



FALL 2012

PROGRAM EVALUATION

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February 2013

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Exhibit 1
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 Fall 2012 Program Evaluation
 All Schools

Mean Score Improvement & Percentage Improvement by School District

State/ District	School/ Club	Classroom	Student Count*	Knowledge of Nutrients		Push-Ups		Sit-Ups		Systolic Blood Pressure		Diastolic Blood Pressure		Resting Heart Rate	
				Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change
Baltz	Brunson-Lee	Dubiach	61	0.23	5.3%	0.11	7.4%	0.15	5.4%						
BGC	Colangelo	Gonzalez	24	8.38	515.4%	7.93	133.7%	7.93	72.6%	0.60	0.6%	-0.40	-0.6%	-2.27	-2.4%
	D-Backs	Bachman	24	2.00	27.9%	4.29	40.9%	10.54	34.4%	-1.00	-0.8%	5.04	6.7%		
	Sands	Rodrigues	20	4.60	97.9%	4.15	112.2%	10.30	57.9%	1.55	1.5%	5.60	8.2%	-10.25	-11.5%
	Stewart	Carribon	25	3.76	103.3%	1.58	11.6%	5.72	12.8%	-5.32	-5.0%	-0.16	-0.2%	-3.52	-4.1%
	Tolleson	Chaney	16	1.81	46.8%	3.75	46.5%	19.56	132.1%	7.31	7.1%	1.15	1.7%	-3.77	-4.2%
	ED Robson	Budzien /Solano	30	2.93	137.5%	1.52	231.6%	1.62	85.5%	4.29	3.5%	-4.25	-4.5%	-4.21	-4.9%
BGC Total			139	3.97	105.7%	3.48	49.6%	8.38	40.6%	0.67	0.6%	1.12	1.5%	-4.92	-5.6%
Isaac	Mitchell	Wilson	23	1.30	46.9%	3.74	37.6%	66.91	385.7%						
		Patel	26	2.62	86.1%	8.78	103.9%	22.88	119.5%						
		Reyes	16	2.25	81.8%	11.56	210.2%	15.81	49.0%						
		Sallas	22	2.77	93.8%	4.27	57.0%	45.71	150.5%						
		Garcia	19	1.63	49.2%	6.67	65.6%	66.94	234.9%						
		Wernikowski	26	2.81	158.7%	6.27	140.5%	3.96	14.6%						
Isaac Total			132	2.27	82.8%	6.70	87.7%	36.03	142.6%						
Maricopa	Butterfield	Gilbert	30	0.83	26.3%	3.90	30.1%	14.73	61.7%	-0.12	-0.1%	2.92	4.6%	2.88	3.7%
WESD	RE Miller	Rich	23	2.04	64.4%	12.92	146.8%	35.16	183.9%	-3.56	-3.3%	-0.96	-1.5%	1.40	1.8%
		Villarreal	26	2.46	57.1%	6.64	153.7%	11.64	85.3%	-3.72	-3.3%	-2.28	-3.2%	-5.76	-6.8%
		Easley	27	1.70	26.1%	9.21	86.0%	25.54	121.8%						
		Fellows	27	3.93	103.9%	8.25	179.1%	24.82	234.0%	3.60	3.3%	0.56	0.9%	-5.52	-6.5%
		Cagnetti	27	3.26	66.2%	5.25	66.0%	5.84	26.5%	-4.04	-3.5%	-2.08	-3.0%	-0.40	-0.5%
		Demcko	24	3.58	102.4%	4.17	104.2%	9.92	82.4%	1.73	1.6%	4.38	6.7%	-7.54	-8.2%
		Smead	17	2.41	170.8%	5.95	134.4%	14.90	141.6%	-4.11	-3.9%	-7.42	-10.1%	-14.06	-15.6%
		Jefferson	21	1.57	78.6%	7.10	152.7%	15.75	161.5%	-11.00	-9.6%	-8.20	-11.4%	-1.90	-2.4%
		C. Sanchez	19			10.89	350.8%	19.95	300.8%	-0.95	-0.9%	-6.53	-9.7%	-7.42	-9.2%
		McRae	19	3.16	150.0%	6.60	104.8%	15.65	118.6%	-6.43	-6.0%	-8.07	-12.2%	3.14	4.5%
		H. Sanchez	25	4.08	114.6%	5.46	76.8%	16.81	113.8%	-0.48	-0.5%	-2.04	-3.2%	-5.26	-6.4%
WESD Total			236	2.85	76.9%	7.51	122.0%	18.09	126.5%	-2.56	-2.3%	-2.69	-4.0%	-4.37	-5.3%
AZ Total			598	2.61	73.8%	5.57	85.3%	17.99	103.8%	-1.32	-1.2%	-1.04	-1.5%	-3.98	-4.8%
LAUSD	San Jose	Garcia	19	1.63	49.2%	6.67	65.6%	66.94	234.9%					-2.08	-3.4%
	Stoner Ave	Munson	26	4.04	362.1%	3.46	157.9%	17.77	80.2%	-9.92	-9.5%	-0.42	-0.6%	-2.18	-2.5%
	Fullbright	Sayari	29	3.14	94.8%	3.61	48.3%	9.71	46.3%	-22.59	-18.0%	-8.63	-11.3%	0.55	0.8%
	Hooper	Juarez	23	5.35	223.6%	7.82	1146.7%	11.73	409.5%					-9.81	-15.5%
LAUSD Total			106	4.33	143.4%	5.92	159.8%	13.78	103.4%	-16.63	-14.4%	-4.76	-6.7%	-2.98	-4.2%
CA Total			106	4.33	143.4%	5.92	159.8%	13.78	103.4%	-16.63	-14.4%	-4.76	-6.7%	-2.98	-4.2%
Grand Total			704	2.87	83.0%	5.62	91.7%	17.39	103.8%	-3.19	-2.9%	-1.49	-2.1%	-3.76	-4.7%

