

Student Food and Exercise Behaviors

Comparison of **Choice, Control and Change** participants from Baseline to Post-intervention using paired sample statistics.

Number of students ranged from 89 to 115 who completed the pre-test and post-test.

Item	N	PreMean(±SD)	PostMean(±SD)	Paired Differences Mean	p value (2-tailed)
Behavioral intention (blocks)	115	2.02 (±1.389)	2.42 (±1.389)	.40	.012
Behavioral intention (flights)	116	3.35 (±1.347)	3.63 (±1.248)	.28	.047
Candy (days/week)	115	3.98 (±2.248)	3.41 (±2.294)	-.57	.007
Candy (per day)	109	1.84 (±1.090)	1.47 (±1.014)	-.38	.001
Candy (size - 1-3 small to large)	112	1.58 (± .731)	1.51 (± .759)	-.07	.361
Salty Snacks (days/week)	113	3.13 (±2.218)	2.48 (±1.964)	-.65	.004
Salty Snacks (per day)	104	1.60 (±1.048)	1.33 (± .939)	-.27	.013
Salty Snacks (size - 1-3 small to large)	112	1.47 (± .816)	1.35 (± .824)	-.13	.210
Sweet Snacks (days/week)	112	2.88 (±2.188)	2.04 (±2.044)	-.85	.000
Sweet Snacks (per day)	90	1.36 (±1.031)	.91 (± .816)	-.44	.000
Sweet Snacks (size - 1-3 small to large)	109	1.39 (± .861)	1.11 (± .885)	-.28	.013
Soda (days/week)	110	3.95 (±2.306)	3.45 (±2.418)	-.50	.037
Soda (per day)	107	2.52 (±1.627)	2.08 (±1.388)	-.44	.005
Soda (size 1-4= 8 ounces to 20 ounces)	106	1.94 (± .994)	1.79 (±1.002)	-.15	.165
Non Carbonated Beverages (days/week)	110	4.43 (±2.320)	3.50 (±2.357)	-.93	.000
Non Carbonated Beverages (per day)	89	2.60 (±1.505)	2.28 (±1.552)	-.31	.094
Non Carbonated Beverages (size 1-4=8 ounces to 20 ounces)	96	1.93 (± .976)	1.74 (±1.078)	-.19	.171
Fast Food Restaurants (days/week)	108	1.99 (±1.544)	1.40 (±1.546)	-.59	.001
Fast Food Restaurants (size 1-3 small to large)	109	1.72 (± .963)	1.17 (±1.101)	-.55	.000
Value Meal (days/week)	98	1.41 (±1.545)	.96 (±1.339)	-.45	.011
Money (\$)	102	5.38 (±10.752)	3.99 (±6.564)	-1.40	.231