

**CALORIES COUNT
AUGUST 2008
PROGRAM EVALUATION**

TOTAL PARTICIPANTS: 1,060
ONLINE REPORTING: 756, 569 compliant
ONLINE SURVEYS COMPLETED: 604

SURVEY RESPONSES

Did you complete program guidelines on at least 25 days during August?

86% YES 14% NO

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Calories Count?

88% YES 12% NO

Even though this program only required you to fruits and vegetables, many participants lost weight. If you lost weight during this program, how much weight did you lose?

1,212 lbs were reported lost by 334 participants

Will you participate in the next program – Brighten Your Smile?

99% YES 1% NO

STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Flexible Cutting Board	3.47
Emails	3.91
Recipes	3.74
Website & Tracking	3.92
Prizes – Gift Cards	3.86
Overall Program	3.98

PERSONAL BEHAVIOR BEFORE PROGRAM

Daily intake of 2 servings of fruit	3.33
Daily intake of 3 servings of vegetables	3.19
Productivity work/home	3.45
Overall well-being	3.44

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Daily intake of 2 servings of fruit	4.01	20% increase
Daily intake of 3 servings of vegetables	3.94	24% increase
Productivity work/home	3.75	9% increase
Overall well-being	3.77	10% increase



CALORIES COUNT COMMENTS

It's a good program. Generally I follow this, maybe not as much fruit as two servings daily, but pretty close.

Making sure I ate the two fruits and three veggies kept me from being hungry and reaching for unhealthy snacks - overall I have felt better and have been more conscious of eating healthy. Thanks for the challenge.

Thanks for this program. I also have begun walking each day. My wife has joined in and been a big support as well as finding success also.

Our family already does 2 fruits/3 vegetables consistently, so it was easy for me, but I can see where it could be a fantastic awareness activity for those who don't.

My wife and I had started a basic diet and exercise program in early June. Your program was just the niche I was looking for to give me positive motivation. Your approach using daily emails to track progress was great. Also, your initial colored brochure mailing was very professionally done. It is this type of awareness program that catches the eye. I am confident I will continue to improve my health by losing additional weight through advice gained from the website. Hopefully by the end of the year, I will have achieved my weight loss goal and be on to a healthier longer life. THANK YOU VERY MUCH FOR MENTORING ME.

I have led a healthy lifestyle before this system was implemented.

I really liked how easy you made it for us to record our progress. In our jobs we travel a lot. I would like more assistance choosing a good diet on the road.

I like that Wyoming does care about health matters and I think programs like this are fun.

Easy to track.

The program gave participants the opportunity to be aware of how many fruits and veggies they ate each day, in turn making them more aware of other things going in their mouths. Setting a guideline/goal also forces a certain amount of planning on the participant's part, another good thing.

I think this is a great start at getting people to become more aware of their food choices. Although I try to maintain a healthy diet, I found that participating in this program made me think more about what I was choosing to eat. It also made me feel more accountable for what I was eating.

The program had little impact on my behavior but I liked reading the health notes and recipes. I had made an effort to do most of what is suggested over a decade ago plus for

the past 20+ years I have exercised almost daily. I feel both have had a very positive impact on my health and hope that this program encourages more people to do the same.

Enjoyed the e-mails, also were a helpful reminder to keep track.

The process of reporting was made very easy. I was particularly glad that my access code was included in the e-mail each morning, so I was not forced to remember another password! Thanks for making the effort to help me help my own health situation. It was a pleasure to participate.

Tracking progress always seems to make me more aware of what I'm doing/eating. It was so convenient to be able to do it on the computer on a daily basis.

Really made me more aware of eating a balanced diet.

Having a contest helps me to meet the challenge and stick with it. I may not have lost weight, but I'm back on track.

I found it pretty easy to fit in the daily servings of fruit and veggies

This program actually made me realize how much junk food I was eating. I now reach for fruit rather than chips!

I liked this program, but it really changed very little in my life. I love fruit and veggies and track my eating habits anyway.

