HEALTHY LUNCH CLUB - OCTOBER 2009
HEALTHIER WY - YEAR 2
PROGRAM EVALUATION

TOTAL PARTICIPANTS: 5,863
ONLINE REPORTING: 5,254, 4,775 compliant
ONLINE SURVEYS COMPLETED: 2,559, 44%

SURVEY RESPONSES
Did you comply with program requirements on at least 25 days during October?
97% YES 3% NO

Even though this program only required you to eat a healthy lunch, some participants lost weight. If you lost weight during October, how much weight did you lose?
4,862 lbs reported lost by 1,305 participants.

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Healthy Lunch Club?
89% YES 11% NO

Will you participate in the next program – Scrubadub?
98% YES 2% NO

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

Emails	3.87
Recipes	3.58
Website & Tracking	4.01
Stop & Go Guide	4.05
Overall Program	4.02

PERSONAL BEHAVIOR BEFORE PROGRAM

Daily Healthy Lunch	3.22
Fast Food Nutrition Knowledge	3.11
Productivity work/home	3.41
Overall well-being	3.41

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Daily Healthy Lunch	3.79	18% increase
Fast Food Nutrition Knowledge	3.86	24% increase
Productivity work/home	3.69	8% increase
Overall well-being	3.72	9% increase

MEMBER COMMENTS – HEALTHY LUNCH CLUB

Daily reminders about lunch are great--it is a meal that can "get away" from us between work schedules and the desire to be social. The reminders keep one on track.

Each of your programs are such easy daily reminders to do what we (most of the time) already know to do. With the reminders, we stay on track easier. Thanks!

I just love the program! I have not "won" anything; however, I have gained a lot. It is a great idea and I hope you continue it.

I enjoyed all the recipes!

I have really enjoyed these programs. It is good to have positive examples and programs.

I was diagnosed with diabetes on September 30, so this program was one thing that helped me lose a lot of weight fast.

Program gave incentive to make better menu choices and think about what one was eating.

Just keep up the program and the caliber at which it is executed! The State of Wyoming has a real gem here.

Fell below the 200 lb mark for the first time in about 5 years.

Once again, the emails and non-threatening reminders do wonders for me; thank you--AND the guide was/is great!

Even though I primarily used the daily check-in to keep me on track, I think the variety of options you offer allows people to find multiple ways to succeed. That is great.

In both programs I've participated in, by the middle of the month I was realizing "this isn't too bad." By the end of the month I was thinking, "I've adopted another good habit that will be easy to continue."

Good info!

Though I bring my lunch regularly and it almost always includes fresh vegetables and fruit, I continue to really enjoy and FULLLY SUPPORT the state wellness program; IT'S GREAT!!

I haven't needed a weight-loss program for several years, but through the healthy lunch program and larger dinner portions, I've still been able to gain 12 lbs. With better diet and vitamin supplements, I've been more active and work out more, increasing muscle mass. Another plus, a major stressor on the job will be greatly reduced beginning Monday.

Just turned 50 last week, and am feeling more like 45!

Love to receive recipes and health information daily online…great program!

I've been a member of Weight Watchers for 7 years now and have learned to eat lots of fruits and vegetables each day. So this program fit just right into my usual approach to eating healthy.

Thank you!

Made me think more about the junk fast food and try to eat better.

Found that healthy eating is very difficult while traveling.

Just thinking about eating healthier with some positive suggestions has helped changed behavior.

Use of the guide for fast food was very informative. I will continue to use it along with regular exercise.

Thank you!

I really liked the recipes. I used several (modified with a few more whole grains) for tasty dinners. Thanks!

I enjoyed the program. I like the guideline that was sent out. Also find the e-mails to be very informative as well!

I tend to have a routine eating pattern, which seems to fit nutritional guidelines pretty well. I very seldom eat out. The one lunch that I had that wasn't "good" was at a seafood restaurant on the Conn. River. When you rarely eat out, deep-fried onion rings and crab cakes are a treat!--but only to be had once in a very great while! I appreciate having the guide for future reference.

