



## Evaluating your success on The PATH Matthews International

Congratulations on helping your employees increase their quality of life and health. We've had some amazing results!

We'll break down the specifics below, but in general we're showing greater work productivity and employees that are happier, less stressed, and more energetic through the day. Of course, these changes reduce sick days and lower health care costs in the short term by decreasing doctor visits. But they also benefit in the long term by preventing chronic diseases.

Keep in mind that The PATH's holistic approach will impact many different areas from food choices to eating frequency, from activity levels to everyday meditations. This breadth of effect was also picked up by our survey.

Beyond the data collected here, the results and benefits that your participants received far exceeds the information gleaned from this one assessment. Many of the additional comments indicated how this has affected their family, the peace of mind around food, and others have written how much they really appreciated that their company offered it to them at all.

The results below analyze each specific area of lifestyle change, all of which aid in the prevention of chronic diseases and reflects an overall picture of their success of The PATH program.

### **Weight management**

Of the 16 people that responded to the question, 12 indicated that their clothes were fitting looser, which reflects an average weight loss of 7 pounds per person. This sensible rate reflects an amount that is both significant and sustainable. Research consistently shows that gradual changes (one to two pounds per week) are essential to prevent ultimate weight regain.

Note that, because The PATH is geared towards helping people eat healthier and live a more active and less stressed life, this question was not applicable to everyone. In fact some participants did not need to lose weight, but attended in order to make healthier food choices, enjoy their food more, and manage stress.

### **Decrease in Portion Size Consumed**

The portion sizes across the country have doubled over the last 20 years. This dramatic increase directly relates to our rampant onset of heart disease, Type 2 Diabetes, osteoarthritis, and certain types of cancers.

An amazing 16 of 16 of your employees indicated that they are serving themselves less food than before their participation in the program. This yields 100% of the participants making a change in this area to better their weight and health.

## **Snacking**

Chronic consumption has become rampant, as we are encouraged to eat more and more frequently throughout the day. This expresses itself as mindlessly noshing even when we are not hungry, eating at the desk and at every break. Unfortunately, the extra calories encouraged by these eating patterns are also associated with obesity and its many attendant health problems.

Thirteen out of the 16 people that responded to this question noticed that they actually decreased between-meal snacking. This not only cuts calories, but helps train their physiology to expect less food over the long term. Such a change is the only way to achieve permanent weight solutions.

## **Fruit and Vegetable Intake**

The American Heart Association, The American Cancer Society, The American Diabetes Association and the Center for Disease Control as well as many other well-known health organizations stress the importance of a diet rich in fruits and vegetables.

It was shown that twelve of the 16 Matthews International employees stated YES, that they increased their intake of fruits and vegetables and one person that responded no stated that they will be working towards doing more in this area. In other words, these participants have now begun consuming foods high in nutrients, fiber, antioxidants, and the phytochemicals that help prevent the so many chronic diseases.

## **Trans Fat Consumption**

The amount of research currently taking place on trans fat and our health is high. By the year 2006 food companies will be forced to alert consumers to the amount of trans fat in their food products.

Matthews International employees learned of the many harmful effects of trans fat such as increasing their risk of becoming insulin resistant-which can lead to Type 2 diabetes, the increase risk for heart disease, as well as weight gain itself. They also learned which foods to avoid and learned how to determine if a food contained a significant amount of trans fat.

In fact, 15 of the 16 participants indicated that they have taken these lessons to heart and lowered the amount of trans fat foods they consume. They are reading food labels on a regular basis and are now choosing foods that are trans fat free. One person that did respond by saying no but stated they have already been looking for this ingredient and eliminated it from their diet previous to participation in the program. This indicates that 100% of the participants are avoiding this health and weight harmful fat.

## **Energy throughout the Day**

This program encourages overall wellness that includes food, meditation, and activity. As it turns out, each of these elements can have a positive effect on your overall health. And, in synergy, their effect is multiplied.

This result is most clearly seen in the 11 out of the 16 Matthews International employees who stated that they noticed an increase in energy level through out their day. This factor is a nonspecific but powerful effect on productivity, mood, and stress reduction!

## **Continuing this Lifestyle Approach**

Matthews International employees have learned a process of living. They have been coached throughout this program to move away from quick fixes and to embrace a lifestyle approach that produces low weight, healthy hearts, and longer lives. In the process, they have recognized the importance of sustained behavior change to prevent chronic diseases and live a life they love.

The best indication of their success is that 16 of the 16 participants responding to this question stated that they fully intend to apply this approach to their lives and that of their family into the future.

## **Stress Management**

Chronic stress has been shown to have many negative effects on the body, such as decreased immunity, irregular blood sugar control, high blood pressure, and depression. In the workplace, these persistent low-grade problems cascade unseen until they finally result physical symptoms.

Fortunately, 12 of the 16 Matthews International employees shared that they have now recognized this health liability and are trying to better manage stress in their life. And one person that indicated no stated that they have not done this yet but plan to start managing their stress. And all participants learned how stress does play a great role in their health and weight and the need effectively manage it.

## **Exercise**

The participants of this program came to understand the physiological and psychological importance of exercise as a part of their everyday life. They learned to increase exercise in such a way that they will stick with it and make it a part of they life style as opposed to a sporadic, every once in a while event. We have emphasized how exercise should be a joy rather than a chore that you look forward to. This is the only way to sustain a healthy level of activity.

Thirteen of the 16 participants responded that they have taken this to heart and increased their exercise throughout their day.

## **Additional Comments**

We often hear of a reduction of chronic disease symptoms and medications for them, from cholesterol to high blood pressure and even to lactose intolerance. Two particular Matthews International employees indicated that, after participating in the program, they have actually been able to manage their conditions of hypoglycemia. Congratulations to you!!

Finally, we at The PATH Curriculum are proud to be a part of the Matthews International commitment to a lasting healthy working environment for your company. Please let us know if you need us for anything at all.