



## Program Impact Report

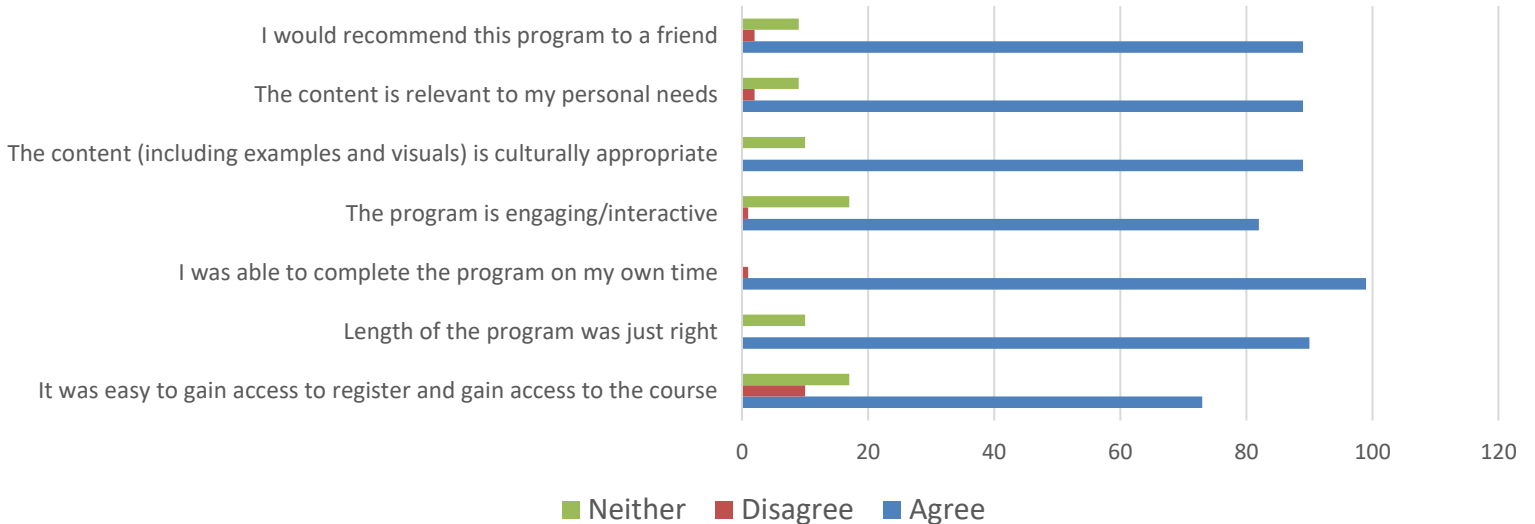


**Michigan State University (MSU) Extension** delivers affordable, relevant, evidence-based education to help adults, young people, and families in urban and rural communities be healthy. Programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies; and stretch their food dollars.

### My Way to Wellness Virtual Satisfaction Survey Results

A total of **94 participants** completed a satisfaction survey after completing the virtual My Way to Wellness course. The majority of participants, **57%, heard about the online program through Facebook**. Most participants were satisfied with all aspects of the My Way to Wellness program.

#### Level of Satisfaction with the My Way to Wellnes



**72%**

Of participants chose to take the online class because they were able to participate without having to attend live class sessions



**94%**

Of participants chose to take the online class because they were able to complete the lessons at their own pace

Individual changes made by participants were focused on increasing fruit, vegetables and physical activity, improving food safety, dietary patterns and cooking/shopping skills (Table 1).

Table 1: Individual Changes Reported by My Way to Wellness Participants (n=75)

Fruit and Vegetables	Physical Activity	Food Safety	Cooking/ Shopping	Dietary Patterns
Eating more fruits and vegetables	Increased physical activity	More careful with thawing meat	Planning and budgeting better	Increased awareness of what I am eating
Eating vegetables and fruits for snacks instead of chips, etc.	Incorporate little exercises	Stopped defrosting foods on the countertop and do it in the fridge.	Used the recipes	Using the sugar substitute chart
Try to eat a variety of fruits and vegetables instead of the same ones over and over	Working on ways to increase my daily activity while keeping my physical limitations in mind	Wash my fruit even if it has a peel that will come off	Replacing applesauce for oil in some recipes	Paying attention to calorie intake
Giving my kids more vegetables	Purposefully looking for ways to get extra steps, such as parking further from stores	More careful about keeping meat prep area separate	Smaller Portions	Decrease sugar and sodium
Eating a greater variety including frozen and canned veggies and fruits		Pay more attention to labels	Read labels on frozen meals for lower fat and sodium	Eating 5 small meals compared to 3 large meals
Eat a salad with my dinner each night				Drinking more water
Eat fruit for dessert				Made more tangible goals
				Keep a food diary to help maintain goals

Table 2: Participant Suggested Improvements to the My Way to Wellness Course (n=65)

Content	Format	Registration/ Course Modules
<p>Add more recipes or a cookbook</p> <p>Provide resources on reliable healthy food blogs with recipes</p>	<p>More online classes and In-depth advanced option</p> <p>Keep it going</p>	<p>Access to course and initial sign-up difficult</p>
<p>More recipes, videos preparing a meal and snacks, how to cook with substitutions; applesauce, yogurt, egg substitutes, juices, honey and sweeteners (what kind for different recipes). Figuring out nurasweet, equal, stevia, truvia</p>	<p>Make the group discussion more interactive or ask different questions at the end of each lesson. Like questions more specific to the topic that was discussed</p>	<p>Make it an easier format to complete each course. I was never sure if I finished each course so, I had to go back to check</p> <p>Hard to navigate on a phone</p>
<p>Consider vegan/vegetarian diets</p>	<p>Market the class to local groups and sites</p>	<p>To be able to print off vouchers (incentives)</p>
<p>More specific to low-income audiences</p>		<p>Hard to print content</p>
<p>Incorporate how to shop for fresh fruits and vegetables and grow them in a small garden</p>		<p>Some content did not work</p>
<p>Provide an optional section for health-related special diets such as diabetic, anti-inflammatory, or even Michigan wintertime diet to boost vitamin D</p>		<p>It took a tiny bit of effort to find the actual classes- they're listed under content. It was a little confusing at first</p>
<p>The goals at the beginning of each lesson was repetitive... only include for a few of the lessons. Every 2 or 3 lessons?</p>		<p>The audio was very quiet, I often had it turned up all the way on the webpage and on my computer</p>
<p>Include more healthy meal ideas that cater to young children and large families.</p>		<p>Somethings had errors she had to follow some things didn't. Going from one page to the next was not consistent throughout.</p>
		<p>Have the option to choose reading it yourself or watching the videos/slideshow</p>
		<p>Have the slides available in pdf for saving after for note taking</p>

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