Eating vegetables at lunch replaced eating chips.

Healthy eating has been a personal habit of mine for many years and will continue to be in the future.

The food tips were very informative. Only wish I had the time to prepare more of the recipes.

Your recipes showed me how I might vary my lunch a bit more and still keep it healthy.

This has made me more aware of what I eat. Not just to grab something because I'm hungry!

I have cut most of the sweets out of the daily eating.

I love this program because me makes me aware of what I am doing/eating.

I became much more aware of my eating & nutritional values!

The fast food guide didn't have very many places it referenced in the Cheyenne area to eat. However, it gave an awareness to look at when ordering out at a restaurant.

I became much more aware of my eating & nutritional values!

The healthy lunch is something that I have been doing for many years. Everyone should try this as it is an effective way of eating nutritional foods.

Has me more aware of better choices when eating out!

This was the most difficult wellness program that I participated in - but one of the best, because I wanted to try new ideas for lunch. I felt much better eating a serving of vegetables and fruit. I liked the recipes and will try to use most of them from now on.

These e-mails are such good reminders to really pay attention to the menu.

I was happy with the program. Very much liked the Stop and Go fast food drive.

We are more conscientious about what we eat for lunch.

It is not too hard to eat right when it is spelled out to you - than to stay with it.

This was very helpful in choosing the healthy choice.

This program encouraged me to eat more vegetables for lunch.

I especially enjoyed eating more vegetables for lunch. The days I didn't comply were days I didn't actually eat lunch. Will continue to have more raw veggies and veggie salads on hand.

I like that it is so easy to use, just go into the site and update as needed. It makes it fun for me each day.

These healthful changes have positively impacted my family. Thank you for making this available to us.

This is a great program. It provides a daily reminder to stay on track! Thanks!

Very good!

Being diabetic, it reaffirmed my commitment to monitoring my daily food intake.

I very much liked this program and would like to see it offered every year, or something similar that is.

Since I'm in a wellness program at work, I was already bringing fruits/veggies for lunch every day.

Reinforced my current behavior was correct.

This program helped me focus on the healthier foods when I eat out, and made me more conscious of what I was eating.

Although I haven't lost the weight I want to I feel healthy and have more energy to do things I want after work.

The main thing I got from the information was that anything in a fast food restaurant is bad for a person; but I did not see anything to judge normal restaurant fare or grocery store easy meals for single people.

I normally eat Torino’s frozen pizza everyday for lunch. After I learned more about the nutrition value of it, I totally changed my lunch menu. Thanks so much. I take the stop and go guide every time we go out to eat.

I like the programs that have the recipes included on the website. Keep up the good work.

I have always eaten a good healthy lunch of salad, 2-4 oz of protein at least 5 days per week and usually 7. I drink V8s with lunch or my snacks. This wasn't a big change because I don't eat out much but, when I traveled this past month it made me more aware of where we stopped to eat and what I ordered when we did stop. Made me more aware of what I was doing even when away from home.

I appreciate the constant reminder of how important good nutrition is. It is so easy to relax and not eat as well and overdo it. Your program kept me on track - thanks!

I was planning to diet for weight loss anyway, so this program was a big help. It helped me to stay on track with the goal of eating healthy. I used a few of the menu suggestions. The program encouraged me to pack veggies every day, or order a salad on the busy days. I felt very good about the healthy choices at lunch, and made better choices at other meals. I enjoyed it.

Good program!

It is always good to receive healthy reminders to eat right. Thank you.

I am definitely more aware of what I am consuming. I love being healthy and now I have the motivation to make this a life-long choice.
I discovered that I really don't care for fruit too much, which is probably ok since my blood sugar wants to run high. It's much easier for me to eat 2-3 vegetables for lunch than 1 vegetable and 1 fruit.

I found out how bad I was eating at lunch on the go. Trying to do better since this program.

Although I didn't eat out much this last month, the Fast Food Guide will be helpful for when I do.

