

Take Action Program Evaluation Data: 2015-2016 Academic Year

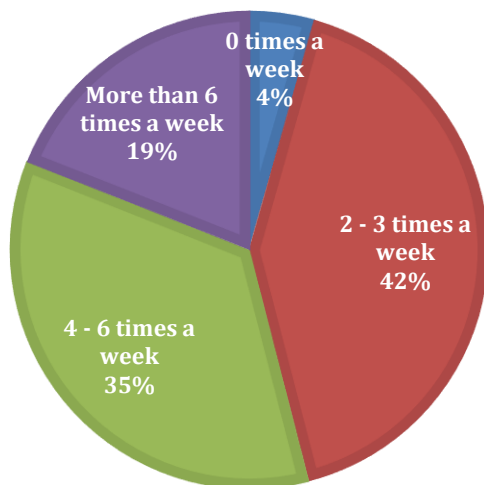
The following results are based on self-reported survey responses from student participants administered the first day of the program and the last. The data reported reflects responses from 103 students from 4 middle schools (Holmes Middle School, Patrick Henry Middle School, Lawrence Middle School and Woodland Hills Academy) in the San Fernando Valley.

Health Behavior Survey Responses

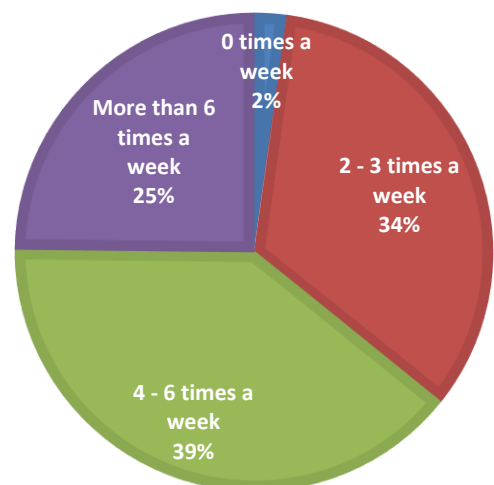
- **31% increase** in overall number of students who eat fruit and vegetables as snacks every day (19%→25%).
- **17% decrease** in overall number of students who drink fruit drinks, sport drinks or punch every day or often (22%→18%).
- **38% increase** in overall number of students who ate more 3-4 servings of vegetables each day (25%→35%).
- **95% increase** in overall number of students who ate 5 or more servings of fruit each day (15%→29%).
- **167% increase** in overall number of students who use the food label everyday (7%→17%).
- **38% increase** in overall number of students who drink 8 or more cups of water everyday (18%→25%).

Do you eat fruits and vegetables as snacks?

PRE TEST

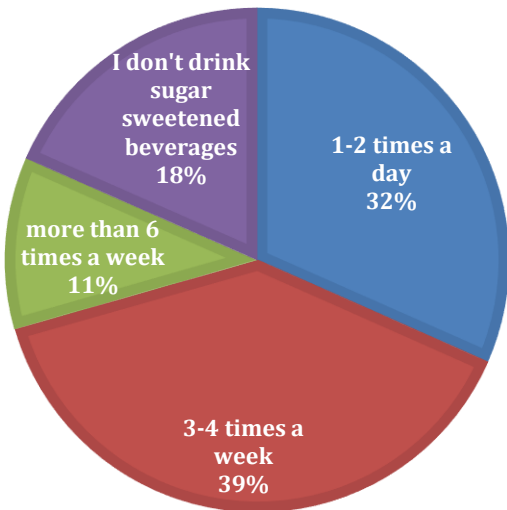


POST TEST



Do you drink fruit drinks, sport drinks or punch?