I had already lost a lot of weight prior to participation in this program (35 lbs. to be exact)but it's nice to see the people around me snacking healthier.

I took care of my body well before this program, but this is a bonus.

It got to be fun, trying to figure out new ways to sneak those fruits and veggies into my daily routines.

I'm glad to see health awareness programs. Less donuts, more fruit & veggies. Thank you for not calling.

I was very sick the first of the year and realized at that time I needed to change my eating habits. I have been seeing a doctor to help me make those positive changes and I am pleased to say that I have. I am feeling so much better. THANK YOU SO MUCH FOR DOING THIS PROGRAM. I looked forward to getting your e-mail every day.

Thank you very much for bringing this program to us. The recipes have been great.

I really liked the positive messages, and recipes. I have been taking care of my father in law and he won't eat vegetables, except corn, and I had fallen away from my normal eating pattern (3/4 veggies on a plate with 1/4 meat).

I feel better about my self. I had been exercising before the program, and then this gave me away to eat healthier as well with out being pushy, but accountable to what I eat. In the past couple of months I have lost about 7 pounds.

I am at my lowest weight in 10 years. For 66 I feel very good. I enjoy being healthy.

Loved some of the recipes.

I have routinely incorporated fruits and vegetables into my daily diet, so this wasn't a tremendous challenge for me. However, I saw my co-worker take a huge step toward a healthier lifestyle with this program over the last month, and I am SO proud of him! He has been experiencing some health issues, and I think that this month's challenge showed him that he CAN make a change in his health habits.

I am now taking more of an interest in my health. I start a workout class this evening and have been eating a better selection of foods/veggies.

Program has given me an excellent motivation to check and render food that is healthy and good for my body. It has given me the consistency to eat well.

Thanks for having a wellness program such as this. It gives me an incentive to work towards and helps me keep on track.

I love this program! I find this program to be a way for me to gain healthy eating habits, and to pay attention to my own health like never before. I think it is fantastic! Thank You!!

I really liked the ideas of how many calories were associated with different foods. We try eat healthy daily, but sometimes that does not happen. This program helped me track what was happening, THANKS!

This helped me think about what I need to do each day. Thanks!

Good job! Thanks for keeping me on track.

I'm already pretty health conscious and have been on Weight Watchers, so this program was easy to do.

Great program ,even though I thought I had been eating enough fruits/veggies I realized I have challenges on the weekends. This program has made me think about it more even if I am eating a serving of carrots at 11PM at night!

I have been following a healthy eating program for the last year per doctor's advice. I have lost 50 lbs since last January.

I am more aware of the food choices I make and do a better job of incorporating more fruit and veggies into my diet. Some of the recipes were great and I appreciate all the nutritional information.

Excellent program. Your daily email contacts were outstanding.

More consistent with fruits, veggies, whole grains. Much less on chips, red meat and sweets.

Overall, a very good program! I've been watching what I've been eating since 1/1/08 & have lost 47 lbs; I never have had trouble eating enough fruit; this program did make me more conscious about eating more vegetables.

I participated in the program but didn't get 25 days of fruits and veggies in.

It really made me remember to bring my veggies to lunch - which I usually forgot and then ate potato chips! Thank you for this program.

I think making everyone conscience everyday of their nutrition and exercise program is very helpful to stay on track, and leads to overall success.

In tracking intake of fruits and veggies I was able to see that I was consuming the recommended amounts most days. In keeping closer track on the calendar and with reminder emails, I feel more accountable to myself and be sure to consume the recommended amounts every day.

This will be wonderful is even just one of us follows thru with this program. It has made me more aware of what I need to do to stay healthy.

This appears to have been the tipping point to get me back to a size 12, which is great. I think the length of the program was exactly right.

Thanks for this! I am terrible about eating enough veggies...and since I am breastfeeding, I know it is important! Thanks for the motivation and reminders to stay on track!

Thank you for helping me by giving me a attainable goal - I am trying hard to make this more automatic.

I have already participated for 3 years in the wellness program at work, with walking 30 min. everyday, drinking water, and at least 5 fruits/vegs daily, so I have been eating better for a long time.