I have been going to a gym for about a year and had not lost any weight, but since i started watching what i was eating I did loose 5lb in a month. Thank you for the daily reminders.

Again, this was great to do. Kept me on my "toes" to remind me what to eat.

WONDERFUL program! Thanks.

The Fast Food guide is awesome! Are there any additional copies available? My college aged daughter took my copy with her last weekend.

I really like the availability of the recipe book!!

These programs really get you thinking more about a healthier life style!! Thanks!

The daily reminders were great.

I love these programs and hope that you will continue to offer more in the future. Recipes are excellent.

I always ate a piece of fruit daily - this has spurred me to concentrate on doing the same with vegetables.

I eat lunch out rarely, once a month at the most. I bring lunch from home and always include a fruit and vegetable.

I loved this program. I know this has been pointed out before, but I want to reiterate how good it is to take small steps successfully. When you start a program that has attainable goals, it is easy to follow. It gives you the desire to keep striving to improve yourself. Thank you for this great health program!

I was able to try some fruits and vegetables that I normally don't go for.

The Stop & Go Food Guide is easy to read and a great resource!

This was an excellent program; made me aware of what to eat for lunch.

Thanks!

I've been working at the gym with a personal trainer and this program has helped make it easier for me to comply with his eating suggestions. He's happy that the State has programs like this one! TW

The Stop & Go Fast Food Guide is great info & the size makes it easy to carry with me! Even my teen age grandson was amazed to find how much of the RED zone foods unhealthy and is being more cautious with what he eats.

The daily reminders encouraged us to pack our own lunches and eat mostly vegetables.

Really enjoyed the book we were sent.

My family is enjoying the new recipes

Some of the recipes were a bit bland so my family spiced them up. Not only did I become more healthy, my family made the switch also!

I really like the recipes, and the daily emails are good reminders. Thank you.

I feel better and I plan my lunches now, instead of just grabbing anything I could. I have more energy throughout the afternoon, and make sure to have lunch. That is a huge change for me.

The red, yellow, and green book very helpful. Thanks!

Excellent program and it really does make a difference in our lives.

I really like having the fast food guide. Don't eat out that much but nice to have the guide when I do.

Fantastic! Thank you!

I love this program and I am happy to be a part of this improvement of health for state of Wyoming employees.

Really like the programs. They keep us thinking about our overall health.

This was a good program.

Thank you!

The fast food booklet was very helpful. I shared it with my son, so he could see which foods would be a healthier choice when he eats out.

Even though I eat at least 5 servings of fruits/veggies per day I increased my intake to 7-8 per day.

I appreciate the state's commitment to wellness and believe healthier lunch is a valuable part of the overall plan.

These little programs are an excellent way for participants to gradually work the habit into regular daily routines. I thoroughly enjoy the programs and am looking forward to those planned for the upcoming year. The Stop and Go Guide is great. My daughter and I now take a second look as to what is the better item to order if we have to eat out. Thank you!!

I'm at a maintenance stage on both weight and eating but I'm going to say that it made me think twice at a conference and eating out about how many fruits and veggies go on my plate.

Love that recipes are part of it.

I was glad to receive the Fast Food Guide even though I rarely eat out it really helped when I did.

I plan to continue eating a healthy lunch long after the program is ended. It has increased my energy levels (I have fibromyalgia).

Good program, but pretty much in line with what I already try to do.

This program made me more aware of what/how I was eating. Realized that I was eating healthier that I had anticipated. Not very much fast food-- maybe once a month or so for fast food and then only when I was shopping with my sister--She will only do fast food on our shopping outings.

This one stretched me a little! Being prepared is a biggy, as I needed to bring bags of cutup vegetables to work. I've been buying fresh fruit and vegetables right along, but focusing on lunch was a good thing. I'm buying even more, now. THANKS!

I've lost 8lbs this month and am feeling great! The daily log really encourages you to eat better.

Became more conscious of having both veggies and fruit at lunch.

I liked this program. Am ready to do some of the others.

Good information! Daily emails are a great reminder – thanks!

