

Operation Tone-Up

Fall 2010

Program Evaluation

California

EL Monte School District

April 2011

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Mean Score Improvement & Percentage Improvement by Classroom

School Type	School	Classroom/Teacher	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	
Study Schools	Rio Vista	Vales	10	3.60	81.8%	11.40	335.3%	33.50	349.0%	-11.30	-10.1%	-11.60	-15.3%	-14.50	-17.5%	
		O'Leary	12	3.00	65.5%	9.50	422.2%	18.33	93.6%	-8.50	-7.4%	-6.08	-8.7%	-7.75	-9.2%	
		Thomas	28	4.79	127.6%	10.57	897.0%	23.00	191.7%	-8.25	-7.1%	-6.18	-8.4%	-4.64	-5.7%	
	Rio Vista Total			50	4.12	101.0%	10.48	557.4%	23.98	179.8%	-8.92	-7.7%	-7.24	-9.9%	-7.36	-8.9%
	Wright	Tran	26	3.79	128.2%	4.13	105.3%	9.58	64.6%	0.58	0.5%	-1.96	-3.0%	-8.88	-9.7%	
		Wilson	25	4.88	176.8%	6.60	351.1%	15.56	1440.7%	-9.28	-8.3%	-9.08	-13.2%	-7.44	-8.8%	
		Marshall	27	5.59	155.7%	14.44	348.2%	19.56	83.0%	-4.81	-4.3%	-5.22	-7.8%	-0.04	0.0%	
	Wright Total			78	4.79	153.6%	8.61	258.5%	15.09	112.6%	-4.58	-4.1%	-5.46	-8.2%	-5.26	-6.1%
	Cleminson	Wilson	27	4.96	170.0%	10.71	321.3%	21.88	193.7%	-10.70	-9.5%	-7.83	-11.0%	-9.35	-11.0%	
		Campbell	27	3.70	92.6%	4.50	688.2%	46.00	664.2%	-4.54	-4.2%	-6.58	-9.9%	0.46	0.6%	
	Cleminson Total			54	4.29	123.0%	7.48	385.6%	34.65	385.8%	-7.55	-6.9%	-7.19	-10.5%	-4.34	-5.4%
	Rio Hondo	Kane	30	4.17	111.0%	8.21	884.6%	62.75	354.2%	3.86	3.5%	-3.10	-4.6%	-3.32	-3.5%	
		Burt	29	2.88	69.4%	12.00	439.4%	15.96	85.2%	-6.46	-5.9%	-6.15	-9.1%	-2.58	-3.0%	
	Rio Hondo Total			59	3.56	90.3%	10.04	558.8%	40.22	221.0%	-1.02	-0.9%	-4.55	-6.7%	-2.96	-3.3%
	Cherrylee	Richenberger	29	2.32	95.6%	5.93	108.1%	22.70	237.6%							
		Arellano	30	1.10	28.4%	-3.77	-20.5%	14.67	73.7%							
	Cherrylee Total			59	1.69	53.3%	0.82	6.7%	18.47	123.2%						
	Shirpser	Gonzalez	26	3.42	105.1%					3.58	3.1%	2.54	3.6%	-1.17	-1.3%	
New Lexington	Fletcher/Lemus	59	2.98	91.1%	9.16	164.2%	14.60	72.9%	-12.00	-10.6%	-10.85	-15.5%	-0.83	-0.9%		
Potrero	Graf	26			2.00	23.5%	3.88	14.6%	0.25	0.2%	-0.75	-1.1%	1.13	1.4%		
Cortada	Haupt	28			6.48	192.3%	21.59	477.9%								
Gidley	Castillo	41	4.00	93.0%	4.40	69.8%	-5.70	-23.2%								
Legore	Multiple	106	1.59	40.6%	3.98	107.1%	6.43	66.9%								
EL Monte Total:			586	3.38	95.6%	6.86	148.3%	20.00	137.8%	-5.32	-4.7%	-5.77	-8.3%	-3.60	-4.2%	
Control School	Wilkerson	Almance	24	2.21	55.8%	0.96	69.7%	8.67	161.2%	-1.50	-1.3%	0.17	0.2%	2.46	2.8%	
		All Other	48	0.77	21.4%	4.65	65.8%	5.44	60.4%							
	Control School Total:			72	1.25	33.6%	3.42	66.1%	6.51	83.6%	-1.50	-1.3%	0.17	0.2%	2.46	2.8%