*Student count is based upon the number of students that had a pre and post test score for knowledge of nutrients

Exhibit 2
Operation Tone-Up
Fall 2012 Program Evaluation
All Schools

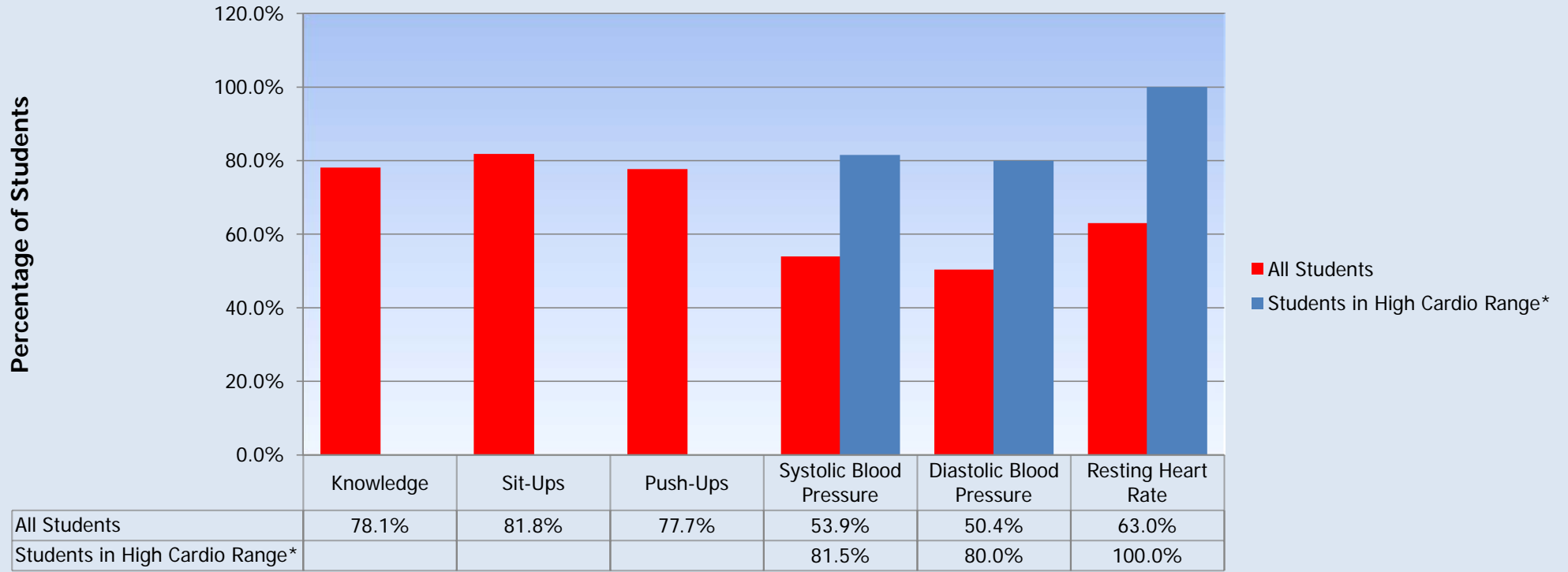
Mean Score Improvement & Percentage Improvement by Study Group

