

## LS-SIS Spring Semester 2018 Survey Results

Question	Pre Intervention Total N=34	Post Intervention Total N=32	Change (+↑/-↓/=)
I know how to breathe deeply and use this skill to control my daily stress, including when I feel angry or anxious	Yes - 82.35% No - 17.65%	Yes - 93.75% No - 6.25%	↑
I know how to start a conversation with someone I don't know very well	Yes - 79.41% No - 20.59%	Yes - 87.50% No - 12.50%	↑
I know the difference between verbal and non-verbal communication	Yes - 61.767% No - 38.24%	Yes - 93.75% No - 6.25%	↑

<p>I know ways to stop someone from bullying me or another person</p>	<p>Yes – 82.35% No – 17.65%</p>	<p>Yes - 100% No – 0%</p>	<p>↑</p>
<p>I check nutrition facts on Food Labels that come with packaged foods</p>	<p>Always – 17.65% Sometimes – 67.65% Never – 14.71%</p>	<p>Always – 21.88% Sometimes – 68.75% Never – 9.38%</p>	<p>↑</p>
<p>"Eat 5-9 servings a day" talks about</p>	<p>How much bread and rice you should eat each day: 14.71%</p> <p>How much fruit and vegetables you should eat each day: 38.24%</p> <p>How many meals you should eat each day: 44.12%</p> <p>How many snacks you should eat each day: 2.94%</p>	<p>How much bread and rice you should eat each day: 9.38%</p> <p>How much fruit and vegetables you should eat each day: 50%</p> <p>How many meals you should eat each day: 34.88%</p> <p>How many snacks you should eat each day: 6.25%</p>	<p>↑</p>

How many mornings did you eat breakfast (at home or school) this past week?	0-2: 17.65% 3-4: 23.53% 5-6: 14.71% Every morning: 44.12%	0-2: 21.88% 3-4: 21.88% 5-6: 6.25% Every morning: 50%	↑
How much are you influenced by your friends?	A lot – 11.76% Not much – 55.88% I am not sure – 32.35%	A lot – 3.13% Not much – 75% I am not sure – 21.88%	↑
On average, I spend ____ hours on entertainment screen time every day	0-1:18.18% 1-2: 39.39% 2+ : 42.42%	0-1: 9.38% 1-2: 28.13% 2+ : 62.50%	↓
On average, how much time do you spend on physical activity each day?	Less than one hour: 29.41% One hour: 27.27% More than one hour: 54.55%	Less than one hour: 15.63% One hour: 18.75% More than one hour: 65.63%	↑
On average, how many hours do you sleep a night?	Less than 7: 29.41% 7-8 : 41.18% 9-10 : 29.41%	Less than 7: 31.25% 7-8 : 46.88% 9-10 : 21.88%	↓
I think about what can happen before I make a decision.	Always : 32.35% Sometimes : 61.76% Never: 5.88%	Always : 31.25% Sometimes : 65.63% Never: 3.13%	=

Do you think too much stress can cause health problems, like anxiety, body aches, high blood pressure, overeating, upset stomach and many others?	Yes : 50.00% No: 11.76% I am not sure: 38.24%	Yes : 56.25% No: 12.50% I am not sure: 31.25%	↑
Do you think drinking too much alcohol and taking marijuana can hurt the body and the brain?	Yes – 70.59% No – 14.71% I am not sure – 14.71%	Yes – 81.25% No – 9.38% I am not sure – 9.38%	↑
Do you think advertisements like billboards, magazines, and those on TV or the Internet try to get people to buy products?	Yes – 61.76% No – 8.82% I am not sure – 29.41%	Yes – 84.38% No – 0.00% I am not sure – 15.63%	↑
What is the name of the addictive chemical found in both traditional cigarettes and e-cigarettes	Water – 8.82% Nicotine – 58.88% Flavorings – 2.94% I am not sure – 32.35%	Water – 9.38% Nicotine – 81.25% Flavorings – 3.13% I am not sure – 6.25%	↑
Tobacco and e-cigarette companies use sweet flavors and advertising to attract youth to their products.	True – 54.55% False – 6.06% I am not sure – 39.39%	True – 96.88% False – 3.13% I am not sure – 0.00%	↑

**Life Skills-Stay in Shape School Year 2017 – 2018**

Total participants for the school year: 96

School	Fall 2017	Spring 2018	# participants & Notes
Warren-Prescott Charlestown	7 <sup>th</sup> grade students in Social Studies class with Ms. Nancy Arsenault	n/a	25
Edwards Charlestown	6 <sup>th</sup> grade students in Dance Performance Class with Ms. Heather Campanella	6 <sup>th</sup> grade students in Dance Performance Class with Ms. Heather Campanella	56 (2 fall semester classes with 16 students in each class; 2 spring semester classes with 12 students in each class)
Harvard-Kent Charlestown	n/a	5 <sup>th</sup> grade students in Enrichment Period with Ms. Theresa Brophy	15

**Stay in Shape School Year 2017 – 2018**

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