**Table 1.** Phase 1 Completion by Education

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Phase 1 Completion** | **Education Level** | | | | | |
| **Attended some high school** | **High School Graduate or GED** | **Attended 1-3 years of college** | **Graduated from college** | **Prefer not to answer** | **Total** |
| **No** | 6 | 31 | 100 | 477 | 8 | 1270 |
| 60% | 35.23% | 31.75% | 24.47% | 28.57% |  |
| **Yes** | 4 | 57 | 215 | 1472 | 20 | 1120 |
| 40% | 64.77% | 68.25% | 75.53% | 71.43% |  |
| **Total** | 10 | 88 | 315 | 1949 | 28 | 2390 |

**Table 2.** Program Completion by Education

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Program Completion** | **Education Level** | | | | | |
| **Attended some high school** | **High School Graduate or GED** | **Attended 1-3 years of college** | **Graduated from college** | **Prefer not to answer** | **Total** |
| **No** | 7 | 52 | 188 | 1011 | 12 | 1270 |
| 70% | 59.09% | 59.68% | 51.87% | 42.86% |  |
| **Yes** | 3 | 36 | 127 | 938 | 16 | 1120 |
| 30% | 40.91% | 40.32% | 48.13% | 57.14% |  |
| **Total** | 10 | 88 | 315 | 1949 | 28 | 2390 |

**Table 3.** Changes in A1C

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **N** | **Mean** | **Std Dev** | **Min** | **Max** | **t-value** | **p-value** |
| **A1C Current** | 482 | 5.69 | 0.47 | 4.2 | 9.4 |  |  |
| **A1C Pre** | 482 | 5.94 | 0.50 | 4.1 | 9 |  |  |
| **A1C Current – A1C Pre** | 482 | -0.24 | 0.45 | -3.6 | 3 | -11.86 | <.0001 |

**Table 4.** Changes in Weight

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **N** | **Mean** | **Std Dev** | **Min** | **Max** | **t-value** | **p-value** |
| **Weight 1** | 834 | 212.31 | 48.27 | 121 | 441 |  |  |
| **Weight 2** | 849 | 199.87 | 45.23 | 96 | 428 |  |  |
| **Weight 2 - Weight 1** | 834 | -12.56 | 14.99 | -112 | 74 | -24.19 | <.0001 |

**Table 5.** Change in Confidence in Ability to Perform Behaviors

|  |  |  |
| --- | --- | --- |
| **Behaviors** | **N** | **Mean** |
| Eat smaller portions | 750 | 1.6 |
| Preventing Relapse | 768 | 1.6 |
| Achieve and maintain a healthy weight | 785 | 1.5 |
| Be physically active at least 30 minutes most days | 776 | 1.5 |
| Eat fewer calories | 770 | 1.5 |
| Eat less fast food | 738 | 1.4 |
| Eat 2–3 cups of vegetables on most days | 771 | 1.4 |
| Eat 1-1/2–2 cups of fruit on most days | 765 | 1.4 |
| Be physically active at least 60 minutes most days | 776 | 1.3 |
| Include strength training in your physical activity routine | 780 | 1.3 |
| Prepare and eat more meals at home | 774 | 1.2 |
| Pack healthy lunches | 760 | 1.2 |
| Plan for holidays and traveling | 771 | 1.2 |
| Drink fewer calorie-containing beverages | 776 | 1.1 |
| Be physically active at least 90 minutes most days | 766 | 0.9 |
| Eat breakfast most days | 766 | 0.9 |
| Limit the amount of screen time (TV and computer) I get each day | 774 | 0.9 |
| Manage Stress | 760 | 0.9 |

**Table 6.** Adoption of Behaviors as a Result of Program Participation

|  |  |
| --- | --- |
| **Behaviors** | **% Yes** |
| Am more mindful of what and how much I eat | 98.41 |
| Drink fewer calorie-containing beverages | 96.4 |
| Am more mindful of getting physical activity each day | 95.5 |
| Eat less fast food | 94.82 |
| Prepare and eat more meals at home | 94.58 |
| Eat smaller portions | 93.3 |
| Eat fewer calories | 93.26 |
| Pack healthy lunches for myself | 93.15 |
| Plan for holidays and traveling | 92.06 |
| Eat 2–3 cups of vegetables on most days | 87.97 |
| Eat breakfast most days | 87.5 |
| Am physically active at least 30 minutes most days | 86.94 |
| Eat 1-1/2–2 cups of fruit on most days | 86.54 |
| Manage stress | 85.26 |
| Sleep better | 80.8 |
| Pack healthy lunches for my family | 76.83 |
| Limit screen time (TV and computer) for myself | 63.68 |
| Include strength training in my physical activity routine at least 2 times per week | 59.37 |
| Limit screen time (TV and computer) for my family | 59.19 |
| Am physically active at least 60 minutes most days | 43.21 |
| Am physically active at least 90 minutes most days | 16.64 |