

Highmark
Mediterranean Wellness Curriculum
8 week program
March 17 – May 5
Compiled Evaluation/Program Results

Participation Rate:

704 people registered for program.

History of program registration:

3/3/09 – 195 registered on site

4/3/09 – 561 registered on site

5/5/09 – 704 registered on site

Participants' age:

- Average age = 48.8 years old.
- Age Range = 26 and 61.

Participant interaction during live lectures:

- Ranged from 8 to 58 questions/session, averaging 28/lecture
- Average amount of time spent at lecture: 49 minutes
- Total people-hours spent at live lectures 713

Evaluation Data:

What impacted your choice to participate in this program? H

- Content: 30
- Webinar Based: 17
- Ability to do program at work or home: 21
- Lifestyle Returns Credit: 26

Did you listen to any of the weekly presentations at home? H

- Yes = 16
- No = 26

If a webinar based program is offered again, would you participate? H

- Yes = 40
- No = 2

Have you noticed a change in your weight since the start of the program?

- Yes = 49 (61%)
- No = 31
- Weight loss range = 2 - 30 lbs
- Total weight loss = 352 lbs
- Average weight lost per person = 7.3

Do you notice that your clothes are fitting more loosely?

- Yes = 60 (75%)
- No = 15
- No reply = 5

Have you decreased your portion size?

- Yes = 75 (98.7%)
- No = 1
- No reply = 4
- Decreased by 25%= 42 (52.5%)

- Decreased by 33% = 24 (30%)
- Decreased by 50% = 8 (10%)
- Decreased by More? = 1

Have you decreased snacking between meals?

- Yes = 57 (71.2%)
- No = 23

Have you decreased the fake foods you consume?

- Yes = 66 (82.5%)
- No = 14

Have you increased your intake of fruit and vegetable?

- Yes = 51 (87.9%)
- No = 7
- Already Ate Good Amount = 22

Decreased intake of trans fats?

- Yes = 65 (89%)
- No = 8
- Previously eliminated = 2
- No reply = 5
- Decreased by 25% = 30
- Decreased by 75% = 10
- Decreased by 50% = 14
- Decreased by more? = 9

Increased energy levels?

- Yes = 62 (79.5%)
- No = 16
- No reply = 2

Do you expect to continue to use this lifestyle approach?

- Yes = 78 (98.7%)
- No = 1
- No reply = 1

Have you shared this information with your family? H

- Yes = 33 (84.6%)
- No = 6
- No reply = 41

If YES, are they benefiting?

- Yes = 29 (90.6%)
- No = 3
- No reply = 1

Do you have children at home? M

- Yes = 9
- No = 29

If YES, are they participating?

- Yes = 5
- No = 3
- No Reply = 1

Have you noticed any improvements in medical conditions?

- Yes = 4
- No, not applicable = 31
- No reply = 45

Improvements in medical Conditions:

- Cholesterol: 2
- Blood Pressure: 2
- Gastric Reflux: 4

Have you incorporated stress management techniques?

- Breathing: 47
- Laughter: 51
- Adequate sleep: 41
- Being at peace with food: 24
- Hobby: 13

Are you fitting shorts bursts of exercise into your day?

- Yes = 76 (98.7%)
- No = 1
- No reply = 3

If YES, what activity are you adding:

- Taking stairs = 55
- Walking more = 55
- Stretching = 33

Logging Activity:

- Total steps taken = 21,348,141
- Participants entering steps = 107 Users (15%)
- Number of times steps entered = 2,922

Would like you more programming from Mediterranean Wellness?

- Yes = 72 (94.7%)
- No = 4
- No reply = 4

What were the greatest benefits?

exercise, eating real food, things to snacks and hunger
 Free of enjoying real foods
 eating slower, tasting the food you eat and smaller portion sizes
 A better understanding of good eating habits, portion size, types of foods, enders
 learning to eat correctly

It was easy and to the point. Not at all complicated or hard to understand

So many - mainly availability online

Learning portion control and to slow down while eating

More focus on living a healthy lifestyle

I gained the knowledge and also become more aware about the food and drinks I consume every day.

Insight to eating properly and the start of weight loss

1) I excluded "fake" foods from my diet; 2) I don't add sugar to my coffee any more; 3) I am learning to eat slower

1. Food knowledge, portion size

Awareness of fake foods, taking time to enjoy food.

1. Better eating habits...portion control info...info about fake foods

Feel better

Portion sizing, cutting out faux foods, increased activity decreases cravings, drinking more water

Losing weight and learning to cut down

I am not trying to lose weight. The benefits were more about eating for health - the better foods to eat, etc.