Exhibit II - Documentary Schools vs Control School

Operation Tone-Up
 Fall 2010 Program Evaluation
 EL Monte School District (5th Graders)

Mean Score Improvement & Percentage Improvement by Classroom

School Type	School	Classroom/Teacher	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
Documentary Schools	Rio Vista	Vales	10	3.60	81.8%	11.40	335.3%	33.50	349.0%	-11.30	-10.1%	-11.60	-15.3%	-14.50	-17.5%
		O'Leary	12	3.00	65.5%	9.50	422.2%	18.33	93.6%	-8.50	-7.4%	-6.08	-8.7%	-7.75	-9.2%
		Thomas	28	4.79	127.6%	10.57	897.0%	23.00	191.7%	-8.25	-7.1%	-6.18	-8.4%	-4.64	-5.7%
		Rio Vista Total	50	4.12	101.0%	10.48	557.4%	23.98	179.8%	-8.92	-7.7%	-7.24	-9.9%	-7.36	-8.9%
	Wright	Tran	26	3.79	128.2%	4.13	105.3%	9.58	64.6%	0.58	0.5%	-1.96	-3.0%	-8.88	-9.7%
		Wilson	25	4.88	176.8%	6.60	351.1%	15.56	1440.7%	-9.28	-8.3%	-9.08	-13.2%	-7.44	-8.8%
		Marshall	27	5.59	155.7%	14.44	348.2%	19.56	83.0%	-4.81	-4.3%	-5.22	-7.8%	-0.04	0.0%
	Wright Total	78	4.79	153.6%	8.61	258.5%	15.09	112.6%	-4.58	-4.1%	-5.46	-8.2%	-5.26	-6.1%	
	Documentary School Total:	128	4.52	129.3%	9.35	339.5%	18.62	139.1%	-6.30	-5.6%	-6.17	-8.9%	-6.10	-7.2%	
Control School	Wilkerson	Almance	24	2.21	55.8%	0.96	69.7%	8.67	161.2%	-1.50	-1.3%	0.17	0.2%	2.46	2.8%
		All Other	48	0.77	21.4%	4.65	65.8%	5.44	60.4%						
		Control School Total:	72	1.25	33.6%	3.42	66.1%	6.51	83.6%	-1.50	-1.3%	0.17	0.2%	2.46	2.8%
	Vales & Wilson Total:	35	4.51	139.8%	7.97	344.4%	20.69	588.6%	-9.86	-8.8%	-9.80	-13.8%	-9.46	-11.3%	
	Almance Total:	24	2.21	55.8%	0.96	69.7%	8.67	161.2%	-1.50	-1.3%	0.17	0.2%	2.46	2.8%	