PRE TEST

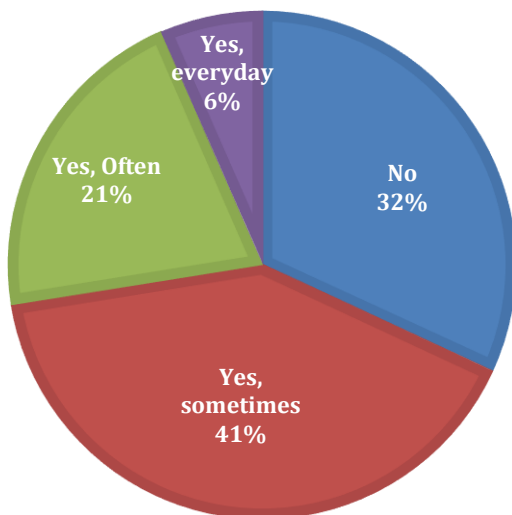


POST TEST

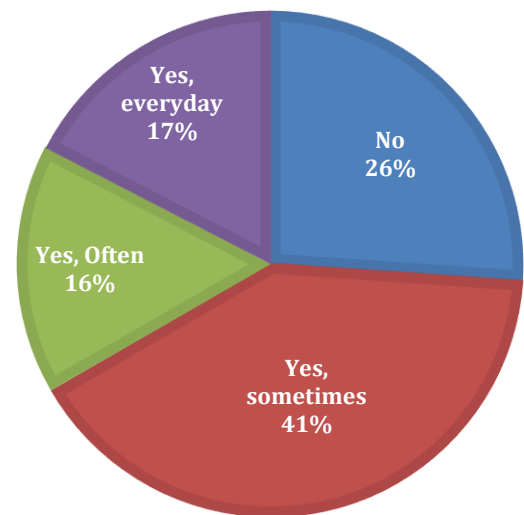


Do you use food labels when shopping?

PRE TEST

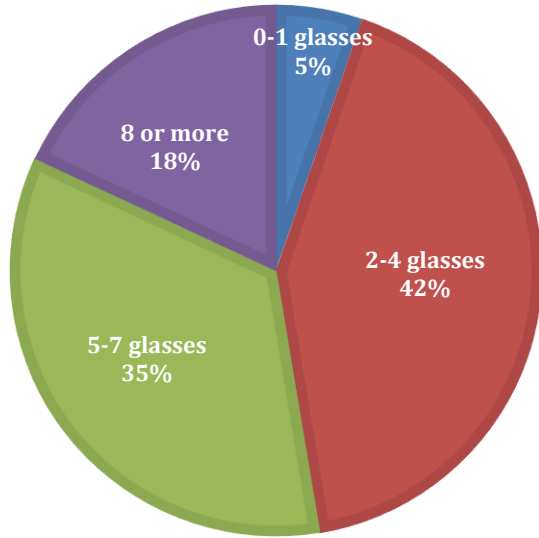


POST TEST

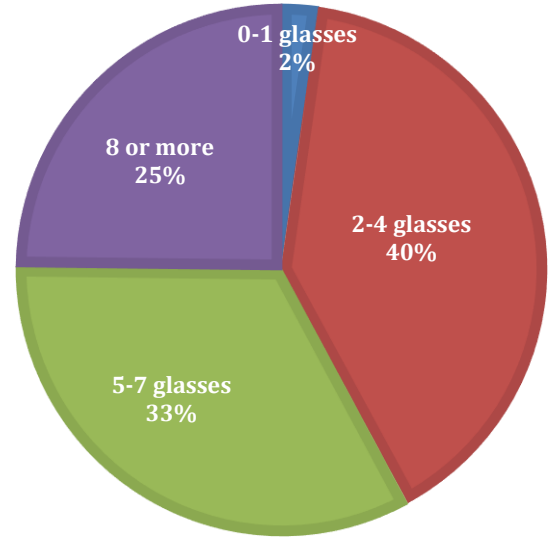


How many glasses of water do you drink every day?

PRE TEST



POST TEST



Nutrition Knowledge Test Responses

- **8% increase** in nutrition knowledge in middle school students