Slowing down, relaxing before eating and eating real food. Tasting my food more

Portion sizing, fake foods knowledge

It was wonderful seeing Will in person in Camp Hill. I got such a better perspective of the "person" through personal contact. Much better than just thru the PC.

New point of view. Was able to not miss a lecture since it's always available.

It was encouraging to see that changes I made previously i.e., eliminating fake foods and trans fats were part of this program. The healthy eating behaviors i.e., planning for seconds, portion control, eating more slowly, being mindful, etc. are great tools. Learning about behavior chains and stress management was very helpful too. Understanding what leads to overeating and poor eating choices etc. and their aftermath enables me to break that chain and avoid situations that lead to unhealthy behaviors.

Not feeling guilty about eating real fats yet losing wt & inches from my waist

Weightloss...new found love for fresh foods and ingredients..My dishes taste better than my favorite restaurant's. I realize that eating the foods that God put here for us is really the only way we should be eating. The earth is our pharmacy.

Looking at all of this in a different perspective

additional knowledge

This program made me aware of what I have been consuming

Healthy eating habits, have really made me look at my food differently

knowledge

Gained more knowledge on eating habits and food

Awareness. The first 4 lectures were especially helpful to me. Dr. Clower shed light on reasons behind how/why we eat

Knowing that I can still eat good foods!

journaling, listening to the web, support
I see myself changed to lots of good eating habits
good info about food and habits

The lifestyle - reasonable, doable. The behavior change model - great! The weekly lectures - informative, fun. The recipes are helpful. Tools - lectures, website, homework, recipes.

Learning to eat smaller portions and be full at the same time - eating slowly

Welcomed the insights on eating slower and recognizing what portion sizes should be.

Reinforcement of eating habits I was raised with

Just a reminder on a weekly basis of what I should be doing. Life has been crazy this spring. As the pace slows down this summer, I hope to be more proactive in what the program suggests.

I actually started to enjoy eating instead of eating for necessity and just shoveling it all in when I had time since I always felt rushed, I've now set aside time to sit and relax while I eat my meals and have been eating a lot less and feeling much better when I'm done

I haven't gone through the entire program yet, but from what I did participate in the laugh more to relieve stress was very beneficial. I've slowed down and allow myself time to talk with people or watch a comedy show and laugh.

The tool that you too can psych your mind into living a healthier lifestyle

Education in fake foods, Portion control

I liked the enders, breathing, ideas on how to eat slower and appreciate more what I eat

Just all the WHYS I learned. Everyone tells you to eat this or don't eat that, you gave good explanations on why you should or shouldn't. Healthy alternatives for eating.

1. Eating more slowly and therefore consuming less food. 2. The recipes.

A better understanding of food and my relationship to it, I already ate fairly healthy but found I could do a lot better

I have learned to check labels more closely and I have learned to slow down and enjoy my meals.

Understanding the whole body approach (resting, eating slowly, exercising, etc)

Eating healthier

I discovered the difference between faux and real food. I check the ingredients on foods I buy. I purchase more fruits and vegetables. I cook more often at home..

Learning portion sizes and how to better control eating smaller portions; eating slower at meals; recognizing the behavior chain that leads to stress eating and making behavior changes.

Being able to identify real food, added energy, enjoying exercise and feeling great.

While I don't have a weight problem, am active and sleep well, my eating habits were not good. I live alone and food is not a priority. I started the class late (4 wks ago), but listened to the recorded lectures. It's a lifestyle I live for the most part... however, I needed some coaching on eating right. The information about faux foods and taking the time to eat was very beneficial. I'm looking forward to applying these principals in my daily living. Thanks!

Daily Audios, blogs, recipes, and competition for activity

The greatest benefit I gained from this program is that I have moved away from artificial foods. I have begun making more of my meals from scratch. Even to the point where I make my own breads and use natural ingredients as additives. I had been on another plan (Physician's Weight Loss) and did well loosing 40 lbs. When my weeks ended I had to move from a 700-900 calorie a day plan with supplements to trying to eat more normally, I had issues trying to add more food that contained substance. Needless to say, I gained the weight back and more. Now I must lose twice as much. Following the PATH plan is helping me get back to the basics. I use to enjoy cooking, but when the kids needed to be run here and there, we ate quickly and processed foods. Now that it is just my husband and I, we are back to preparing meals.

