



# ProActive Kids Foundation OUTCOMES DATA REPORT 2010-2018

## ABOUT PROACTIVE KIDS

ProActive Kids Foundation (PAK) is a 501(c)3 not-for-profit foundation with a mission of advancing child health and reversing the obesity trend one community at a time.

ProActive Kids designed the PAK PLAN to introduce healthier lifestyle options to children and their families by developing their mental, physical and nutritional health. During this 8 week session, PAK will facilitate fun and sustainable exercises in a variety of areas to create lifelong healthy behaviors.

## EXPECTED RESULTS

The PAK PLAN results will be based on the following 5 core principles:

- ✓ BE FIT - Change in Body Mass Index (BMI) calculated by Weight/Height/Age
- ✓ BE STRONG - Develop athletic abilities including Endurance, Strength and Flexibility
- ✓ BE CONFIDENT - Enhance Self-Confidence
- ✓ BE ENGAGED - Understand full potential and commit to a healthier lifestyle
- ✓ BE HEALTH SMART - Facilitate sustainable positive nutritional behaviors and decision making

## PROACTIVE KIDS 8-WEEK PROGRAM



### PROACTIVE KIDS FITNESS

ProActive Kids trainers follow a fitness program designed by Right Fit Sport Wellness that includes three 45-minute sessions each week designed to increase muscular endurance and strength, cardiovascular endurance, flexibility and reduce body fat/BMI.



### PROACTIVE KIDS NUTRITION

The ProActive Kids dietary program is a family-inclusive approach to making lifestyle changes together, and moving toward healthier eating habits. Each 40-minute nutrition lesson engages the entire family to discuss proper nutrition as well as make a healthy snack or meal together.



### PROACTIVE KIDS LIFESTYLE COACHING

Childhood obesity can be a sensitive issue and the social and psychological effects at a young age can be lasting. Understanding and working through the personal, societal and peer issues related to obesity will help children and their families deal with the many contributing factors to health issues. At PAK, our counselors follow a curriculum designed by Meier Clinics® to reinforce confidence, encourage communication and teach valuable coping skills to empower kids to take control of their lives and their decisions.

# PROACTIVE KIDS QUICK FACTS

- 501(c)3 not-for-profit foundation
- Founded in December 2009
- Educated over 2000 kids and their families, with 999 completing the entire 8-week program with an 82% attendance rate
- Program is FREE to participants
- Session groups consist of 20-25 kids ages 8-14 and their families
- Sessions are 8 weeks in duration, four times per year - Winter, Spring, Summer and Fall
- Sessions are hosted Monday and Wednesday from 4: 00 p.m. - 5:30 p.m. and Friday from 4:00 – 6:00 p.m.
- Families participate throughout program – on Orientation Day, in parent-only coaching and motivation sessions, in Friday sessions with the kids in all components, fitness, nutrition and lifestyle.

## PROACTIVE KIDS OUTCOMES

Data represents outcomes from 921 participants from 84 different sessions from Winter 2010 through December 2018.\*

- **BMI**

69.7% or 697 out of 999 participants have seen a drop in their BMI (Body Mass Index). BMI uses height and weight measurements to estimate how much body fat a child has to help determine how appropriate a child's weight is for a certain height and age.

- **BODY FAT**

73.2% or 697 out of 957 participants saw a decrease in their Body Fat Percent. Percent body fat is the percentage of fat your body contains. *Calculation:* PAK Trainer use the TANITA scale to calculate body fat.

- **FAT MASS**

73.7% or 701 out of 951 saw a decrease in their Fat Mass. Body fat mass is the total weight of the person's fat and consists of essential body fat and storage body fat. *Calculation:* total body weight x body fat percentage = weight of body fat.

- **FAT FREE MASS**

65.6% or 624 out of 951 saw an increase in their Fat Free Mass (FFM). FFM is comprised of the nonfat components of the human body. Skeletal muscle, bone and water are all examples of fat-free mass. Examples: Fat-free mass can refer to any body tissue that does not contain fat, such as bones, organs, etc. *Calculation:* total body weight - weight of body fat = weight of lean body mass.

- **WEIGHT**

58.5% or 585 out of 999 participants saw a decrease in their body weight over duration of the 8-week program.

\*Average attendance rate is 82.5% of *graduating* participants, indicating that on average, the participants attended just under 20/24 classes. **Amazing commitment for a FREE 8-week, 3 days/week, program!**

## AVERAGE BODY COMPOSITION CHANGE

Data below calculates averages of graduates, ages 8-14, male and female.

	Week 1	Week 8	Average Change	
Weight	147.28	146.54	-0.737 lbs.	Improvement
BMI	29.86	29.39	-0.463 points	Improvement
Body Fat	0.404	0.390	-1.3%	Improvement
Fat Mass	62.45	59.93	-2.52 lbs.	Improvement
Fat Free Mass	85.51	87.02	+1.51 lbs.	Improvement
Attendance				82.3%

*\*Full measurements were not taken during the early sessions of ProActive Kids. 48 participants did not have their body fat, fat mass and fat free mass measurements taken.*

## ATTRITION

ProActive Kids Foundation boasts excellent attrition rates for a free community-based program.

- 70% of participants who register for the program attend the start day
- 72% of participants who start the program, complete the program
- 82% is the standard attendance rate for graduates – attending about 21/24 classes

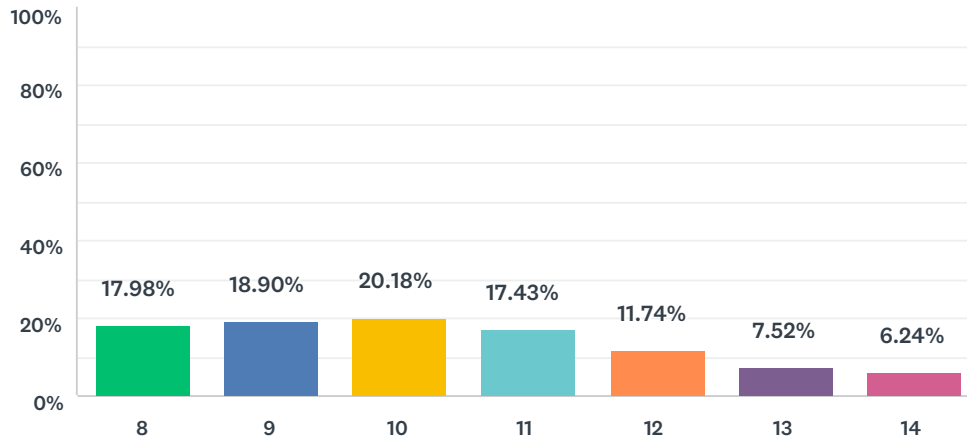
## PARENT TESTIMONIALS

1. **My child definitely is able to recognize "go" foods and "woah" foods.** She is more careful with portions and "this portion is too big." She is more careful choosing food at parties especially when I'm not around. She is really {not legible} healthy life eating at home and often makes comments about food to other members trying to teach them about good food choices.
2. This program has made such an impact for my child and family. It has not only made him healthier, but it has also made him a better decision maker and has boosted his confidence. **As a family we have adopted many of the principles taught at PAK and have become healthier as a family.** Thank you so much for offering the program for free. I know it will continue to help other families as it indeed helped ours. We are forever grateful.
3. We have struggled with instilling health activity and nutrition facts in our son for years. We've signed up for a myriad of activities and seen dietitians. **but nothing was ever such a well-rounded approach as PAK is.** And none of those ever spoke to and reached my son like PAK has. This program has been a game-changer for us.
4. My son never seemed to take me seriously when I would try to keep him off sugar and junk food. Being part of PAK was a whole new experience for him to see it wasn't just me lecturing him but actually part of sound nutrition. Also **seeing others like him that struggle with weight issues was a huge help.**
5. My son lost 2 inches off his waist and some body fat over these 8 weeks. He really has incorporated thinking different about food. **He chooses healthier snacks, chooses smaller portions** and gave away a large amount of his Halloween candy. If a dessert is offered, he asks to split it if it appeals to him. He realizes that he needs to move more and we've got some ideas for activities in the works. This program absolutely helped my family focus on being healthy!

