

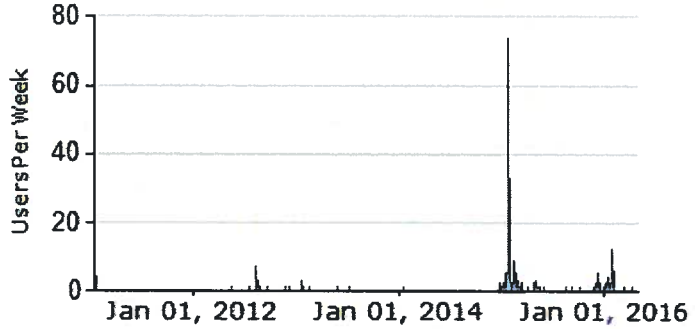
# Weight Loss Challenge Statistics

## OYOH Weight Loss Challenge (Individuals)

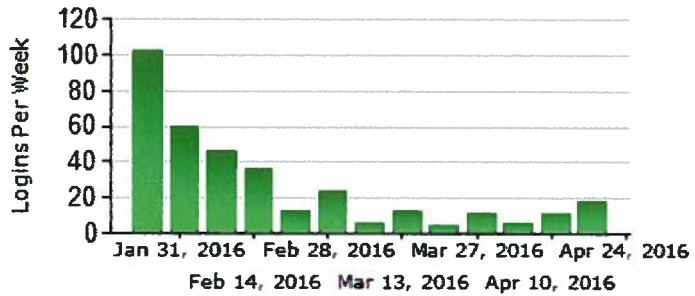
25-Jan-2016 to 25-Apr-2016

### Users

Total Users Registered	219
Total Logins	345
Never Logged In	0



### Logins

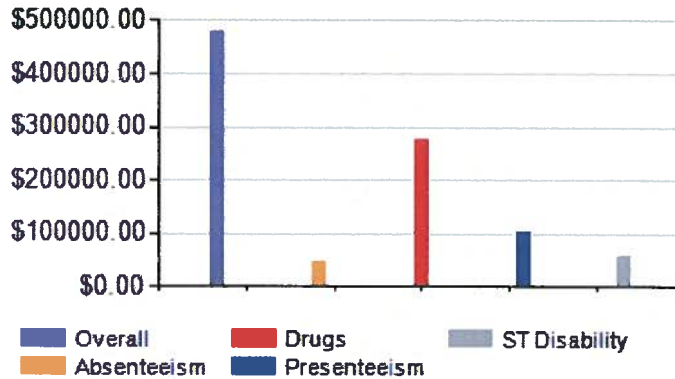


### Obesity Cost

<b>Obese Participants</b>	<b>141</b>
Presenteeism	\$102,789.00
Absenteeism	\$46,953.00
ST Disability	\$55,836.00
Drug Costs	\$274,058.88
<b>Total</b>	<b>\$479,636.88</b>

Based on 3rd party research. North American savings. Source information maintained by CoreHealth.

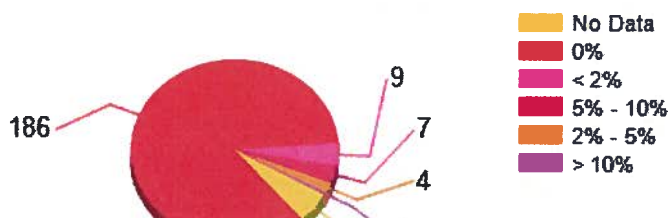
### Projected Annual Cost of Obesity



### Weight Loss

Number of people that lost weight	21
Total Weight Loss	53.1 kgs
	117.1 lbs

### Weight Loss



# Weight Loss Challenge Statistics

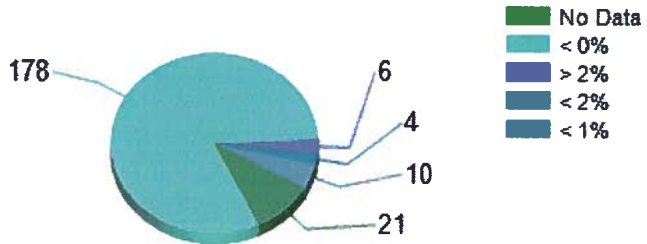
## OYOH Weight Loss Challenge (Individuals)