Study Group	School/ Club	Student Count*	Knowledge of Nutrients		Push-Ups		Sit-Ups		Systolic Blood Pressure		Diastolic Blood Pressure		Resting Heart Rate	
			Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change
Taught in PE and Classroom	RE Miller	236	2.85	76.9%	7.51	122.0%	18.09	126.5%	-2.56	-2.3%	-2.69	-4.0%	-4.37	-5.3%
Group Total		236	2.85	76.9%	7.51	122.0%	18.09	126.5%	-2.56	-2.3%	-2.69	-4.0%	-4.37	-5.3%
Taught in PE Only	Brunson-Lee	61	0.23	5.3%	0.11	7.4%	0.15	5.4%						
	Mitchell	132	2.27	82.8%	6.70	87.7%	36.03	142.6%						
	San Jose	28	5.00	100.0%	9.27	248.5%	15.92	311.3%					-2.08	-3.4%
	Stoner Ave	26	4.04	362.1%	3.46	157.9%	17.77	80.2%	-9.92	-9.5%	-0.42	-0.6%	-2.18	-2.5%
	Fullbright	29	3.14	94.8%	3.61	48.3%	9.71	46.3%	-22.59	-18.0%	-8.63	-11.3%	0.55	0.8%
	Hooper	23	5.35	223.6%	7.82	1146.7%	11.73	409.5%					-9.81	-15.5%
Butterfield	30	0.83	26.3%	3.90	30.1%	14.73	61.7%	-0.12	-0.1%	2.92	4.6%	2.88	3.7%	
Group Total		329	2.42	76.6%	4.96	86.2%	20.40	118.7%	-11.05	-9.8%	-2.17	-3.2%	-1.75	-2.4%
Taught after School at Boys & Girls Club	Colangelo	24	8.38	515.4%	7.93	133.7%	7.93	72.6%	0.60	0.6%	-0.40	-0.6%	-2.27	-2.4%
	D-Backs	24	2.00	27.9%	4.29	40.9%	10.54	34.4%	-1.00	-0.8%	5.04	6.7%		
	Sands	20	4.60	97.9%	4.15	112.2%	10.30	57.9%	1.55	1.5%	5.60	8.2%	-10.25	-11.5%
	Stewart	25	3.76	103.3%	1.58	11.6%	5.72	12.8%	-5.32	-5.0%	-0.16	-0.2%	-3.52	-4.1%
	Tolleson	16	1.81	46.8%	3.75	46.5%	19.56	132.1%	7.31	7.1%	1.15	1.7%	-3.77	-4.2%
ED Robson	30	2.93	137.5%	1.52	231.6%	1.62	85.5%	4.29	3.5%	-4.25	-4.5%	-4.21	-4.9%	
Group Total		139	3.97	105.7%	3.48	49.6%	8.38	40.6%	0.67	0.6%	1.12	1.5%	-4.92	-5.6%
Total		704	2.87	83.0%	5.62	91.7%	17.39	103.8%	-3.19	-2.9%	-1.49	-2.1%	-3.76	-4.7%

*Student count is based upon the number of students that had a pre and post test score for knowledge of nutrients

Exhibit 3
Operation Tone-Up
Fall 2012 Program Evaluation
All Schools

2012 Program Results
Percentage of Students that Showed Improvement
All Schools



*Students with pre test scores greater than 125 for Systolic Blood Pressure, 85 for Diastolic Blood Pressure, and 120 for Resting Heart Rate
 Example: 81.5% of the students that had a pre test score greater than 125 for Systolic Blood Pressure showed improvement

Exhibit 4
Operation Tone-Up
Program Results for Three Consecutive Years
R.E. Miller School

Fall 2012 Program Evaluation
Mean Score Improvement & Percentage Improvement by Classroom Grades 3-5

Classroom	Student Count	Knowledge of Nutrients		Push-Ups		Sit-Ups		Systolic Blood Pressure		Diastolic Blood Pressure		Resting Heart Rate	
		Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change
Rich	23	2.04	64.4%	12.92	146.8%	35.16	183.9%	-3.56	-3.3%	-0.96	-1.5%	1.40	1.8%
Villarreal	26	2.46	57.1%	6.64	153.7%	11.64	85.3%	-3.72	-3.3%	-2.28	-3.2%	-5.76	-6.8%
Easley	27	1.70	26.1%	9.21	86.0%	25.54	121.8%						
Fellows	27	3.93	103.9%	8.25	179.1%	24.82	234.0%	3.60	3.3%	0.56	0.9%	-5.52	-6.5%
Cagnetti	27	3.26	66.2%	5.25	66.0%	5.84	26.5%	-4.04	-3.5%	-2.08	-3.0%	-0.40	-0.5%
Demcko	24	3.58	102.4%	4.17	104.2%	9.92	82.4%	1.73	1.6%	4.38	6.7%	-7.54	-8.2%
Smead	17	2.41	170.8%	5.95	134.4%	14.90	141.6%	-4.11	-3.9%	-7.42	-10.1%	-14.06	-15.6%
Jefferson	21	1.57	78.6%	7.10	152.7%	15.75	161.5%	-11.00	-9.6%	-8.20	-11.4%	-1.90	-2.4%
C. Sanchez	19			10.89	350.8%	19.95	300.8%	-0.95	-0.9%	-6.53	-9.7%	-7.42	-9.2%
McRae	19	3.16	150.0%	6.60	104.8%	15.65	118.6%	-6.43	-6.0%	-8.07	-12.2%	3.14	4.5%
H. Sanchez	25	4.08	114.6%	5.46	76.8%	16.81	113.8%	-0.48	-0.5%	-2.04	-3.2%	-5.26	-6.4%
	236	2.85	76.9%	7.51	122.0%	18.09	126.5%	-2.56	-2.3%	-2.69	-4.0%	-4.37	-5.3%