6. **The PAK program taught us as a family how to look for good food choices by reading labels and being aware of portion size.** My favorite part of the program was the fitness component. My daughter loved being challenged by Mike and Dan. She has carried this over into her personal life. She has more confidence about her looks and how she carries herself. **She also has learned that small changes can make a big difference and if she puts her mind to doing something she can do it. And for my family we had all commented that our grocery cart looks drastically different now then when we first started PAK.**
7. The program has helped with understanding labels. **My son is willing to make healthy snack decisions on his own without me having to tell him no.**
8. All of our lunches for school and work include fruits, vegetables, and protein -- no chip cookies, etc. We had already seen a nutritionist and made some changes. PAK helped reinforce those lessons. We feel the program is a great way to assist children in developed a healthier lifestyle without making it feel positive. In the fitness part, there were always alternatives if someone couldn't do an activity. They also explained the reasons behind doing certain activities as well as potential dangers for doing something wrong. They were introduced to new foods and researched how to read the labels. We have noticed that some of my daughter's clothes are fitting better **since she has been in PAK as she has significantly changed her eating habits. We also noticed she is less tired when playing soccer.**
9. As a parent, I have learned a lot from this 8 week session of PAK. **It was an eye opener for me as a parent.** I am very grateful that our physician suggested the program to us even though my son would lose interest in the learnings of PAK Lifestyle and Nutrition. Hopefully, something will stay with him and he will make better choices and control what goes into his mouth. Its a great program being offered to kids in need of direction on healthy eating and fitness. I am lucky we learned about the program through our doctors office though it wasnt through our regular doctor. Also there are a lot of future activities we can do after PAK is finished. Thank you for all of your help.
10. My daughter participated in two sessions of PAK and she has made such great strides in being more fit and health. **This is probably the first time that she has enjoyed such a program.** She always wanted to come and she was such a motivation to her family. prior to PAK, she would always cover up with jackets, even on hot days. Today, she feel so much better about herself and will walk around without a sweater on. She eats much healthier now. Before PAK, she always wanted second helpings and snacked often. **Now, she eats her vegetables first and rarely gets a second helping. She reads food labels and follows portion control. She enjoys gym now and says she feels better after exercising. She has never been like this before. As far as her self-esteem, it have improved significantly. She's still working on communicating her feelings but its a great step. Thank you ALL**

## Q4 What is the age of your child?

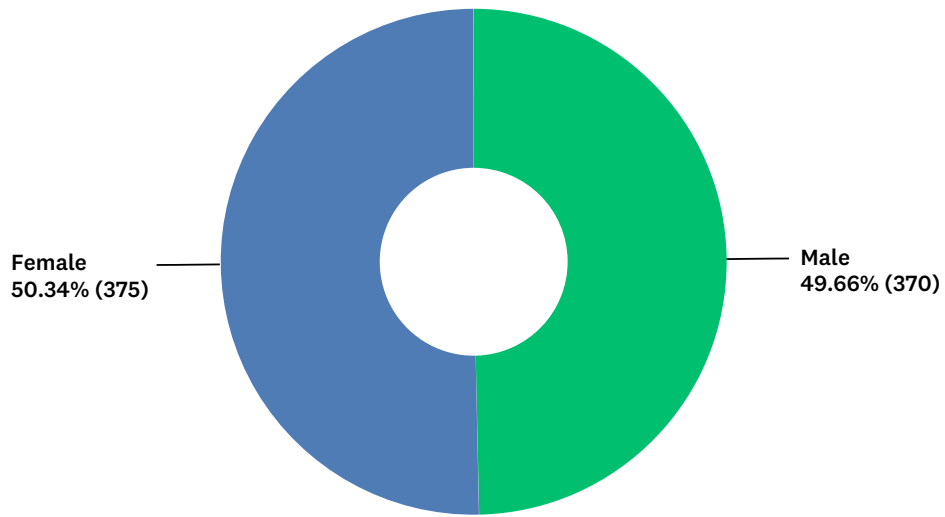
Answered: 545 Skipped: 209



ANSWER CHOICES	RESPONSES	
8	17.98%	98
9	18.90%	103
10	20.18%	110
11	17.43%	95
12	11.74%	64
13	7.52%	41
14	6.24%	34
TOTAL		545

### Q5 Is your child a male or female?

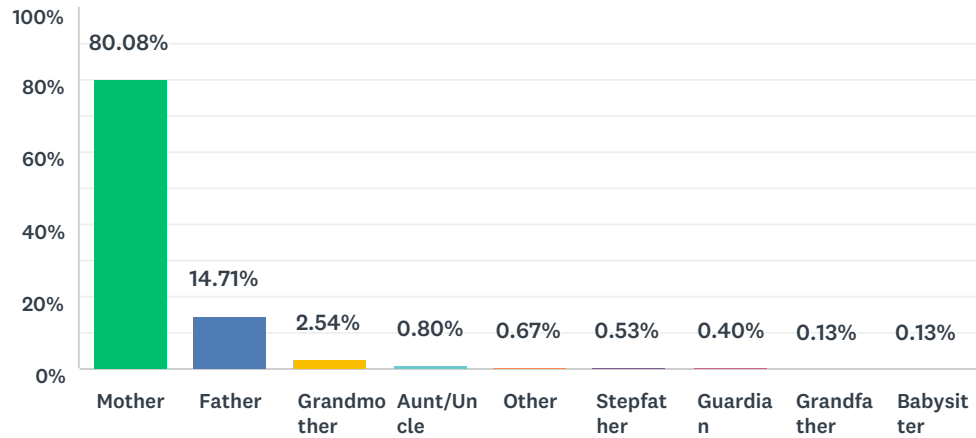
Answered: 745 Skipped: 9



ANSWER CHOICES	RESPONSES	
Male	49.66%	370
Female	50.34%	375
TOTAL		745

## Q6 What is your relationship to the PAK participant?

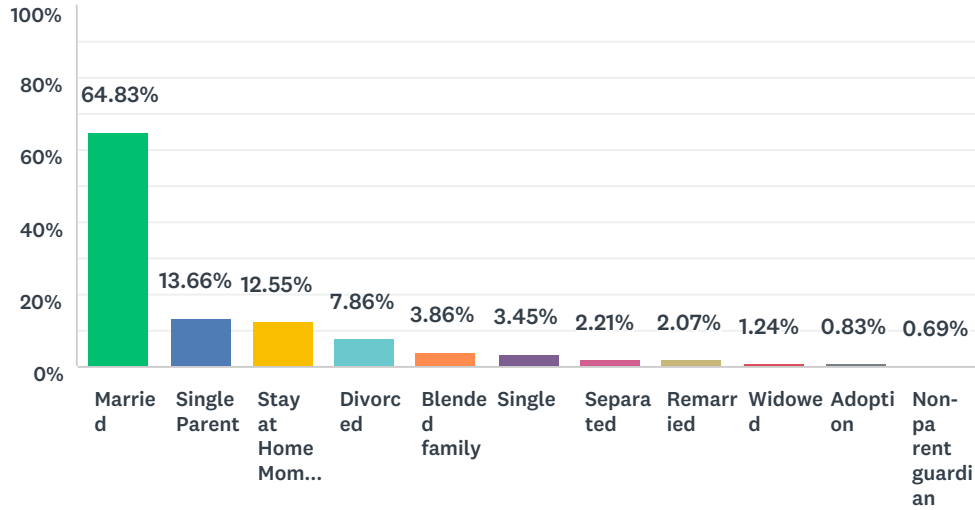
Answered: 748 Skipped: 6



ANSWER CHOICES	RESPONSES	
Mother	80.08%	599
Father	14.71%	110
Grandmother	2.54%	19
Aunt/Uncle	0.80%	6
Other	0.67%	5
Stepfather	0.53%	4
Guardian	0.40%	3
Grandfather	0.13%	1
Babysitter	0.13%	1
<b>TOTAL</b>		<b>748</b>

## Q7 Household Relationship Status - To better understand the child's home environment, let us know your household makeup – check all that apply:

Answered: 725 Skipped: 29



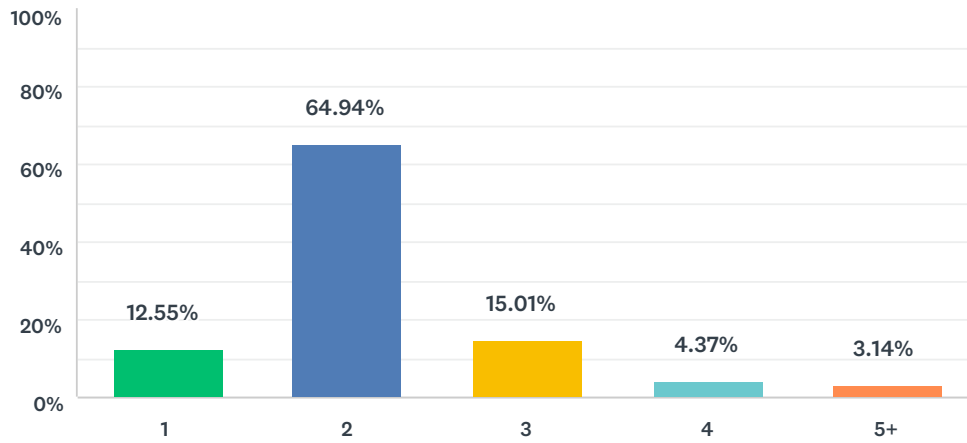
ANSWER CHOICES	RESPONSES	
Married (3)	64.83%	470
Single Parent (1)	13.66%	99
Stay at Home Mom/Dad (2)	12.55%	91
Divorced (5)	7.86%	57
Blended family (9)	3.86%	28
Single (4)	3.45%	25
Separated (6)	2.21%	16
Remarried (7)	2.07%	15
Widowed (8)	1.24%	9
Adoption (12)	0.83%	6
Non-parent guardian (10)	0.69%	5
Total Respondents: 725		

