

The Commit 2B Fit® Program has been evaluated annually for the past three years by Dr. Valerie George, PhD, Research Associate Professor at Florida International University. *The results have been extremely positive and show that Commit 2B Fit® is making a difference!*

### **Evaluation Results from 2007-2008**

#### **Teachers At- A-Glance**

- 80% of teachers reported that they believed having nutrition and activity goals logged in the *Commit 2B Fit®* planner motivated students to eat more fruits and vegetables and increase their activity.
- 75% of the teachers reported that they were making healthier food choices as a result of their involvement with the program.
- 97% reported that goal setting helped increase physical activity and nutrition.

#### **Kids At-A-Glance**

- 74% of the students reported that they changed they way they eat and increased physical activity because of *Commit 2B Fit®*.
- 77% reported that logging their fruits and vegetables and activity helped them remember to eat more fruits and vegetables and increase activity.

#### **Parents At-A-Glance**

- 79% of parents reported that *Commit 2B Fit®* helped their family think about healthier food choices.
- 61% of parents report that *Commit 2B Fit®* helped their children to be more active.

*Commit 2B Fit® includes constructs from a number of theoretical models:*

- **Social Cognitive Theory** (role modeling and new skill demonstration and practice)
- **Behavior Modification** (using incentives and reinforcements)
- **Ecological Perspective** (health behavior can be affected by or induce an affect at multiple levels -i.e., intrapersonal, interpersonal, institutional or organizational, community, policy)
- **Diffusion of Innovation** (adoption of new concepts or practice through various communication channels overtime)

- **Transtheoretical Model of Change** (consciousness raising-dissemination of information, contingency management)