Exhibit III

Operation Tone-Up
 Fall 2010 Program Evaluation
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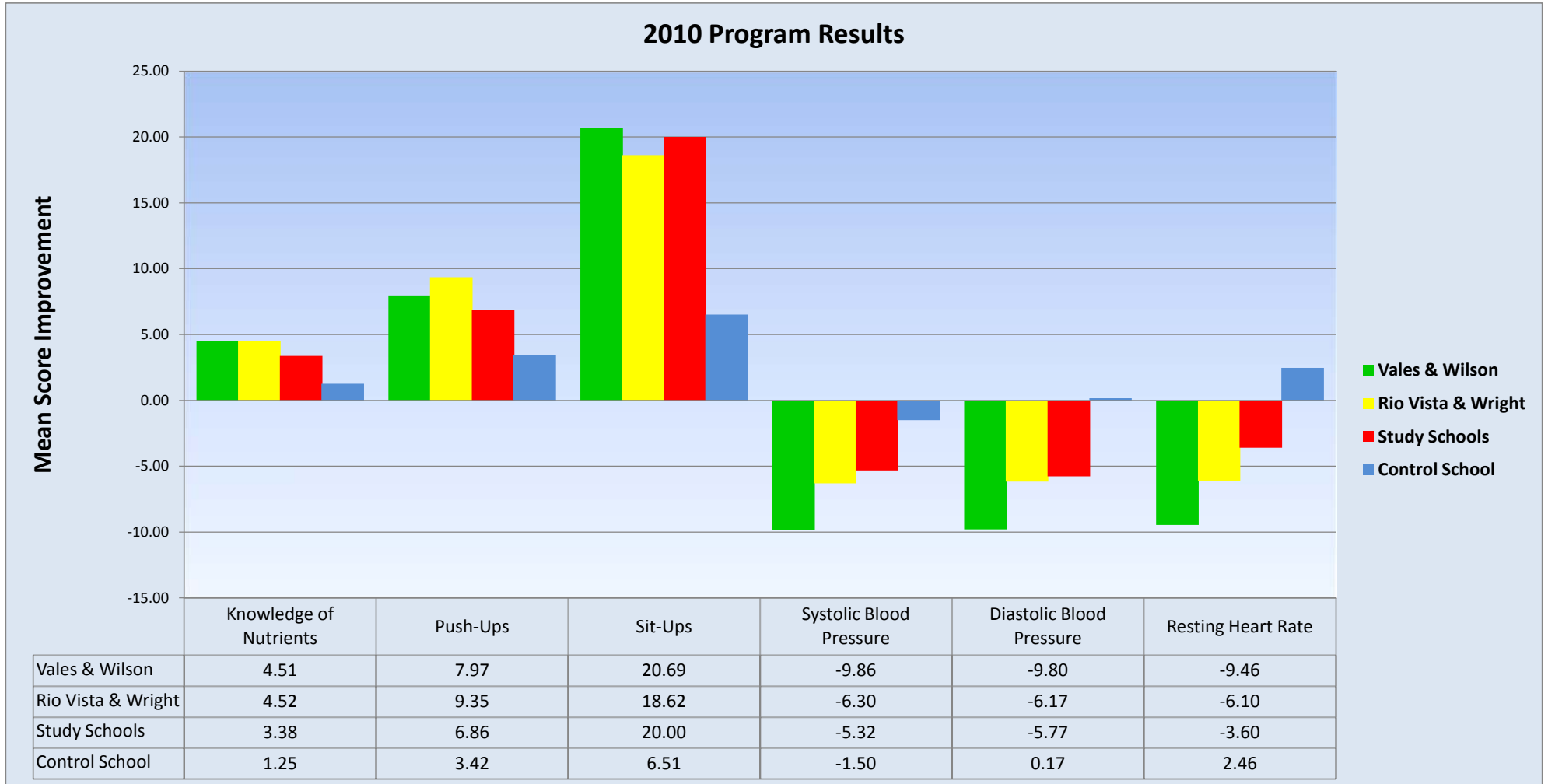


Exhibit IV, Sheet I

Pre & Post Test Scores for Knowledge of Nutrients

Operation Tone-Up

Fall 2010 Program Evaluation

EL Monte School District

Pre & Post Test Scores for Study Schools by Gender

		(a)	(b)	(c) = (b) - (a)	(d) = (c) / (a)
Gender	Student Count	Pre Test Mean Score	Post Test Mean Score	Mean Change	Mean % Change
Female	185	3.69	6.72	3.03	82.0%
Male	238	3.37	7.05	3.68	109.1%

Pre & Post Test Scores by Study Schools vs Control School

		(a)	(b)	(c) = (b) - (a)	(d) = (c) / (a)
School Type	Student Count	Pre Test Mean Score	Post Test Mean Score	Mean Change	Mean % Change
Control	72	3.72	4.97	1.25	33.6%
Study	428	3.54	6.92	3.38	95.6%

Exhibit IV, Sheet II

Pre & Post Test Scores for Knowledge of Nutrients

Operation Tone-Up

Fall 2010 Program Evaluation

EL Monte School District

Pre & Post Test Scores by Classroom

School	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Rio Vista	O'Leary	12	4.58	7.58	3.00	65.5%
	Thomas	28	3.75	8.54	4.79	127.6%
	Vales	10	4.40	8.00	3.60	81.8%
Rio Vista Total		50	4.08	8.20	4.12	101.0%
Wright	Marshall	27	3.59	9.19	5.59	155.7%
	Tran	24	2.96	6.75	3.79	128.2%
	Wilson	25	2.76	7.64	4.88	176.8%
Wright Total		76	3.12	7.91	4.79	153.6%
Cleminson	Campbell	27	4.00	7.70	3.70	92.6%
	Wilson	24	2.92	7.88	4.96	170.0%
Cleminson Total		51	3.49	7.78	4.29	123.0%
Rio Hondo	Burt	26	4.15	7.04	2.88	69.4%
	Kane	29	3.76	7.93	4.17	111.0%
Rio Hondo Total		55	3.95	7.51	3.56	90.3%
Cherrylee	Richenberger	28	2.43	4.75	2.32	95.6%
	Arellano	30	3.87	4.97	1.10	28.4%
Cherrylee Total		58	3.17	4.86	1.69	53.3%
Shirpser	Gonzalez	24	3.25	6.67	3.42	105.1%
New Lexington	Fletcher/Lemus	55	3.27	6.25	2.98	91.1%
Potrero	Graf					
Cortada	Haupt					
Gidley	Castillo	10	4.30	8.30	4.00	93.0%
Legore	Multiple	49	3.92	5.51	1.59	40.6%
Wilkerson	Almance	24	3.96	6.17	2.21	55.8%
	All Other	48	3.60	4.38	0.77	21.4%
Wilkerson Total		72	3.72	4.97	1.25	33.6%