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	12.00	3.00	3.32	1.91



## Q8 How many adults ages 18 and above, including yourself, are in your family household?

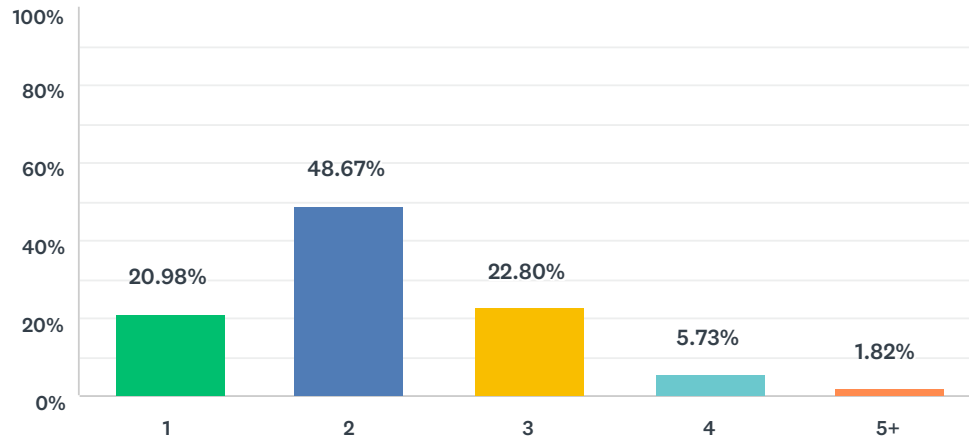
Answered: 733 Skipped: 21



ANSWER CHOICES	RESPONSES	
1	12.55%	92
2	64.94%	476
3	15.01%	110
4	4.37%	32
5+	3.14%	23
<b>TOTAL</b>		<b>733</b>

## Q9 How many children under the age of 18 are in your family household?

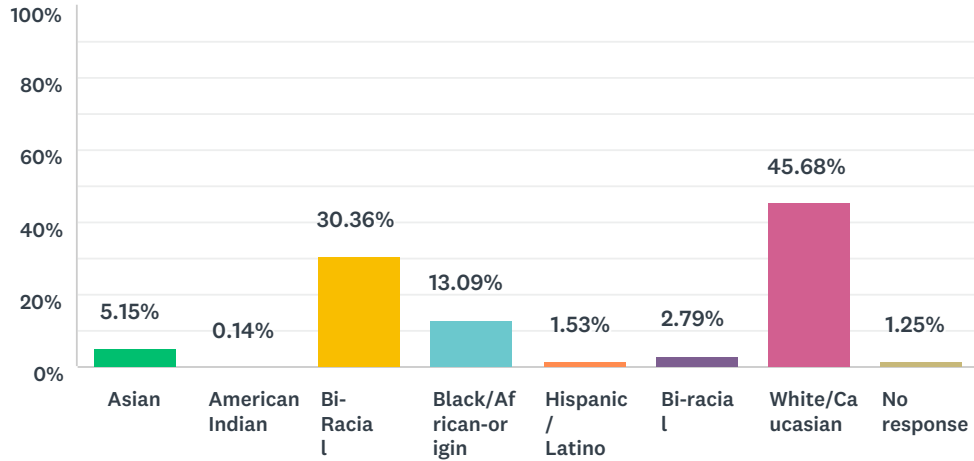
Answered: 715 Skipped: 39



ANSWER CHOICES	RESPONSES	
1	20.98%	150
2	48.67%	348
3	22.80%	163
4	5.73%	41
5+	1.82%	13
TOTAL		715

## Q10 Our ethnic background is:

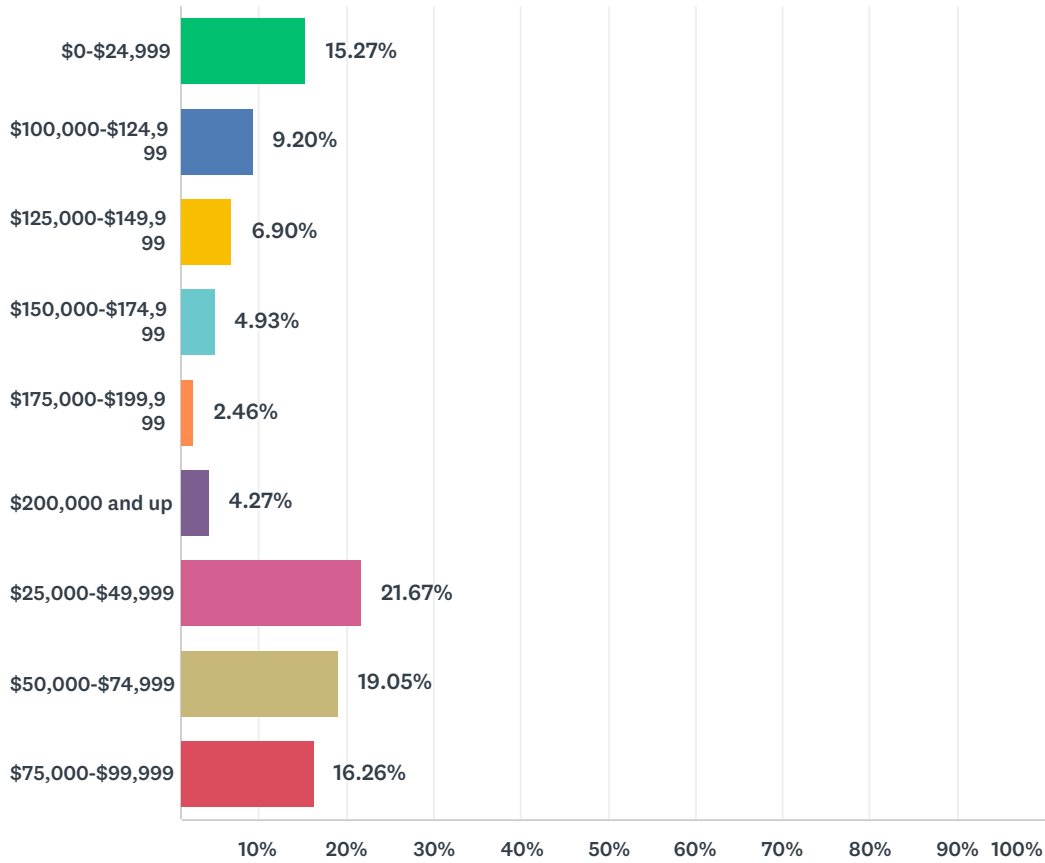
Answered: 718 Skipped: 36



ANSWER CHOICES	RESPONSES	
Asian	5.15%	37
American Indian	0.14%	1
Bi-Racial	30.36%	218
Black/African-origin	13.09%	94
Hispanic / Latino	1.53%	11
Bi-racial	2.79%	20
White/Caucasian	45.68%	328
No response	1.25%	9
<b>TOTAL</b>		<b>718</b>

### Q11 What is your approximate average household income? (select ONLY one)

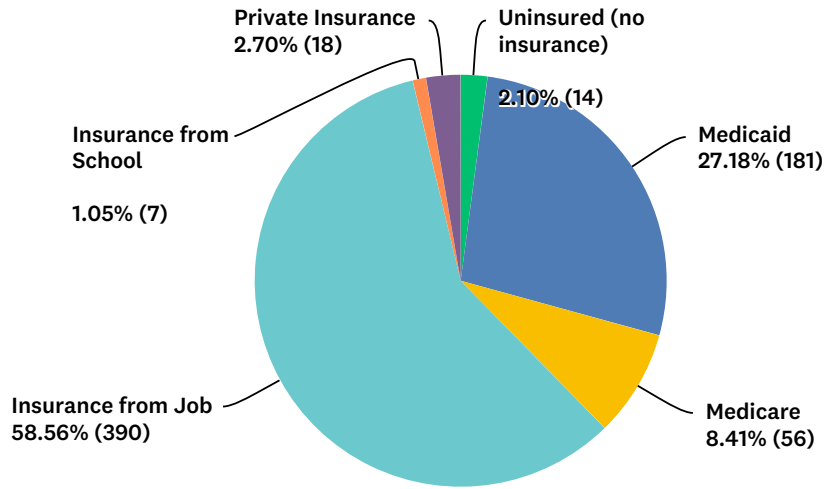
Answered: 609 Skipped: 145



ANSWER CHOICES	RESPONSES	
\$0-\$24,999	15.27%	93
\$100,000-\$124,999	9.20%	56
\$125,000-\$149,999	6.90%	42
\$150,000-\$174,999	4.93%	30
\$175,000-\$199,999	2.46%	15
\$200,000 and up	4.27%	26
\$25,000-\$49,999	21.67%	132
\$50,000-\$74,999	19.05%	116
\$75,000-\$99,999	16.26%	99
<b>TOTAL</b>		<b>609</b>

