

HO-CHUNK MAJESTIC PINES pAWI

Summary Results compiled by Black River Memorial Hospital

Round 1: May 13 & 15, 2008

Round 2: November 5 & 6, 2008

| Programming | # of Possibilities | Total # Complete | % Complete | Comments | |
|-----------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------|-------------------|-------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| Participants | BEGINNING 30 | END 26 | 86.7% | 1 quit employment at start of programming | |
| Attendance @ Programming Sessions | 9 Programs 26 committed Participants 9 x 26 = 234 | 234 | 182 | 77.8% | 2 attended all 9; 6 at 8; 8 at 7; 3 at 6; 4 at 5; 4 at 4 & 2 at 3 |
| Challenges | 10 Challenges 10 x 26 = 260 | 260 | 103 | 39.6% | 1 did all 10-1 did 9-2 did 8; 4 did 7; 1 did 6; 1 did 5; 4 did 4; 1 did 3; 4 did 2; 2 did 1 & 8 did 0 |
| Power-Up Competition | 5 Teams & 2 Individuals 13 1 hr. sessions Avg. 4/hr = 52 possible (2 each desirable = 52) | 29 | 20 | 69.0% | 8 participants didn't compete; 1 member dropped out |
| Coaching Sessions | Before & After 28 Participants Finished 2 x 26 = 52 | 52 | 34 | 65.4% | 2 attended 4 sessions; 5 did 2 & 16 did 1 |
| Food Diaries | | 52 | 48 | 92.3% | 20 completed 2 (both); 8 did 1 & 1 did 0 |

| | HRA RESULTS | | # of Extremes | # of Extremes |
|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|------------------------|----------------------|-------------------------|
| | Round 1 Results | Round 2 Results | Round 1 | Round 2 |
| Weight | 214.3 | 214.1 | 17 high or ext wgt | 17 high or ext wgt |
| <i>Remark: 12 Participants (46%) had weight loss of 71lbs with 7 people losing 5 or more lbs; 11 participants (42%) had weight gain of 64.5 lbs.</i> | | | | |
| Body Fat | 39.4% | 39.2% | 21 high or ext % | 22 high or ext % |
| Blood Pressure | --- | --- | 6 high or ext BP | 2 high or ext BP |
| Total Cholesterol | 197 | 200.1 | 0 high or ext Chol | 2 high or extreme Chol* |
| LDL Cholesterol ("bad") | 115.4 | 119.7 | 12 high or ext LDL | 10 high or ext LDL |
| HDL Cholesterol | 53 | 51.8 | 6 high or ext HDL | 8 high or extreme HDL* |
| Chol/HDL Ratio | 4.1 | 4.2 | 6 high or ext Ratio | 5 high or ext Ratio |
| Triglycerides | 142.8 | 142.7 | 4 high or ext | 3 high or ext |
| Glucose | 88.2 | 93.6 | 0 high or ext | 2 high or extreme* |
| Nicotine | 5 + & 5 recently quit | 5 + & 3 recently quit | 10 high or ext | 8 high or ext |

| | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------|------|------|----------------|----------------|
| Healics Score | 54 | 57 | 16 high or ext | 16 high or ext |
| <i>Remark: 14 Participants (54%) increased Healics Score by a total of 128 pts; average increase for these 14 participants was 4.9 pts</i> | | | | |
| BRMH Wellness Survey Score | 20.9 | 26.2 | | |
| <i>Remark: 21 Participants (81%) increased wellness survey score by 151.5 pts; average increase for these 21 participants was 5.8 pts.</i> | | | | |
| Three Participants noted an interest in Tobacco Cessation | | | | |

*Some Cholesterol and Glucose increases may be due to improper fasting - one individual known to have increased drank a can of soda

BLACK RIVER FALLS SCHOOL DISTRICT - Year 3

Summary Results compiled by Black River Memorial Hospital

Committed Participants Data

Round 1: October 2 & 7, 2008

Round 2: January 28 & 29, 2009

| Programming | # of Possibilities | Total # Complete | % Complete | Comments | |
|-----------------------------------|----------------------------------------------------------------------|------------------|------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Participants | BEGINNING 29 | END 25 | 86.2% | 1 quit at start of program; 2 did not complete; 1 did not properly fast | |
| Attendance @ Programming Sessions | 7 Programs 26 committed participants 7 x 26 = 175 | 182 | 134 | 73.6% | 5 attended all 7; 7 at 6; 2 at 5; 8 at 4; 4 at 3; 1 at 2 & 1 at 1 |
| Challenges and Assignment | 8 Challenges 8 x 26 = 224 | 208 | 63 | 30.3% | 0 did all 8; 3 did 6; 1 did 5; 3 did 4; 3 did 3; 9 did 2; 1 did 1 & 9 did 0 |
| Power-Up Competition | 6 Teams Total 2 of 3 people, 3 of 4 & 1 of 5 | 25 | 23 | 92.0% | 5 participants didn't complete |
| Coaching Sessions | 26 committed participants Recommend at least one coaching session | 26 | 13 | 50.0% | 13 participants each received 1 session |
| Food Diaries | Before &/or After 26 Participants 2 x 26 = 52 | 52 | 33 | 63.5% | 11 completed 2 (both); 11 did 1 & 7 did 0 |

| | HRA RESULTS | | # of Extremes | |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------------|---------------------|------------------------|
| | Round 1 Results | Round 2 Results | Round 1 | Round 2 |
| Weight | 204.4 | 205.1 | 17 high or ext wgt | 17 high or ext wgt |
| Remark: 12 Participants (48%) had weight loss of 42.5 lbs with 4 people losing 5 or more lbs; 13 participants (52%) had weight gain of 60.5 lbs. | | | | |
| Body Fat | 37.4% | 37.5% | 19 high or ext % | 19 high or ext % |
| Blood Pressure | --- | --- | 1 high or ext BP | 0 high or ext BP |
| Total Cholesterol | 199.4 | 198 | 2 high or ext Chol | 2 high or extreme Chol |
| LDL Cholesterol ("bad") | 119.4 | 117.4 | 7 high or ext LDL | 7 high or ext LDL |
| HDL Cholesterol | 54.3 | 54.8 | 3 high or ext HDL | 4 high or extreme HDL |
| Chol/HDL Ratio | 3.9 | 3.8 | 5 high or ext Ratio | 6 high or ext Ratio |
| Triglycerides | 134.6 | 128.8 | 2 high or ext | 3 high or ext |
| Glucose | 93.3 | 92.8 | 1 high or ext | 0 high or extreme |
| Nicotine | 2 + | 2 + & 1 recently quit | 2 high or ext | 3 high or ext * |

