



**SURVEY RESULTS  
2018-19 SEASON**

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## 2018-19 SRLA Survey Background and Methodology

Students Run LA (SRLA) is committed to measuring the impact of its program. Over the years, SRLA has used surveys to collect information from SRLA Leaders and students. Last season, SRLA launched its first survey system to reach students directly.

For the 2018-19 season, SRLA further fine-tuned this survey system by adding more questions and collecting more data.

SRLA first surveyed students at the beginning of the season and then, again, at the end of the season. For the season-end survey, SRLA started soliciting responses from students one week before the Marathon and continued to collect survey responses through the middle of April.

Because the surveys are directly linked to SRLA's database, which includes demographic information on each student, the surveys did not ask students about their age, gender, or ethnic identity. By linking the surveys to the database, SRLA could also compare individual pre- and post- program survey results.

Overall, 2,008 students responded to the pre-program survey and 1,025 students responded to the post-program survey. Not all students answered all questions. Of these students, 799 of them responded to both surveys, allowing SRLA to evaluate changes in student behavior over the course of the season. Some questions, however, were asked in only one survey.

The results of these surveys are included in the pages that follow.

## Pre v. Post Program Comparative Results

### 1. DEMOGRAPHICS

799 students answered both the pre- and post-program surveys, giving SRLA an opportunity to compare their results over the course of a season. Below is demographic and background information on these students.

Age	Number of Students
12	62
13	140
14	80
15	90
16	150
17	215
18	57
19	4
20	1
<b>TOTAL</b>	<b>799</b>

GENDER		
FEMALE	MALE	TOTAL
431	368	799

ETHNICITY					
ASIAN	BLACK	LATINO	WHITE	OTHER	TOTAL
56	14	666	43	20	799

How many years did you participate in SRLA and complete the Marathon with SRLA?\*

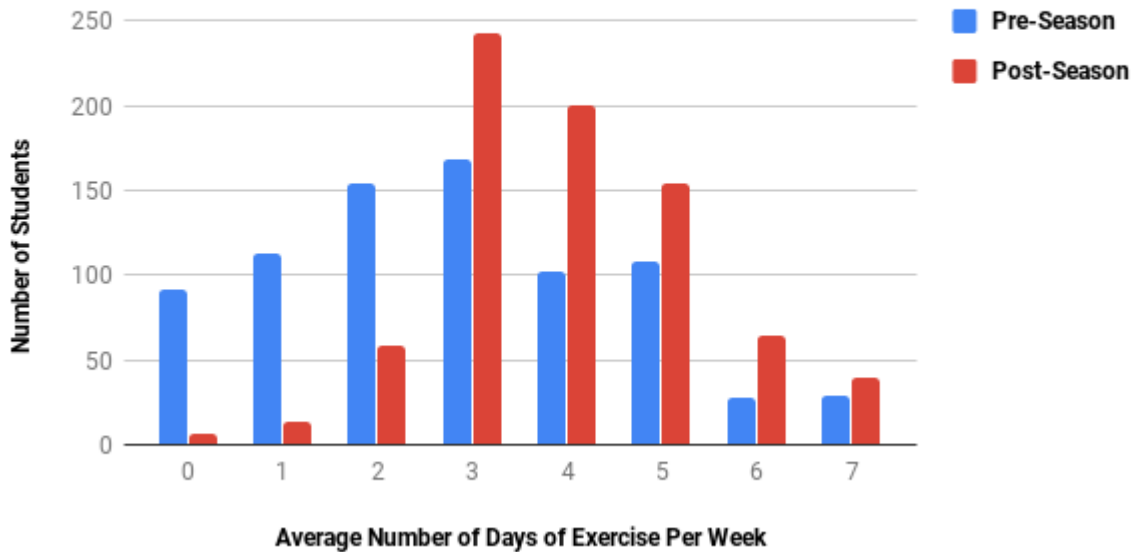
AGE	0 (Never Completed)	1 Year	2 Years	3 Years	4 Years	5 Years	GRAND TOTAL
12	56	5					61
13	82	50	5				137
14	32	28	19				79
15	36	32	13	6			87
16	60	43	21	14	11		149
17	100	40	28	25	6	13	212
18	23	17	9	6			55
19	3	1					4
20		1					1
<b>TOTAL</b>	<b>392</b>	<b>217</b>	<b>95</b>	<b>51</b>	<b>17</b>	<b>13</b>	<b>785</b>