Exhibit V, Sheet I

Pre & Post Test Scores for Push-Ups & Sit-Ups

Operation Tone-Up

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Pre & Post Test Scores for Study Schools by Gender

Gender	Push-Ups					Sit-Ups				
	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change	Student Count	(e) Pre Test Mean Score	(f) Post Test Mean Score	(g) = (f) - (e) Mean Change	(h) = (g) / (e) Mean % Change
Female	195	3.78	10.53	6.74	178.2%	196	14.67	32.07	17.40	118.6%
Male	252	5.30	12.29	6.99	132.0%	252	14.28	36.52	22.24	155.8%

Pre & Post Test Scores for Study Schools vs Control School

School Type	Push-Ups					Sit-Ups				
	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change	Student Count	(e) Pre Test Mean Score	(f) Post Test Mean Score	(g) = (f) - (e) Mean Change	(h) = (g) / (e) Mean % Change
Control	72	5.17	8.58	3.42	66.1%	72	7.79	14.31	6.51	83.6%
Study	453	4.63	11.49	6.86	148.3%	454	14.51	34.51	20.00	137.8%

Exhibit V, Sheet II
Pre & Post Test Scores for Push-Ups & Sit-Ups

Operation Tone-Up
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Pre & Post Test Scores by Classroom

School	Classroom	Push-Ups					Sit-Ups				
		Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change	Student Count	(e) Pre Test Mean Score	(f) Post Test Mean Score	(g) = (f) - (e) Mean Change	(h) = (g) / (e) Mean % Change
Rio Vista	O'Leary	12	2.25	11.75	9.50	422.2%	12	19.58	37.92	18.33	93.6%
	Thomas	28	1.18	11.75	10.57	897.0%	28	12.00	35.00	23.00	191.7%
	Vales	10	3.40	14.80	11.40	335.3%	10	9.60	43.10	33.50	349.0%
Rio Vista Total		50	1.88	12.36	10.48	557.4%	50	13.34	37.32	23.98	179.8%
Wright	Marshall	27	4.15	18.59	14.44	348.2%	27	23.56	43.11	19.56	83.0%
	Tran	24	3.92	8.04	4.13	105.3%	24	14.83	24.42	9.58	64.6%
	Wilson	25	1.88	8.48	6.60	351.1%	25	1.08	16.64	15.56	1440.7%
Wright Total		76	3.33	11.93	8.61	258.5%	76	13.41	28.50	15.09	112.6%
Cleminson	Campbell	26	0.65	5.15	4.50	688.2%	27	6.93	52.93	46.00	664.2%
	Wilson	24	3.33	14.04	10.71	321.3%	24	11.29	33.17	21.88	193.7%
Cleminson Total		50	1.94	9.42	7.48	385.6%	51	8.98	43.63	34.65	385.8%
Rio Hondo	Burt	26	2.73	14.73	12.00	439.4%	26	18.73	34.69	15.96	85.2%
	Kane	28	0.93	9.14	8.21	884.6%	28	17.71	80.46	62.75	354.2%
Rio Hondo Total		54	1.80	11.83	10.04	558.8%	54	18.20	58.43	40.22	221.0%
Cherrylee	Richenberger	27	5.48	11.41	5.93	108.1%	27	9.56	32.26	22.70	237.6%
	Arellano	30	18.40	14.63	-3.77	-20.5%	30	19.90	34.57	14.67	73.7%
Cherrylee Total		57	12.28	13.11	0.82	6.7%	57	15.00	33.47	18.47	123.2%
New Lexington	Shirpser Gonzalez	55	5.58	14.75	9.16	164.2%	55	20.02	34.62	14.60	72.9%
	Potrero Fletcher/Lemus	25	8.52	10.52	2.00	23.5%	25	26.64	30.52	3.88	14.6%
	Cortada Haupt	27	3.37	9.85	6.48	192.3%	27	4.52	26.11	21.59	477.9%
	Gidley Castillo	10	6.30	10.70	4.40	69.8%	10	24.60	18.90	-5.70	-23.2%
	Legore Multiple	49	3.71	7.69	3.98	107.1%	49	9.61	16.04	6.43	66.9%
	Wilkerson Almance	24	1.38	2.33	0.96	69.7%	24	5.38	14.04	8.67	161.2%
Wilkerson Total	All Other	48	7.06	11.71	4.65	65.8%	48	9.00	14.44	5.44	60.4%
		72	5.17	8.58	3.42	66.1%	72	7.79	14.31	6.51	83.6%