* Remark: one participant tested positive for nicotine in Round 2 and was noted to be a non-smoker... they were unwilling to complete the necessary waiver to get their results changed

| | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|---------------|---------------|
| Healics Score | 67.3 | 67.2 | 6 high or ext | 5 high or ext |
| Remark: 14 Participants (58%) maintained or increased Healics Score by a total of 51pts; average increase for these 14 participants was 3.6 pts | | | | |
| BRMH Wellness Survey Score | 24.3 Points | 28.3 Points | | |
| Remark: 21 Participants (84%) maintained or increased wellness survey score by 116 pts; average increase for these 21 participants was 5.5 pts. | | | | |

proACTIVE Wellness Initiative - Health Indicator Summary Data

Compiled only for participants who completed programming unless marked with *

%s recorded for weight, blood pressure and labs are for those results in the high to extreme range - refer to the Healthics® Preventive Care Program Booklet for details of range criteria

| % Completing Program | % Completing Males | % Completing Females | Est. Provider: | | Follow up with Dr? | Tobacco Users | | Currently Active | | Weight (HI/Ext) | | BP (HI/Ext) | | Chol (HI/Ext) | | Chol/HDL Ratio | |
|-----------------------------|--------------------|----------------------|----------------|-------|--------------------|-----------------|-------|------------------|-------|-----------------|-------|-------------|-------|---------------|-------|----------------|-------|
| | | | Before | After | | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After |
| 86.7% | 91.7% | 83.3% | 65.3% | 69.2% | 46.1% | 38.4% | 30.7% | 46.1% | 61.5% | 65.3% | 7.6% | 0.0% | 7.6% | 0.0% | 23.0% | 23.0% | 19.2% |
| # in high to extreme range: | | | 17 | 18 | 12 | 10 | 8 | 12 | 16 | 17 | 2 | 0 | 2 | 0 | 6 | 6 | 5 |
| Change in Results | | | + 3.9% | | | 3 Recently Quit | | + 15.4% | | + 0.0% | | -15.4% | | + 7.6% | | -3.8% | |

30 participants 26 completed

| | | | | | | | | | | | | | | | | | |
|-----------------------------|------|-------|--------|-------|-------|-----------------|-------|---------|-------|--------|------|--------|------|--------|------|--------|-------|
| 86.2% | 100% | 80.0% | 92.0% | 96.0% | 16.0% | 8.0% | 12.0% | 36.0% | 76.0% | 68.0% | 0.0% | 0.0% | 0.0% | 8.0% | 8.0% | 20.0% | 24.0% |
| # in high to extreme range: | | | 23 | 24 | 4 | 2 | 3 | 9 | 19 | 17 | 0 | 0 | 2 | 2 | 5 | 5 | 6 |
| Change in Results | | | + 4.0% | | | 1 Recently Quit | | + 40.0% | | + 0.0% | | + 0.0% | | + 0.0% | | + 4.0% | |

29 participants 25 completed
1 Recently Re-Started

| Program | Triglycerides | | Glucose (HI/Ext) | | Healics® Score | | Wellness Survey | | Food Diaries | Program Attendance | Coaching | Challenges | Power Up |
|-------------------|---------------|---------|------------------|---------|----------------|-------|-----------------|-------|--------------|--------------------|----------|------------|----------|
| | Before | After | Before | After | Before | After | Before | After | | | | | |
| Ho-Chunk | | | | | | | | | | | | | |
| Majestic | 15.4% | 11.5% | 0.0% | 7.7% | 54 | 57 | 20.9 | 26.2 | 82.8% | 69.7% | 65.4% | 35.5% | 69.0% |
| Pines | 4 of 26 | 3 of 26 | 0 of 26 | 2 of 26 | 16 | 16 | | | 48 | 182 | 34 | 103 | 20 |
| Change in Results | -3.9% | | + 7.7% | | + 3 | | + 5.3 | | | | | | |

26 completed

| | | | | | | | | | | | | | |
|-------------------|---------|---------|---------|---------|--------|----|------|------|-------|-------|-------|-------|-------|
| Black River | | | | | | | | | | | | | |
| Falls School | 8.0% | 12.0% | 4.0% | 0.0% | 67 | 67 | 24.3 | 28.3 | 58.9% | 57.3% | 46.4% | 28.1% | 82.1% |
| District | 2 of 25 | 3 of 25 | 1 of 25 | 0 of 25 | 6 | 5 | | | 33 | 134 | 13 | 63 | 23 |
| Change in Results | + 4.0% | | -4.0% | | - 0.0% | | + 4 | | | | | | |

25 completed

(continued)

Health Risk Assessment Summary Data - proACTIVE Wellness Initiative

Ho-Chunk Majestic Pines and Black River Falls School District

pAWI Year #3 - 2008

| Average: | May 13 & 15, 2008 | | November 5 & 6 2008 | | Wellness Survey Score | | Differences: | | Wellness Survey Score | | Wellness Survey Score | | | | | | | | | | | | | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|----------|---------------------|------|-----------------------|-------|--------------|-----|-----------------------|-------|-----------------------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|-----|------|---|----|------|------|-------|---|-----|----|---|-----|
| | Wt | Body Fat | BP | Chol | Chol Ratio | Trigl | Gluc | Nic | Wt | B Fat | Chol | Gluc | Nic | | | | | | | | | | | | | | |
| Ho-Chunk Majestic Pines 26 participants | 214.3 | 39.4% | 6 hi | 197 | 4.1 | 142 | 88.2 | 10 | 54 | 20.9 | 214.1 | 39.2% | 2 hi | 200 | 4.2 | 142 | 93.6 | 8 | 57 | 26.2 | -0.2 | -0.2% | 3 | 5.4 | -2 | 3 | 5.3 |
| <p>Average Total Weight loss: 6.5 lbs 12 (46%) lost a total of 71lbs 11 (42%) gained a total of 64.5 lbs 6.5 Net Loss</p> <p>Nicotine: 3 recently quit smoking at end of programming Other: 12 Hi or Ext LDL decreased to 10 6 Hi or Ext HDL increased to 8</p> | | | | | | | | | | | | | <p>Healics® Score: participants increased score by total of 76 pts (average 4.9 pt increase) Wellness Score: 21 increased score by total of 137.5 pts (average 5.8 pt increase)</p> | | | | | | | | | | | | | | |

| Average: | October 2 & 7, 2008 | | January 28 & 29, 2009 | | Wellness Survey Score | | Differences: | | Wellness Survey Score | | Wellness Survey Score | | | | | | | | | | | | | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|----------|-----------------------|-------|-----------------------|-------|--------------|-----|-----------------------|-------|-----------------------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-----|-----|------|---|----|------|---|------|------|------|---|---|---|
| | Wt | Body Fat | BP | Chol | Chol Ratio | Trigl | Gluc | Nic | Wt | B Fat | Chol | Gluc | Nic | | | | | | | | | | | | | | |
| Black River Falls School District 25 participants | 204 | 37.4% | 1 hi | 199.4 | 3.9 | 135 | 93.3 | 2 | 67 | 24.3 | 205 | 37.5% | 0 hi | 198.0 | 3.8 | 129 | 92.8 | 3 | 67 | 28.3 | 1 | 0.1% | -1.4 | -0.5 | 1 | 0 | 4 |
| <p>Average Total Weight loss: 1.1 lbs 12 (48%) lost a total of 42.5 lbs 13 (52%) gained a total of 60.5 lbs 18 Net Gain</p> <p>Nicotine: 1 person quit smoking during programming, 1 person tested positive for unknown reasons but chose to not complete the application for points Other: 7 Hi or Ext LDL remained at 7; 3 Hi or Ext HDL increased to 4</p> | | | | | | | | | | | | | <p>Healics® Score: 3.6 pt average increase; 14 totaled an increase of 51 pts Wellness Score: 5.5 pt average increase; 21 totaled an increase of 116 pts</p> | | | | | | | | | | | | | | |

