

Life Skills - Stay in Shape Program S19 Pre- / Post-survey Results (N = 13 HK School)

1	I know how to breathe deeply and use this skill to control my daily stress, including when I feel angry or anxious	5 yes 6 no	10 yes 2 no	84% increase
2	I know how to start a conversation with someone I don't know very well	5 yes 6 no	8 yes 4 no	47% increase
3	I know the difference between verbal and non-verbal communication	6 yes 5 no	8 yes 4 no	22% increase
4	I know ways to stop someone from bullying me or another person	8 yes 3 no	10 yes 2 no	15% increase
5	I check nutrition facts on food labels that come with packaged foods.	3 never 8 sometimes	11 sometimes 1 always	49% increase
6	Eat 5-9 servings a day talks about ...	3 fruit/veg 4 meals 3 snacks 1 bread	4 fruit/veg 4 meals 3 snacks 1 bread	same
7	How many mornings did you eat breakfast this past week?	1 0-2 6 3-4 1 5-6 3 every morning	2 0-2 1 3-4 0 5-6 7 every morning 2 no response	↑ Every morning pre %27 post 70%
8	How much are you influenced by your friends	6 not sure 5 not much	2 a lot 5 not much 3 not sure 2 no response	same
9	On average, I spend ___ hours on entertainment screen time every day	1 0-1 hr 10 >2 hrs	2 0-1 2 1-2 6 >2 2 no response	23% decrease in screen time
10	On average, how much time do you spend on physical activity each day?	6 <1 hr 2 1 hr 3 >1 hr	1 <1 hr 5 1 hr 4 >1 hr 2 no response	81% increase in physical activity
11	On average, how many hours do you sleep a night?	2 <7 hrs 2 7-8 hrs 6 9-10 hrs 1 no response	1 <7 hrs 7 7-8 hrs 2 9-10 hrs 2 no response	same

12	I think about what can happen before I make decisions	2 always 6 sometimes 2 never 1 no response	5 always 5 sometimes 2 no response	50% increase in thinking about consequences
13	Do you think too much stress can cause health problems, like anxiety, body aches, high blood pressure, overeating, upset stomach, etc...	2 yes 1 no 8 not sure	3 yes 3 no 4 not sure 2 no response	↓
14	Do you think drinking too much alcohol and taking marijuana can hurt the body and the brain?	6 yes 3 no 2 not sure	8 yes 1 no 3 no response	62% increase in understanding negative effects of marijuana and alcohol
15	Do you think advertisements like billboards, magazines, and those on TV or internet try to get people to buy products?	9 yes 2 not sure	7 yes 3 not sure 2 no response	15% decrease in understanding advertising goals
16	What is the name of the addictive chemical found in both traditional cigarettes and vaping devices?	5 nicotine 4 not sure 2 water	4 nicotine 3 not sure 1 water 2 flavorings 2 no response	↓
17	Tobacco and vaping companies use sweet flavors and advertising to attract youth to their products.	6 yes 5 not sure	6 yes 4 not sure 2 no response	same
18	Nicotine can affect how a young person's brain develops	3 yes 8 not sure	5 yes 5 not sure 2 no response	85% increase in understanding negative effects of nicotine