

Item /Scale	N	PreMean(±SD)	PostMean(±SD)	Paired Differences Mean	p value (2-tailed)
Beliefs (1-5) higher scores indicate healthier beliefs					
Beliefs about drinking soda	156	3.67 (.66)	3.87 (.63)	.20 (.63)	<.001
Beliefs about eating fast food	153	3.79 (.69)	3.96 (.74)	.17 (.83)	.011
Beliefs about eating packaged snacks	152	3.79 (.69)	3.96 (.74)	.17 (.83)	.011
Beliefs about drinking water	153	4.11 (.62)	4.27 (.57)	.16 (.68)	.003
Beliefs about eating fruits and vegetables	153	4.25 (.56)	4.35 (.58)	.10 (.62)	.052
Beliefs about walking	153	4.40 (.57)	4.49 (.60)	.09 (.65)	.100
Attitudes (1-5) higher scores indicate healthier attitudes					
Soda & sweetened beverages	151	3.12 (.78)	3.11 (.84)	- .01 (.81)	.937
Fast food restaurants	151	3.21 (.81)	3.23 (.90)	.02 (.85)	.768
Packaged snacks	151	3.07 (.79)	3.17 (.86)	.10 (.85)	.163
Drinking water	151	4.39 (.73)	4.43 (.65)	.04 (.71)	.492
Eating Fruits and Vegetables	154	4.14 (.72)	4.09 (.79)	-.05 (.78)	.435
Walking	152	4.16 (.73)	4.30 (.69)	.14 (.75)	.022
Self-efficacy (1-5) higher scores indicate greater self-efficacy					
Overall eating self-efficacy	142	3.29 (0.72)	3.44 (0.85)	.15 (0.85)	.033
Drinking less soda/sweetened beverages	140	3.10 (1.09)	3.30 (1.04)	.20 (1.25)	.062
Eating less often at fast food restaurants	137	3.09 (1.01)	3.22 (1.22)	.12 (1.27)	.262
Eating fewer packaged snacks	139	3.23 (1.17)	3.38 (1.28)	.14 (1.52)	.268
Drinking more water	137	3.58 (1.31)	3.82 (1.07)	.25 (1.40)	.041
Eating more fruits and vegetables	139	3.45 (1.08)	3.49 (1.17)	.04 (1.23)	.700
Overall physical activity	139	3.78 (.91)	3.96 (.91)	.18 (1.05)	.047
Walking only	139	3.84 (.95)	3.92 (1.05)	.08 (1.23)	.423
Stairs only	137	3.70 (1.78)	4.00 (1.08)	.31 (1.33)	.008