REGAL BELOIT MOTOR TECHNOLOGIES

Summary Results compiled by Black River Memorial Hospital

Committed Participants Data

Round 1: June 12, 2007

Round 2: November 15, 2007

| Programming | # of Possibilities | Total # Complete | % Complete | Comments | |
|-----------------------------------|-------------------------------------------------------------------------------|------------------|------------|---------------------------------------|------------------------------------------------------------------------------------------------|
| Participants | BEGINNING 29 | END 24 | 82.8% | 1 quit employment- 4 did not complete | |
| Attendance @ Programming Sessions | 9 Programs 24 committed participants 9 x 24 = 261 | 216 | 163 | 75.5% | 3 at 10 (one optional); 3 at 9; 2 at 8; 5 at 7; 3 at 5; 2 at 5; 2 at 4; 4 at 3; 2 at 2; 3 at 1 |
| Challenges | 8 Challenges 8 x 24 = 192 | 192 | 44 | 22.9% | 0 did all 8; 1 did 7; 1 did 6; 1 did 5; 2 did 4; 3 did 3; 2 did 2; 5 did 1; 14 did 0 |
| POWER UP | 4 Teams | 29 | 11 | 37.9% | 1 participant quit employment; 1 Team of two dropped out |
| Coaches Sessions | 7 scheduled sessions 7 x 4/hr = 28 possible 24 Participants = desirable | 28 | 23 | 82.1% | 4 did 2; 19 did 1; 6 did 0 |
| Food Diaries | Before & After 24 Participants Finished 2 x 24 = 48 | 48 | 33 | 68.8% | 15 did 2; 3 did 1; 6 did 0 |

| | # of Extremes | | | |
|-------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------|---------------------|---------------------|
| | Round 1 Results | Round 2 Results | | Round 1 |
| Weight | 186.5 lbs. | 185.8 lbs. | 7 high or ext wgt | 9 high or ext wgt |
| | <i>Remark: 12 Participants (50%) had weight loss of 54 lbs; 9 participants (37.5%) had weight gain of 36.5 lbs.</i> | | | |
| Body Fat | 33.3% | 32.8% | 14 high or ext % | 16 high or ext % |
| Blood Pressure | --- | --- | 3 high or ext BP | 3 high or ext BP |
| Total Cholesterol | 198 | 202 | 3 high or ext Chol | 2 high or ext Chol |
| LDL Cholesterol ("bad") | 122 | 128 | 10 high or ext LDL | 11 high or ext LDL |
| HDL Cholesterol | 48 | 49 | 7 high or ext HDL | 5 high or ext HDL |
| Chol/HDL Ratio | 4.36 | 4.34 | 7 high or ext Ratio | 8 high or ext Ratio |
| Triglycerides | 172 | 124 | 5 high or ext | 3 high or ext |
| Glucose | 91 | 87 | 2 high or ext | 0 high or ext |
| Nicotine | 11 Positive | 10 Positive | --- | 1 Quit* |

** Seven Participants noted an interest in Tobacco Cessation*

| | | | | |
|----------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------|----------------|
| Healics Score | 56.9 | 57.8 | 12 high or ext | 13 high or ext |
| | <i>Remark: 9 Participants (38%) increased Healics Score by a total of 73 pts; average increase for these 9 participants was 8 pts</i> | | | |
| BRMH Wellness Survey Score | 22 Points | 26 Points | | |
| | <i>Remark: 19 Participants (79.2%) increased wellness survey score by 113 pts; average increase for these 19 participants was 6 pts.</i> | | | |

BLACK RIVER FALLS SCHOOL DISTRICT - Year 2

Summary Results compiled by Black River Memorial Hospital

Committed Participants Data

Round 1: May 24, 2007

Round 2: December 20, 2007

| Programming Participants | <u># of Possibilities</u> | 29 | <u>Total # Complete</u> | 28 | <u>% Complete</u> | <u>Comments</u> |
|---------------------------------------------|-----------------------------------------------------------------------------------|-----|-------------------------|----------------------------------------------------------------------|-------------------|-------------------------------------------------------------------------------|
| | BEGINNING | | END | | 96.6% | 1 participant chose to quit |
| Attendance @ Programming Sessions | 5 Programs 28 committed Participants 5 x 28 = 140 | 140 | | 129 | 92.1% | 19 @ all 5 programs, 5 @ 4, 4 @ 3 and 1 @ 2 |
| Challenges and Assignments | 8 Challenges 8 x 28 = 232 | 224 | | 112 | 50.0% | 1 completed everything, 1 did all but 1 assignment, 2 did all but 1 challenge |
| POWER UP | 6 Teams | 24 | | 4 Teams - 16 participants | 66.7% | Two teams didn't complete |
| Coaching Sessions or Forms Completed | Formal sessions available at 2 different opportunities, Forms available via email | 28 | | 19 participants did ≥1 form / session - 2 did sessions, 19 did forms | 67.9% | Represents percentage of those who completed at least one |
| Food Diaries | Before & After 28 Participants Finished 2 x 28 = 56 | 56 | | 47 | 83.9% | 21 did both, 5 did one, 2 did 0 |

Remark: Substitute teachers were utilized enhancing attendance and participation

| HRA RESULTS | <u>Round 1 Results</u> | | <u>Round 2 Results</u> | | <u># of Extremes</u> | <u># of Extremes</u> |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------|--|------------------------|--|----------------------|------------------------|
| | | | | | <u>Round 1</u> | <u>Round 2</u> |
| Weight | 185.8 lbs. | | 184.7 lbs. | | 14 high or ext wgt | 14 high or ext wgt |
| | <i>Remark: 16 Participants (57.1%) had weight loss of 87 lbs; 12 participants (42.8%) had weight gain of 56 lbs.</i> | | | | | |
| Body Fat | 36.0% | | 35.4% | | 15 high or ext % | 15 high or ext % |
| Blood Pressure | --- | | --- | | 1 high or ext BP | 0 high or ext BP |
| Total Cholesterol | 201.2 | | 200.7 | | 2 high or ext Chol | 3 high or ext Chol |
| LDL Cholesterol ("bad") | 121.7 | | 122.5 | | 12 high or ext LDL | 9 high or ext LDL |
| HDL Cholesterol | 58.1 | | 57.1 | | 1 high or ext HDL | 2 high or ext HDL |
| Chol/HDL Ratio | 3.6 | | 3.7 | | 6 high or ext Ratio | 6 high or ext Ratio |
| Triglycerides | 104.9 | | 105.2 | | 0 high or ext | 1 high or ext |
| Glucose | 90.1 | | 87.2 | | 1 high or ext | 1 high or ext |
| Nicotine | 1 Positive | | 3 Positive | | --- | 2 "fell off the wagon" |