The Stop & Go guide is a great tool which I have shared with my spouse.

The best "tool" I received was the Fast Food Guide. It really opened my eyes and I will continue to use it.

It's always good to have the extra info, to make our life style of eating at home & the choices to make when eating out so that we can improve our overall health.

Thanks for your help. Great program!

I love having the daily recipes. It’s fun to not have to think of something new on my own. Thanks!

Every person in America should have a copy of stop and go fast food guide. I plan on buying extra copies for everyone in my family.

I really enjoyed the Stop and Go book. I keep it at my desk for daily reference.

Every time I am tempted to partake of a fast- or junk-food item, I only need to think of the book and it goes away.

I do enjoy this as it keeps my mind thinking about my health and weight. It's a great thing you’re doing for the people. :)

Great to have the constant reminder to watch what you eat! Thank you for this great program!

The Fast Food Guide was an inspired idea.

Good program and I like the Fast Food Guide. I quit smoking about 3 months ago and so did not lose weight (I have been eating more and better ha), but it will even out in the end...it helps to have this info to eat better.

Stop & Go Fast Food Guide was very enlightening--and scary. Great information.

Fast food guide was very helpful.

I really enjoyed the Fast Food guide. I had no idea how bad a chicken sandwich could be. I always thought I was making a healthy choice choosing chicken over a burger.

It's all about the Carbs!

This was a good program and I am very satisfied with the knowledge that was provided. I also believe had I not been pregnant I would have lost weight on this program as it encouraged me to not eat fast food.

I have always been into health and nutrition. Your program has encouraged me to be more aware of my eating and exercise habits.

The monthly challenges have been so good. I just didn't get into the daily lunch right away so missed out.

I do not do fast food restaurants but enjoy the booklet anyway, it helps for home things too.

While I was not successful at changing my habits, I am more conscientious of what I am eating. I have started eating a piece of fruit as a mid morning snack.

I feel that this is an excellent program. I know that I didn't get as much out of it as I could have but to no fault of the program, but me. My personal life is kind of on a roller coaster right now so eating is my way of dealing with things. Thank you so much for all you do.

Made me more aware of what I put eat for Lunch. Good Recipes!

I try to eat a healthy lunch most every day, and allow myself to "cheat" only on occasions. I found myself thinking about what veggies I was eating more often during the day, and incorporating that into other times of the day, also. Especially the one or two days that I may have "cheated."

I love the recipes!

The Book is a wonderful guide. I seldom eat out (carry my lunch). Sodium content is a concern to me and the book listed the fast food sodium amounts. Even the recipes to provide!

Great program! The knowledge and the participation being in this program was fun and challenging. I would definitely recommend this program to others.

I couldn't believe how much I learned from the book, "Stop and go"! I am so happy that our campus, UWY, finally has Panda Express where the book said "GO" on all of their food. However, I am eating more vegetable and fruit than I ever did in the past. The recipes provided more delicious ways to cook the boring salad into more exciting salads! Many thanks for your help with my eating habits!

The booklet is fabulous - people who aren't on the program enjoyed it and learned something from it. Sure helped out when eating fast food (i.e., most lunches).

Love the programs; it keeps our personal habits and health in front of us all the time, as most of us get too caught up in so many daily activities. Thank YOU and please continue.

Thank you! Another awesome program!

I love the fast food guide.

I liked the program. I felt obligated to eat more vegetable and fruits.

Reading and using the book really makes you realize the items you are putting in your body. Very Useful!

Love the fast food book. Extremely helpful.

I really like the fast food handbook. I don't eat fast food very often, but when I do I think to myself, "this is a special treat, so I can get whatever I want." Now I have the hard facts in hand I can have that special treat but also choose something that's a little more sensible. It's great to have that info on hand, especially since some of the calorie counts are surprising - what's healthy vs. what's not is not always intuitive. It's also great because even though I don't like fast food very much, my husband does, so having the guide I can help push him toward the healthier choices.

My wife and I both lost a few pounds. The book was very helpful and learned a few things that I did not know. Also confirmed what I did know.

