



## Outcome Project Survey Trends Data

The information below is a summary of the results from individual questions in the survey instrument.

### ***Part I: Current Behaviors***

Overall, respondents showed improvements in food choices as demonstrated by improved numbers of servings from the nutrient-rich food groups. They also showed increased levels of physical activity at post-assessment with greater gains in aerobic than resistance activity.

[See page 2 for details on Part I: Current Behaviors.](#)

### ***Part II: Confidence in Plan***

For all eating and physical activity situations posed, the percentage of participants with low confidence decreased from pre- to post-treatment. Ratings of moderately or highly confident increased for all eating situations; high confidence ratings increased for all physical activity situations. The percentage of respondents feeling moderately confident when family and friends are not physically active and when family and friends are not encouraging physical activity decreased from pre- to post-treatment. However, the percentage of respondents feeling highly confident in these two situations showed a considerable increase from pre- to post-treatment.

[See page 5 for details on Part II: Confidence in Plan](#)

### ***Part III: Belief in Outcomes***

The ratings concerning the impact of changes in eating and physical activity behaviors on outcomes related to disease risk, weight and maintenance of new behaviors do not show major change from pre- to post-treatment. This is not surprising since belief in these outcomes probably prompted respondents to seek out a behavior change program such as LIFESTEPS.

[See page 7 for details on Part III: Belief in Outcomes](#)

## Part I: Current Behaviors - Data

*During the past week, how many days did you keep a record of your eating patterns?*

	Pre-Assessment	Post-Assessment
(1) None	46.9% (642)	20.2% (178)
(2) 1-2 days	28.6% (391)	8.3% (73)
(3) 3-4 days	8.8% (121)	12.6% (111)
(4) 5-6 days	5.0% (69)	12.0% (106)
(5) Every day	10.6% (145)	46.9% (414)

*During the past week, how many times did you use measuring cups/spoons and/or a scale to measure the amount of food you ate?*

	Pre-Assessment	Post-Assessment
(1) None	72.8% (996)	22.2% (195)
(2) Once a week	6.1% (83)	5.9% (52)
(3) 2-3 times a week	10.5% (144)	27.1% (238)
(4) At least one time daily	8.4% (114)	31.9% (280)
(5) Every meal or snack	2.2% (30)	12.8% (112)

*During a “typical” day, how many times do you eat? An “eating episode” is defined as 20 minutes or more between the last bite of one meal or snack and the first bite of the next.*

	Pre-Assessment	Post-Assessment
(1) 1 or less	3.8% (51)	2.9% (25)
(2) 2-3 times	29.7% (403)	32.6% (286)
(3) 4-5 times	51.2% (695)	55.0% (482)
(4) 6-7 times	13.7% (186)	9.2% (81)
(5) 8 or more	1.7% (23)	0.3% (3)

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## Part I: Current Behaviors- Data (cont.)

During a “typical” day, how many servings from specific food groups do you eat?

Group/Serving Size	# of Servings	Pre-Treatment (%)	Post-Treatment (%)
<b>Grain Group</b> (1 slice bread; ½ c. pasta, rice, or cooked cereal; 1 c. dry cereal; ½ bagel)	None	1.8	0.8
	1-3	52.3	44.5
	<b>4-6</b>	<b>37.7</b>	<b>49.5</b>
	7-9	7.0	4.9
	10 or more	1.3	0.3
<b>Fruit Group</b> (1 piece med. fruit, ½ c. canned or cut up fruit, ¾ cup juice, or ¼ c. dried fruit)	None	12.8	2.4
	1	34.4	21.8
	<b>2-3</b>	<b>45.2</b>	<b>63.9</b>
	4	5.8	10.0
	5 or more	1.8	1.9
<b>Vegetable Group</b> ( ½ c. cooked or raw, 1 c. leafy, or ¾ c. juice)	None	3.5	1.6
	1	29.2	11.2
	<b>2-3</b>	<b>55.9</b>	<b>63.9</b>
	4	8.6	16.3
	5 or more	2.9	6.9
<b>Milk Group</b> (1 c. milk or yogurt, 1½ - 2 oz. cheese, or ½ c. cottage cheese)	None	8.7	2.3
	1	33.6	24.0
	2	36.9	45.7
	<b>3</b>	<b>15.5</b>	<b>24.2</b>
	4 or more	5.3	3.9
<b>Meat Group</b> (2-3 oz. meat, chicken, fish or pork; 1 egg; 2 tbs. peanut butter; or ½ c. cooked dried peas or beans)	None	1.3	1.3
	1	16.0	14.9
	<b>2</b>	<b>42.6</b>	<b>46.8</b>
	3	28.1	30.6
	4 or more	12.1	6.4
<b>Others**</b> (1 tsp. oil, butter or sugar; 1 tbs. salad dressing or mayonnaise; 1 cookie; 1 slice pie or cake; 1 regular soda; 1 donut; 4 oz. wine, 1 beer; or 1 oz. alcohol)	None		
	1-2	39.5	38.4
	3-4		
	5-6	23.9	13.8
	7 or more		

\*The number of servings recommend in the LIFESTEPS Program is shaded.

\*\*There is no recommended number of servings from this group in LIFESTEPS. Participants are told to go by calories from this group rather than servings. Difficult to evaluate intake from “Others” since participants may have substituted lower calorie or calorie-free options they counted as servings.

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## Part I: Current Behaviors - Data (cont.)

