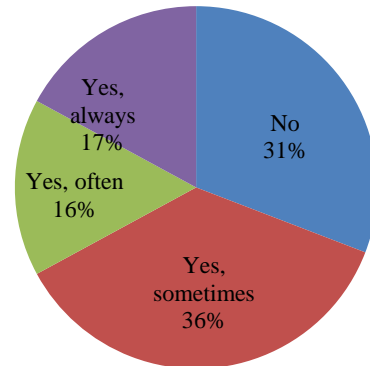


Do you use food labels when shopping?

Pre Test

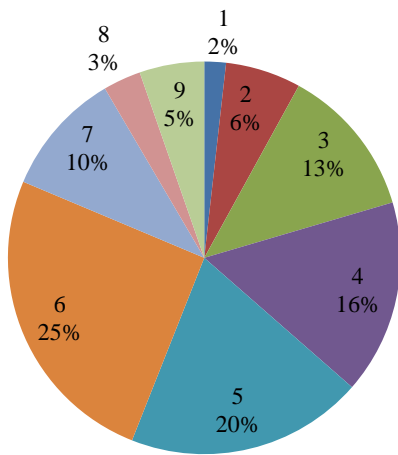


Post Test



How would you rate your eating habits?

Pre Test



Post Test

