

## Life Skills-Stay in Shape Spring Semester 2017 Survey Results

Question	Pre (%) Total N=44	Post (%) Total N=34	Change (+↑/-↓/=)	Percentage Change
Experiencing a lot of stress can cause health problems such as anxiety, body aches, etc.	True-80%  N=41	True-91%  N=34	↑	11%
When I feel angry or anxious I am able to calm myself down.	Always-16% Often-25% Sometimes-41% Once in a while-14% Never-5%  N=44	Always-12% Often-29% Sometimes-25% Once in a while-18% Never-15%  N=34	↓	<ul style="list-style-type: none"> <li>• 4%-Always</li> <li>• 10% increase in never being able to calm self down</li> </ul>
I use deep breathing to relax and control daily stress	Always-15% Often-11% Sometimes-30% Once in a while-23% Never-21%  N=44	Often-25% Sometimes-50% Once in a while-17% Never-8%  N=12*	↑	<b>Fewer reported always using deep breathing but there was a 14% increase in often using deep breathing and a 20% increase in sometimes using deep breathing</b>

\*Lower number of responses to this question compared to all other survey questions

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I check the nutrition facts on food labels that come with packaged foods	Always-16% Often-16% Sometimes-23% Once in a while-28% Never-16%  N=43	Often-8% Sometimes-42% Once in a while-25% Never-25%  N=12*	↓	<ul style="list-style-type: none"> <li>• Fewer reported always checking labels</li> <li>• 8% decrease in often reading food labels</li> <li>• 19% increase in sometimes reading food labels</li> <li>• 9% increase in never reading food labels</li> </ul>
“Eat 5-9 servings a day” refers to...	Servings of fruits and vegetables you should eat-29%  N=41	Servings of fruits and vegetables you should eat-75%  N=12*	↑	46%
Number of mornings students ate breakfast in the past 7 days	Did not eat breakfast-7% 1-2 mornings-21% 3-4 mornings-21% 5-6 mornings-14% Every morning-37%  N=43	Did not eat breakfast-17% 1-2 mornings-17% 3-4 mornings-25% 5-6 mornings-8% Every morning-33%  N=12*	↓	<ul style="list-style-type: none"> <li>• 4%-every morning</li> <li>• 10% increase among students reporting not eating breakfast-fewer students eating breakfast from pre-to post</li> </ul>

\*Lower number of responses compared to all other survey questions

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I eat fruits and vegetables with every meal and snack	Always-2% Often-23% Sometimes-50% Once in a while-18% Never-7%  N=44	Always-9% Often-38% Sometimes-29% Once in a while-15% Never-9%  N=34	↑	<ul style="list-style-type: none"> <li>• <b>7%-Always</b></li> <li>• <b>15%-Often</b></li> </ul>
On average, I spend ___ on physical activity each day	Less than 20 mins-25% 20-40 mins-32% >40 mins-18% >60 mins-25%  N=44	Less than 20 mins-3% 20-40 mins-24% >40 mins-29% >60 mins-44%  N=34	↑	<ul style="list-style-type: none"> <li>• <b>Fewer spending less than 20 mins each day (22%)</b></li> <li>• <b>11% over 40 mins</b></li> <li>• <b>19% over 60 mins</b></li> </ul>
I can start a conversation with someone I don't know well	Always-11% Often-18% Sometimes-41% Once in a while-18% Never-11%  N=44	Always-12% Often-38% Sometimes-29% Once in a while-15% Never-6%  N=34	↑	<p style="text-align: center;"><b>1%-Always</b> <b>20%-Often</b></p>
I think about potential consequences (what can happen) before I make a decision	Always-16% Often-25% Sometimes-36% Once in a while-16% Never-7%  N=44	Always-21% Often-29% Sometimes-35% Once in a while-12% Never-3%  N=34	↑	<p style="text-align: center;"><b>5%-Always</b> <b>4%-Often</b></p>