The healthy eating behaviors i.e., planning for seconds, portion control, eating more slowly, being mindful, etc. are great tools. Learning about behavior chains and stress management was very helpful too. Understanding what leads to overeating and poor eating choices etc. and their aftermath enables me to break that chain and avoid situations that lead to unhealthy behaviors

By competing with co-workers for 'steps' I did more that I would have otherwise

Learning portion control

Learning techniques for eating healthy & incorporating exercised in the day

Eating better and slowing down and enjoying the food I eat.

Learning to eat slowly and truly enjoy my food

Learning portion sizes and how to better control eating smaller portions; eating slower at meals; recognizing the behavior chain that leads to stress eating and making behavior changes.

Peer pressure to change bad habits – I changed my regular eating habits to a much healthier diet

What I took from this course is how to think about my eating habits. Also, the eat real food aspect, I like that philosophy

Loosing weight and not feeling hungry or deprived and not having to write everything you eat down. It is so easy, it is amazing

Knowledge and validation that some of the lifestyle changes I already made were appropriate. Recognition that others face and fight the same battles. Support.

Suggestions/Comments:

program longer than 8 weeks

Emphasize strongly in Session 1 the use of the website - it is so helpful.

No, I did appreciate all of the helpful advise. It really is better than anything else out there in the diet world. I never diet because I always enjoyed food, but now I can but just smaller amounts. Thanks.

Something that helps motivate anyone is to see how to do it. Cooking demonstrations showing how to put it all together would be great, actual trip to the store – budgeting this approach, kind of like the guy on the street. Although the lectures were interesting and helpful, I think that these approaches would help us see it implemented.

All the webinars and meetings are all at times that are not convenient for me, like for example I only get 30 minutes for lunch and they would be over an hour so there is no way I could watch them or attend a meeting and I would have liked to have gone to one

Make it longer – just kidding – Dr Clower is so exciting to listen to – He is just speaking truthful things we have forgotten about what a healthy lifestyle really is.

No, it is a great program

I would like more psyche problem solvers

Great as it is!

I was able to get PAST recipes from the main site willclower.com, but not the Highmark-specific site. Some of the recipes are phenomenal. Thanks so much.

Loved it.

No, I thought it was very good

More recipes.

Was an excellent program for teaching healthy eating practices and giving guidelines to assist. Would like more healthy (natural) recipes that take little time to prepare.

Offer suggested menus?

Continue the program. Allow us to continue having access to both Rita and Will. They have been helpful in keeping me motivated to eat healthy

I am allergic to dairy and need to follow a gluten-free diet so am not able to follow some of the recommendations of the program. Suggestions to modify the PATH program based on special needs would be appreciated

It is a good program; I especially like the choice of two times in the day to take the class & your availability throughout

How about some mini programs & also some reinforcement programs

Was an excellent program for teaching healthy eating practices and giving guidelines to assist. Would like more healthy (natural) recipes that take little time to prepare.

Encourage group participation – we followed along with the weekly presentations through a ‘lunch and learn’ process. We had even planned on using the last class as a ‘healthy pot luck’ lunch but it’s over already – we will miss our time together

I loved seeing Dr. Clower here at Highmark Camp Hill in person twice during the program. I loved the live Webinars. It was great to go back and hear the recordings. The Blogs and Dr. Clower's daily recordings were great. The step by step program was very easy to understand and explained very well. The recipes are great, but I would like more, more, more recipes. I would like to have had more specifics on exactly what foods to eat. For example which breads, yogurts, cheese, and chocolates are good to eat. It was touched on a little, but it is difficult to decide which ones to eat. I know you look at the labels and they should be all natural, but sometimes it is difficult to shop for natural food when you haven't done it for so long. So maybe I am saying we could use more shopping tips.

Program longer than 8 weeks

It was a lot more motivational for me when I could get together with a group of friends to view/listen to PATH every Tuesday. Perhaps Highmark Fitness Center should organize something like that at each location (Center Street, Senate Plaza, Corporate Center, Deer Path, Fifth Place Ave, etc...) and have a volunteer facilitates the session

PATH program targets people that want to loose weight, and I see two problems with that: 1) "Skinny" people are neglected! In my opinion, the program is great for anyone. I learned so many things during this program that will be helping me to live healthier life for years. You cannot assume that "skinny" people do everything right; 2) Sort of supports the common myth. I think there is a misconception that once the "target weight" is achieved, it is okay to "get loose". I have heard so many times "oh, you can eat anything..." Haven't you? It is just a myth: no one should eat anything!