## Q12 What type of medical insurance do you carry?

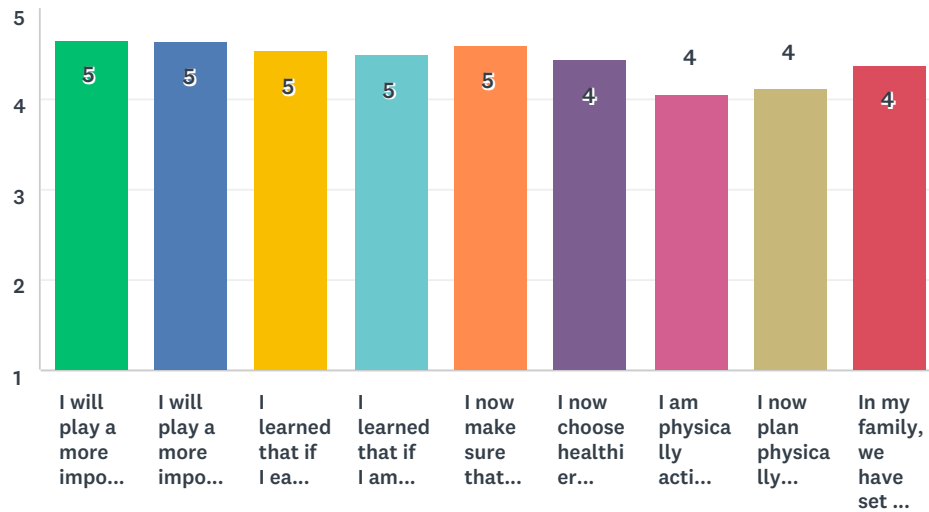
Answered: 666 Skipped: 88



ANSWER CHOICES	RESPONSES	
Uninsured (no insurance)	2.10%	14
Medicaid	27.18%	181
Medicare	8.41%	56
Insurance from Job	58.56%	390
Insurance from School	1.05%	7
Private Insurance	2.70%	18
<b>TOTAL</b>		<b>666</b>

## Q13 Please indicate how much you agree with each of the following statements.

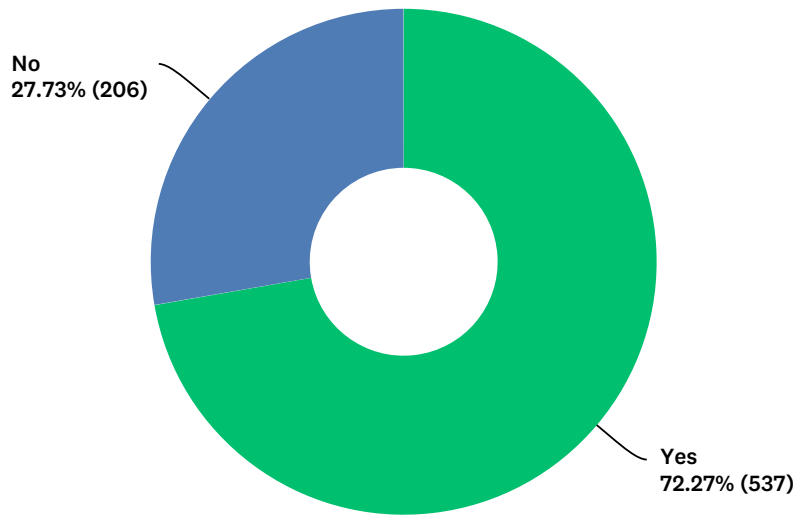
Answered: 751 Skipped: 3



	STRONGLY DISAGREE	DISAGREE	NIETHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
I will play a more important role in determining what my child/children eat.	1.87% 14	0.00% 0	1.60% 12	22.70% 170	73.83% 553	749	4.67
I will play a more important role in determining how much physical activity my child/children get.	1.74% 13	0.00% 0	2.14% 16	24.57% 184	71.56% 536	749	4.64
I learned that if I eat well, my family will follow my example.	1.74% 13	1.61% 12	4.42% 33	25.60% 191	66.62% 497	746	4.54
I learned that if I am physically active, my family will follow my example.	1.61% 12	1.34% 10	4.97% 37	29.93% 223	62.15% 463	745	4.50
I now make sure that healthy snacks are easily available for my family.	1.61% 12	0.00% 0	2.68% 20	28.19% 210	67.52% 503	745	4.60
I now choose healthier foods for myself.	1.61% 12	0.54% 4	4.69% 35	37.40% 279	55.76% 416	746	4.45
I am physically active most days.	1.61% 12	5.24% 39	13.98% 104	43.95% 327	35.22% 262	744	4.06
I now plan physically active outings for my family.	1.34% 10	2.14% 16	15.01% 112	46.51% 347	34.99% 261	746	4.12
In my family, we have set new rules on foods and eating that we try to follow.	1.49% 11	0.82% 6	6.25% 46	40.90% 301	50.54% 372	736	4.38

### Q14 My weight is a struggle for me.

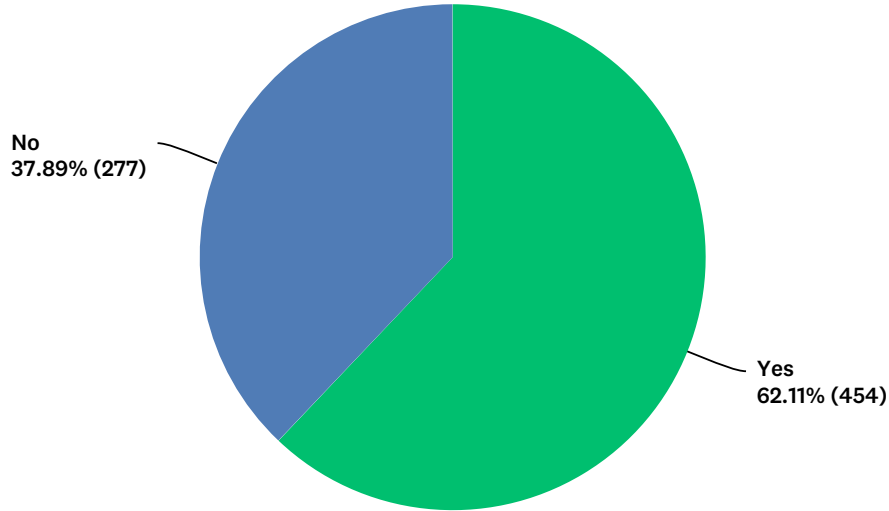
Answered: 743 Skipped: 11



ANSWER CHOICES	RESPONSES	
Yes	72.27%	537
No	27.73%	206
TOTAL		743

### Q15 I have lost weight as a result of my child attending and participating in PAK program and practicing PAK lessons as a family.

Answered: 731 Skipped: 23



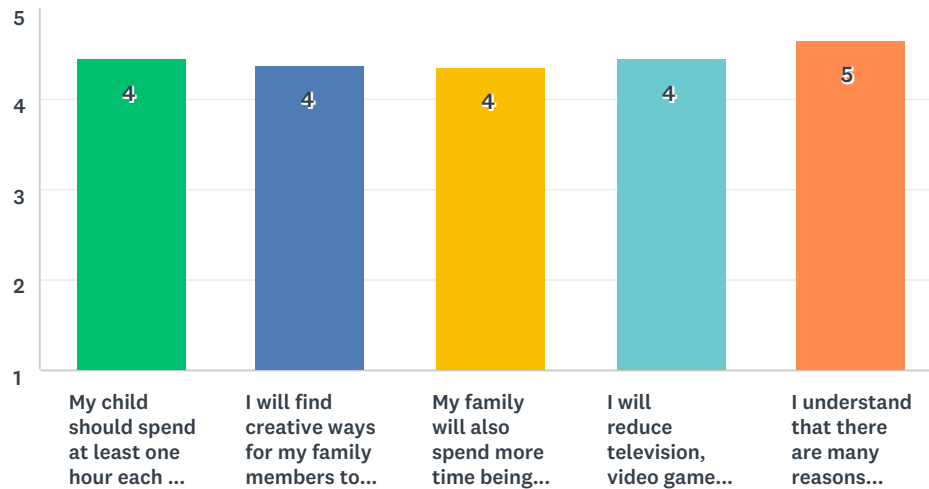
ANSWER CHOICES	RESPONSES	
Yes (1)	62.11%	454
No (2)	37.89%	277
<b>TOTAL</b>		<b>731</b>

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	2.00	1.00	1.38	0.49



## Q16 How much do you agree with each of the following statements around fitness for your family and child?

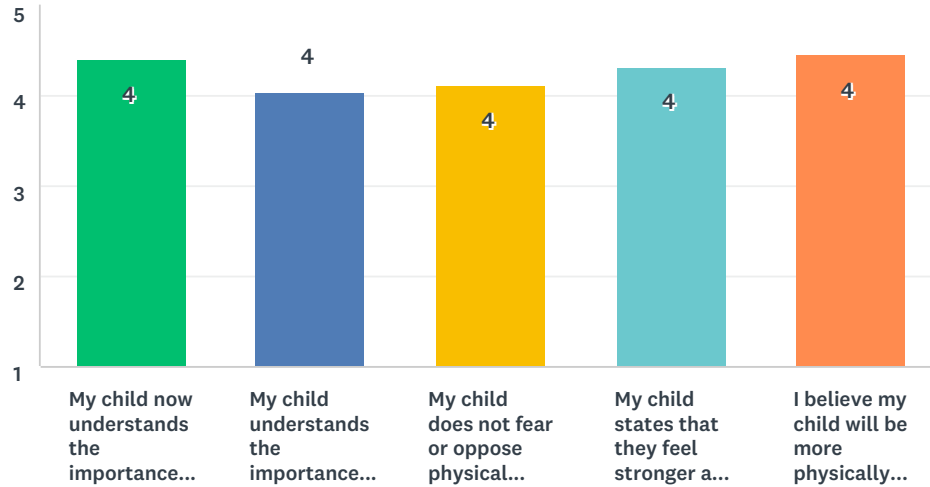
Answered: 734 Skipped: 20



	STRONGLY DISAGREE	DISAGREE	NIETHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
My child should spend at least one hour each day in moderate to vigorous intensity physical activity.	0.82% 6	1.51% 11	4.81% 35	35.58% 259	57.28% 417	728	4.47
I will find creative ways for my family members to be physically active.	1.23% 9	1.09% 8	2.72% 20	48.37% 355	46.59% 342	734	4.38
My family will also spend more time being physically active together.	0.69% 5	1.10% 8	5.21% 38	46.50% 339	46.50% 339	729	4.37
I will reduce television, video game and social networking time to make time for physical activity	0.55% 4	1.09% 8	4.79% 35	38.99% 285	54.58% 399	731	4.46
I understand that there are many reasons (other than weight control and the physical health benefits) that my family and/or I can benefit from being physically active.	0.69% 5	0.27% 2	0.96% 7	28.67% 209	69.41% 506	729	4.66

## Q17 Please state how much you agree or disagree with the following statements they relate to your child's attitude towards fitness after attending PAK.