Fall 2011 Program Evaluation
Mean Score Improvement & Percentage Improvement by Classroom Grades 3-5

Classroom	Student Count	Knowledge of Nutrients		Push-Ups		Sit-Ups		Systolic Blood Pressure		Diastolic Blood Pressure		Resting Heart Rate	
		Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change
Giese	27	5.26	225.4%	7.27	185.3%	18.08	134.7%	-1.31	-1.3%	3.08	5.0%	-13.69	-15.4%
Smead	22	6.18	212.5%	6.26	158.2%	21.04	238.4%	-2.83	-2.7%	-4.29	-6.3%	-13.17	-14.0%
Betts	25	5.60	245.6%	5.48	97.4%	30.19	193.6%	2.83	2.7%	-0.58	-0.8%	4.79	6.2%
Jefferson	26	7.15	379.6%	6.50	206.1%	27.73	238.7%	-3.86	-3.7%	-9.48	-13.6%	-11.76	-12.3%
Rich	25	4.12	124.1%	6.70	103.4%	22.81	135.1%	-7.13	-6.4%	-5.79	-8.4%	-12.54	-14.3%
Fellows	27	3.04	59.0%	6.93	125.6%	14.53	56.5%	-2.57	-2.6%	-1.09	-1.7%	-22.32	-24.0%
Demcko	25	4.24	115.2%	6.46	71.4%	18.08	86.6%	1.71	1.7%	-2.88	-4.5%	-3.95	-4.8%
Villarreal	32	2.66	51.5%	7.34	90.0%	33.73	135.6%	-5.30	-4.9%	0.44	0.7%	-18.81	-19.5%
Easley	29	2.83	60.7%	7.97	135.9%	19.62	114.5%	-10.79	-9.6%	-5.08	-7.3%	-12.74	-14.5%
Cagnetti	29	3.21	65.5%	6.13	59.3%	12.58	46.4%	-6.26	-5.6%	-3.93	-5.8%	-23.89	-25.6%
Total	267	4.33	116.8%	6.74	108.6%	22.16	119.9%	-3.70	-3.5%	-2.82	-4.2%	-13.05	-14.5%

Fall 2010 Program Evaluation
Mean Score Improvement & Percentage Improvement by Classroom Grades 3-4

Classroom	Student Count	Knowledge of Nutrients		Push-Ups		Sit-Ups		Systolic Blood Pressure		Diastolic Blood Pressure		Resting Heart Rate	
		Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change
Giese	18	5.73	307.1%	10.06	171.3%	15.31	117.2%	2.12	2.2%	4.71	8.5%	-7.88	-9.5%
Kauppila	23	4.62	170.2%	10.36	228.0%	17.95	148.5%	-1.43	-1.4%	4.57	8.1%	-10.30	-11.9%
McDonald	22	4.68	245.2%	10.85	301.4%	22.25	251.4%	-3.00	-2.9%	0.18	0.3%	-5.09	-5.7%
Rich	28	4.50	117.4%	8.56	108.5%	16.33	95.2%	-3.15	-3.1%	-1.54	-2.6%	-5.12	-6.3%
Villarreal	23	3.05	80.6%	7.30	115.1%	21.52	137.9%	1.96	1.9%	4.35	7.2%	-9.83	-11.5%
Ward	24	4.25	202.4%	9.05	157.9%	14.32	128.6%	2.41	2.5%	0.32	0.5%	-4.36	-5.1%
Total	138	4.44	161.3%	9.26	160.3%	17.97	135.9%	-0.35	-0.4%	1.92	3.2%	-7.05	-8.3%