Thanks for having this program - keep up the good work!

The Stop & Go guide is wonderful--I carry it with me all the time. The results at some restaurants were downright shocking! I hope updates will be available yearly.

I appreciate the help! Lunch has always been an important meal for me personally. I sometimes skipped other meals, but rarely lunch. Now I eat a better breakfast and my usual good lunch, but only have fruit or vegetables for dinner. I found this works well for my life style. Thanks for your help.

I love the wellness program. If I knew it was this easy to learn so much and change behaviors, I would have joined sooner.

Really like the WY wellness program!

I'm glad that we're offered better information towards reaching a better healthier lifestyle which includes choices in improving selecting healthier foods instead of fast foods, etc. Each program that has been provided over the past months are a guideline to making better choices for improving one's life style and eating habits, etc. It has given me the opportunities to make improvements with my life and eating habits, etc. Keep these programs coming!

I'm pretty nutrition-conscious, but it was nice to get the extra nudge to pay attention!

Love, love, love the recipes!

I recently had weight loss surgery and all the recipes and Stop & Go guide are going to make my success with the tool of surgery even better!

You are never too old to learn health information. Keep up the good work.

Seeing what calories were in my fast food favorites, I have decided not to eat them; grab the sack of carrots, instead!

On the rare occasions when I do eat out, I always select vegetables and fruits as part of the meal. If the food is poor quality, I will fast instead of making myself sick on high fat, high starch, high calorie foods.

Lunch has always been my poorest meal. This past month I have tried to make it as important as breakfast and dinner.

It was like having a diet specialist in our home and the prompting was great so that we keep on the plan.

The program is a great incentive!!

It was a great program thanks!

I really liked the book because it opened my eyes to places to eat more healthy.

Because I already knew a lot about nutrition and strive to eat healthily, the program did less to help me, but I think it is a good program.

Teaches my spouse to eat more healthy.

This was a very good program and very easy to maintain.

Thank you for the recipe booklet. I enjoyed some of these lunch recipes.

Good stuff. Keep it up. Didn't check my weight going into program so don't know if lost any pounds.

I changed some sandwich habits and latte habits through this program.

It made sure I didn’t miss lunch which I can sometimes at work.

I enjoyed the book but wish it had foods that that you make at home. We don’t' eat out much do to nutrition.

Good reminders every day which will help remind me each day from here on in to eat more fruits and vegetables, thanks!

Once again this was an inspiring program; easy to follow and good to have the ongoing support!

Some good recipes my wife liked - easy to do.

Book is VERY helping in guiding choices when dining out.

Excellent program-very much appreciated.

These programs are great!

I do think about the healthy lunch program. The only days that I did not comply were because I missed lunch (will work on that piece). I am still doing the program even though it is over.

I didn't keep track of the amount of weight I lost but did lose some. Two changes to my lunch plan was easy to maintain. Sometimes a fruit & veggie was the only thing I had for lunch when I didn't feel like eating.

I am using the Stop & Go book in the classroom where we are working on a unit in obesity

I feel better when I eat fresh fruits and vegetables and avoid foods containing flour and sugar. The Stop & Go Guide had excellent info...I seldom eat at the fast food places but the guide showed me that even when I thought I was making healthy choices...I wasn't.

Excellent book and quite the eye opener. Didn't realize how bad some fast food items were until read through the book.

I am a healthy eater to begin with, and never eat at fast food restaurants. The one thing I gained was that I now count 5 veggie and fruit servings. Also, a few good recipes.

The knowledge the book offered was unbelievable. I was shocked to see what I had eaten at some restaurants!

Practicing and maintaining healthy behaviors. Good program, great benefit!

I appreciated getting the info about fast food; already felt like I ate well w/ lots of fruits/veggies

Most of the recipes were very good with combinations I would never have done on my own. A nice wide variety.

This is a good habit to get into.

Made it easier to remember what to do.