\*\* 14 students did not answer this question

## 2. EXERCISE

### SRLA Impact on Weekly Exercise

Pre v. Post Program Results

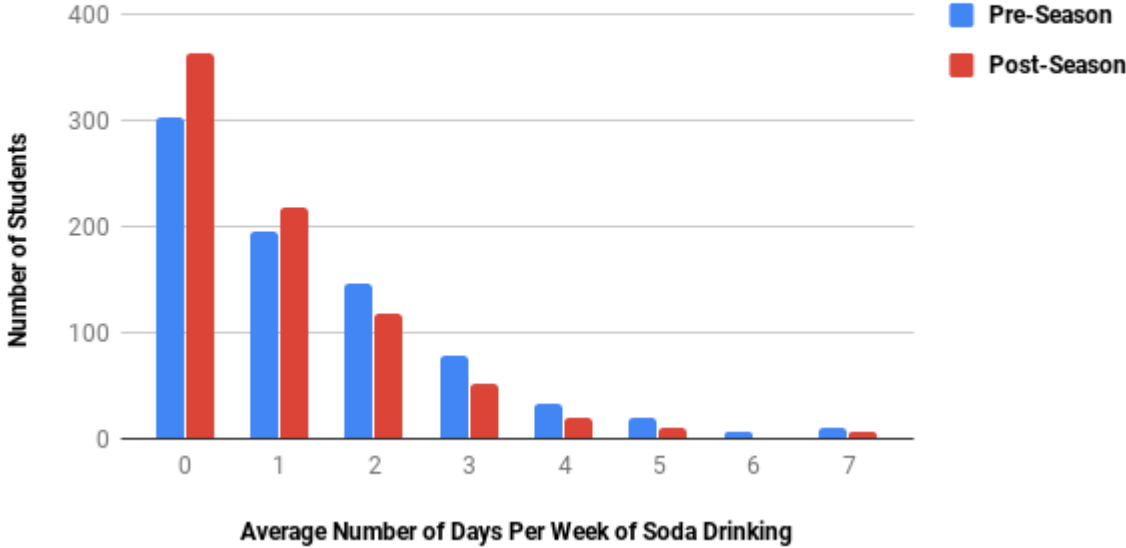


- 509 students (63.7%) reported a positive change in the number of days they exercised per week, increasing the time they spent on exercise by an average of 2.3 days per week.
- 130 students (16.3%) reported no change in the number of days they exercised per week, averaging 3.9 days of exercise per week.

### 3. SODA CONSUMPTION

#### SRLA Impact on Soda Consumption

Pre v. Post Program Results

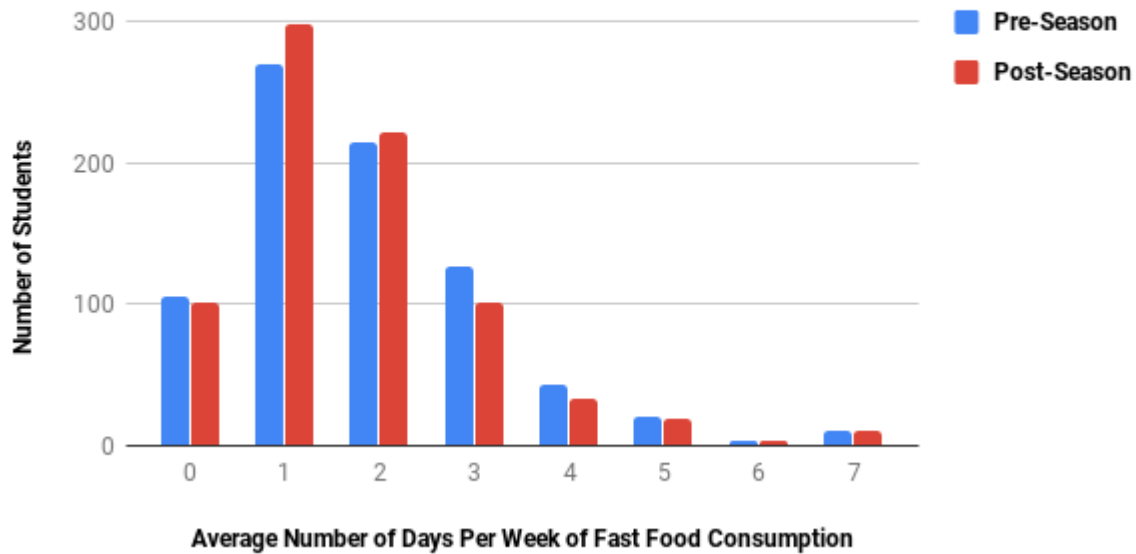


- 269 students (33.7%) reported decreasing their per week consumption of soda, averaging a decrease of 1.8 days per week.
- 400 students (50.1%) reported no change in the number of days they drank soda per week, averaging less than one soda per week.