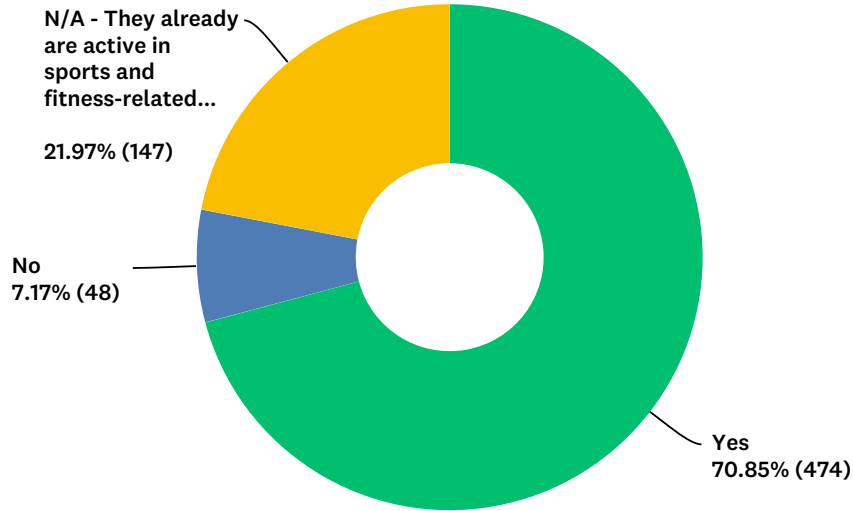
Answered: 731 Skipped: 23



	STRONGLY DISAGREE	DISAGREE	NIETHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
My child now understands the importance of physical activity as it relates to their overall health.	1.09% 8	0.68% 5	3.28% 24	46.10% 337	48.84% 357	731	4.41
My child understands the importance of fat mass versus muscle mass better than before.	1.23% 9	2.47% 18	16.99% 124	49.45% 361	29.86% 218	730	4.04
My child does not fear or oppose physical activity the way they did before PAK.	1.51% 11	3.16% 23	14.01% 102	43.54% 317	37.77% 275	728	4.13
My child states that they feel stronger and healthier as a result of PAK Fitness.	0.69% 5	1.51% 11	8.92% 65	42.25% 308	46.64% 340	729	4.33
I believe my child will be more physically active as a result of attending PAK.	0.97% 7	1.11% 8	3.62% 26	39.69% 285	54.60% 392	718	4.46

### Q18 Will your child adopt an extra curricular fitness-related activity they may not have tried prior to PAK?

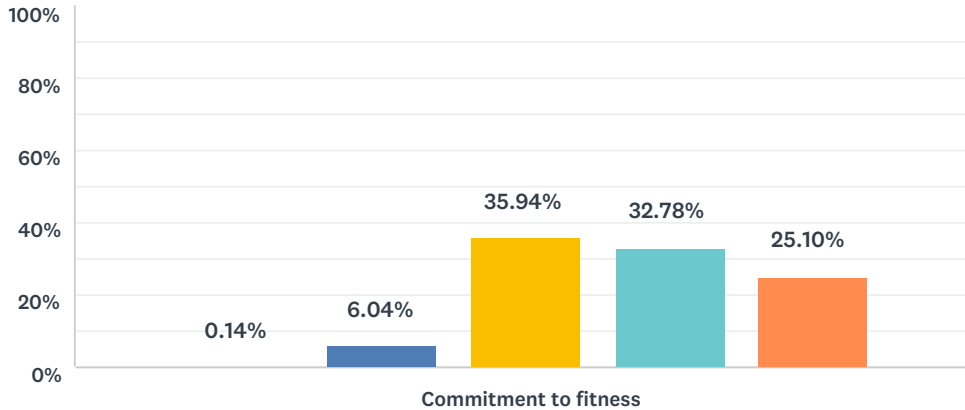
Answered: 669 Skipped: 85



ANSWER CHOICES	RESPONSES	
Yes	70.85%	474
No	7.17%	48
N/A - They already are active in sports and fitness-related activities.	21.97%	147
<b>TOTAL</b>		<b>669</b>

**Q19 The core measurement of the PAK 5 principles related to PAK Fitness is to BE FIT. On a scale of 1 through 5, with 5 being the highest score, please rank how your child has changed their commitment to fitness since beginning the 8-Week PAK PLAN.**

Answered: 729 Skipped: 25

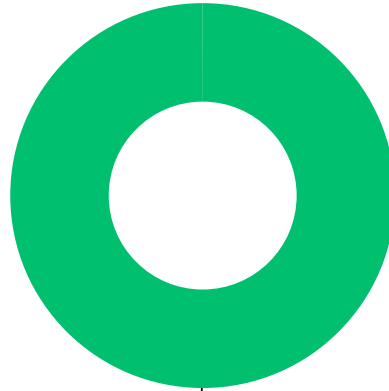


■ (1) No Improvement   
 ■ (2) Minimal Improvement   
 ■ (3) Improvement  
■ (4) Solid Improvement   
 ■ (5) Significant Improvement

	(1) NO IMPROVEMENT	(2) MINIMAL IMPROVEMENT	(3) IMPROVEMENT	(4) SOLID IMPROVEMENT	(5) SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
Commitment to fitness	0.14%	6.04%	35.94%	32.78%	25.10%	729	3.77
	1	44	262	239	183		

## Q20 My child has never struggled with self-confidence or social situations.

Answered: 162 Skipped: 592

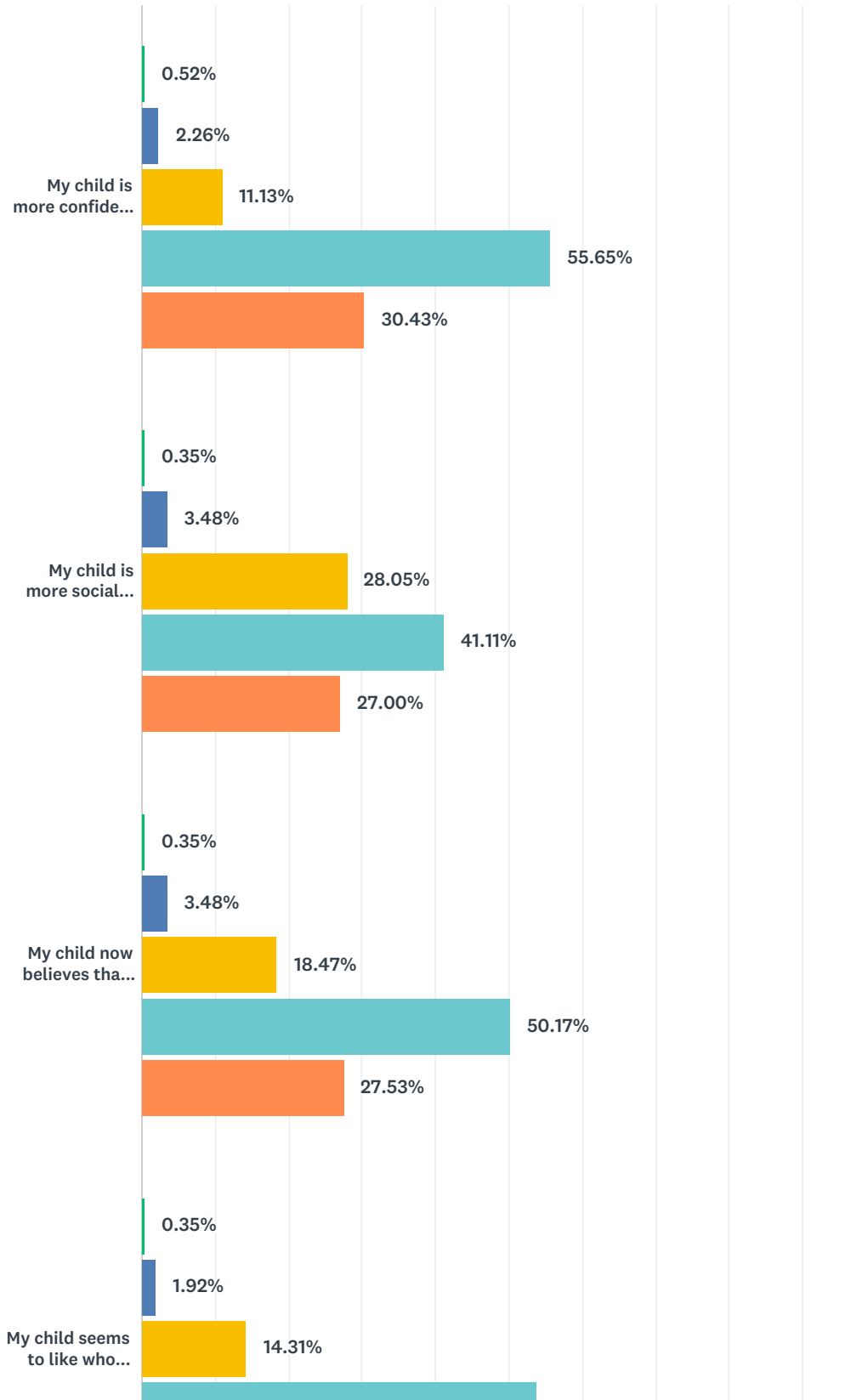


My child has never struggled. We attended PAK mostly for fitness and...