I truly enjoyed the recipes and "tweaked" some of them just a bit. I didn't skip lunches during this campaign. I carry the Stop & Go booklet in my purse - I don't want to go into any restaurant without it!

Enjoy this Wellness Program so much!

I enjoyed this program. It was easy for me since this is the way I eat every day. The book also helped for my family to eat better when eating out.

I thought the info was very good. Thank you for this program. The book was very informative.

I really, truly never eat fast food and, now that I've read through the "Stop & Go" guide, feel even better about bringing my lunch from home. Thank you for allowing that some of us don't adhere to the usual practice of depending on some restaurant for our meals and giving us credit for bringing a healthy lunch to work.

The recipes are awesome, not to mention easy to prepare.

I consider myself to have excellent habits when it comes to breakfast and lunch nutrition. Even so, this Healthy Lunch challenge was difficult to stick with. I really had to think, every day, about eating both a fruit and a vegetable for lunch (I don't eat at fast food places, so that wasn't an issue). Kudos to whoever thought this one up!

Being on the October program gave me more knowledge about the alternative fast foods that are nutritious which are readily available. I am so glad that many restaurants have good-for-you tasty items from which to choose. Many of the caloric numbers were a real eye opener.

The program helped me to be very proactive in what I planned for lunch; always a fruit & a veggie took some thought.

Weekends were more difficult because they tend to be more erratic, at least in my family life.

More attentiveness to actually eating lunch on high-intensity workdays, and making sure that there was a vegetable and fruit in the lunch.

I really like the whole idea about getting an e-mail once a day with a reminder of healthy habits. I happen to almost always eat a very healthy lunch, so no big changes there for me, but still enjoyed the program this month.

The Fast Food Guide is great! I keep it in my car so I can reference it when I travel. Thanks!

The book The Culprit and the Cure was so well written and effective at putting nutrition facts in a manner that was easier to understand than any book I had read on that subject. The e-mail reminders kept me on track. I'm an active person in the summer but this program has motivated me to stay with an exercise and good nutrition program through the winter months. Thank you very much.

I have never made it a habit to eat fast food - I never acquired a taste for it. I gave my fast food guide booklet to a friend at work. I always eat three veggies per day.

I learned it was easier, cheaper, and much better for me to control what I ate by just packing my lunch rather than eating out.

I love having the Fast Food Nutrition book in my car. I refer to it whenever I am going to eat out. Thanks!

I really had great success with the healthy lunch program since I really like veggies and fruits and always have a V-8 juice every day. I have never been a fast food fan. The healthier Wyoming plan is great!!!

Great program. I really enjoyed the information. The fast food book is excellent. Overall, just a great program filled with very good information. It really helped change my behavior for the better.

Not too hard a program as I generally come home for lunch.

Interesting info.

While I believe breakfast is most important, a good lunch can balance the day. A poor lunch leads to poor dinners. This program was very helpful!

I think this is a great idea. Although I am a serious athlete, don't eat fast food and watch what I eat it's nice to get some outside credit for it!

I was in pretty good shape prior so there was not a lot of weight to lose overall.

I had implemented a healthier lunch program and was happy to see, after signing up for the program, how well I had planned. On the rare occasion that I did eat out, I was surprised how little I knew. I keep the book with me now and did actually read the whole thing.

Since the health program began, my awareness for incorporating more vegetables into my daily diet has increased. Weekly visits to the farmers' market and growing vegetables in my own garden supplied my family with many different types of vegetables.

I had no idea what I was eating when buying fast food. Thanks for the guide. I keep it in my car.

Loved the book. What a great source of information for fast food.

Great program, though since I'm a vegetarian I eat this way at every meal. Thanks especially for the booklet. My family is not vegetarian and it has opened their eyes when ordering

I bring my lunch every day and never eat fast food -- so this was an easy one for me!!

I enjoy these programs and am thankful we have the opportunity to participate.

I LIKE THE PROGRAM!

There are a lot of people out there who do not eat for health. I am not one of those! I liked the "drink more water" program because that was a weak point for me.