I love the messages that are included! They are really helpful first thing in the AM. The recipes are very good too!

I used to dislike fruits, because they led me to cold frequently. Mostly grapes used to do that. Bananas caused toothache. Perhaps these were just coincidences. Now I wash my fruits with hot water before eating. I didn't catch cold in the past month, and feel much better.

While I didn't comply with the 2 fruits and 3 vegetables every day, I was much more aware of the choices I made and tried to increase the number of vegetables I had each day.

I didn't realize how easy it was to get 2 fruits and 3 vegetables a day until I tried.

Daily emails are a great way to keep us on track and provide daily support! Thank you.

Easy to track and follow. Thanks!

Easier to accomplish goals during the summer when there's a plentiful supply of fresh fruits and vegetables from the garden.

This is a really good program. I will continue to enroll in all your programs.

I'm going to try and continue to eat at least 2 fruits and 3 vegetables.

I enjoyed it because it gave me an incentive to eat better and I had to concentrate hard to accomplish it but I did.

If weight loss were as easy as adding/eating 2 fruits & 3 veggies, we'd all look like models. But at least it's healthy eating.

Have someone/something to hold you accountable is an effective way for many people to get/remain healthy. Thank you for the opportunity.

The program provided the extra incentive to help choose healthier alternatives for both snacking and to incorporate with our meals. The daily email reminder was very helpful and kept the goal from becoming stagnant.

I'm more conscious of my food decisions, especially when eating out.

Excellent information in a short-concise format. The information obtained through the emails may not necessarily be utilized today but will be remembered if future caloric changes are needed.

The reminders help me to continue healthy habits.

I'm so glad that we could print a recipe book. That's a big help, the recipes were great.
Thanks. Joanne

This is an awesome program! It has helped as a daily reminder of healthier choices I can make.

I didn't realize how difficult it would be to incorporate 2 servings of fruit and 3 servings of vegetables in my diet, and that of my families'. This changed my shopping habits, specifically how I choose groceries and think about meals.

This was an excellent program. I really got a lot out of it.

This program was exactly what I needed to get back into habits I knew would be good for me and which I was slacking on.

Emails keep me on track!

It helps to have a goal to meet when eating healthier.

I started the Wellness program in February and have lost about 20 pounds and have about 15 more to go. This helped to keep me motivated. I want another cutting board. I have already gone through the last one!!

This was a great program. I really enjoyed participating.

It certainly motivated me during an easy time of year (lots of fresh things available). I was much more aware of how many vegetable choices I was making each day. I always eat 3 or more fruits. And it was fun to have a way of keeping track. I really liked being successful even on vacation and camping.

This program made me more aware of what I was eating. Although I didn't lose any weight, I have become more conscious of what I eat.

The program made me be more aware of what I was eating.

This program provides people support to focus on the things they need to do to live healthy. I was already pretty good about eating fruits and vegetables daily before I started the program. But there is always room for improvement and the daily tracking and e-mail reminders helped to keep me honest and on track. Keep up the good work. I'm looking forward to the next program - Brighten Your Smile!

Have been picking up more(colors) vegetables at the market to be sure & get my quota. Improving daughter's diet also.

I am definitely more aware of my fruit and vegetable consumption.

I did not get into this program until Aug. 29th so it was too late to participate I felt. I do eat lots of fruit and vegetables and a healthy diet regularly. In 2002 I lost 30 lbs. and have kept 25 of those off since then as part of Weigh Watchers International.

Found this to be very informative and helped me to make the effort to eat more fruits and vegies. I appreciate the program and the work that has been put into it. Let's keep it going. :-)

It was nice having someone to do this with.

It was easier for me to get all the fruits, by focusing on the requirements and counting progress in the middle of the day. I ate lots of fruit salads and had fun trying fruits I hadn't eaten before.

It made me more aware of my eating habits - so that was a good thing.

I am already in good health.

Reinforced that I have been doing good in the veggies and fruit dept. And fruit is always easier in the summer.