One Participant noted an interest in Tobacco Cessation

| | | | | |
|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------------|---------------|
| Healics Score | 72.4 | 71.8 | 8 high or ext | 6 high or ext |
| | <i>Remark: 9 Participants (32.1%) increased Healics Score by a total of 71 pts; average increase for these 9 participants was 7.9 pts</i> | | | |
| BRMH Wellness Survey Score | 27.7 | 30.5 | | |
| | <i>Remark: 18 Participants (64.2%) increased wellness survey score by 95 pts; average increase for these 18 participants was 5.3 pts</i> | | | |

proACTIVE Wellness Initiative - Health Indicator Summary Data

Compiled only for participants who completed programming unless marked with *

%s recorded for weight, blood pressure and labs are for those results in the high to extreme range - refer to the Healtics® Preventive Care Program Booklet for details of range criteria

| % Completing Program | % Completing | | Est. Provider: | | Follow up with Dr? | | Tobacco Users | | Currently Active | | Weight (HI/Ext) | | BP (HI/Ext) | | Chol (HI/Ext) | | Chol/HDL Ratio | |
|----------------------|-------------------|----------|----------------|----------|--------------------|----------|---------------|----------|------------------|---------|-----------------|---------|-------------|---------|---------------|---------|----------------|-------|
| | Males | Females | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After |
| 82.8% | 78.6% | 86.7% | 66.7% | 70.8% | 20.8% | 45.8% | 41.6% | 58.3% | 29.2% | 37.5% | 12.5% | 12.5% | 8.3% | 12.5% | 12.5% | 29.2% | 33.3% | |
| | 11 of 14 | 13 of 15 | 16 of 24 | 17 of 24 | 5 of 24 | 11 of 24 | 10 of 24 | 14 of 24 | 7 of 24 | 9 of 24 | 3 of 24 | 3 of 24 | 2 of 24 | 3 of 24 | 3 of 24 | 7 of 24 | 8 of 24 | |
| Change in Results | Change in Results | | + 4.1% | | | 1 Quit | | + 16.6% | | + 8.3% | | + 0.0% | | -4.2% | | + 4.1% | | |

29 participants 24 completed

| | | | | | | | | | | | | | | | | | |
|-------------------|-------------------|----------|----------|----------|----------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|
| 96.6% | 100% | 95.8% | 82.1% | 92.9% | 64.3% | 3.6% | 10.7% | 89.3% | 50.0% | 50.0% | 3.6% | 0.0% | 10.7% | 10.7% | 10.7% | 21.4% | 21.4% |
| | 5 of 5 | 23 of 24 | 23 of 28 | 26 of 28 | 18 of 28 | 1 of 28 | 3 of 28 | 20 of 28 | 14 of 28 | 1 of 28 | 1 of 28 | 0 of 28 | 3 of 28 | 3 of 28 | 3 of 28 | 6 of 28 | 6 of 28 |
| Change in Results | Change in Results | | + 10.8% | | | + 7.1% | | + 17.9% | | + 0.0% | | -3.6% | | + 0.0% | | + 0.0% | |

28 participants 28 completed

(continued)

| Regal Beloit | Triglycerides | | Glucose (HI/Ext) | | Healtics® Score | | Wellness Survey | | Food Diaries | Program Attendance | Coaching | Challenges | Power Up |
|-------------------|---------------|---------|------------------|---------|-----------------|-------|-----------------|-------|--------------|--------------------|----------|------------|----------|
| | Before | After | Before | After | Before | After | Before | After | | | | | |
| | 20.1% | 12.5% | 8.3% | 0% | 57 | 58 | 22 | 26 | 68.8% | * | * | * | * |
| | 5 of 24 | 3 of 24 | 2 of 24 | 0 of 24 | | | | | | 62.5% | 79.3% | 19% | 37.9% |
| Change in Results | -7.6% | | -8.3% | | + 1 | | + 4 | | | | | | |

24 completed

| | | | | | | | | | | | | | |
|-----------------------------------|---------|---------|---------|---------|-----|----|-----|----|-------|-----|-------|-------|-------|
| Black River Falls School District | | | | | | | | | | | | | |
| | 0.0% | 3.6% | 3.6% | 3.6% | 72 | 72 | 28 | 31 | 83.9% | * | 65.5% | 48.3% | 66.7% |
| | 0 of 28 | 1 of 28 | 1 of 28 | 1 of 28 | | | | | | 89% | | | |
| Change in Results | + 3.6% | | + 0.0% | | - 0 | | + 3 | | | | | | |

28 completed

Health Risk Assessment Summary Data - proACTIVE Wellness Initiative Regal Beloit Motor Technologies and Black River Falls School District pAWI Year #2 - 2007

| Average: | June 12, 2007 | | November 15, 2007 | | Differences: | | Wellness Survey Score | | Healics | | Wellness Survey Score | | | | | | | | | | | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|----------|-------------------|------|----------------|------|-----------------------|-----|---------|-------|-----------------------|-------|-------|---------|-----------------------|-----|----|----|----|----|------------------------------------------------------------------------|--|--|--|
| | Wt | Body Fat | BP | Chol | Chol/HDL Ratio | Trig | Gluc | Nic | Wt | B Fat | Chol | Gluc | Nic | Healics | Wellness Survey Score | | | | | | | | | |
| Regal Beloit 24 participants | 186.5 | 33.3% | 3 Ext | 198 | 4.36 | 172 | 91 | 11 | 57 | 22 | 185.8 | 32.8% | 3 Ext | 202 | 4.34 | 124 | 87 | 10 | 58 | 26 | Average Change in Scores/Results -0.7 -0.5% 4 -4 -1 1 4 | | | |
| <p>Average Total Weight loss: 0.7 lbs 12 (50%) lost a total of 54 lbs 9 (37.5%) gained a total of 36.5 lbs 17.5 Net loss</p> <p>Nicotine: 1 quit smoking, started using Chantix Other: 10 Hi or Ext LDL increased to 11 7 Hi or Ext HDL decreased to 5</p> | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Healics® Score: 9 participants increased score by total of 73 (average 8 pt increase) Wellness Score: 19 increased score by total of 113 (average 6 pt increase)</p> | | | | | | | | | | | | | | | | | | | | | | | | |