The healthy lunch club was very worthwhile for me in that I got to see the link between being careful about eating habits and feeling better.

This program happened to coincide with a visit to my doc and a notable increase in cholesterol. With the help of this program, I cut my junk food intake by about 75%!

I lost 3.5 pounds in the month of October. Only ate out 6 times during the month. Normally I eat out daily and most of the time 2 to 3 times at fast food restaurants. I feel much better and now can walk 4 blocks comfortably.

While I do eat healthy at home, this program did enable me to focus more on eating healthy throughout the day when I am not at home.

I am more aware of what I eat for lunch and what is healthiest for me.

Thank you sooooo much. You really did get me onto fruit and veggies at lunch. Didn't think it would happen!

Thank you for getting me motivated and more aware of my meals. We both lost weight.

I became more aware of fast food choices. I was surprised at some of the rating. (ie McDonalds hamburger)

The fast food knowledge book was a great help.

The book really opened my eyes to how unhealthy a lot of the food we eat on the go is. Made me think twice before stopping for fast food and looked for alternatives, no matter how busy. Shared with family.

Great recipes. Harder to get through the program than initially thought it would be. It was a great reminder to be extra careful about lunch menus.

I loved this program! Very informational on Fast Food Nutrition.

Book is helpful.

For me the written materials that accompany the program are the most useful..

Great program, keep it up!

Great program. It makes you think about the way you live.

Have been on a weight loss program, this fit right in!

It is very helpful to be reminded to track personal progress daily! I find I bring more really good-for-you things in my lunch than I might normally.

The entire program -- lunch, nutrition, etc very good and beneficial for me.

Very good again!

Eating out was cut way down due to all the calories and fat content of the food.

I am a vegetarian and very conscious about my nutrition and I also exercise a lot, I ride my bike.- I love to walk...

Teach through the day with no real breaks for lunch. Trying an apple or veggies at intervals to sub lunch. Fairly successful.

Great guide book. I keep it in my vehicle.

I really liked this program. I increased my awareness of what I had for lunch-one meal at a time. At work I sit at a computer all day, this meal being controlled and healthy made me feel better for the second half of the day. I found I did not need as much coffee in the afternoon either. Which as you know helped with my sleeping and energy at home with the family. I love the emails-this really keeps me focused on what I need to do. Thanks.

I just had my wellness meeting and over the last year I have lost 13.5 pounds and my back is not hurting! I have loved these programs , it has made me be accountable, that's what it took. Thanks!

Saved more money because I didn't eat out as much.

Thank you for your programs. They are very good reminders to eat right. I am feeling a lot better since taking these programs, but this particular program was not as useful because I don't eat fast foods, in fact I very seldom eat out. I am very careful about my food selection at home and this program helped motivate me to be more careful.

Enjoyed most of the recipes.

I found the program helped me be more aware of healthy meal planning at lunch time.

Recipes gave me incentive to eat healthier.

It made me more aware of my choices for lunch. I don't go out for lunch so I bring something from home daily. I made sure I had my fruits and vegetables in tow because of the program.

Enjoyed the fast food factoids. Equating the number of calories to the amount of exercise required to burn those calories was enlightening. Made me think twice about what I ate.

Thank you...thank you for raising awareness!!!!

Like recipes - many very good!

LOST 1 POUND. That’s a start.

This really made me more aware of how many calories I was actually consuming at fast food places.

Very good program. Started me thinking about what I eat.

It is hard for me to completely keep up every day as I have certain foods I can eat. Luckily, I can eat some of the good vegetables & fruits so I able to keep trying. Thank you.

Really appreciate having the "Stop & Go: Fast Food Guide." Will continue to make use of it.

The color coded fast food guide was so simple to use. It made making healthy choices at restaurants quick and easy!

I have no comment on either side. It helps keep on the healthy thinking even though I do it majority of the time.

I was surprised at how hard it was to get really healthy food out there!

The book was illuminating- a great resource.

When I eat out I am much more conscience about foods I eat and order.