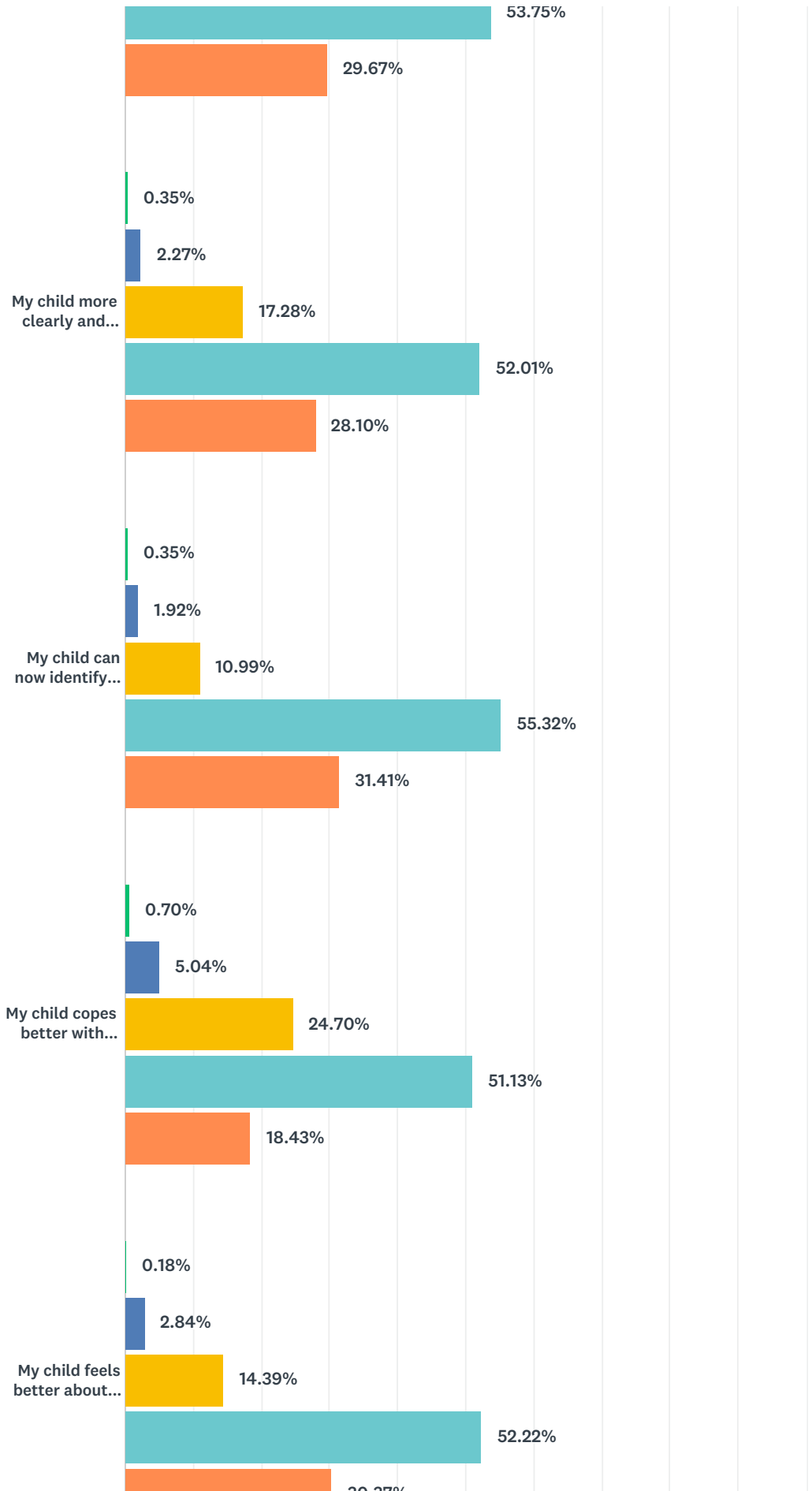
ANSWER CHOICES	RESPONSES
My child has never struggled. We attended PAK mostly for fitness and nutrition purposes. {PLEASE NOTE: If you responded to this question, please skip ahead to question # 25.}	100.00% 162
TOTAL	162

# Q21 State how much you agree or disagree with the following statements since attending PAK.

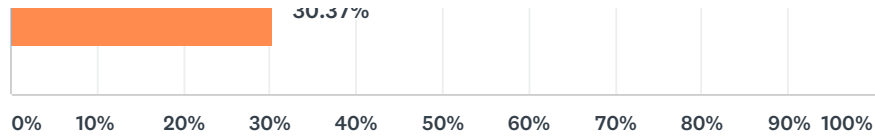
Answered: 576 Skipped: 178



# ProActive Kids Progression Survey for Parents



## ProActive Kids Progression Survey for Parents



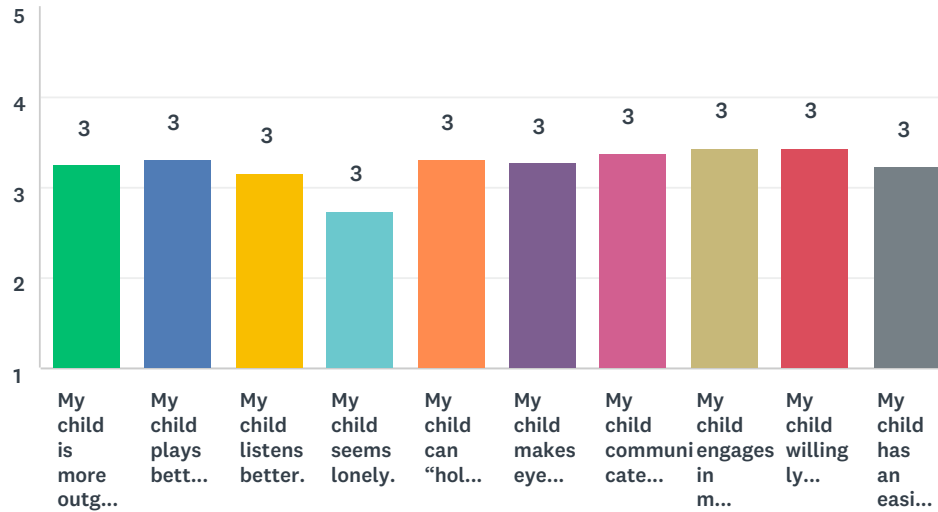
■ Strongly Disagree   
 ■ Disagree   
 ■ Neither Agree or Disagree   
 ■ Agree  
■ Strongly Agree

	STRONGLY DISAGREE	DISAGREE	NIETHER AGREE OR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
My child is more confident in his/her abilities.	0.52% 3	2.26% 13	11.13% 64	55.65% 320	30.43% 175	575	4.13
My child is more social with friends.	0.35% 2	3.48% 20	28.05% 161	41.11% 236	27.00% 155	574	3.91
My child now believes that he/she can accomplish anything he/she sets out to do.	0.35% 2	3.48% 20	18.47% 106	50.17% 288	27.53% 158	574	4.01
My child seems to like who he/she is better.	0.35% 2	1.92% 11	14.31% 82	53.75% 308	29.67% 170	573	4.10
My child more clearly and openly expresses his/her feelings.	0.35% 2	2.27% 13	17.28% 99	52.01% 298	28.10% 161	573	4.05
My child can now identify positive characteristics about himself/herself.	0.35% 2	1.92% 11	10.99% 63	55.32% 317	31.41% 180	573	4.16
My child copes better with stressful situations and change.	0.70% 4	5.04% 29	24.70% 142	51.13% 294	18.43% 106	575	3.82
My child feels better about the way he/she looks.	0.18% 1	2.84% 16	14.39% 81	52.22% 294	30.37% 171	563	4.10