| Average: | May 24, 2007 | | December 20, 2007 | | Differences: | | Wellness Survey Score | | Healics | | Wellness Survey Score | | | | | | | | | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|----------|-------------------|-------|----------------|------|-----------------------|-----|---------|-------|-----------------------|-------|-------|---------|-----------------------|-----|----|---|----|------|----------------------------------------------------------------------------|--|--|--|
| | Wt | Body Fat | BP | Chol | Chol/HDL Ratio | Trig | Gluc | Nic | Wt | B Fat | Chol | Gluc | Nic | Healics | Wellness Survey Score | | | | | | | | | |
| Black River Falls School District 29 participants | 186 | 36.0% | 1 Ext | 201.2 | 3.6 | 105 | 90 | 3 | 72 | 27.7 | 185 | 35.4% | 0 Ext | 200.7 | 3.7 | 105 | 87 | 4 | 72 | 30.5 | Average Change in Scores/Results -1 -0.6% -0.5 -2.9 1 0 2.8 | | | |
| <p>Average Total Weight loss: 1.1 lbs 16 (57.1%) lost a total of 87 lbs 12 (42.8%) gained a total of 56 lbs 31 Net loss</p> <p>Nicotine: 2 casual tobacco-users had a relapse right before 2nd HRAs Other: 12 Hi or Ext LDL decreased to 9; 1 Hi or Ext HDL increased to 2</p> | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Healics® Score: 7.9 pt average increase; 9 totaled an increase of 71 pts Wellness Score: 5.3 pt average increase; 18 totaled an increase of 95 pts</p> | | | | | | | | | | | | | | | | | | | | | | | | |

proACTIVE Wellness Initiative - Y1 Group Health Indicator Summary

June 6, 2007

Compiled only for participants who completed programming unless marked with *

HRA SECTION: All percentages recorded for weight, blood pressure and labs are for those results in the high to extreme range based on the Healics® Preventive Care Program range criteria

pAWI WELLNESS SECTION

| | Established Provider? | | Tobacco Use | | Active? | | Weight (HI/Extreme) | | Blood Pressure | | Cholesterol (HI/Extreme) | | Chol/HDL Ratio (HI/Ext) | | Triglycerides | | Glucose (HI/Extreme) | | Healics® HRA Score | | pAWI Survey | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|-------|-------------|-------|---------|-------|---------------------|-------|----------------|-------|--------------------------|-------|-------------------------|-------|---------------|-------|----------------------|-------|--------------------|-------|-------------|-------|
| | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After | Before | After |
| D&S Mfg Combined Groups 1 & 2 39 participants | 61.5% | 71.8% | 33.3% | 30.8% | 41% | 69% | 20.5% | 20.5% | 15.4% | 10.3% | 20.5% | 15.4% | 20.5% | 20.5% | 18% | 13% | 0% | 0% | 62 | 62 | 21.5 | 28 |
| | CHANGES NOTED: | | | | | | | | | | | | | | | | | | | | | |
| | + 10.3% | | - 2.5% | | + 28% | | +/- 0% | | - 5.1% | | - 5.1% | | +/- 0% | | - 5% | | +/- 0% | | Group One 62 | | + 6.5 | |
| | 4 others have quit since | | | | | | | | | | | | | | | | | | | | | |
| HRA-Healics® (Group 1) & Alternative Source (Group 2) - June 20 & 23, 2006 and January 16 & 18, 2007 74% completion rate (39 of 53) | | | | | | | | | | | | | | | | | | | | | | |

Based on overall average scores

| | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------|--------|-------|---------|-------|--------|-------|--------|----|--------|-------|--------|-------|--------|----|--------|----|-------|----|-------|------|
| Black River Falls School District 22 participants HRA-Healics® - October 5 & 11, 2006 and February 13 & 14, 2007 85% completion rate (22 of 26) | 91% | 95.4% | 13.6% | 13.6% | 54.5% | 86.3% | 40.9% | 40.9% | 9% | 9% | 18.1% | 13.6% | 18.1% | 13.6% | 9% | 9% | 0% | 0% | 69 | 69 | 25.1 | 30.2 |
| | CHANGES NOTED: | | | | | | | | | | | | | | | | | | | | | |
| | + 4.4% | | +/- 0% | | + 31.8% | | +/- 0% | | +/- 0% | | - 4.5% | | - 4.5% | | +/- 0% | | +/- 0% | | +/- 0 | | + 5.1 | |

| | | | | | | | | | | | | | | | | | | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-----|--------|-------|---------|-------|--------|-----|--------|------|--------|-------|--------|-----|--------|-----|--------|----|-------|----|-------|------|
| -Control Site- Hart Tie & Lumber 21 participants HRA-Healics® - August 16 & 23, 2006 and January 30 & February 22, 2007 91% completion rate (21 of 23) | 52.3% | 57% | 47.6% | 47.6% | 33.3% | 66.6% | 42.8% | 38% | 14.2% | 9.5% | 14.2% | 23.8% | 19% | 19% | 14% | 14% | 9.5% | 0% | 60 | 60 | 22.8 | 27.4 |
| | CHANGES NOTED: | | | | | | | | | | | | | | | | | | | | | |
| | + 4.7% | | +/- 0% | | + 33.3% | | - 4.8% | | - 4.7% | | + 9.6% | | +/- 0% | | +/- 0% | | - 9.5% | | +/- 0 | | + 4.6 | |

PROGRAM PARTICIPATION

| | * Program Attendance | * Coaching | * Challenges | * Blood Pressure Checks | * EAP (Depression) Consult | * POWER UP |
|----------------------------------------------|----------------------|------------|--------------|-------------------------|----------------------------|------------|
| D&S Mfg 70 % out of initial 53 | 70 % | 41.5 % | 28 % | 13 % | 9.4 % | 26.4 % |
| BRF School District | 61.5 % | 50 % | 32 % | 31 % | 3.8 % | 38.4 % |

