

**HEALTHY DINNER CLUB  
FEBRUARY 2010  
PROGRAM EVALUATION**

**TOTAL PARTICIPANTS:** 4,213  
**ONLINE REPORTING:** 4,059, 3,945 compliant  
**ONLINE SURVEYS COMPLETED:** 1,483

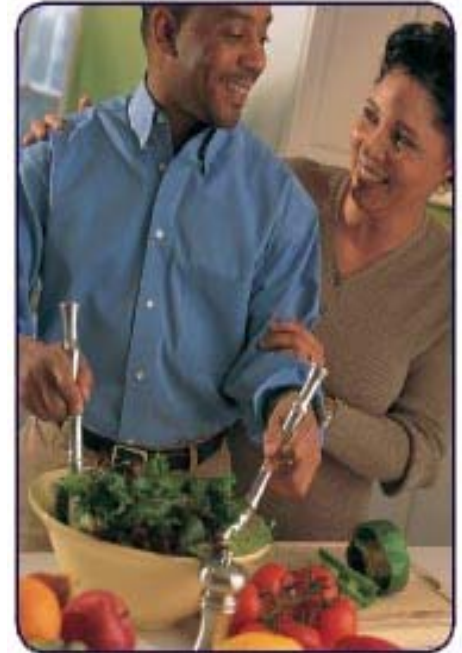
**SURVEY RESPONSES**

**Did you comply with program requirements on at least 22 days during February?**

99% YES    1% NO

**Even though this program only required you to eat a healthy dinner, some participants lost weight. If you lost weight during February, how much weight did you lose?**

**3,461 lbs** were reported lost by 813 participants



**Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Healthy Dinner Club?**

84% YES    16% NO

**Will you participate in the next program – Mount Everest Fitness Challenge?**

90% YES    10% NO

**STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent**

Emails/Daily Website Content	3.56
Recipes	3.39
Website & Tracking	3.72
Overall Program	3.62

**PERSONAL BEHAVIOR BEFORE PROGRAM**

Healthy Dinner	3.17
Correct Portion Sizes	3.03
Productivity work/home	3.32
Overall well-being	3.32

**PERSONAL BEHAVIOR DURING AND AFTER PROGRAM**

Healthy Dinner	3.56	12% increase
Correct Portion Sizes	3.52	16% increase
Productivity work/home	3.54	7% increase
Overall well-being	3.56	7% increase

## COMMENTS FROM PARTICIPANTS

It helped me to not over eat and watch my portions sizes

I had more family dinners than ever since I moved my parents from Arizona in January, and my Mom is living with me. We really did try (and continue) to eat healthy and we are eating together.

For the last year I have done a lot better on what I eat & the correct portion & lost about 35 lb. - but started to put some weight back on (about 10 lb) This help me get back on track & know what is important to my good health.

I was able to focus and observe my daily intake while participating in this program. I am now able to put together better and more nutritious dinners.

We have always ate dinner together. So this was easy but I enjoyed the program.

Lost weight. Picked up "Eat This, Not That" books, which really made me aware of what I was eating.

It was nice to eat our dinner as a family.

One thing I appreciate is that it at least makes one start thinking more about what they are eating and portion sizes.

It was wonderful to see sodium reduction being stressed throughout this program.

I already practiced the eating healthy, correct portion size, and family meal time. Already having these good habits made it easy to do the Healthy Dinner Club.

The recipes were very good and tasty

I enjoyed the program!

Mealtime!

This one was easy as I had already incorporated the practices in my meal plans. I believe the overall program has inspired me to do a lot of these things on my own, but I also love a challenge so love to do these!

This also helped me to reduce my blood sugar count.

These programs keeps me on track.

Brought back a lot of healthy habits.

Good program!

I always feel a little sorry that I can't claim weight loss, etc as a result of Plane Healthy programs. But, since I'm already dedicated to working out and I weigh 108 lbs, there isn't a lot to report. HOWEVER, I appreciate the Plane Healthy programs very much as a way to keep my head in the right place health-wise. Also, I add many of the recipes to my collection. (Loved the broccoli soup this month!)

Thanks,  
Marty Smith

Lots of good recipes!

Liked it.

I've become more conscience of the fact that one dinner at a restaurant has at least 2 portions.

My changes consisted of my changing my life style. I made the change.

My husband and I already participated in family meals, so this behavior program was pretty simple and required no extra effort.

Really enabled the family to enjoy basic quality time together eating the right foods and portions thereof.

