

Fall 2016 Life Skills/Stay in Shape Survey Results



**CCHI Evaluation Team
February 2017**



MASSACHUSETTS
GENERAL HOSPITAL

CENTER FOR COMMUNITY
HEALTH IMPROVEMENT

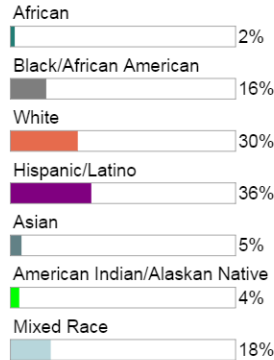
Survey Respondents

Pre

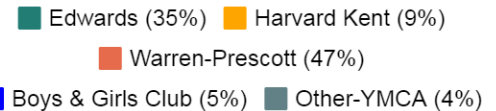


*Please note: the n is not the same for each question; please see next slide for more information

Race/Ethnicity



Program Site

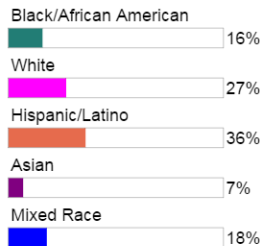


Post

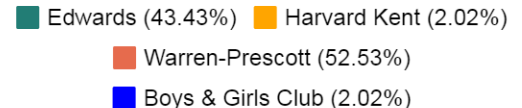


*Please note: the n is not the same for each question; please see next slide for more information

Race/Ethnicity



Program Site



A Note on N (Sample Sizes)

For a few questions, there was a maximum of 1-5 students who skipped the question and did not provide a response; thus the sample size (n) is not the same for each question and the percentage is based on the number of students who provided responses. For example, for some questions there were 56 respondents instead of 57. Thus, you will see a star () next to these results

*For a minimal number of responses, there were more than 1-5 students who did not respond. This will be noted on the slide with a pound sign (#)

Stress/Anxiety



The percentage of students reporting they believe that daily stress can lead to health problems increased by 14%, from 77% to 91%*



Fewer students reported always using deep breathing to relax after program completion; the percentage decreased from 18% to 4%

More students reported using deep breathing either sometimes or once in a while after program completion, increasing from 25% to 36% and 21% to 28%, respectively*



There was a slight increase in the number of students reporting being able to always or sometimes calm down when feeling angry or anxious, from 33% to 38 and 40% to 49%, respectively

Nutrition



There was a decrease in the number who reported never reading the nutrition facts on food labels on the post survey compared to the pre survey; the percentage decreased 9%, from 29% to 20%*



Fewer participants reported that "5-9 A Day" means eating 5-9 servings of fruits and vegetables a day; the percentage decreased from 80% to 69%*



The number of students who reported skipping breakfast more than 3 times in the past week slightly increased from 33% to 36%, while those who reported not skipping breakfast or skipping 1-3 times remained the same at about one third of students



More students reported eating 5 servings of fruits and vegetables every day post program; the percentage increased from 19% to 28%

Physical Activity & Weight



More students reported sometimes spending 60 minutes on physical activity every day, with a percentage increase from 33% to 40%, while the number of students who answered yes decreased from 44% to 36%



There was decrease in the number of students who reported being concerned about their body weight after program completion (46% vs. 41%)*

Drugs & Alcohol



100% of youth reported knowing how alcohol affects the body and the brain after program completion, an increase of 4% from the pre survey



The percentage of students who know how marijuana affects the brain increased 10%, from 88% to 98%, after program completion

Social Skills & Decision Making



There was an 18% increase in the number of youth who reported knowing the difference between verbal and nonverbal communication, from 71% to 89%* There was also a 20% increase in the percentage of students who stated they know how to start a conversation with someone they do not know



The percentage of students who reported knowing what they can do when someone is being bullied increased slightly from 91% to 94%



There was a small increase in the percentage of students who reported knowing that ads try to get them to buy products (from 93% to 98%)



There was a small decrease in the percentage of participants who reported being influenced by friends (from 25% to 19%)



More students reported thinking it was a good idea to think about consequences before making a decision after completing the program (74% vs. 84%)

E-Cigarettes



More youth reported believing tar, nicotine, propylene glycol, glycerine, and flavorings were found in e-cigarettes at the end of the program, with the most significant increases for nicotine (25%), propylene glycol (22%), and glycerine (18%)* (5 students skipped this question on the pre, 3 students on the post)



Created by Andrew Nelson
from Nuan Project



The number of students who reported that nicotine causes people to be addicted to cigarettes increased slightly from 56% to 65%. The number of students who reported heroine caused addiction to cigarettes increased slightly from 10% to 13%*# (5 students skipped this question on the pre survey; 7 students skipped this question on the post survey)

Screen Time & Sleep

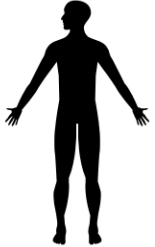


The number of youth who reported spending between 0-1 hour watching TV and/or using electronics decreased from 25% to 9%, and the number who reported spending more than 2 hours on screen time increased 14%, from 35% to 49%*



Overall, there were minimal changes in the number of hours youth slept each night, although the number of youth who reported getting 8 hours of sleep increased slightly from 42% to 48%*

Qualitative Responses



Before the program began, students reported being excited to learn about the body and health, especially about how to treat the body and what foods help keep someone healthy; staying fit and in shape, especially to lose weight and fat, were also included in many responses



At the end of the program, 36 students provided insight into what changes they have made after participating in the Life Skills/Stay in Shape Program. Of the 36 responses, 22% of youth reported changing their sleep habits, 17% are reading food labels more often, and 14% are eating more fruits and vegetables. A few students also mentioned eating a healthier breakfast (1 response), engaging in more physical activity (2 responses), watching less TV (2 responses), and using deep breathing for relaxation (3 responses)

Limitations/Areas for Consideration

- *Different sample sizes from pre to post may affect the results-may not be as easy to generalize across all youth who participated in the program
- *There were clear increases in stress/anxiety management, reading food labels, communication skills, and marijuana/alcohol knowledge while there were small gains in other areas-does the data accurately reflect what you want to see students to gain from the program? Are there areas you would like to improve? If so, how?
- *While entering data, it was evident that some of the students were confused by the e-cigarette questions, shown by question marks placed next to the questions-were there any issues/questions that came up during survey administration? Did students make it clear that they were confused by these or any other questions? If so, the wording may be confusing for students or the questions may need to be explained a bit further to students. This is something to keep an eye on to see if the survey language should change
- *Is there anything else you noticed in the data that was interesting, surprising, or confusing?