Exhibit 5
 Operation Tone-Up
 Fall 2012 Program Evaluation
 All Schools

Pre & Post Test Scores for Knowledge of Nutrients

District	School/ Club	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Baltz	Brunson-Lee	Dubiach	61	4.33	4.56	0.23	5.3%
BGC	Colangelo	Gonzalez	24	1.63	10.00	8.38	515.4%
	D-Backs	Bachman	24	7.17	9.17	2.00	27.9%
	Sands	Rodrigues	20	4.70	9.30	4.60	97.9%
	Stewart	Carribon	25	3.64	7.40	3.76	103.3%
	Tolleson	Chaney	16	3.88	5.69	1.81	46.8%
	ED Robson	Budzien /Solano	30	2.13	5.07	2.93	137.5%
BGC Total			139	3.76	7.73	3.97	105.7%
Isaac	Mitchell	Wilson	23	2.78	4.09	1.30	46.9%
		Patel	26	3.04	5.65	2.62	86.1%
		Reyes	16	2.75	5.00	2.25	81.8%
		Sallas	22	2.95	5.73	2.77	93.8%
		Garcia	19	3.32	4.95	1.63	49.2%
		Wernikowski	26	1.77	4.58	2.81	158.7%
Isaac Total			132	2.73	5.00	2.27	82.8%
LAUSD	San Jose	Garcia	28	5.00	10.00	5.00	100.0%
	Stoner Ave	Munson	26	1.12	5.15	4.04	362.1%
	Fullbright	Sayari	29	3.31	6.45	3.14	94.8%
	Hooper	Juarez	23	2.39	7.74	5.35	223.6%
LAUSD Total			106	3.02	7.35	4.33	143.4%
Maricopa	Butterfield	Gilbert	30	3.17	4.00	0.83	26.3%
WESD	RE Miller	Rich	23	3.17	5.22	2.04	64.4%
		Villarreal	26	4.31	6.77	2.46	57.1%
		Easley	27	6.52	8.22	1.70	26.1%
		Fellows	27	3.78	7.70	3.93	103.9%
		Cagnetti	27	4.93	8.19	3.26	66.2%
		Demcko	24	3.50	7.08	3.58	102.4%
		Smead	17	1.41	3.82	2.41	170.8%
		Jefferson	21	2.00	3.57	1.57	78.6%
		McRae	19	2.11	5.26	3.16	150.0%
		H. Sanchez	25	3.56	7.64	4.08	114.6%
WESD Total			236	3.71	6.56	2.85	76.9%
Grand Total			704	3.46	6.33	2.87	83.0%

Exhibit 6
Operation Tone-Up
Fall 2012 Program Evaluation
All Schools

Pre & Post Test Scores for Push-Ups

District	School/ Club	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Baltz	Brunson-Lee	Dubiach	61	1.56	1.67	0.11	7.4%
BGC	Colangelo	Gonzalez	15	5.93	13.87	7.93	133.7%
	D-Backs	Bachman	24	10.50	14.79	4.29	40.9%
	Sands	Rodrigues	20	3.70	7.85	4.15	112.2%
	Stewart	Carribon	25	13.62	15.20	1.58	11.6%
	Tolleson	Chaney	16	8.06	11.81	3.75	46.5%
	ED Robson	Budzien /Solano	29	0.66	2.17	1.52	231.6%
BGC Total			129	7.00	10.48	3.48	49.6%
Isaac	Mitchell	Wilson	23	9.96	13.70	3.74	37.6%
		Patel	27	8.44	17.22	8.78	103.9%
		Reyes	16	5.50	17.06	11.56	210.2%
		Sallas	22	7.50	11.77	4.27	57.0%
		Garcia	18	10.17	16.83	6.67	65.6%
		Wernikowski	26	4.46	10.73	6.27	140.5%
Isaac Total			132	7.64	14.35	6.70	87.7%
LAUSD	San Jose	Garcia	26	3.73	13.00	9.27	248.5%
	Stoner Ave	Munson	26	2.19	5.65	3.46	157.9%
	Fullbright	Sayari	28	7.46	11.07	3.61	48.3%
	Hooper	Juarez	22	0.68	8.50	7.82	1146.7%
LAUSD Total			102	3.71	9.63	5.92	159.8%
Maricopa	Butterfield	Gilbert	30	12.97	16.87	3.90	30.1%
WESD	RE Miller	Rich	25	8.80	21.72	12.92	146.8%
		Villarreal	25	4.32	10.96	6.64	153.7%
		Easley	28	10.71	19.93	9.21	86.0%
		Fellows	28	4.61	12.86	8.25	179.1%
		Cagnetti	24	7.96	13.21	5.25	66.0%
		Demcko	24	4.00	8.17	4.17	104.2%
		Smead	21	4.43	10.38	5.95	134.4%
		Jefferson	20	4.65	11.75	7.10	152.7%
		C. Sanchez	19	3.11	14.00	10.89	350.8%
		McRae	20	6.30	12.90	6.60	104.8%
		H. Sanchez	26	7.12	12.58	5.46	76.8%
		WESD Total			260	6.15	13.66
Grand Total			714	6.13	11.75	5.62	91.7%