Health Risk Assessment Summary Data - proACTIVE Wellness Initiative

| Average: | Body Fat | | BP | | Chol/HDL Ratio | | Trig Gluc Nic | | Survey Score | | Differences: | | Survey Score | | | | |
|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|----|----------------|-----|---------------|------|--------------|----|--------------|----|--------------|------|-----|----|-------|
| | Wt | Fat | BP | BP | Chol | HDL | Trig | Gluc | Nic | Sc | Sc | Wt | B Fat | Chol | Nic | Sc | Score |
| D&S Mfg - GROUP ONE Healics® 19 participants | August 23, 2006 209 29.9% 1 Ext 201 4.2 140 93 8 62 21.1 Other: 1 Ext/2 HI Chol, 3 Extreme LDL/7 HI LDL, 1 HI HDL, 1 Ex/1 HI Trig, 1 HI GGT Nicotine: 1 quit and 1 tested positive in follow up Avg Weight loss: 3 lbs; 12 lost 93.5 lbs; 7 gained 46 pounds | | | | | | | | | | | | | | | | |
| | January 18, 2007 206 29.2% 1 Ext 205 4.3 110 89 8 62 28.5 Wellness Score: 7.4 pt average increase Healics® Score: 0.2 pt average increase; 8 totaled an increase of 62 pts | | | | | | | | | | | | | | | | |
| D&S Mfg - GROUP TWO Alternative Source 20 participants | August 22, 2006 189.5 25.8% 2Ex/3HI 198 4.3 168 91 5 27 22 * There was one extremely high result in each of these categories, potentially skewing results Other: 2 Ex/1 HI Chol, 3 Extreme Triglycerides Nicotine: No tests run; 1 quit per self-report Avg Weight gain: 3.9 lbs; 3 lost 21.2 lbs; 17 gained 99.6 pounds | | | | | | | | | | | | | | | | |
| | February 7, 2007 193.4 28.9% 2Ex/1HI 201 4.3 141 94 4 28 27.5 Wellness Score: 5.5 pt average increase Alternative Scoring: 1.3 pt average increase; 3 totaled an increase of 25 pts BMI was also determined by alternative source | | | | | | | | | | | | | | | | |
| Black River Falls School District Healics® 22 participants | October 5 & 11, 2006 179 36.5% 2 Ext 194 3.5 114 87 3 69 25.1 Other: 1 Extreme LDL, 4 HI LDL, 1 HI HDL, 2 HI Triglyc Nicotine: 1 quit at the onset of programming Avg Weight loss: 1 lb; 12 lost 63 lbs; 9 gained 37 pounds | | | | | | | | | | | | | | | | |
| | February 13 & 14, 2007 178 36.5% 2 Ext 198 3.4 116 91 3 69 30.2 * One participant put on meds was able to lower cholesterol by 88 Wellness Score: 5 pt average increase Healics® Score: 0.1 pt average decrease; 7 totaled an increase of 38 pts | | | | | | | | | | | | | | | | |
| Control Site - Hart Tie & Lumber Healics® 21 participants | August 16 & 23, 2006 198.2 29.5% 3 Ext 193 4 132 92 10 60 22.8 Other: 5 Ext/3 HI LDL, 3 Ext/2 HI HDL, 3 HI Triglyc, 1 Ext/1 HI GGT Nicotine: no change Avg Weight loss: 3 lbs; 6 lost 20.5 lbs; 15 gained 86.6 pounds | | | | | | | | | | | | | | | | |
| | January 30, 2007 & February 22, 2007 191.8 31.5% 2Ex/1HI 205 3.9 128 96 10 60 27.4 * One participant put on meds was able to lower triglycerides by 162 & Glucose by 35 Wellness Score: 4 pt average increase Healics® Score: 0.6 pt average decrease; 7 totaled an increase of 49 pts | | | | | | | | | | | | | | | | |
| Changes in Scores/Results -3 -22% -95 1 0 +7.4 -93.5 (12) (9) +46 -48 Net loss | | | | | | | | | | | | | | | | | |
| Changes in Scores/Results +3.9 -6.6% -267 2 1 +5.5 -21.2 (5) (6) +99.6 +78.4 Net gain | | | | | | | | | | | | | | | | | |
| Changes in Scores/Results -1 -14.6% -136 1 0 +5.0 -63 (12) (5) +37 -26 Net loss | | | | | | | | | | | | | | | | | |
| Changes in Scores/Results -6.4 -6.8% -77 0 -1 +4.0 -20.5 (3) (5) +86.6 +66.1 Net gain | | | | | | | | | | | | | | | | | |

FOOD DIARY COMPARISON SUMMARIES 2006-2008

Ho Chunk Majestic Pines Casino - Year 3 - 2008

KEY (initial food diary rating)

A = Adequate
E = Excessive
I = Inadequate

FOOD DIARY COMPARISONS

Reviewed by: Sara Ashbeck, RD, CD

Black River Memorial Hospital / Consultant Dietitian

19 participants completed pre- and post-diaries

| Rating | Protein | | | Totals | Fat | | | Totals | Calcium | | | Totals | Fruit | | | Totals | Vegetables | | | Totals | Sodium | | | Totals |
|------------------------------------------------------------|-----------|----------|----------|--------|----------|-----------|----------|--------|----------|----------|-----------|--------|----------|----------|-----------|--------|------------|----------|-----------|--------|-----------|----------|----------|--------|
| | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | |
| 1 = Improved to desired result * | | | 1 | 1 | 1 | 3 | | 4 | | | | 0 | | | 2 | 2 | | | 0 | | 1 | | 1 | |
| 2 = Slightly Improved | | | | 0 | | | | 0 | | | | 0 | | | | 0 | | | 0 | | 2 | | 2 | |
| 3 = No Improvement | 1 | | | 1 | | 10 | | 10 | | | 18 | 18 | | | 16 | 16 | | | 18 | 18 | 1 | 6 | 7 | |
| 4 = No Improvement (remained adequate at desired result) * | 7 | | | 7 | 3 | | | 3 | | | | 0 | | | | 0 | 1 | | 1 | 7 | | | 7 | |
| 5 = Decline in nutritional status | 9 | 1 | | 10 | 2 | | | 2 | 1 | | | 1 | 1 | | | 1 | | | 0 | 2 | | | 2 | |
| Totals: | 17 | 1 | 1 | | 6 | 13 | 0 | | 1 | 0 | 18 | | 1 | 0 | 18 | | 1 | 0 | 18 | | 10 | 9 | 0 | |

Results:

Protein: 42% (8) consumed adequate protein before & after education; 5% (1) improved after education, with ten (52%) declining after education.

Fat: 52% (10) consumed excess fat before & after education; 21% (4) improved intake after education.

Calcium: 95% (18) consumed inadequate before & after education; no improvements noted with one declining after education.

Fruit: 84% (16) consumed inadequate fruit before & after education; 10% (2) improved after education.

Vegetables: 94% (18) consumed inadequate veggies before & after education; no improvements noted.

Sodium: 32% (6) consumed excessive sodium before & after education, 16% (3) improved after education.

Black River Falls School District - Year 3 -2008

KEY (initial food diary rating)

A = Adequate
E = Excessive
I = Inadequate

FOOD DIARY COMPARISONS

Reviewed by: Angela Kohlwey, RD, CD

Black River Memorial Hospital / Consultant Dietitian

11 participants completed pre- and post-diaries

| Rating | Protein | | | Totals | Fat | | | Totals | Calcium | | | Totals | Fruit | | | Totals | Vegetables | | | Totals | Sodium | | | Totals |
|------------------------------------------------------------|-----------|----------|----------|--------|----------|----------|----------|--------|----------|----------|----------|--------|----------|----------|----------|--------|------------|----------|-----------|--------|----------|----------|----------|--------|
| | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | |
| 1 = Improved to desired result * | | | | 0 | | 1 | | 1 | | | 1 | 1 | | | 1 | 1 | | | 2 | 2 | | 1 | 1 | |
| 2 = Slightly Improved | | | | 0 | | | | 0 | | | 1 | 1 | | | | 0 | | | 0 | | | | 0 | |
| 3 = No Improvement | | | | 0 | | 1 | | 1 | | | 6 | 6 | 1 | | 6 | 7 | | | 8 | 8 | | 1 | 1 | |
| 4 = No Improvement (remained adequate at desired result) * | 10 | | | 10 | 9 | | | 9 | 2 | | | 2 | 1 | | | 1 | | | 0 | 8 | | | 8 | |
| 5 = Decline in nutritional status | | | 1 | 1 | | | | 0 | | | 1 | 1 | 1 | | 1 | 2 | 1 | | 1 | 1 | | | 1 | |
| Totals: | 10 | 0 | 1 | | 9 | 2 | 0 | | 2 | 0 | 9 | | 3 | 0 | 8 | | 1 | 0 | 10 | | 9 | 2 | 0 | |

Results:

Protein: 91% (10) consumed adequate protein before & after education; no improvements noted.