## 4. FAST FOOD CONSUMPTION

### SRLA Impact on Fast Food Consumption

Pre v. Post Program Results

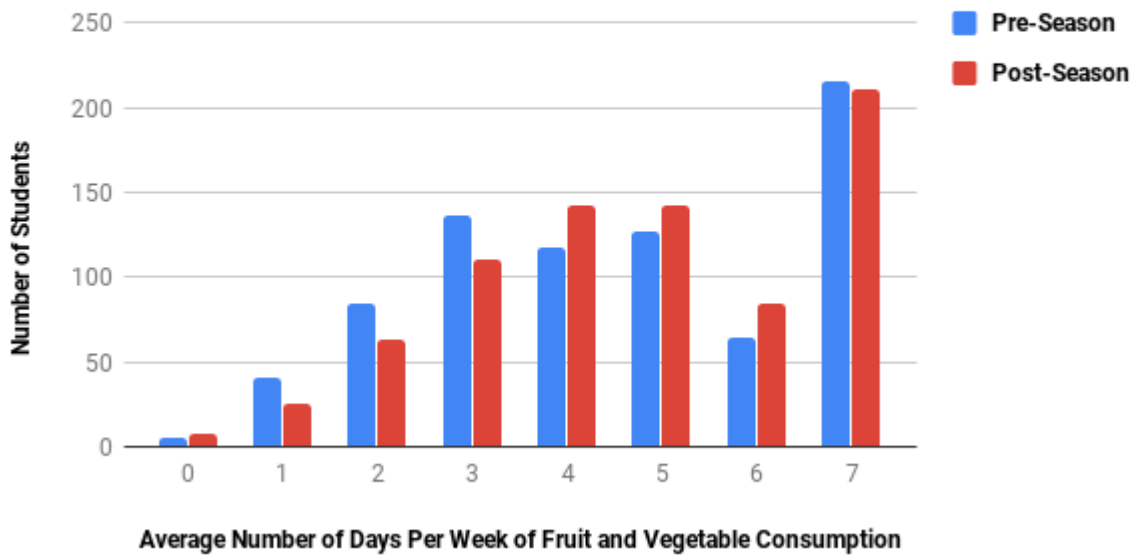


- 288 students (36%) reported decreasing their per week consumption of fast food, averaging a decrease of 1.6 days per week.
- 280 students (35%) reported no change in the number of days they ate fast food per week. These students ate fast food, on average, less than 1.5 days per week.

## 5. FRUIT AND VEGETABLE CONSUMPTION

### SRLA Impact on Healthy Eating

#### Pre v. Post Program Results

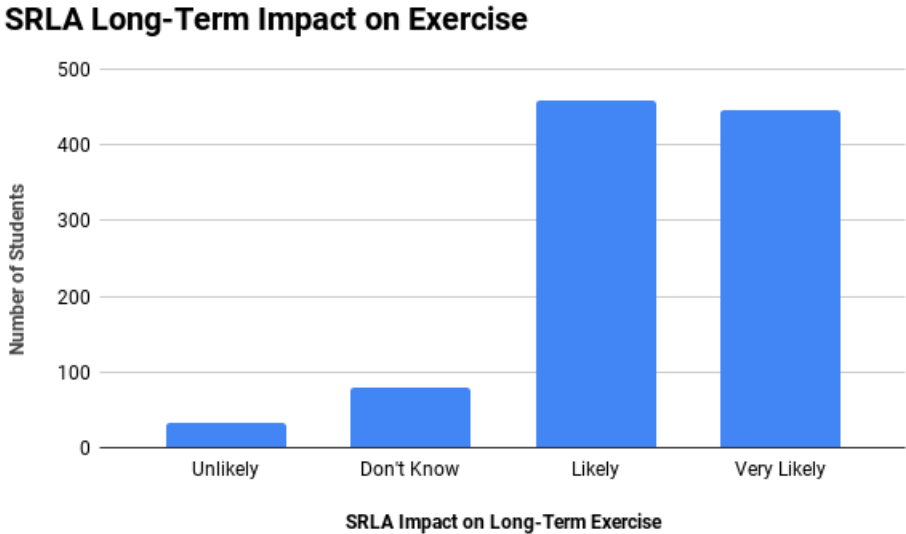


- 301 students (37.7%) reported increasing their per week consumption of fruits and vegetables, averaging an increase of 1.6 days per week.
- 244 students (31.4%) reported no change in the number of days they ate fruits and vegetables per week. These students ate fruits and vegetables, on average, 5.3 days per week.