Exhibit 7
Operation Tone-Up
Fall 2012 Program Evaluation
All Schools

Pre & Post Test Scores for Sit-Ups

District	School/ Club	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Baltz	Brunson-Lee	Dubiach	61	2.74	2.89	0.15	5.4%
BGC	Colangelo	Gonzalez	15	10.93	18.87	7.93	72.6%
	D-Backs	Bachman	24	30.67	41.21	10.54	34.4%
	Sands	Rodrigues	20	17.80	28.10	10.30	57.9%
	Stewart	Carribon	25	44.60	50.32	5.72	12.8%
	Tolleson	Chaney	16	14.81	34.38	19.56	132.1%
	ED Robson	Budzien /Solano	29	1.90	3.52	1.62	85.5%
BGC Total			129	20.64	29.02	8.38	40.6%
Isaac	Mitchell	Wilson	23	18.14	88.09	66.91	385.7%
		Patel	26	19.15	42.04	22.88	119.5%
		Reyes	16	32.25	48.06	15.81	49.0%
		Sallas	24	30.38	76.08	45.71	150.5%
		Garcia	18	28.50	95.44	66.94	234.9%
		Wernikowski	26	28.20	33.67	3.96	14.6%
Isaac Total			133	25.65	62.71	36.03	142.6%
LAUSD	San Jose	Garcia	26	5.12	21.04	15.92	311.3%
	Stoner Ave	Munson	26	22.15	39.92	17.77	80.2%
	Fullbright	Sayari	28	21.00	30.71	9.71	46.3%
	Hooper	Juarez	22	3.00	15.29	11.73	409.5%
LAUSD Total			102	13.47	27.39	13.78	103.4%
Maricopa	Butterfield	Gilbert	30	23.87	38.60	14.73	61.7%
WESD	RE Miller	Rich	25	19.12	54.28	35.16	183.9%
		Villarreal	25	13.64	25.28	11.64	85.3%
		Easley	28	20.96	46.50	25.54	121.8%
		Fellows	28	10.61	35.43	24.82	234.0%
		Cagnetti	25	22.00	27.84	5.84	26.5%
		Demcko	24	12.04	21.96	9.92	82.4%
		Smead	21	10.52	25.43	14.90	141.6%
		Jefferson	20	9.75	25.50	15.75	161.5%
		C. Sanchez	19	6.63	26.58	19.95	300.8%
		McRae	20	13.20	28.85	15.65	118.6%
		H. Sanchez	26	14.77	31.58	16.81	113.8%
WESD Total			261	14.30	32.39	18.09	126.5%
Grand Total			716	16.83	34.34	17.39	103.8%

Exhibit 8
Operation Tone-Up
Fall 2012 Program Evaluation
All Schools

Pre & Post Test Scores for Systolic Blood Pressure

District	School/ Club	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
BGC	Colangelo	Gonzalez	15	103.53	104.13	0.60	0.6%
	D-Backs	Bachman	24	124.58	123.58	-1.00	-0.8%
	Sands	Rodrigues	20	105.35	106.90	1.55	1.5%
	Stewart	Carribon	25	106.64	101.32	-5.32	-5.0%
	Tolleson	Chaney	13	102.92	110.23	7.31	7.1%
	ED Robson	Budzien /Solano	24	123.50	127.79	4.29	3.5%
BGC Total			121	112.55	113.21	0.67	0.6%
LAUSD	Stoner Ave	Munson	24	104.42	94.50	-9.92	-9.5%
	Fullbright	Sayari	27	125.70	103.11	-22.59	-18.0%
LAUSD Total			51	115.69	99.06	-16.63	-14.4%
Maricopa	Butterfield	Gilbert	26	106.23	106.12	-0.12	-0.1%
WESD	RE Miller	Rich	25	109.52	105.96	-3.56	-3.3%
		Villarreal	25	114.36	110.64	-3.72	-3.3%
		Fellows	25	109.08	112.68	3.60	3.3%
		Cagnetti	25	116.32	112.28	-4.04	-3.5%
		Demcko	26	109.69	111.42	1.73	1.6%
		Smead	19	104.16	100.05	-4.11	-3.9%
		Jefferson	20	114.60	103.60	-11.00	-9.6%
		C. Sanchez	19	103.63	102.68	-0.95	-0.9%
		McRae	14	106.71	100.29	-6.43	-6.0%
H. Sanchez	23	105.43	104.96	-0.48	-0.5%		
WESD Total			221	109.70	107.14	-2.56	-2.3%
Grand Total			419	111.03	107.85	-3.19	-2.9%