Fat: 9% (1) consumed excess fat before & after education; 9% (1) improved intake after education.

Calcium: 62% (7) consumed inadequate before & after education; 18% (2) improved after education.

Fruit: 62% (7) consumed inadequate fruit before & after education; 9% (1) improved after education.

Vegetables: 72% (8) consumed inadequate veggies before & after education; 18% (2) improved after education.

Sodium: 9% (1) consumed excessive sodium before & after education, 9% (1) improved after education.

Regal Beloit - Year 2 - 2007

FOOD DIARY COMPARISONS

Reviewed by: Sara Ashbeck, RD, CD
Black River Memorial Hospital / Consultant Dietitian

14 participants completed pre- and post-diaries

KEY (initial food diary rating)

A = Adequate
E = Excessive
I = Inadequate

| Rating | Protein | | | Totals | Fat | | | Totals | Calcium | | | Totals | Fruit | | | Totals | Vegetables | | | Totals | Sodium | | | Totals |
|------------------------------------------------------------|-----------|----------|----------|--------|----------|----------|----------|--------|----------|----------|-----------|--------|----------|----------|-----------|--------|------------|----------|-----------|--------|----------|----------|----------|--------|
| | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | |
| 1 = Improved to desired result * | | | 2 | 2 | | 1 | 1 | 2 | | | 1 | 1 | | | 0 | | | 2 | 2 | | 3 | | 3 | |
| 2 = Slightly Improved | | | | 0 | | 2 | | 2 | | | 1 | 1 | | | 0 | | | 2 | 2 | | 1 | | 1 | |
| 3 = No Improvement | | | 1 | 1 | | 6 | | 6 | | | 9 | 9 | | | 13 | 13 | | 10 | 10 | | 4 | | 4 | |
| 4 = No Improvement (remained adequate at desired result) * | 7 | | | 7 | 4 | | | 4 | 1 | | | 1 | | | 0 | | | | | 0 | 5 | | 5 | |
| 5 = Decline in nutritional status | 4 | | | 4 | | | | 0 | 2 | | | 2 | 1 | | 1 | | | | | 0 | 1 | | 1 | |
| Totals: | 11 | 0 | 3 | | 4 | 9 | 1 | | 3 | 0 | 11 | | 1 | 0 | 13 | | 0 | 0 | 14 | | 6 | 8 | 0 | |

Results:

Protein: 50% (7) consumed adequate protein before & after education; 14% (2) improved after education.

Fat: 43% (6) consumed excess fat before & after education, 29% (4) improved intake after education.

Calcium: 64% (9) consumed inadequate before & after education; 14% (2) improved after education.

Fruit: 93% (13) consumed inadequate fruit before & after education, no improvements noted with one declining after education.

Vegetables: 71% (10) consumed inadequate veggies before & after education; 21% (3) improved after education.

Sodium: 28% (4) consumed excessive sodium before & after education, 28% (4) improved after education.

Black River Falls School District - Year 2 - 2007

FOOD DIARY COMPARISONS

Reviewed by: Sara Ashbeck, RD, CD
Black River Memorial Hospital / Consultant Dietitian

21 participants completed pre- and post-diaries

KEY (initial food diary rating)

A = Adequate
E = Excessive
I = Inadequate

| Rating | Protein | | | Totals | Fat | | | Totals | Calcium | | | Totals | Fruit | | | Totals | Vegetables | | | Totals | Sodium | | | Totals |
|------------------------------------------------------------|-----------|----------|----------|--------|-----------|----------|----------|--------|----------|----------|-----------|--------|----------|----------|-----------|--------|------------|----------|-----------|--------|-----------|----------|----------|--------|
| | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | |
| 1 = Improved to desired result * | | | 2 | 2 | | 2 | | 2 | | | | 0 | | | 1 | 1 | | | 2 | 2 | | 3 | | 3 |
| 2 = Slightly Improved | | | | 0 | | 1 | | 1 | | | | 0 | | | 2 | 2 | | | 2 | 2 | | | | 0 |
| 3 = No Improvement | | | | 0 | | 7 | | 7 | | | 20 | 20 | | | 15 | 15 | | | 15 | 15 | | 3 | | 3 |
| 4 = No Improvement (remained adequate at desired result) * | 18 | | | 18 | 11 | | | 11 | 1 | | | 1 | 1 | | | 1 | | | | 0 | 15 | | | 15 |
| 5 = Decline in nutritional status | 1 | | | 1 | | | | 0 | | | | 0 | 2 | | | 2 | 2 | | | 2 | | | | 0 |
| Totals: | 19 | 0 | 2 | | 12 | 9 | 0 | | 1 | 0 | 20 | | 3 | 0 | 18 | | 2 | 0 | 19 | | 15 | 6 | 0 | |

Results:

Protein: 86% (18) consumed adequate protein before & after education; 10% (2) improved after education.

Fat: 33% (7) consumed excess fat before & after education, 14% (3) improved intake after education.

Calcium: 95% (20) consumed inadequate before & after education; no improvements noted after education.

Fruit: 71% (15) consumed inadequate fruit before & after education, 14% (3) improved after education with two declining after education.

Vegetables: 71% (15) consumed inadequate veggies before & after education; 19% (4) improved after education with two declining after education.

Sodium: 14% (3) consumed excessive sodium before & after education, 14% (3) improved after education.

D&S Manufacturing - Year 1 - 2006

KEY (initial food diary rating)

FOOD DIARY COMPARISONS

Reviewed by: Faye Moseley Rezin, RD, CD, CDE

Black River Memorial Hospital / Consultant Dietitian

13 participants completed pre- and post-diaries

A = Adequate
E = Excessive
I = Inadequate

| Rating | Protein | | | Totals | Fat | | | Totals | Calcium | | | Totals | Fruit | | | Totals | Vegetables | | | Totals | Sodium | | | Totals |
|------------------------------------------------------------|----------------------------------------------------------------------------------------|---|---|--------|-----|---|---|--------|---------|---|----|--------|-------|---|----|--------|------------|---|----|--------|--------|---|---|--------|
| | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | |
| 1 = Improved to desired result * | | | | 0 | | | | 0 | | | | 0 | | | 1 | 1 | | | 1 | 1 | | | 1 | |
| 2 = Slightly Improved | | | | 0 | | | | 0 | | | 2 | 2 | | | | 0 | | | 1 | 1 | | | 1 | |
| 3 = No Improvement | | 2 | | 2 | | 4 | | 4 | | | 9 | 9 | | | 11 | 11 | | | 9 | 9 | | | 3 | |
| 4 = No Improvement (remained adequate at desired result) * | 11 | | | 11 | 9 | | | 9 | 2 | | | 2 | 1 | | | 1 | 2 | | | 2 | 8 | | | 8 |
| 5 = Decline in nutritional status | This category was not evaluated in the earlier evaluations conducted with this project | | | | | | | | | | | | | | | | | | | | | | | |
| Totals: | 11 | 2 | 0 | | 9 | 4 | 0 | | 2 | 0 | 11 | | 1 | 0 | 12 | | 2 | 0 | 11 | | 8 | 5 | 0 | |

Results:

Protein: 85% (11) consumed adequate protein before & after education; no improvements noted after education.