25-Jan-2016 to 25-Apr-2016

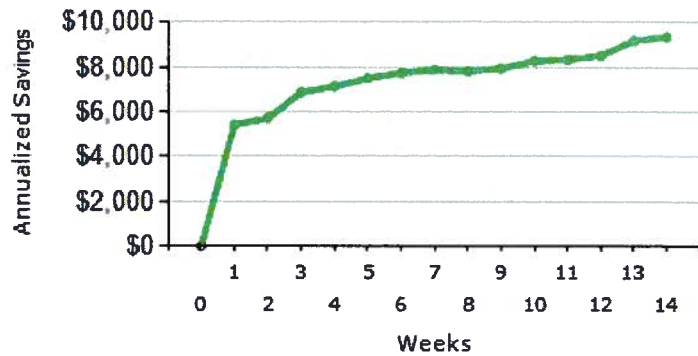
### BMI

Total BMI Points Lost 20  
 % with Improved BMI 9.13%

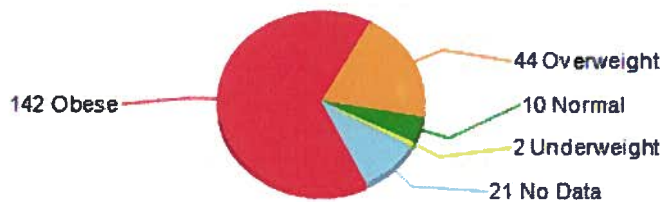
### BMI Change



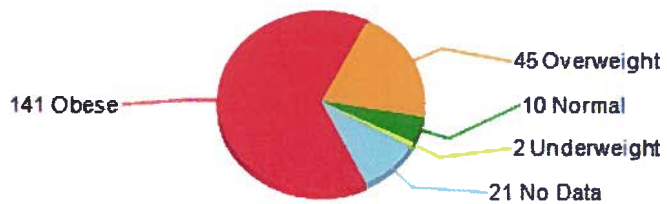
### Savings - Reduced BMI Points



### Start BMI



### End BMI



**Brief Summary:**  
**Own Your Own Health Program Participant Follow-up Survey**  
*(November 1 – 22, 2016)*

The first evaluator-developed Own Your Own Health (OYOH) participant survey was implemented in May 2016, shortly after the 2016 OYOH fitness challenge; it was available to all 2016 OYOH challenge participants. The follow-up survey was implemented 6 months later, in November 2016, to all those completing the initial survey. The purpose of the follow-up survey was to find out if the key healthy behaviors reported after the OYOH challenge (presented in Table 2) are being maintained. Over time, the systematic surveying of OYOH participants is expected to provide data that describe the extent of the OYOH impact on these key healthy behaviors.

Typically, the OYOH website is underutilized during the month of November when there are no public challenges. So, a series of e-mails (an original and several reminders) was sent to all OYOH registrants asking those who participated in the initial OYOH survey in May 2016 to log onto the site to complete the follow-up survey. Of the 75 initial survey participants, a total of 74 logged on. Of these 74 past participants, 44 (~60%) agreed to complete the follow-up survey. The follow-up survey was similar, but not exactly the same as the initial survey. Below is a summary of the follow-up data; a comparison to the initial survey data is made for the repeated items.

The group of follow-up survey participants is a representative subset of the group of initial survey participants. Though smaller in number, the group of follow-up participants was found to be demographically similar to the group of initial survey takers (Table 1).

**Table 1.** Initial and follow-up survey participants: group comparison of select demographic indicators.

		Initial Survey (N=75)	Follow-up Survey (N=44)
<b>Ethnicity:</b>	Non-Hispanic White or Caucasian	44%	47%
	Non-Hispanic Black or African American	42%	42%
<b>Age:</b>	Range (in years)	25-65+	31-65+
	51 – 60 years	42%	36%
<b>Sex:</b>	Female	88%	68%
	Male	12%	5%
<b>Food Security:</b>	Enough food/ type of food wanted	63%	55%
	Enough food/not always type wanted	36%	43%

NOTE: Values refer to the percent of those responding to that particular survey item.