Really enjoyed this. It helped my wife and I to think about what we are eating. I did better than her with eating healthier.

I had a hard time some days with work, but having co-workers helping me and my husband, it really helped me to stop and think what I was eating.

This has really helped me to be more aware of what I am eating.

The recipes were very good; we will be keeping the literature. Being more aware of food choices will be a plus.

Found the Stop & Go: fast food guide very helpful eating out. Changed my way of what I eat and where.

I found I wasn't used to eating a fruit and vegetable both at lunch. Now I am more aware.

I am more conscious as to what I eat and when and really trying to listen to my body's needs and eating in moderation and eating better lunches adds so much to my productivity during the day.

This program made me think about incorporating both a fruit and vegetable serving into each lunch. Often, I eat either one or the other.

Thank you for making me realize by just changing my lunch habit - I've lost 13 lbs. Thank you!

I think this is good program, I don't know how much it will change peoples' lives. But I think it's good program.
We never eat fast food and rarely eat out so the guide was not useful to us. We eat very healthy here.

Helped keep a focus on what I eat for lunch.

I changed my eating habits 27 years ago and I feel great, I am a vegetarian and I also cut refined sugar to the lowest.

Been eating healthy before the program.

I continue to eat veggies and fruits every day even after October.

My idea of cooking generally consists of heating pizza, microwaving something or toasting. I haven't really changed much, but now I have guilt. LOL!

I ended up not eating out so much due to the lack of healthy meals available. I packed my own lunch!

Great source of information on recommendations for eating away from home during business trips. Information can be very powerful in changing one's life styles when you can see the difference small changes can make.

The best thing about this and the other Healthier WY programs is that more than anything, it is our poor behavior that is driving up health costs and while I am well aware of my own, this program provided me with some additional information and an opportunity to practice a bit harder to correct my eating habits.

I wasn't trying to lose weigh so much as trying to get a little more healthy. The weight loss was a definite plus! Keep up the good work.

Thank you for such a great program!

Love the Stop and Go Guide!

Interesting info on fast food.

I like getting the emails in the morning. It helped me to remember to have a healthy lunch.

Keep it up all the tips, recipes and advice you give us is very helpful.

Eating less makes me less tired

This really helped me pay attention to what I am eating, a lot of things I thought that weren't that bad for me ended up being some of the worse things I could be eating!

I am enrolled in Weight Watchers and the program fit well into that program.

I love the eating out book!

I have been successful at other monthly programs, so I was surprised that I usually have either fruit or a vegetable but not both at lunch. Also, I never ate lunch at a fast food restaurant. The stop and go guide is a great idea, but we don't have much in the way of fast food in Torrington, and we think it's too fattening and expensive. We usually had homemade soup!

Please keep up the good work.

This is a great program. I hope you keep it going.

I am getting a recreation passes so I can start doing my water aerobic, walking more, and working on the fitness machines this month.

These are all fun to do!

Continue e-mail reminders with links and passwords - it's why I was able to complete this. Continue the additional information, e.g. recipes: those made me even more cognizant of my eating.

Great program!

I am a huge fan of vegetables; not so much fruit. Having a fruit with lunch was a challenge for me!

Keep it coming, this is very important stuff!

Continue with these programs. I have learned a ton.

This was a very enlightening program. I am certainly more conscience of what I order off a menu.

Keep up the good work!!

Great Program!

I'm so glad that this program is still on-going. It is making a huge difference in my life.

I was a pretty healthy eater before the program. I did notice many co-workers thinking more about what they eat.

Thanks for continuing the program.

This was the hardest program yet. Lunch is my poorest meal in terms of making healthy choices. Planning and preparation are the only cure to the convenience and accessibility or fast food. Thanks!

For those who eat "on the run," the book on fast foods was great information. Continue to provide facts on the benefits of mature choices for life style.

You all are doing great. Keep up the good work!

I don't eat as much junk food as before. I think before I eat.

GET MORE PEPLE INVOLVED!

I have a new appreciation for veggie soup! Good and saves the big bucks. Thanks.