

Student Food and Exercise Behaviors

Comparison of Choice, Control and Change participants from Baseline to Postintervention using paired sample statistics. Number of students ranged from 89 to 115 who completed the pre-test and post-test.

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