



★ EVALUATION of THIS IS YOUR LIFE ★

showing dramatic improvement in student knowledge, attitudes, and behaviors regarding nutrition, fitness, osteoporosis and other health issues

- Summary:** The "THIS IS YOUR LIFE!" intervention showed positive, statistically significant results on both male and female adolescents' knowledge, attitudes, and behavior regarding nutrition, fitness, osteoporosis and health issues in all 15 schools as follows:
- Method:** Pre- and Post-test evaluations were administered to 1,324 seventh and eighth grade students in 15 schools at which the play was presented prior to and one week following the "THIS IS YOUR LIFE!" intervention. Six scales were constructed to assess changes in targeted knowledge, attitudes, and behavior, the summary of which are presented here.
- Evaluation:** Results were obtained utilizing a validated instrument/survey created by the MA Department of Public Health, FOODPLAY Productions, and an independent evaluation agency, SSRE, Inc. and reported to the CDC. Analysis of results was performed utilizing paired t-tests and showed that changes in knowledge, attitudes, and behavior were statistically significant ($p \leq .05$).

Results: One week following "This Is Your Life!"

Improved Changes in Student Reported Behavior:

Agreed/Strongly Agreed "As a result of the play, are you more likely to...?"

- 64% reported "...try to eat more healthfully."
- 58% reported "...exercise more regularly."
- 52% reported "...feel better about *their* body and shape."
- 57% reported "...eat and drink more calcium-rich foods and beverages."
- 39% reported "...drink fewer soft drinks."
- 46% reported "...skip meals less often."
- 49% reported "...avoid fad diets."

Agreed/Strongly Agreed "'THIS IS YOUR LIFE' was very helpful in..."

- 70% "...Providing me with information about proper nutrition."
- 61% "...Helping me think about body shape and size."
- 57% "...Providing me with information about exercise."
- 70% "...Helping me think about taking care of my body."
- 64% "...Providing me with information about osteoporosis and health related issues."