Exhibit VI, Sheet I
Pre & Post Test Scores for Cardiovascular Tests

Operation Tone-Up
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EL Monte School District

Pre & Post Test Scores for Study Schools by Gender

Gender	Systolic Blood Pressure					Diastolic Blood Pressure					Resting Heart Rate				
	(a)	(b)	(c) = (b) - (a)	(d) = (c) / (a)		(e)	(f)	(g) = (f) - (e)	(h) = (g) / (e)		(i)	(j)	(k) = (j) - (i)	(l) = (k) / (i)	
	Student Count	Pre Test Mean Score	Post Test Mean Score	Mean Change	Mean % Change	Student Count	Pre Test Mean Score	Post Test Mean Score	Mean Change	Mean % Change	Student Count	Pre Test Mean Score	Post Test Mean Score	Mean Change	Mean % Change
Female	139	111.12	106.90	-4.22	-3.8%	139	67.68	63.68	-4.00	-5.9%	138	86.31	82.64	-3.67	-4.2%
Male	188	113.26	107.01	-6.24	-5.5%	188	70.47	63.37	-7.10	-10.1%	187	84.55	81.15	-3.40	-4.0%

Pre & Post Test Scores for Study Schools vs Control School

School Type	Systolic Blood Pressure					Diastolic Blood Pressure					Resting Heart Rate				
	(a)	(b)	(c) = (b) - (a)	(d) = (c) / (a)		(e)	(f)	(g) = (f) - (e)	(h) = (g) / (e)		(i)	(j)	(k) = (j) - (i)	(l) = (k) / (i)	
	Student Count	Pre Test Mean Score	Post Test Mean Score	Mean Change	Mean % Change	Student Count	Pre Test Mean Score	Post Test Mean Score	Mean Change	Mean % Change	Student Count	Pre Test Mean Score	Post Test Mean Score	Mean Change	Mean % Change
Control	24	113.38	111.88	-1.50	-1.3%	24	68.58	68.75	0.17	0.2%	24	88.92	91.38	2.46	2.8%
Study	329	112.34	107.02	-5.32	-4.7%	329	69.29	63.52	-5.77	-8.3%	327	85.40	81.81	-3.60	-4.2%

Exhibit VI, Sheet II
Pre & Post Test Scores for Cardiovascular Tests

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Pre & Post Test Scores by Classroom