## Q22 Please rate how your child has improved and developed socially since starting the PAK program.

Answered: 554 Skipped: 200



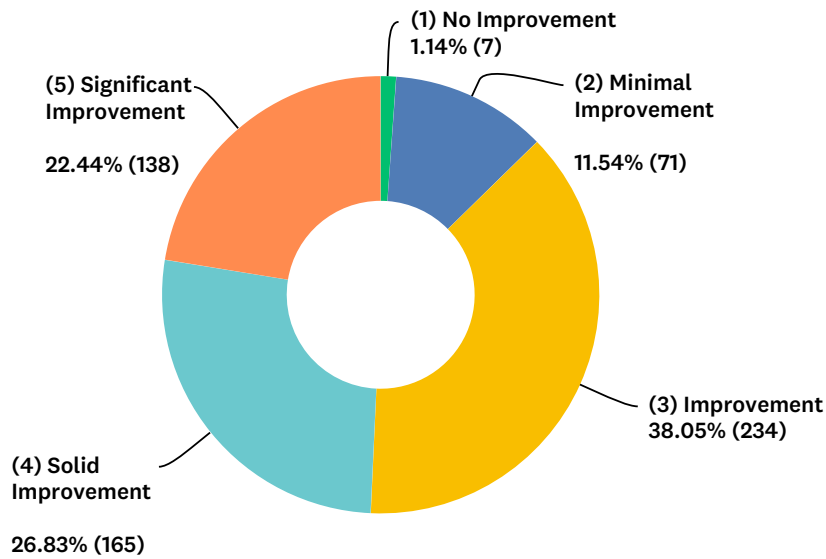
	NO IMPROVEMENT	MINIMAL IMPROVEMENT	IMPROVEMENT	SOLID IMPROVEMENT	SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
My child is more outgoing and/or initiates conversation with others.	5.65% 31	17.12% 94	37.89% 208	24.04% 132	15.30% 84	549	3.26
My child plays better with others.	6.07% 33	12.87% 70	40.99% 223	22.43% 122	17.65% 96	544	3.33
My child listens better.	7.73% 42	18.60% 101	37.75% 205	20.99% 114	14.92% 81	543	3.17
My child seems lonely.	18.52% 5	14.81% 4	48.15% 13	11.11% 3	7.41% 2	27	2.74
My child can "hold their own" better in a conversation with a peer or teacher.	6.08% 33	15.65% 85	36.46% 198	22.65% 123	19.15% 104	543	3.33
My child makes eye contact when engaged in conversations.	8.04% 44	15.54% 85	34.00% 186	23.77% 130	18.65% 102	547	3.29
My child communicates more clearly.	5.13% 28	14.10% 77	38.10% 208	23.08% 126	19.60% 107	546	3.38

## ProActive Kids Progression Survey for Parents

My child engages in more meaningful conversations with family members.	5.13% 28	11.36% 62	37.73% 206	25.64% 140	20.15% 110	546	3.44
My child willingly participates in planned social activities.	5.69% 31	13.58% 74	35.05% 191	22.39% 122	23.30% 127	545	3.44
My child has an easier time making friends.	9.31% 50	15.83% 85	35.01% 188	21.23% 114	18.62% 100	537	3.24

Q23 One core measurement of the PAK 5 principles related to Lifestyle is to BE CONFIDENT. On a scale of 1 through 5, with 5 being the highest score, please provide an overall ranking around how your child has changed socially since beginning the 8-Week PAK PLAN as it relates to general improvement in areas such as: •Identifying and expressing emotional needs •Better communication skills •Improved problem-solving skills •Improved body image •Improved self-esteem

Answered: 615 Skipped: 139

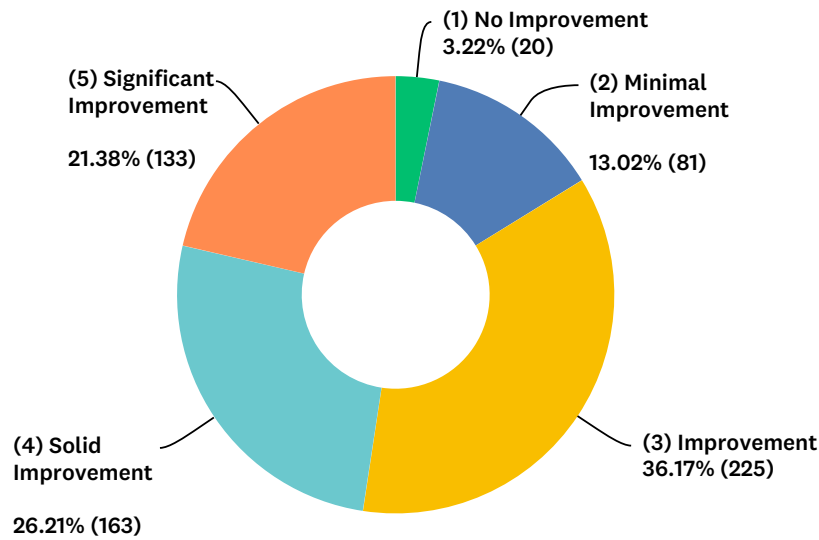


	(1) NO IMPROVEMENT	(2) MINIMAL IMPROVEMENT	(3) IMPROVEMENT	(4) SOLID IMPROVEMENT	(5) SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
General Social Indicators	1.14%	11.54%	38.05%	26.83%	22.44%	615	3.58
	7	71	234	165	138		

**Q24 Another core measurement of the PAK 5 principles related to Lifestyle is to BE ENGAGED. On a scale of 1 through 5, with 5 being the highest score, please provide an overall ranking around how your child has changed socially since beginning the 8-Week PAK PLAN as it relates to general improvement in areas such as:**

- Actively participating in social activities
- Follows through with activities started
- Volunteers to participate in activities
- Is excited about social activities

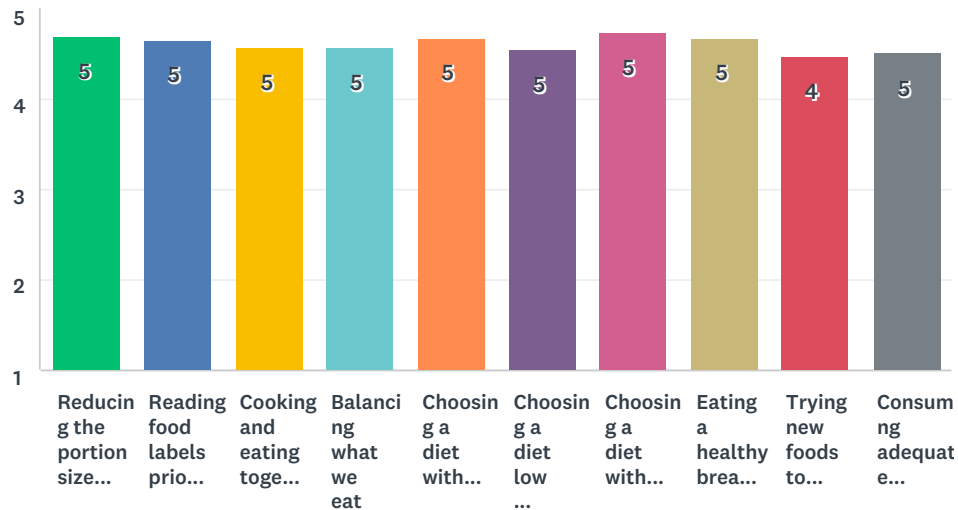
Answered: 622 Skipped: 132



	(1) NO IMPROVEMENT	(2) MINIMAL IMPROVEMENT	(3) IMPROVEMENT	(4) SOLID IMPROVEMENT	(5) SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
Improvement in social engagement	3.22% 20	13.02% 81	36.17% 225	26.21% 163	21.38% 133	622	3.50

## Q25 How important are each of the following choices in your family's diet since attending PAK?

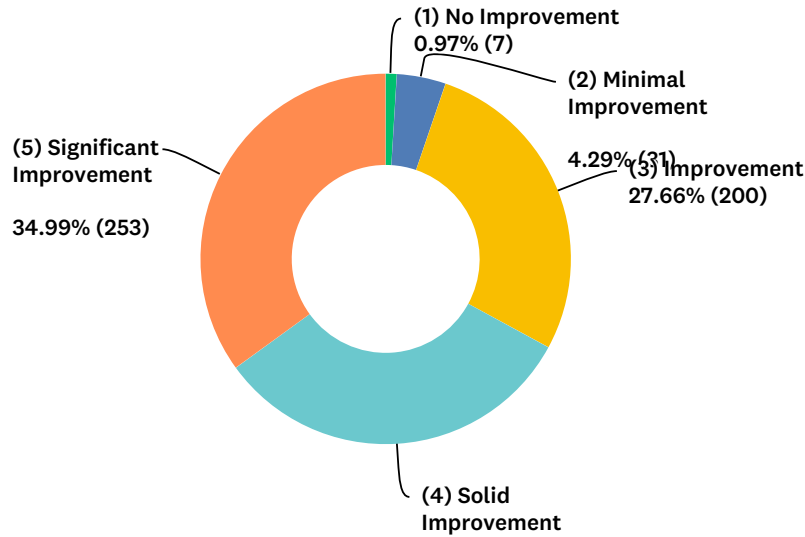
Answered: 722 Skipped: 32



	NOT IMPORTANT AT ALL	UNIMPORTANT	NIETHER IMPORTANT NOR UNIMPORTANT	IMPORTANT	VERY IMPORTANT	TOTAL	WEIGHTED AVERAGE
Reducing the portion size of foods high in fat.	0.00% 0	0.14% 1	1.53% 11	27.50% 198	70.83% 510	720	4.69
Reading food labels prior to consumption	0.00% 0	0.14% 1	1.66% 12	29.68% 214	68.52% 494	721	4.67
Cooking and eating together as a family	0.00% 0	0.00% 0	4.04% 29	34.40% 247	61.56% 442	718	4.58
Balancing what we eat (energy in) with physical activity (energy out)	0.00% 0	0.00% 0	3.06% 22	35.65% 256	61.28% 440	718	4.58
Choosing a diet without a lot of added sugar.	0.00% 0	0.42% 3	2.08% 15	26.77% 193	70.74% 510	721	4.68
Choosing a diet low in fat.	0.00% 0	0.42% 3	3.75% 27	34.44% 248	61.39% 442	720	4.57
Choosing a diet with plenty of fruits and vegetables.	0.00% 0	0.00% 0	2.23% 16	21.06% 151	76.71% 550	717	4.74
Eating a healthy breakfast.	0.00% 0	0.00% 0	2.80% 20	26.33% 188	70.87% 506	714	4.68
Trying new foods to incorporate variety into my diet.	0.14% 1	0.42% 3	6.12% 44	37.13% 267	56.19% 404	719	4.49
Consuming adequate calcium for bone health and growth.	0.28% 2	0.14% 1	5.10% 36	36.26% 256	58.22% 411	706	4.52