Fat: 31% (4) consumed excess fat before & after education; no improvements noted after education.

Calcium: 69% (9) consumed inadequate before & after education; 15% (2) improved after education.

Fruit: 77% (11) consumed inadequate fruit before & after education; 8% (1) improved after education.

Vegetables: 69% (9) consumed inadequate veggies before & after education; 15% (2) improved after education.

Sodium: 23% (3) consumed excessive sodium before & after education; 15% (2) improved after education.

The dietitian noted visible improvements in eating habits with 5 of the 13 diaries, noting an overall 38% improvement in food choices.

Black River Falls School District - Year 1 -2006

KEY (initial food diary rating)

FOOD DIARY COMPARISONS

Reviewed by: Faye Moseley Rezin, RD, CD, CDE

Black River Memorial Hospital / Consultant Dietitian

9 participants completed pre- and post-diaries

A = Adequate
E = Excessive
I = Inadequate

| Rating | Protein | | | Totals | Fat | | | Totals | Calcium | | | Totals | Fruit | | | Totals | Vegetables | | | Totals | Sodium | | | Totals |
|------------------------------------------------------------|----------------------------------------------------------------------------------------|---|---|--------|-----|---|---|--------|---------|---|---|--------|-------|---|---|--------|------------|---|---|--------|--------|---|---|--------|
| | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | | A | E | I | |
| 1 = Improved to desired result * | | | | 0 | | 2 | | 2 | | | | 0 | | | | 0 | | | | | | | | 0 |
| 2 = Slightly Improved | | | 1 | 1 | | | | 0 | | | 1 | 1 | | | 1 | 1 | | | 4 | 4 | | | | 0 |
| 3 = No Improvement | | | | 0 | | 1 | | 1 | | | 8 | 8 | | | 7 | 7 | | | 4 | 4 | | | 1 | 1 |
| 4 = No Improvement (remained adequate at desired result) * | 8 | | | 8 | 6 | | | 6 | | | | 0 | 1 | | | 1 | 1 | | | 1 | 8 | | | 8 |
| 5 = Decline in nutritional status | This category was not evaluated in the earlier evaluations conducted with this project | | | | | | | | | | | | | | | | | | | | | | | |
| Totals: | 8 | 0 | 1 | | 6 | 3 | 0 | | 0 | 0 | 9 | | 1 | 0 | 8 | | 1 | 0 | 8 | | 8 | 1 | 0 | |

Results:

Protein: 89% (8) consumed adequate protein before & after education; 11% (1) improved after education.

Fat: 11% (1) consumed excess fat before & after education; 22% (2) improved intake after education.

Calcium: 89% (8) consumed inadequate before & after education; 11% (1) improved after education.

Fruit: 78% (7) consumed inadequate fruit before & after education; 11% (1) improved after education.

Vegetables: 44% (4) consumed inadequate veggies before & after education; 44% (4) improved after education.

Sodium: 11% (1) consumed excessive sodium before & after education; no improvements noted after education.

The dietitian noted visible improvements in eating habits with 3 of the 9 diaries, and slight improvements with 2, noting an overall 55% improvement in food choices.

OVERALL SUMMARY OF FOOD DIARIES

%s represent those eating at an improved or **adequate** level after education

| | Protein | Fat | Calcium | Fruit | Veg. | Sodium |
|---------|---------|-----|---------|-------|------|--------|
| HoCHUNK | 47% | 37% | 0% | 10% | 5% | 53% |
| BRFSD 3 | 91% | 91% | 36% | 18% | 18% | 82% |
| REGAL | 64% | 57% | 21% | 0% | 28% | 64% |
| BRFSD 2 | 95% | 67% | 5% | 19% | 19% | 86% |
| D&S | 85% | 69% | 31% | 15% | 29% | 71% |
| BRFSD 1 | 100% | 89% | 11% | 22% | 56% | 89% |

Averages:

| | | | | | | |
|--|--------------|--------------|--------------|--------------|--------------|--------------|
| | 80.3% | 68.3% | 17.3% | 14.0% | 25.8% | 74.2% |
|--|--------------|--------------|--------------|--------------|--------------|--------------|

| | Protein | Fat | Calcium | Fruit | Veg. | Sodium |
|---------|---------|-----|---------|-------|------|--------|
| HoCHUNK | 9 | 7 | 0 | 2 | 1 | 10 |
| BRFSD 3 | 10 | 10 | 4 | 2 | 2 | 9 |
| REGAL | 9 | 8 | 3 | 0 | 4 | 9 |
| BRFSD 2 | 20 | 14 | 1 | 4 | 4 | 18 |
| D&S | 11 | 9 | 4 | 2 | 4 | 10 |
| BRFSD 1 | 9 | 8 | 1 | 2 | 5 | 8 |

Totals:

| | | | | | | |
|--|-------------|------------|------------|------------|------------|-------------|
| | 68 | 56 | 13 | 12 | 20 | 64 |
| | 11.3 | 9.3 | 2.2 | 2.0 | 3.3 | 10.7 |

%s represent those experiencing **improved eating habits** after education

| | Protein | Fat | Calcium | Fruit | Veg. | Sodium |
|---------|---------|-----|---------|-------|------|--------|
| HoCHUNK | 5% | 14% | 0% | 10% | 0% | 16% |
| BRFSD 3 | 0% | 9% | 18% | 9% | 18% | 9% |
| REGAL | 14% | 29% | 14% | 0% | 21% | 28% |
| BRFSD 2 | 10% | 14% | 0% | 14% | 19% | 14% |
| D&S | 0% | 0% | 15% | 8% | 15% | 15% |
| BRFSD 1 | 11% | 22% | 11% | 11% | 44% | 0% |

Averages:

| | | | | | | |
|--|-------------|--------------|-------------|-------------|--------------|--------------|
| | 6.7% | 14.7% | 9.7% | 8.7% | 19.5% | 13.7% |
|--|-------------|--------------|-------------|-------------|--------------|--------------|

It is noted that more importance and education should be placed on fruit consumption and daily calcium requirements. Emphasis on the importance of appropriate intake of protein should also be noted - quite a few declined in this area after education.