		Systolic Blood Pressure					Diastolic Blood Pressure					Resting Heart Rate				
		Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change	Student Count	(e) Pre Test Mean Score	(f) Post Test Mean Score	(g) = (f) - (e) Mean Change	(h) = (g) / (e) Mean % Change	Student Count	(i) Pre Test Mean Score	(j) Post Test Mean Score	(k) = (j) - (i) Mean Change	(l) = (k) / (i) Mean % Change
Rio Vista	O'Leary	12	114.92	106.42	-8.50	-7.4%	12	69.67	63.58	-6.08	-8.7%	12	84.67	76.92	-7.75	-9.2%
	Thomas	28	116.54	108.29	-8.25	-7.1%	28	73.93	67.75	-6.18	-8.4%	28	81.25	76.61	-4.64	-5.7%
	Vales	10	111.40	100.10	-11.30	-10.1%	10	75.90	64.30	-11.60	-15.3%	10	83.00	68.50	-14.50	-17.5%
Rio Vista Total		50	115.12	106.20	-8.92	-7.7%	50	73.30	66.06	-7.24	-9.9%	50	82.42	75.06	-7.36	-8.9%
Wright	Marshall	27	111.15	106.33	-4.81	-4.3%	27	67.33	62.11	-5.22	-7.8%	27	81.48	81.44	-0.04	0.0%
	Tran	24	109.29	109.88	0.58	0.5%	24	64.21	62.25	-1.96	-3.0%	24	91.83	82.96	-8.88	-9.7%
	Wilson	25	111.88	102.60	-9.28	-8.3%	25	68.72	59.64	-9.08	-13.2%	25	84.28	76.84	-7.44	-8.8%
Wright Total		76	110.80	106.22	-4.58	-4.1%	76	66.80	61.34	-5.46	-8.2%	76	85.67	80.41	-5.26	-6.1%
Cleminson	Campbell	24	107.83	103.29	-4.54	-4.2%	24	66.17	59.58	-6.58	-9.9%	24	76.04	76.50	0.46	0.6%
	Wilson	23	112.04	101.35	-10.70	-9.5%	23	71.00	63.17	-7.83	-11.0%	23	84.70	75.35	-9.35	-11.0%
Cleminson Total		47	109.89	102.34	-7.55	-6.9%	47	68.53	61.34	-7.19	-10.5%	47	80.28	75.94	-4.34	-5.4%
Rio Hondo	Burt	26	109.81	103.35	-6.46	-5.9%	26	67.85	61.69	-6.15	-9.1%	26	86.42	83.85	-2.58	-3.0%
	Kane	29	111.90	115.76	3.86	3.5%	29	68.07	64.97	-3.10	-4.6%	28	95.11	91.79	-3.32	-3.5%
Rio Hondo Total		55	110.91	109.89	-1.02	-0.9%	55	67.96	63.42	-4.55	-6.7%	54	90.93	87.96	-2.96	-3.3%
Cherrylee	Richenberger															
	Arellano															
Cherrylee Total																
Shirpser	Gonzalez	24	113.88	117.46	3.58	3.1%	24	70.79	73.33	2.54	3.6%	24	88.46	87.29	-1.17	-1.3%
New Lexington	Fletcher/Lemus	53	113.55	101.55	-12.00	-10.6%	53	69.87	59.02	-10.85	-15.5%	52	87.54	86.71	-0.83	-0.9%
	Potrero	24	115.29	115.54	0.25	0.2%	24	70.50	69.75	-0.75	-1.1%	24	80.71	81.83	1.13	1.4%
	Cortada															
	Gidley															
	Legore															
	Multiple															
Wilkerson	Almance	24	113.38	111.88	-1.50	-1.3%	24	68.58	68.75	0.17	0.2%	24	88.92	91.38	2.46	2.8%
	All Other															
Wilkerson Total		24	113.38	111.88	-1.50	-1.3%	24	68.58	68.75	0.17	0.2%	24	88.92	91.38	2.46	2.8%

Exhibit VI, Sheet III

Pre & Post Test Scores for Cardiovascular Tests

Operation Tone-Up

Fall 2010 Program Evaluation

EL Monte School District

Pre & Post Test Scores for Study Schools by Systolic Blood Pressure Range

<u>Systolic Blood Pressure</u>					
Systolic Pre Test Range	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
0 < X ≤ 114	194	104.61	102.39	-2.22	-2.1%
114 < X ≤ 125	94	120.02	111.91	-8.11	-6.8%
> 125	41	131.32	117.73	-13.59	-10.3%
Total	329	112.34	107.02	-5.32	-4.7%

Pre & Post Test Scores for Study Schools by Diastolic Blood Pressure Range

<u>Diastolic Blood Pressure</u>					
Diastolic Pre Test Range	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
0 < X ≤ 75	253	65.28	62.93	-2.35	-3.6%
75 < X ≤ 85	54	79.78	66.28	-13.50	-16.9%
> 85	22	89.64	63.55	-26.09	-29.1%
Total	329	69.29	63.52	-5.77	-8.3%

Pre & Post Test Scores for Study Schools by Resting Heart Rate Range

<u>Resting Heart Rate</u>					
RHR Pre Test Range	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
0 < X ≤ 100	274	81.05	79.70	-1.34	-1.7%
100 < X ≤ 120	47	106.15	92.68	-13.47	-12.7%
> 120	6	121.83	92.67	-29.17	-23.9%
Total	327	85.40	81.81	-3.60	-4.2%