*During the past week, how much total time did you spend during aerobic exercise such as walking, swimming, or bicycling?*

	Pre-Assessment	Post-Assessment
(1) None	24.6% (334)	7.6% (67)
(2) Less than 30 min./week	21.4% (390)	12.8% (113)
(3) 30-60 min./week	23.3% (316)	21.8% (193)
(4) 1-3 hrs./week	20.3% (276)	29.9% (265)
(5) 3+ hrs./week	10.4% (141)	27.9% (247)

*During the past week, how much total time did you spend doing strength training exercises such as weight lifting?*

	Pre-Assessment	Post-Assessment
(1) None	72.6% (989)	42.8% (379)
(2) Less than 30 min./week	12.5% (171)	24.6% (218)
(3) 30-60 min./week	9.0% (123)	18.6% (165)
(4) 1-3 hrs./week	4.8% (66)	12.5% (111)
(5) 3+ hrs./week	1.0% (14)	1.4% (12)

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Scroll down for Confidence in Plan Data.

## Part II: Confidence in Plan - Data

For all eating and physical activity situations posed, the percentage of participants with low confidence decreased from pre- to post-treatment. Ratings of moderately or highly confident increased for all eating situations; high confidence ratings increased for all physical activity situations. The percentage of respondents feeling moderately confident when family and friends are not physically active and when family and friends are not encouraging physical activity decreased from pre- to post-treatment. However, the percentage of respondents feeling highly confident in these two situations showed a considerable increase from pre- to post-treatment.

*(The following questions were rated on a scale of 1-4 with 1 meaning “not at all confident” and 4 meaning “highly confident.”)*

*After adopting a healthy eating plan for weight management, how confident do you feel that you can follow this plan in the following situations when...*

Situation	Confidence Level	Pre-Treatment (%)	Post-Treatment (%)
You are with family and friends in a social setting where food is highly visible and available.	1	7.1	1.6
	2	29.4	14.2
	3	48.7	53.0
	4	14.7	31.2
Another person urges you to eat outside your plan.	1	5.1	1.6
	2	23.1	10.3
	3	46.1	45.2
	4	25.7	43.0
You are angry, anxious, depressed or bored.	1	20.8	8.4
	2	39.3	28.0
	3	28.5	43.1
	4	11.3	20.5
You are in a situation where others have prepared or have control over the foods that are available.	1	9.0	3.1
	2	35.5	19.8
	3	43.5	54.1
	4	12.0	23.0
You are not in your usual routine, i.e., weekends, holidays, or traveling.	1	12.8	5.2
	2	42.2	28.0
	3	37.9	49.9
	4	7.1	16.8

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## Part II: Confidence in Plan – Data (cont.)

After adopting a program of regular, daily physical activity, how confident do you feel that you can follow this plan in the following situations when...

Situation	Confidence Level	Pre-Treatment (%)	Post-Treatment (%)
You are not in your usual routine, i.e., weekends, holidays, or traveling.	1	9.3	6.4
	2	38.9	32.0
	3	39.9	44.1
	4	11.9	17.5
You are tired.	1	13.3	8.1
	2	43.0	36.7
	3	34.8	40.0
	4	8.9	15.2
Your family and friends are not physically active.	1	4.9	2.2
	2	19.1	15.1
	3	50.4	43.4
	4	25.5	39.3
Your family and friends are not encouraging you to be active.	1	3.5	2.1
	2	17.6	11.2
	3	49.8	46.6
	4	29.1	40.2
You are angry, anxious, depressed, or bored.	1	10.9	6.3
	2	33.8	23.8
	3	38.6	44.1
	4	16.7	25.9

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Scroll down for Belief in Outcomes Data.

### **Part III: Belief in Outcomes - Data**

The ratings concerning the impact of changes in eating and physical activity behaviors on outcomes related to disease risk, weight and maintenance of new behaviors do not show major change from pre- to post-treatment. This is not surprising since belief in these outcomes probably prompted respondents to seek out a behavior change program such as LIFESTEPS.

*(The following questions were rated on a scale of 1-4 with 1 meaning “strongly disagree” in the outcome and 4 means “strongly agree” that you will achieve the outcome.)*

*After adopting a healthy eating plan that will enable you to lose weight, what is your belief about the following statements?*

*I believe that by developing a healthy eating plan I will...*

<b>Belief</b>	<b>Rating</b>	<b>Pre-Treatment (%)</b>	<b>Post-Treatment (%)</b>
Reduce my risk for disease such as heart disease and some cancers.	1	1.1	1.2
	2	1.2	1.4
	3	9.7	8.1
	4	88.0	89.3
Be able to maintain a healthy weight.	1	1.0	0.9
	2	2.7	2.2
	3	25.65	16.4
	4	70.7	80.5
I will be able to maintain my new eating patterns long term.	1	1.1	0.8
	2	8.1	5.0
	3	46.4	36.2
	4	44.3	58.0

*I believe that by developing a program of regular, daily physical activity I will...*

<b>Belief</b>	<b>Rating</b>	<b>Pre-Treatment (%)</b>	<b>Post- Treatment (%)</b>
Reduce my risk for diseases such as heart disease and some cancers.	1	0.7	1.2
	2	1.3	1.1
	3	13.4	10.7
	4	84.5	87.0
Be able to maintain a healthier weight.	1	1.0	1.1
	2	2.1	7.4
	3	25.1	30.0
	4	71.9	61.5
Be able to maintain my new level of physical activity long term.	1	1.6	1.1
	2	7.6	7.4
	3	39.3	30.0
	4	51.5	61.5

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