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Tennessee State University is an AA/EEO employer.
**Youth**

n=252 matched pre and post surveys

**Dietary Behaviors**
5 sessions an hour each matched pre and post surveys

- 56.7% ate more fruit
- 54.2% ate more vegetables
- 62.76% reduced sugary beverages

**Physical Activity**
5 sessions an hour each matched pre and post surveys

- 67.7% increased hours spent on physical activity
- 54.5% reduced hours spent watching television

**Adults**

n=405 matched pre and post surveys

**Dietary Behaviors**
6 to 8 sessions an hour and a half matched pre and post surveys

- 60% ate more fruits
- 66.2% ate more vegetables
- 50.7% reduced sugary beverages

**Healthy Food Resource Management**

- 70.8% chose healthy meals
- 48.1% never run out of food
- 65.2% compare price of food
- 57.9% identify food on sale
- 61% use grocery list