Exhibit VI, Sheet IV
Pre & Post Test Scores for Cardiovascular Tests

Operation Tone-Up
Fall 2010 Program Evaluation
EL Monte School District

Pre & Post Test Scores for Study Schools by Weight Status Category

<u>Systolic Blood Pressure</u>					
Weight Status Category	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Underweight	8	95.25	93.75	-1.50	-1.6%
Healthy Weight	143	111.59	106.59	-5.01	-4.5%
Overweight	13	121.92	119.23	-2.69	-2.2%
Obese	10	127.20	116.30	-10.90	-8.6%
Total	174	112.51	107.50	-5.01	-4.5%

Pre & Post Test Scores for Study Schools by Weight Status Category

<u>Diastolic Blood Pressure</u>					
Weight Status Category	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Underweight	8	63.00	55.88	-7.13	-11.3%
Healthy Weight	143	69.77	63.22	-6.55	-9.4%
Overweight	13	71.85	66.77	-5.08	-7.1%
Obese	10	76.80	68.10	-8.70	-11.3%
Total	174	70.02	63.43	-6.59	-9.4%

Pre & Post Test Scores for Study Schools by Weight Status Category

<u>Resting Heart Rate</u>					
Weight Status Category	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Underweight	8	77.88	78.25	0.38	0.5%
Healthy Weight	143	85.98	82.09	-3.89	-4.5%
Overweight	13	84.08	80.23	-3.85	-4.6%
Obese	9	97.11	95.78	-1.33	-1.4%
Total	173	86.04	82.49	-3.55	-4.1%

Exhibit VII**Pre & Post Test Scores for BMI****Operation Tone-Up****Fall 2010 Program Evaluation****EL Monte School District****Pre & Post Test Scores for Study Schools vs Control Schools**

School Type	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Control	45	21.56	21.78	0.22	1.0%
Study	298	20.60	21.12	0.53	2.6%

Pre & Post Test Scores for Study Schools by Weight Status Category

Weight Status Category	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Underweight	14	12.47	14.94	2.47	19.8%
Healthy Weight	251	19.86	20.36	0.51	2.5%
Overweight	19	27.68	27.87	0.19	0.7%
Obese	14	32.30	31.78	-0.52	-1.6%
Total	298	20.60	21.12	0.53	2.6%

Appendix A, Sheet I
Statistical Tests - Study Schools

Operation Tone-Up
Fall 2010 Program Evaluation
EL Monte School District

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	99.8% Confidence Interval of Difference	
								Lower	Upper
Knowledge of Nutrition	428	3.381	2.560	0.124	27.319	427	<..001	2.996	3.766
Sit-Ups	454	19.998	25.494	1.196	16.714	453	<..001	16.279	23.716
Push-Ups	453	6.863	8.664	0.407	16.860	452	<..001	5.598	8.128
Systolic Blood Pressure	329	-5.316	11.812	0.651	8.164	328	<..001	-7.345	-3.288
Diastolic Blood Pressure	329	-5.766	12.738	0.702	8.210	328	<..001	-7.954	-3.578
Resting Heart Rate	327	-3.596	15.404	0.852	4.222	326	<..001	-6.250	-0.943

Critical Values for Student's T- Distribution

	one- tail p	0.001	0.0025	0.005	0.01	0.025	0.05
two-tail p	0.002	0.005	0.01	0.02	0.05	0.1	
df=							
430	3.109	2.822	2.587	2.335	1.965	1.648	
455	3.108	2.821	2.587	2.335	1.965	1.648	
330	3.115	2.826	2.591	2.338	1.967	1.649	

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 mean Pre Test Score was 3.54; the mean Post Test Score was 6.92. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score in Knowledge of Nutrients improved as a result of the 2010 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 mean Pre Test Score was 14.51; the mean Post Test Score was 34.51. The difference between these two paired means was significant at the .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 2010 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 mean Pre Test Score was 4.63; the mean Post Test Score was 11.49. The difference between these two paired means was significant at the .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 2010 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 mean Pre Test Score was 112.34; the mean Post Test Score was 107.02. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score for Systolic Blood Pressure decreased as a result of the 2010 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 mean Pre Test Score was 69.29; the mean Post Test Score was 63.52. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score for Diastolic Blood Pressure decreased as a result of the 2010 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 mean Pre Test Score was 85.40; the mean Post Test Score was 81.81. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score for Resting Heart Rate decreased as a result of the 2010 Operation Tone-Up Program.