I thought we ate pretty healthy before the program and come to find out we do but need to add some fruit to the diet. I had a hard time fitting in two servings of fruit a day.

The email reminders are very helpful.

Very good information on the website - short, informative & quick encouragements to keep me motivated.

Keeps me on track! The incentives are good. Promotes friendships among employees.

I like the overall focus on wellness. I generally eat this way anyway, but I was more aware of and more intentional about my dietary choices during this program.

I liked the emails, helped me to keep involved and my logging up to date.

4 years ago I decided to start living healthier. I quit chewing cold turkey and haven't had a dip since:). This spring I continued to improve on my health by setting a goal to eat better and lose 30 pounds. To date I have lost 23 pounds, eliminated soda from my diet and have conscientiously made a daily effort to healthier. So far so good!!

I had already started on the South Beach Diet. On the days that I did not mark, it was that I had only vegetables, no fruits. This came at an ideal time for me and enhanced my program. Thank you.

Great idea. It definitely made me look closer at what I'm eating.

I like this program.

Actually gained a couple pounds during the program because I ate so many vegetables daily from my garden!

Just beginning the program; I like it and will do better when I have a full month to participate. Thanks!

I already started a healthy life style this year, watching portion sizes, buying a treadmill and actually using it 5 to 7 days per week. This program helped me be more aware of adding fruits and vegetables to my diet. Thank you.

I didn't realize it was so hard to work in 3 helpings of veggies. Our fresh produce is limited in quality. Small grocery store which stocks about 1 time a week. We shop in SD but with the fuel that has cut back to once a month. This was interesting... thanks... and good for me.

I think this is a very good idea and I think this is a good start to being healthy!!

Always felt the extra carbs were not tolerated in my diet so would limit fruit and some higher carb veggies. (peas/carrots)

Program made me much more aware of the need to eat better. I planned ahead to purchase fresh fruit & veggies, bought an adequate amount on a regular basis & then was motivated to prepare the items due to the fun August challenge.

Easy to access!

Nice reminders - loved the thoughts -and the recipes.

Great program!

I like the daily reminder e-mails to log on and track compliance; it helps keep my motivation high.

During the month I lost a little weight & noticed I lost around the waist - a target area for me.

Eating my daily requirements of fruits and vegetables has never been a problem. I did enjoy the new recipes!

Think this program will be very helpful, especially in reminding employees about the importance of good health!

Email reminders help me keep thinking about my goal of >5-a-day.

Thank you!

Found myself actually making an effort to get in the daily servings! Still not ideal, but aren't we all a work in progress?

I always try to eat my veggies and fruit, but this helped me focus...pick yogurt over fries etc.

Thanks!

I tried hard to follow the guidelines on a daily basis. IT was a good reminder.

I become more interested in cooking.

Upping my F&V will be even more important to my health now as I have been diagnosed with breast cancer and I will need the valuable nutrition supplied by F&V to heal and make it through the long road ahead. Getting a jump-start on this is one less thing I have to begin right now!

What a neat program! Even though you are working towards a goal by yourself you are still included in a group. I enjoyed the recipes and the e-mails. I am looking forward to a great smile in October!

Keep this going because it helps us in our day to day lives. It has made me more conscience about what I eat and when. Great job on who ever decided to do this!

I was amazed how if I ate three servings of vegetables "first", I really was not hungry for too much else. What an easy way to diet!

Was a good reminder everyday to eat more vegetables and fruits everyday!

I need to chart what my intake actually is and not guess about quantities. I underestimated. But the reminders were great and that motivates me to try harder. Thank you.

The weight loss was from walking and eating right...just inches.

I was already doing veggies and fruits, walking, etc. Kept me honest.

Followed diet from Dr. Craig Brown. While it was not exactly same as State did match cardio needs.

I just wish that this would be for longer than a month. A full time program would be greatly appreciated!!

Good idea, do more.

The daily reminder is a key to the success of the program. These should be continued.

It's a good program. I at least tried to get the fruits and veggies in. It just wasn't always possible.