Exhibit 9
Operation Tone-Up
Fall 2012 Program Evaluation
All Schools

Pre & Post Test Scores for Diastolic Blood Pressure

District	School/ Club	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
BGC	Colangelo	Gonzalez	15	65.07	64.67	-0.40	-0.6%
	D-Backs	Bachman	24	75.29	80.33	5.04	6.7%
	Sands	Rodrigues	20	68.70	74.30	5.60	8.2%
	Stewart	Carribon	25	70.68	70.52	-0.16	-0.2%
	Tolleson	Chaney	13	67.77	68.92	1.15	1.7%
	ED Robson	Budzien /Solano	24	93.54	89.29	-4.25	-4.5%
BGC Total			121	74.79	75.92	1.12	1.5%
LAUSD	Stoner Ave	Munson	24	65.92	65.50	-0.42	-0.6%
	Fullbright	Sayari	27	76.07	67.44	-8.63	-11.3%
LAUSD Total			51	71.29	66.53	-4.76	-6.7%
Maricopa	Butterfield	Gilbert	26	63.19	66.12	2.92	4.6%
WESD	RE Miller	Rich	25	64.24	63.28	-0.96	-1.5%
		Villarreal	25	71.24	68.96	-2.28	-3.2%
		Fellows	25	64.56	65.12	0.56	0.9%
		Cagnetti	25	68.92	66.84	-2.08	-3.0%
		Demcko	26	65.65	70.04	4.38	6.7%
		Smead	19	73.21	65.79	-7.42	-10.1%
		Jefferson	20	71.80	63.60	-8.20	-11.4%
		C. Sanchez	19	67.05	60.53	-6.53	-9.7%
		McRae	14	66.21	58.14	-8.07	-12.2%
H. Sanchez	23	64.39	62.35	-2.04	-3.2%		
WESD Total			221	67.60	64.91	-2.69	-4.0%
Grand Total			419	69.85	68.36	-1.49	-2.1%

Exhibit 10
Operation Tone-Up
Fall 2012 Program Evaluation
All Schools

Pre & Post Test Scores for Resting Heart Rate

District	School/ Club	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
BGC	Colangelo	Gonzalez	15	93.80	91.53	-2.27	-2.4%
	Sands	Rodrigues	20	89.40	79.15	-10.25	-11.5%
	Stewart	Carribon	25	86.84	83.32	-3.52	-4.1%
	Tolleson	Chaney	13	89.46	85.69	-3.77	-4.2%
	ED Robson	Budzien /Solano	24	85.04	80.83	-4.21	-4.9%
BGC Total			97	88.35	83.43	-4.92	-5.6%
LAUSD	San Jose	Garcia	26	61.58	59.50	-2.08	-3.4%
	Stoner Ave	Munson	22	88.09	85.91	-2.18	-2.5%
	Fullbright	Sayari	29	71.83	72.38	0.55	0.8%
	Hooper	Juarez	21	63.24	53.43	-9.81	-15.5%
LAUSD Total			98	70.92	67.94	-2.98	-4.2%
Maricopa	Butterfield	Gilbert	26	77.08	79.96	2.88	3.7%
WESD	RE Miller	Rich	25	77.08	78.48	1.40	1.8%
		Villarreal	25	84.32	78.56	-5.76	-6.8%
		Fellows	25	84.56	79.04	-5.52	-6.5%
		Cagnetti	25	77.32	76.92	-0.40	-0.5%
		Demcko	26	91.92	84.38	-7.54	-8.2%
		Smead	18	90.17	76.11	-14.06	-15.6%
		Jefferson	20	78.75	76.85	-1.90	-2.4%
		C. Sanchez	19	80.42	73.00	-7.42	-9.2%
		McRae	14	70.36	73.50	3.14	4.5%
H. Sanchez	23	82.00	76.74	-5.26	-6.4%		
WESD Total			220	82.13	77.76	-4.37	-5.3%
Grand Total			441	80.71	76.95	-3.76	-4.7%

Exhibit 11
Operation Tone-Up
Fall 2012 Program Evaluation
All Schools

Pre & Post Test Scores by Systolic Blood Pressure Range

Systolic Pre Test Range	Student Count	<u>Systolic Blood Pressure</u>		(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
		(a) Pre Test Mean Score	(b) Post Test Mean Score		
0 < X ≤ 114	271	101.12	102.98	1.86	1.8%
114 < X ≤ 125	83	118.65	111.02	-7.63	-6.4%
> 125	65	142.63	124.09	-18.54	-13.0%
Total	419	111.03	107.85	-3.19	-2.9%