# POST-PROGRAM SURVEY RESULTS

The results of the post-program survey show that the overwhelming majority of students intend to continue exercising on a regular basis.



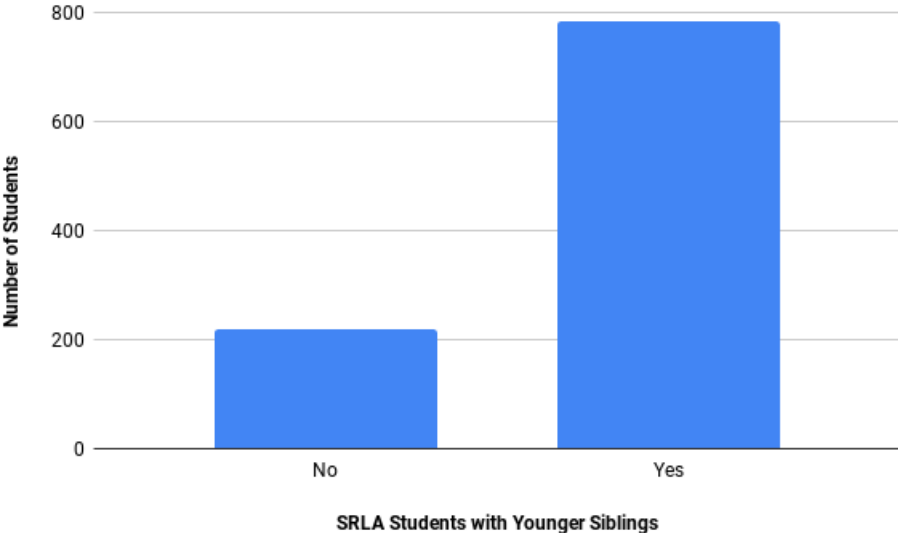
- 1016 students responded to this question in our year-end survey
- 445 students (43.8%) reported being **Very Likely** to engage in physical activity after the SRLA program ends.
- 459 students (45.2%) reported being **Likely** to engage in physical activity after the SRLA program ends.

### SRLA is a Family Affair

While SRLA directly reaches more than 3,000 students each year, survey results confirm that SRLA has a huge influence on students' families, especially among family members of the same generation.

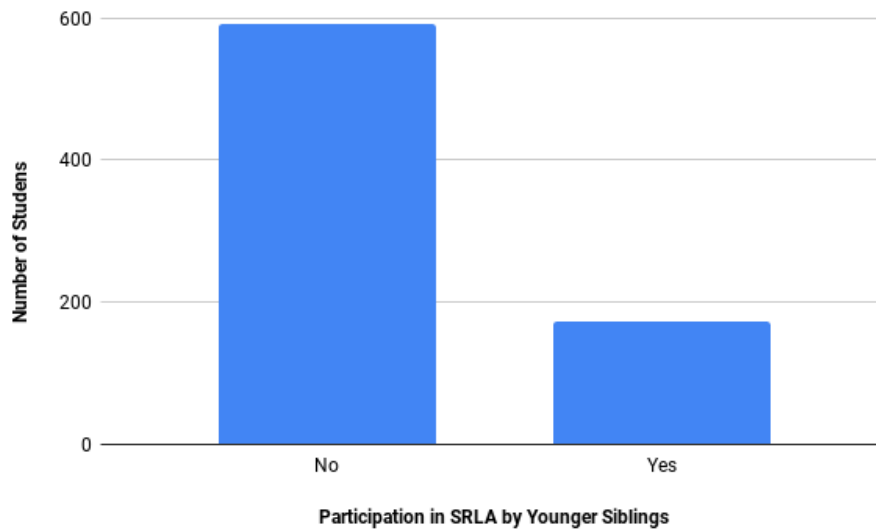
### Post-Program Results – Participation in SRLA by Siblings and Cousins

