



**21-Day Plant-Powered Jumpstart:
Aggregated Biometric Results**
February 28, 2019

Before-and-after biometrics were collected for 16 of the 21 participants:

- Average weight loss: 4.19 lbs (highest was 12.2 lbs). Nearly all lost weight (12/14 participants), while two were unchanged. Among those whose BMI was 25+, average weight loss was 5.96 lbs.
- Average BMI change: 2.17% decrease (highest was 5.18% decrease)
- Average hip circumference change: 0.8" decrease (highest was 1.5" decrease)
- Average waist circumference change: 1.19" decrease (highest was 4" decrease)
- One person reversed her hypertension, while another went from hypertensive to pre-hypertensive. The most dramatic blood pressure reduction was a 34-point drop in systolic pressure and 9-point drop in diastolic pressure.)
- One person reversed the severe discomfort associated with pericardial effusion and no longer requires pain medication.

Fourteen participants completed a quality-of-life survey. Ten out of 14 respondents (71%) strictly followed a whole food, plant-based diet; all others reported that they deviated a little here and there. Percentages are calculated based only on those who for whom the question was applicable, which is usually fewer than 14 people.

- 4 out of the 5 people who said that pain has been an issue for them reported some degree of improvement
- Headaches were slightly worse for half of the people who responded (3/6), while two reported slight-to-moderate improvements
- 3 people noted improved mobility
- 50% people reported slight-to-moderate improvements in breathing (4/8), one worsened
- 72% reported slight-to-moderately improved skin complexion (8/11)
- 67% people reported that their upper GI issues improved (6/9), one worsened
- 63% people reported that their lower GI issues improved (5/8), though a few said they worsened
- 54% saw a slight-to-moderate improvement in the quality of their sleep (7/13)
- Most saw no change to their energy level, but 46% saw a slight-to-moderate increase (6/13)
- 85% felt that their mood improved, mostly slight-to-moderate (11/13)
- 58% saw slight to moderate increase in mental clarity (7/12)
- 92% saw improvement in reduced cravings for unhealthy food (12/13), 62% was moderate to highly improved (8/13)

Individuals reported other quality-of-life impacts, like:

- "Downtime spent doing healthier, more productive things (shopping, cooking)"
- "Overall, I felt better although I can't pinpoint changes in specific areas such as those noted above. I felt an improved sense of well-being."
- "I had more energy."
- "I am sorry never to eat the above-mentioned foods again -- a psychological hang-up."
- "My digestive system greatly improved. I noticed that limiting my sodium intake helped control my appetite."
- "By committing to this program, I felt part of something larger. Eating a plant-based diet certainly impacts one's health in a positive way, but it also helps the planet, and that is very rewarding. It was wonderful to share this journey with like-minded people. It helped to strengthen my resolve..."

In a final program evaluation, 100% of respondents (13 people) said that they would recommend the jumpstart program to others.