

Table 1.Changes From Pre to Post 3 month Intervention

	No Change	Positive Change	Negative Change	p-value
Fruit & Vegetable consumption (n=2252)	572 (25.4%)	1070 (47.5%)	610 (27.1%)	<.001
Grain consumption (n=2204)	636 (28.8%)	930 (42.2%)	638 (29.0%)	<.001
Fast Food Frequency (n=2242)	952 (42.5%)	928 (41.4%)	362 (16.1%)	<.001
Fast Food Type (n=815)	216 (26.5%)	300 (36.9%)	299 (36.7%)	.576
Fat Intake (n=2222)	693 (31.2%)	962 (43.3%)	567 (25.5%)	<.001
Physical Activity (n=2239)	500 (22.3%)	955(42.7%)	784 (35.0%)	<.001
Smoking (n=2229)	2043 (91.7%)	120 (5.3%)	66 (3.0%)	<.001

Table 2.Changes From Pre to Post 6 month Intervention

	No Change	Positive Change	Negative Change	p-value
Fruit & Vegetable consumption (n=881)	199 (22.5%)	441 (50.1%)	241(27.3%)	<.001
Grain consumption (n=844)	237 (28.1%)	414 (49.0%)	193 (22.9%)	<.001
Fast Food Frequency (n=884)	403 (45.5%)	343 (38.8%)	138 (15.6%)	<.001
Fast Food Type (n=148)	34 (23.0%)	66 (44.6%)	48 (32.4%)	.011
Fat Intake (n=873)	277 (46.4%)	399 (21.9%)	197 (31.7%)	.001
Physical Activity (n=884)	173 (19.6%)	355 (40.2%)	356 (40.3%)	.650
Smoking (n=844)	788 (93.3%)	48 (5.7%)	8 (0.9%)	.001

Table 3.Changes From Pre to Post 12 month Intervention

	No Change	Positive Change	Negative Change	p-value
Fruit & Vegetable consumption (n=328)	86 (26.2%)	171 (52.1%)	71 (21.6%)	<.001
Grain consumption (n=303)	84 (27.7%)	155 (51.1%)	64 (21.1%)	<.001
Fast Food Frequency (n=329)	158 (42.7%)	123 (41.5%)	48 (15.8%)	<.001
Fast Food Type (n=56)	7 (12.5%)	27 (48.2%)	22 (39.3%)	.453
Fat Intake (n=317)	116 (36.6%)	154 (48.6%)	47(14.8%)	<.001
Physical Activity (n=324)	63(19.4%)	151(46.6%)	110 (34.0%)	.009
Smoking (n=322)	294 (91.3%)	23 (7.1%)	5 (1.6%)	<.001

Wilcoxon Signed Rank Test
Bonferroni Correction alpha = .002