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Amount of influence from peers	A lot-22% A little-59% Not at all-20%  N=41	A lot-30% A little-61% Not at all-9%  N=33	↑	<b>8%-A lot</b> <b>2%-A little</b>
I know the difference between verbal and non-verbal communication	Yes-65%  N=43	Yes-72%  N=33	↑	7%
I know that too much alcohol can hurt the body and the brain	Yes-95%  N=42	Yes-97%  N=32	↑	2%
I know that marijuana can hurt the body and the brain	---	Yes-88%  N=33	---	---
I know how to stop someone from bullying me or another person	Yes-67%  N=43	Yes-82%  N=33	↑	15%
I know that ads like billboards, magazines, and ads on YouTube try to get me to buy products	Yes-88%  N=42	Yes-88%  N=33	=	No change
Substances found in e-cigarettes	Water-41% Nicotine-83% Propylene Glycol-54% Glycerin-49% Flavorings-59%  N=41	Water-42% Nictoine-76% Propylene Glycol-52% Glycerin-48% Flavorings-67%  N=33	↓	<ul style="list-style-type: none"> <li>• 2%-propylene glycol</li> <li>• 1%-glycerin</li> <li>• 7%-nicotine</li> <li>• 8% increase in thinking flavorings are in e-cigarettes</li> </ul>

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Chemical that makes it difficult to stop smoking cigarettes/e-cigarettes	Heroin-18% Cocaine-21% Nicotine-41% Tar-3% None of the above-18% N=39	Heroin-16% Cocaine-25% Nicotine-56% Tar-3% N=32	↑	<b>15%-Nicotine</b>
I have a TV set in my bedroom	Yes-74% N=42	Yes-74% N=34	=	<b>No change</b>
Average number of hours spent watching TV per day	---	I do not watch TV every day-24% >1 hour/day-21% 1-2 hours/day-35% 3 or more hours/day-21% N=34	---	---
Average number of hours spent playing video or computer games per day	Do not play video games or use computer-5% <1 hour/day-10% 1-2 hours/day-48% 3 or more hours/day-38% N=42	Do not play video games or use computer-3% <1 hour/day-32% 1-2 hours/day-44% 3 or more hours/day-21% N=34	↓	<ul style="list-style-type: none"> <li>• <b>More youth spending less than 1 hour/day (22%)</b></li> <li>• <b>4%-1-2 hours</b></li> <li>• <b>17% 3 + hours</b></li> </ul>
Average number of hours students sleep per night	4 or less hours-7% 5-6 hours-29% 7-8 hours-48% 9-10 hours-17% N=42	4 or less hours-9% 5-6 hours-12% 7-8 hours-50% 9-10 hours-24% More than 10 hours-6% N=34	↑	<ul style="list-style-type: none"> <li>• <b>Fewer sleeping 5-6 hours per night (17%)</b></li> <li>• <b>2%-7-8 hours</b></li> <li>• <b>7%- 9-10 hours</b></li> </ul>

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The Life-Skills/Stay in Shape Program was...	---	Very Helpful-39% Helpful-42% Not Helpful-18%  N=33	---	---

**Students reported learning how to be healthy and eat more fruits and vegetables, as well as the importance of sleeping between 8 to 10 hours and the importance of exercising more based on the topics covered in the Life Skills/Stay in Shape Program.**

### Recommendations

- **Choose fewer topics to go over with youth and/or choose fewer topics to ask about on the survey**-Choosing to go in-depth with fewer topics and asking more targeted questions on the survey based on these topics may yield richer results since youth may not have to remember so many details about a variety of topics and can get more in-depth information/experience with fewer topics.
- **Decide to ask either knowledge OR attitude questions on the survey**-Decide what youth should ideally walk away from the program with-is a change of knowledge/facts (for example, nutrition facts, substances in cigarettes, etc.) most important for youth or are you more interested in changes in attitudes/actions (for example, how much exercise youth are getting, number of hours youth watch TV, etc.) as a result of the program? This may help to reduce the number of questions on the survey as well as help the program determine overarching goals/outcomes and tailor the survey to assess whether these goals/outcomes are being met.
- **Decide how each question is being used to inform program/curriculum planning**-if survey questions do not seem to be helpful for improving the program/enhancing curricula it may be useful to consider removing them from the survey.
- **Changes in frequency of exercise, relaxation habits, amount of screen time, and eating habits seem to be the areas where the most growth occurs**-it may be worth considering going deeper into these topics to strengthen them further and decide what other overarching topics may be important to cover or what elements of other topics can be rolled into these larger themes.