Every episode was informative - with good suggestions for managing your health/fitness. For me, the key is balancing intake with energy output - if you're gonna eat it, you better make a plan to work it off! Being aware of your daily intake makes this possible. Maybe spend more time on different products available that fit the Mediterranean type diet. For example, you mentioned a few, like Breyers All-Natural ice cream and Agave nectar

I really liked the format. However, I never attended the webinars, I listened later. I loved the content, but was never committed. I think that if Dr Will would have had a class here in Pgh, I would have attended and been more committed. Also, is there a recipe database? I'd like to be able to search etc. I often forget to check for the daily recipe

I am allergic to dairy and need to follow a gluten-free diet so am not able to follow some of the recommendations of the program. Suggestions to modify the PATH program based on special needs would be appreciated

More "live " sessions available during nonwork hours – recorded sessions were beneficial but attention wanes after 15- 20 mins of staring at the computer; More on site sessions during non peak work hours- lunch, early am (8-9)

Was not able to access the program on home computer

Make it easier to log into the website and use surveys, etc. With less security barriers

More examples of food plans, quick and easy meals to prepare for working mothers.

Examples of breakfast, what to pack for lunch, snacks, etc.

I'm the filling in of this survey. May do an on-line survey. Maybe also show Dr. Clower speaking as he does the Webinars. He's a good speaker, it would add to it if you also showed him.

As I stated previously, I wish I could download lectures to listen to again when walking, etc. There's lots of info I missed just listening to once. Although I do not follow perfectly, I keep trying and would like further lectures, info, for encouragement

Website Comments:

I have created a humor book - I bought a notebook and just started pasting into it my favorite cartoons and humorous stories that I have come across in various places. When I need a laugh I just browse through it.

I have lost 8 pounds since the program at Highmark started.
You are such a delightful speaker. Thank you

Peggy A

I am still doing well and have now lost 32 lbs . I believe I was 20 lbs down the last time we spoke. My husband has lost almost 40! The changes we have made, thanks to your program, have really changed our way of life. It is hard to believe the foods we can enjoy and I am loving my time in the kitchen! I just had my cholesterol checked and I passed! The Doc just said I was good but that I should lower my fat content a bit. It must be the bacon and red meat which I know I should cut back on. My portion size is small but I eat bacon every other day so I plan on backing off a bit and eating more oatmeal. Other than that and needing to incorporate more exercise I'm doing well. NO MORE SNACKING! (and that's a big deal for me).

Thank you kindly for your support and your program.

Dottie

Dr. Clower,

I have been doing the weekly routines with you and I have to say I love listening to you. Like today you said change takes time and it is a learning experience. My question is, since I have been doing this program at work, can I do it at home too when it is over to capture all that you have said? I wanted to share this experience with my daughter who is having a tuff time with work, life, etc. She is okay, but she is stressed and needs to recapture her life. Can I get this past 7 weeks, the entire 8 weeks on my home computer? If so can you help me do that. I am thinking, now that I am asking this question, just to set up the program from the beginning at home.

Please Advise and thank you,
Arlene

I forgot to print off week 5 participant manual and I wanted to re-review the sleeping tips.
Is there a way to get that?

Also.....excellent program. Although some of the eating parts do not fit for me, because I am not overweight, but it is helping me to eat healthier!!

THANKS!!
Sandra

I learned a lot of good information from the webcasts.
Darlene

Just an fyi I love the program. I now have to look at everything to see what is in it before it even reaches my shopping cart. We are putting a garden in for the first time so we can eat and can more fresh produce.

Thanks
Pamela

THANK YOU, this program has taught me practices that I will use for the rest of my life!
Flo

Dr. Clower, I heard your presentation at Highmark yesterday and LOVED IT...and am motivated to give the program my best. My question is this -- I have diabetes...is this program going to be okay for me? If there are adaptations that are necessary or advisable for people who have this yecchy condition, are they already identified in the program, or will I need to work that myself?

Thanks for considering. C.

Thank you for an excellent healthy eating program and seminar.

Charlene

Will,
I really like your program. You have lots of tools to track activity, weight, chloresteroI, etc which is a bonus. Your weekly sessions get people to look at the basics of healthy eating and good lifestyles. The daily spots are varied and interesting. I like the recipes, except I would like then to always be "healthier" versions (especially eggnog).

I am back on track and should be back to where I was by mid-January. I am not going back to where I was last year at this time (25 lbs heavier).