Appendix A, Sheet II
Statistical Tests - Documentary Schools

Operation Tone-Up
Fall 2010 Program Evaluation
EL Monte District - Rio Vista & Wright

Test and Confidence Interval for Paired t-Test								99.8% Confidence Interval of Difference	
Program Indicator	Sample Size	Mean	Standard Deviation	Standard Error Mean	Paired t-Statistic	Degrees of Freedom	P-Value	Lower	Upper
Knowledge of Nutrition	126	4.524	1.892	0.169	26.840	125	<..001	3.992	5.056
Sit-Ups	126	18.619	16.747	1.492	12.480	125	<..001	13.909	23.329
Push-Ups	126	9.349	7.057	0.629	14.872	125	<..001	7.365	11.334
Systolic Blood Pressure	126	-6.302	10.775	0.960	6.565	125	<..001	-9.332	-3.271
Diastolic Blood Pressure	126	-6.167	11.441	1.019	6.050	125	<..001	-9.384	-2.949
Resting Heart Rate	126	-6.095	14.312	1.275	4.780	125	<..001	-10.121	-2.070

Critical Values for Student's T- Distribution

one- tail p	0.001	0.0025	0.005	0.01	0.025	0.05
two-tail p	0.002	0.005	0.01	0.02	0.05	0.1
df =						
125	3.157	2.858	2.616	2.356	1.979	1.657

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 mean Pre Test Score was 3.50; the mean Post Test Score was 8.02. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score in Knowledge of Nutrients improved as a result of the 2010 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 mean Pre Test Score was 13.38; the mean Post Test Score was 32.00. The difference between these two paired means was significant at the .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 2010 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 mean Pre Test Score was 2.75; the mean Post Test Score was 12.10. The difference between these two paired means was significant at the .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 2010 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 mean Pre Test Score was 112.52; the mean Post Test Score was 106.21. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score for Systolic Blood Pressure decreased as a result of the 2010 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 mean Pre Test Score was 69.38; the mean Post Test Score was 63.21. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score for Diastolic Blood Pressure decreased as a result of the 2010 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 mean Pre Test Score was 84.38; the mean Post Test Score was 78.29. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score for Resting Heart Rate decreased as a result of the 2010 Operation Tone-Up Program.

Appendix A, Sheet III
Statistical Tests - Vales & Wilson

Operation Tone-Up
Fall 2010 Program Evaluation
EL Monte School District - Vales & Wilson(Wright) Classrooms

Test and Confidence Interval for Paired t-Test								99.8% Confidence Interval of Difference	
Program Indicator	Sample		Standard	Standard	Paired	Degrees	P-Value	Lower	Upper
	Size	Mean	Deviation	Error Mean	t-Statistic	of Freedom			
Knowledge of Nutrition	35	4.514	1.358	0.230	19.660	34	<..001	3.747	5.281
Sit-Ups	35	20.686	14.724	2.489	8.311	34	<..001	12.373	28.999
Push-Ups	35	7.971	6.492	1.097	7.264	34	<..001	4.306	11.637
Systolic Blood Pressure	35	-9.857	9.337	1.578	6.245	34	<..001	-15.129	-4.586
Diastolic Blood Pressure	35	-9.800	13.681	2.312	4.238	34	<..001	-17.524	-2.076
Resting Heart Rate	35	-9.457	9.565	1.617	5.849	34	<..001	-14.857	-4.057

Critical Values for Student's T- Distribution

one- tail p	0.001	0.0025	0.005	0.01	0.025	0.05
two-tail p	0.002	0.005	0.01	0.02	0.05	0.1
df =						
35	3.340	2.996	2.724	2.438	2.030	1.690

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 mean Pre Test Score was 3.23; the mean Post Test Score was 7.74. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score in Knowledge of Nutrients improved as a result of the 2010 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 mean Pre Test Score was 3.51; the mean Post Test Score was 24.20. The difference between these two paired means was significant at the .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 2010 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 mean Pre Test Score was 2.31; the mean Post Test Score was 10.29. The difference between these two paired means was significant at the .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 2010 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 mean Pre Test Score was 111.74; the mean Post Test Score was 101.89. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score for Systolic Blood Pressure decreased as a result of the 2010 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 mean Pre Test Score was 70.77; the mean Post Test Score was 60.97. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score for Diastolic Blood Pressure decreased as a result of the 2010 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 mean Pre Test Score was 83.91; the mean Post Test Score was 74.46. The difference between these two paired means was significant at the .001 level. We reject the H0; there was sufficient evidence to conclude that the average score for Resting Heart Rate decreased as a result of the 2010 Operation Tone-Up Program.