1. Do you have any brothers, sisters or cousins?



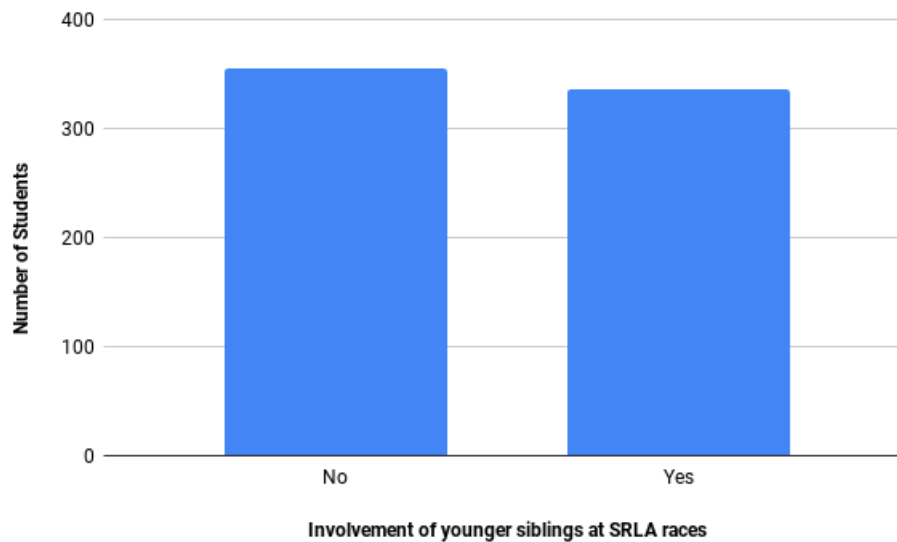
- 1001 students responded to this question
- 783 students (78.2%) reported that they have younger siblings / cousins

2. Did any of your younger siblings or cousins participate in SRLA this year?



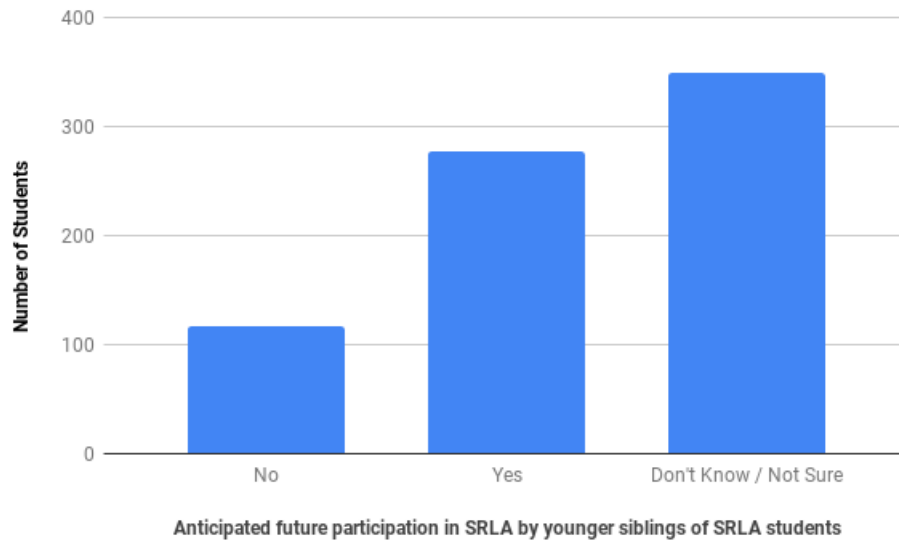
- 764 students responded to this question
- 173 students (22.6%) reported that their younger siblings / cousins were part of the SRLA program this year

3. For the younger siblings / cousins who were not in SRLA this year, did any of them come out to support you at SRLA races before the Marathon?



- 691 students responded to this question
- 336 students (48.6%) reported that their younger siblings / cousins came out to support them at SRLA races leading up to the Marathon, demonstrating that the reach of SRLA is broader than just the students who participate in the program.

4. For the younger siblings / cousins who were not in SRLA this year, do you think that they are interested in joining SRLA?



- 743 students responded to this question
- 227 students (37.3%) reported that their younger siblings / cousins were likely to join SRLA as participants.

As the charts above illustrate, younger siblings and cousins are introduced to SRLA. Many already participate in SRLA as active participants. For those who are not part of the program, they are introduced to SRLA as they cheer on their older siblings and cousins at the races leading up to the Marathon. This introduction creates a natural pipeline to their own participation in SRLA. More than a third of SRLA students believe that their younger relatives will follow in their footsteps and join SRLA while another 45.7% were not sure of their future participation in SRLA.