Have a great day!
Cherrie

Thanks again for your program, I really enjoyed it.
Christine

Hi Will,
The course was excellent! I have been making a good effort to eat real food and have not had a diet soda in 4 weeks which is really saying something for me! I can really see how this will help to cut my sweet tooth. Hopefully, I can stick to all of the good tips and information that you provided.
Many thanks.
Devora

Will: I wanted to tell you that I think this is a great program! I am especially impressed with how available you & Rita were throughout the program. I hope we will have continued access to your website (and am looking forward to picking blueberries!) Thank you.

Barb

I like the program very much.
I like the ability to add your exercise progress as well as weight management (Seeing the top 10 keeps the competitive juices flowing and makes me strap on the pedometer and not miss a workout)
The video messages are great but I have a hard time putting aside time to watch these and get my daily workouts in. Maybe these messages can be shortened to 15 minutes. All your website is easy to use and all the extras are very good.

George

Hello Will.
I really enjoyed the Webinar yesterday. I keep telling everyone not to eat anything that does not have a mommie and daddy, or does not grow on a tree!!! I love that, and it is so true!!!!

Thanks again!!!!
Jackie

Thank you! This was an excellent program and has provided the framework within which I have changed my lifestyle.

I have really enjoyed tracking my activity (I am very competitive), and plan to continue to track my progress.

Thanks Again!!
Jamey

Hi Dr. Clower -

I am from Mountain State Blue Cross Blue Shield, a subsidiary of Highmark. Unfortunately, I was unable to be present for every live seminar, I was able to go to Highmark and play the webinar at my leisure. I did, however, enjoy different strategies that you presented such as putting your fork down between bites - something that we should be doing anyway, but forget and the breathing section of the seminar. Who knew there was a right and wrong way to breathe!

There is always more to learn when it comes to health. I believe the more we hear about eating well, exercise and over-all well being, the more it will become ingrained into our psyche. I look forward to future visits from you.

Thank you for sharing
Julia

Good morning,
I'm excited to get into this new 'lifestyle' and I enjoyed the first Webinar yesterday.

Thank you
Kevin

Hello.

I loved everything about the Path Program. I lost eight pounds, which amazed me. The webinars were very informative and entertaining. I am going to keep on practicing the Path Program. I hope you will be doing more programs at Highmark. Had a great time!

Thanks for everything!
Kathy

Hello. I wished I would have learned of your Webinars earlier. I joined the Webinars on the 6th and 8th week, and I found them truly educational.

I learned so much in those 2 sessions, but wish I would have joined at the beginning.

Thanks so much for your Webinars, and I hope to join future sessions!!

Kim

Thank you for offering such wonderful program!!!!

Lalitha

Hello, just wanted to let you know that I am very much enjoying the lectures.

Laura

Hi Dr. Clower:

I attended your lecture here at Highmark this afternoon. It was very good and motivating! Everything you said and talked about made so much sense, as I have been through this real experience. I agree with what you said today. We train our bodies to what it wants to eat, we learn this from our ancestors - and that's what I use to do.....

I am looking forward to attend your class, so I can go back to my original eating habits and style, and get my health in shape. Thanks!

Best Regards!

Sadia

Thank you for all your helpful tips. I've enjoyed all 8 of the presentations.

Your program just reiterates what we try to follow. Programs like yours make me think twice about that candy or nap.

Thank you,
Sil

Hi,

I have been following the Mediterranean Diet for a bout 1 month now and I've lost a significant amount of weight with exercise of course, the best diet I've ever been on.

Thanks. Tracee

Will,

Although I didn't log on to track steps or download the worksheets, I really benefited and enjoyed your Information Session in Pittsburgh at the Wellness Center and your voice on Tuesday's. It was a new way to "learn" and it was wonderful to listen at my desk and view your information too! But also important to me was having the capability to switch to another screen or take another call, if necessary, during your Webinar.

On a fun note. . .the week you were in Camp Hill and were suppose to be broadcast Live, but it didn't work - I missed your voice and laugh!

Thank you for partnering with Highmark, teaching me so much and I hope to see/hear you again in the future,

Michelle

Will:

My husband and I are both Highmark employees (we spoke at this week's seminar). We loved the course and have been working very hard in sticking with it. We have both made necessary adjustments and the results have been wonderful.

Again, thank you for your inspirational sessions. It is a lifestyle that my husband and I will continue to maintain forever.

Diane

Thanks for all of the info over the 7 weeks. It was GREAT !!!!! The Best course for learning how to eat properly !!!

Lorrie