As a program, OYOH promotes physical activity, healthy eating/weight management, and disease prevention. For the purpose of program evaluation, these objectives are being assessed in terms of key components of a healthy diet (*Diet*), relative physical activity and physical inactivity (*Physical Activity*), and health seeking/health quantifying actions (*Health Assessments*). The specific indicators being used to track these key components are presented in Table 2.

**Table 2.** Indicators of key behaviors associated with fitness and chronic disease prevention.

	Time points:			
	Post-Challenge, Initial Survey	6-Month Follow-up Survey		
<b>Diet:</b>				
Watching or reducing fat intake or changing the type of fat consumed:	75%	→ 86%		
Watching or reducing sodium intake:	56%	→ 66%		
<b>Number of times/day participant consumes:</b>				
	Mean number of times/day		At least once/day	
	Initial survey	6-month follow-up		
<i>Fruit</i>	1.4	↔ 1.2	62%	↔ 43%
<i>Green vegetable</i>	1.1	↔ 1.0	42%	↔ 46%
<i>Orange vegetable</i>	0.4	↔ 0.5	13%	↔ 18%
<i>Whole grain breads</i>	0.8	↔ 0.8	37%	↔ 26%
<i>Whole grains or cereals</i>	0.7	↔ 0.7	32%	↔ 39%
<b>Physical Activity:</b>				
more time spent being physically active now than 6 months ago	51%	→	34%	
Time (hours) spent sitting on a typical day	7.8	↔	7.9	
<b>Health Assessments:</b>				
Blood pressure screen within the past year	89%	→	98%	
Blood sugar screen within the past year	73%	→	96%	
Cholesterol screen within the past year	72%	→	96%	
Obesity screen within the past year	69%	→	91%	
Stress screen within the past year	49%	→	73%	

NOTE: Values refer to the percent of those responding to that particular survey item.

An overarching goal of any health promotion program is to improve quality of life. Health and physical well-being are integrally related to quality of life; emotional well-being (reduced stress, improved self-concept) and social-inclusion (community participation and support) are additional factors, all of which could be affected, to varying degrees, by the OYOH program. A global measure of Quality of Life and of Quality of Health has been included in the OYOH participant survey as a means of monitoring changes in these factors over time (Table 3).

**Table 3.** OYOH participant ratings: Quality of Life; Quality of Health.

	Initial Survey	Follow-up Survey
Rated their <b>Quality of Life</b> as <i>very good or excellent</i>	45%	→ 57%
Rated their <b>Quality of Health</b> as <i>very good or excellent</i>	56%	← 50%

The OYOH program administrator disseminates motivational messages and shares testimonials/success stories among all registered participants. The intent is to maintain momentum, interest, and participation, and to encourage long-term adoption of physical activity and related healthy behaviors. All registered OYOH participants have year-round access to the program website; however, there is currently only one public fitness challenge each year. The following three survey questions (appearing in the follow-up survey only) were developed to indicate program utility and inform future modifications.

- Did OYOH help motivate you to get a health screening or a health assessment?
  - ✓ 36% of participants responded **yes**, conclusively;
  - ✓ 39% of participants communicated that OYOH influenced their decision **to some degree**.



**75%** of respondents indicated that OYOH prompted them to get a health screening or health assessment.

- Would you participate in more than one OYOH challenge each year if more than one was offered?
  - ✓ 39% of participants responded that they **definitely** would;
  - ✓ 50% of participants responded that they **probably** would;
  - ✓ 11% of participants indicated that they were **not sure**; (Nobody checked "no").



**89%** of respondents would likely participate in at least two OYOH challenges each year.

- Have you remained physically active since your last OYOH challenge?
  - ✓ 39% of participants responded **yes, just as active**;
  - ✓ 48% of participants responded **yes, but not as active**;
  - ✓ 9% of participants responded **no**.



**86%** of respondents have maintained some degree of physical activity during the past 6 months.

The value of the OYOH survey data will continue to increase with the number and range of respondents. This first year's round of surveys confirms that the survey structure is manageable and serviceable; it has provided initial insight into the potential impact of the OYOH program.