Pre & Post Test Scores by Diastolic Blood Pressure Range

Diastolic Pre Test Range	Student Count	<u>Diastolic Blood Pressure</u>		(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
		(a) Pre Test Mean Score	(b) Post Test Mean Score		
0 < X ≤ 75	308	62.92	65.49	2.56	4.1%
75 < X ≤ 85	68	79.68	74.18	-5.50	-6.9%
> 85	43	103.98	79.77	-24.21	-23.3%
Total	419	69.85	68.36	-1.49	-2.1%

Pre & Post Test Scores by Resting Heart Rate Range

RHR Pre Test Range	Student Count	<u>Resting Heart Rate</u>		(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
		(a) Pre Test Mean Score	(b) Post Test Mean Score		
0 < X ≤ 100	407	78.29	76.14	-2.14	-2.7%
100 < X ≤ 120	29	107.55	88.72	-18.83	-17.5%
> 120	5	122.40	74.80	-47.60	-38.9%
Total	441	80.71	76.95	-3.76	-4.7%

Appendix A
Operation Tone-Up
Fall 2012 Program Evaluation
Statistical Tests
All Schools

Test and Confidence Interval for Paired t-Test

Program Indicator	Sample Size	Mean	Standard Deviation	Standard Error Mean	Paired t-Statistic	Degrees of Freedom	P-Value (less than)	99.8% Confidence Interval of Difference	
								Lower	Upper
Knowledge of Nutrients	704	2.872	2.749	0.104	27.717	703	0.001	2.551	3.194
Sit-Ups	716	17.390	28.529	1.066	16.310	715	0.001	14.082	20.697
Push-Ups	714	5.621	7.320	0.274	20.518	713	0.001	4.771	6.471
Systolic Blood Pressure	419	-3.186	18.031	0.881	3.617	418	0.001	-5.926	-0.447
Diastolic Blood Pressure	419	-1.492	16.149	0.789	1.891	418	0.05	-3.945	0.962
Resting Heart Rate	441	-3.755	12.969	0.618	6.080	440	0.001	-5.675	-1.835

Knowledge of Nutrients

H0: Mean Post Test Score is less than or equal to the Mean Pre Test Score

Ha: Mean Post Test Score is greater than the Mean Pre Test Score

The difference between the mean Pre Test Score and the mean Post Test Score was significant at the 0.001 level.

We reject the H0; there was sufficient evidence to conclude that the average score for Knowledge of Nutrients improved as a result of the Operation Tone-Up Program.

Sit-Ups

H0: Mean Post Test Score is less than or equal to the Mean Pre Test Score

Ha: Mean Post Test Score is greater than the Mean Pre Test Score

The difference between the mean Pre Test Score and the mean Post Test Score was significant at the 0.001 level.

We reject the H0; there was sufficient evidence to conclude that the average score for Sit-Ups improved as a result of the Operation Tone-Up Program.

Push-Ups

H0: Mean Post Test Score is less than or equal to the Mean Pre Test Score

Ha: Mean Post Test Score is greater than the Mean Pre Test Score

The difference between the mean Pre Test Score and the mean Post Test Score was significant at the 0.001 level.

We reject the H0; there was sufficient evidence to conclude that the average score for Push-Ups improved as a result of the Operation Tone-Up Program.

Systolic Blood Pressure

H0: Mean Post Test Score is greater than or equal to the Mean Pre Test Score

Ha: Mean Post Test Score is less than the Mean Pre Test Score

The difference between the mean Pre Test Score and the mean Post Test Score was significant at the 0.001 level.

We reject the H0; there was sufficient evidence to conclude that the average score for Systolic Blood Pressure improved as a result of the Operation Tone-Up Program.

Diastolic Blood Pressure

H0: Mean Post Test Score is greater than or equal to the Mean Pre Test Score

Ha: Mean Post Test Score is less than the Mean Pre Test Score

The difference between the mean Pre Test Score and the mean Post Test Score was significant at the 0.05 level.

We reject the H0; there was sufficient evidence to conclude that the average score for Diastolic Blood Pressure improved as a result of the Operation Tone-Up Program.

Resting Heart Rate

H0: Mean Post Test Score is greater than or equal to the Mean Pre Test Score

Ha: Mean Post Test Score is less than the Mean Pre Test Score

The difference between the mean Pre Test Score and the mean Post Test Score was significant at the 0.001 level.

We reject the H0; there was sufficient evidence to conclude that the average score for Resting Heart Rate improved as a result of the Operation Tone-Up Program.