**Q26 The core measurement of the PAK 5 principles related to PAK Nutrition is to BE HEALTH SMART. On a scale of 1 through 5, with 5 being the highest score, please rank how your child has changed their attitude toward diet and nutrition since beginning the 8-Week PAK PLAN.**

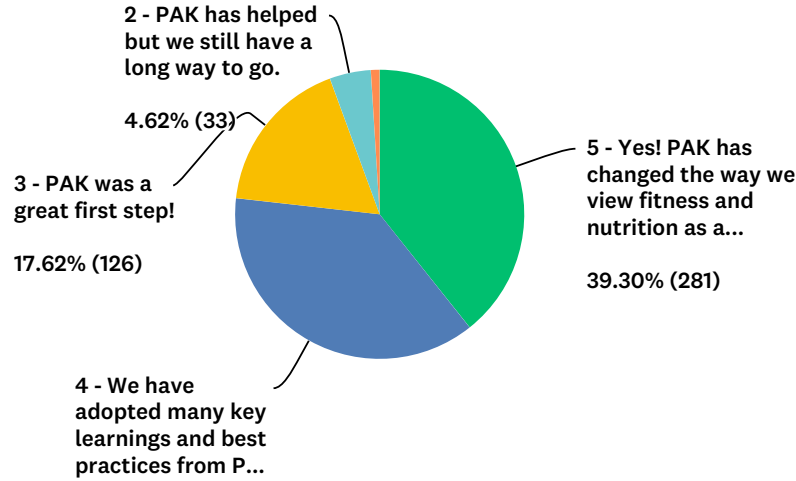
Answered: 723 Skipped: 31



	(1) NO IMPROVEMENT	(2) MINIMAL IMPROVEMENT	(3) IMPROVEMENT	(4) SOLID IMPROVEMENT	(5) SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
Nutritional Decision-Making	0.97% 7	4.29% 31	27.66% 200	32.09% 232	34.99% 253	723	3.96

## Q27 Please mark which response most accurately describes how your family will approach nutrition, fitness and overall health after attending PAK.

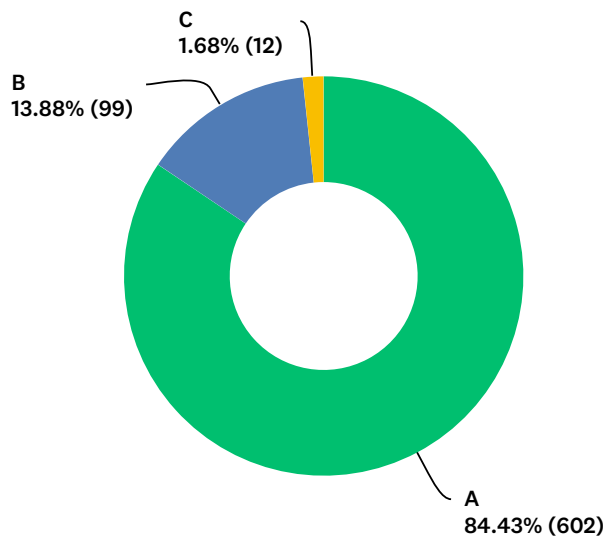
Answered: 715 Skipped: 39



ANSWER CHOICES	RESPONSES	
5 - Yes! PAK has changed the way we view fitness and nutrition as a family and we have made significant lifestyle changes.	39.30%	281
4 - We have adopted many key learnings and best practices from PAK and are on our way to being health smart on a daily basis.	37.48%	268
3 - PAK was a great first step!	17.62%	126
2 - PAK has helped but we still have a long way to go.	4.62%	33
1 - Our family will need more assistance and education to help us live a healthier lifestyle.	0.98%	7
<b>TOTAL</b>		<b>715</b>

### Q28 If I were "grading" PAK I would give the overall PAK program:

Answered: 713 Skipped: 41

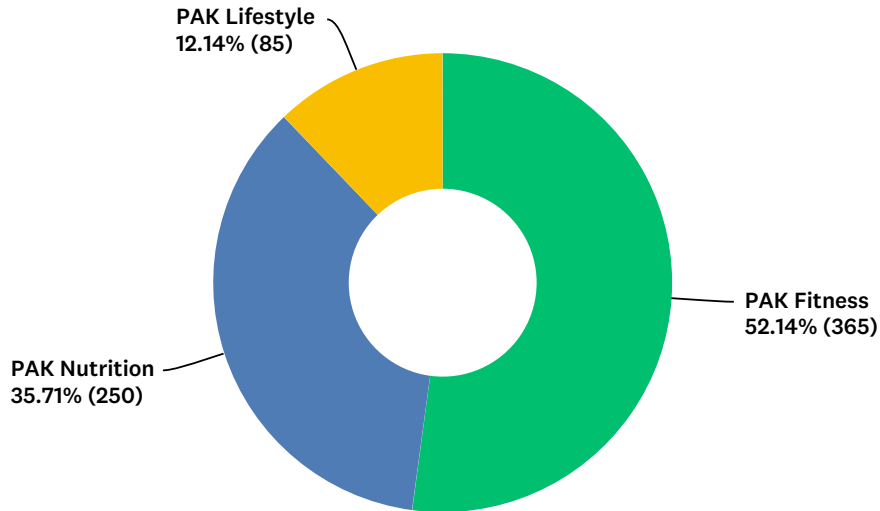


ANSWER CHOICES	RESPONSES	
A	84.43%	602
B	13.88%	99
C	1.68%	12
TOTAL		713



Q29 The most helpful component of the PAK program for my CHILD was:  
PLEASE, select only ONE.

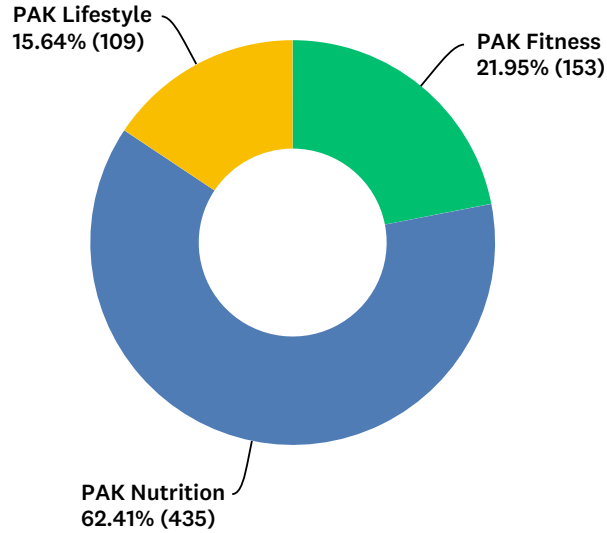
Answered: 700 Skipped: 54



ANSWER CHOICES	RESPONSES	
PAK Fitness	52.14%	365
PAK Nutrition	35.71%	250
PAK Lifestyle	12.14%	85
TOTAL		700

Q30 The most helpful component of the PAK program for my FAMILY was: (PLEASE, select only ONE.)

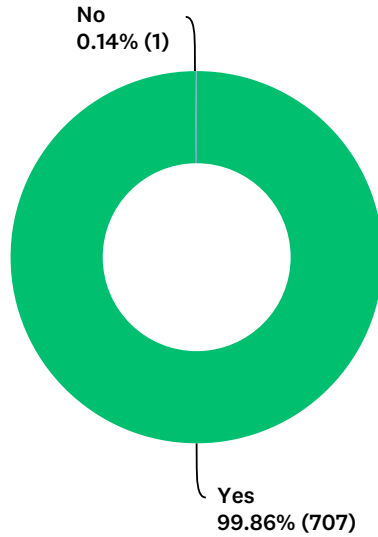
Answered: 697 Skipped: 57



ANSWER CHOICES	RESPONSES	
PAK Fitness	21.95%	153
PAK Nutrition	62.41%	435
PAK Lifestyle	15.64%	109
TOTAL		697

### Q31 I would recommend PAK to any family and/ or child struggling with unhealthy weight issues.

Answered: 708 Skipped: 46



ANSWER CHOICES	RESPONSES	
Yes	99.86%	707
No	0.14%	1
TOTAL		708