My wife and I worked together in this program. One thing that helped us, I set the table, I would put smaller plates which help me keep my portion size down.

Challenged to eat healthier

Nice quotes!

I appreciate these programs.

Good recipes.

It was a good reminder to keep on being "plane healthy."

I really liked this program it helped me jumpstart my program.

I realized that it actually takes less time to cook at home than it does to drive out of your way to wait in line for fast food. I always thought it was the other way around.

Probably the best yet of the Plane Healthy modules. Well-timed implementation following the holidays. Good recipes.

WALKING FOR AN HOUR , LESS 30 MINUTES AFTER DINNER,FILL GOOD ABOUT MYSELF.

Very good program to bring awareness to eating habits and lifestyles that sometimes are missed or forgotten.

Really liked the recipes. Would like to see more vegan kind of recipes.

I liked this program but I've tried to eat correctly for the last several years. As such I probably didn't gain as much as some other folks.

I enjoyed all the tips about family dinners with kids

My family has always been a dinner together family. The one big positive I took from this program is the portion control discussion. We have incorporated a digital scale into our meal preparation activity and this has paid off significantly. Thank You!

No behavior change necessary--we always eat a balanced diet at dinner--vegetables featured every night.

This program made me more conscious of portion control during each meal. Not just during dinner.

I gained valuable knowledge about correct portion sizes.

It was more fun to the husband involved.

My spouse and I have enjoyed cooking again at home.

Great meal suggestions!!

This is a good program. However, my family already lives this way anyhow.

Eating right is the key to good health.

This was a great program!

Good program. Reminds me to eat a good dinner.

Much more careful on my portion sizes now, which has helped me lose a few pounds.

Positive program in general.

I have been on a diet and exercise program since October. I have lost 23lbs and am at my target weight. I have more energy and am in a much better state of mind.

Before blood sugars were over 900 now with portion size and choices down in the 100's great improvement.

My kids began eating healthier foods.

I have been trying to change my eating habits for a long time now - from fried to baked, less red meat, more fiber, less processed foods, etc. I really liked the recipes, but really was already trying to eat more healthy meals. The recipes solidified and created more variation to help me continue that.

We had excellent time with family meals when the "kids" were at home - over 95% of the meals were together. Now that they are in college or away from home, I was able to share the importance of Family Dinners to our sons. Expressing the importance got excellent response from them!

My intension when starting this program was not to lose weight, but I lost 10 lbs. and my spouse lost 18 lbs. We are both at healthier weights and giving our children healthier meals for their growing bodies.

We have insisted on family dinners since our first was born, even now when we are down to only 1 out of our 4 children still at home. At the dinner table is where we heard about the important stuff on the kid's minds.

I think this is an excellent program! I like having to be accountable daily for actions - it makes me stop and think before I eat - or choose to stay up late or whatever the challenge is.

We included the whole family in the process, and had a lot of fun. The family dinner statistics were highly beneficial. Thanks for the research.

Like the recipes!

Eating correct portion sizes and eating healthy plus moderate exercise every day allowed me to lose 9 lbs.

The recipes where great!!

I printed out all the recipes from the website and I make them all the time. My family loves them too.

Thank you very much for the ideas on how to make healthier meals.

I am already in good shape since I work out normally and eat right. It was good to have a program that I already do. Haha!

The mental challenge to eat healthier had a positive effect.

I have cut out bad foods out of my life years ago. I enjoyed getting the new ideas so that eating healthy doesn't get too boring.

Some of the recipes were excellent.

I feel better

Enjoyed the program & will continue to make some dinners from the recipes.

Good learning & keeping my healthy better.

I was concerned because the two recipes were with beef. I do not eat beef and was glad to see a variety of ingredients in later recipes. I was so happy to see the portion sizes listed as so many people, myself included, eat way too much of one portion.

I am a diabetic and it helps me to eat better.

I was excited to participate in this challenge. I began working on eating healthier and losing weight a year ago, so this challenge was very timely.

No clue as to portion size prior to program.

I am more aware of portion control and have more thought about the nutritional values of food I am eating.

Great program!

Super!

Good program.

Keep it up!

I liked the comments on the emails about getting the family to eat together; incorporating this in my family (and having the TV turned off) helped me see the wonderful benefits of family dinner. Thank you for having this program!!!

I was healthy before I started this.

I had picked up a few pounds and this stopped that trend. Now I need to reverse the winter's gain.

Enjoyed the program and some of the recipes.

Continue to enjoy healthy dinner club success.