

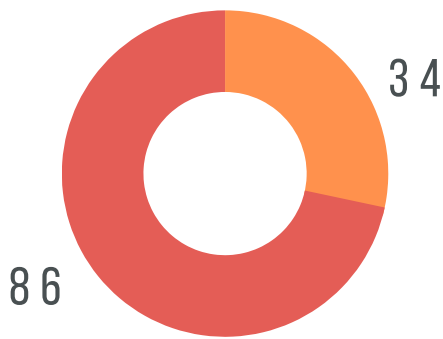


LIFE IS SWEET ENOUGH

This infographic provides a summary of the Life Is Sweet Enough campaign outcomes from January to December 2022.

PARTICIPATION

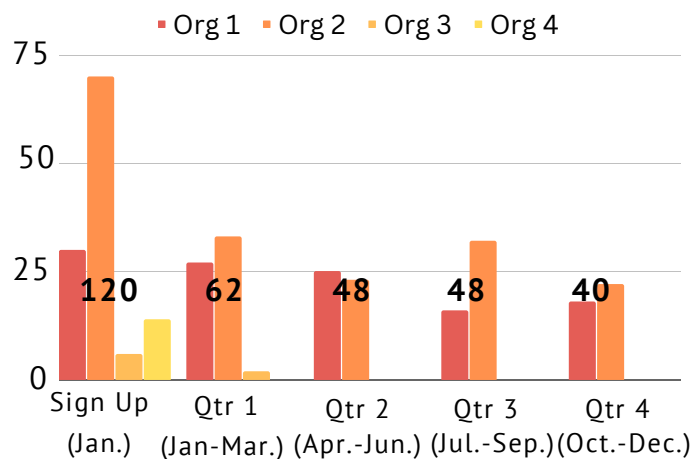
decreased from 130 to 120 participants due to multiple IDs being used by the same participants to sign up. Of 120 participants who signed up, 34 have completed at least 12-13 surveys as of December. These surveys include an Initial Sign Up survey and surveys from January to December.



- Completed 12-13 surveys
- Missing 2 or more surveys

The campaign included a total of 13 surveys (1 initial sign-up survey and 12 monthly surveys).

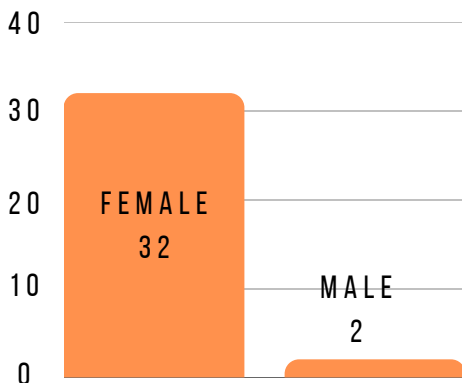
PARTICIPATION BY QUARTER



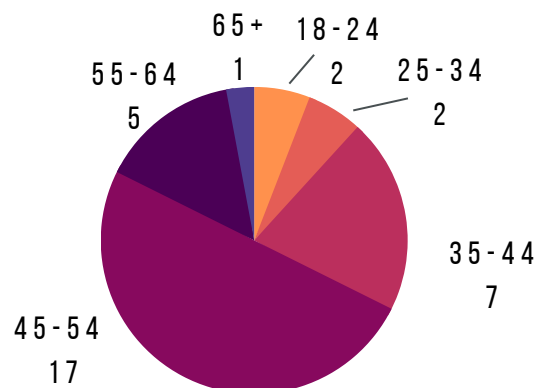
This graph shows the number of participants who submitted a survey for each quarter.

The following information was gathered from the 34 participants who completed at least 12-13 surveys including an Initial Sign Up and the January through December surveys.

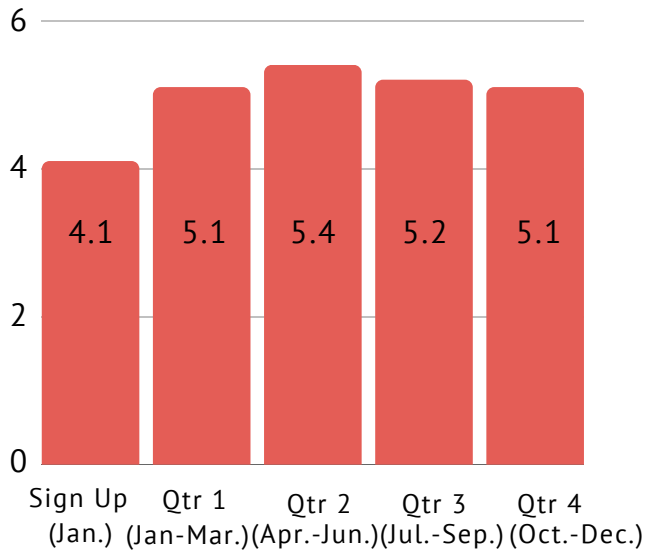
PARTICIPANTS BY GENDER



PARTICIPANTS BY AGE

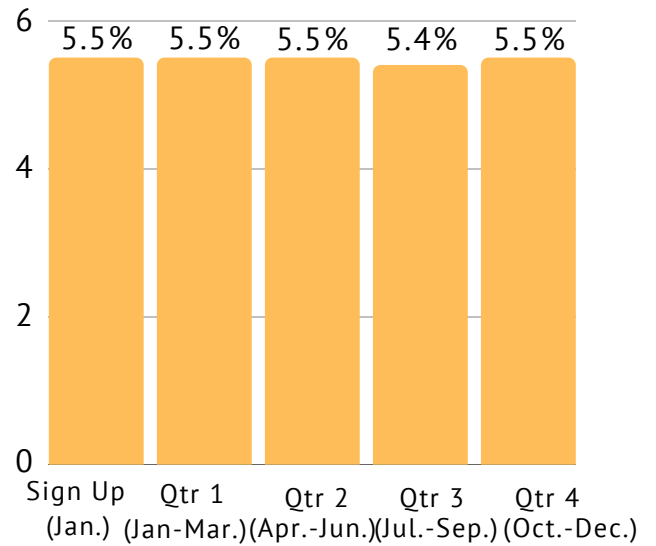


DAILY WATER CONSUMPTION (IN CUPS)



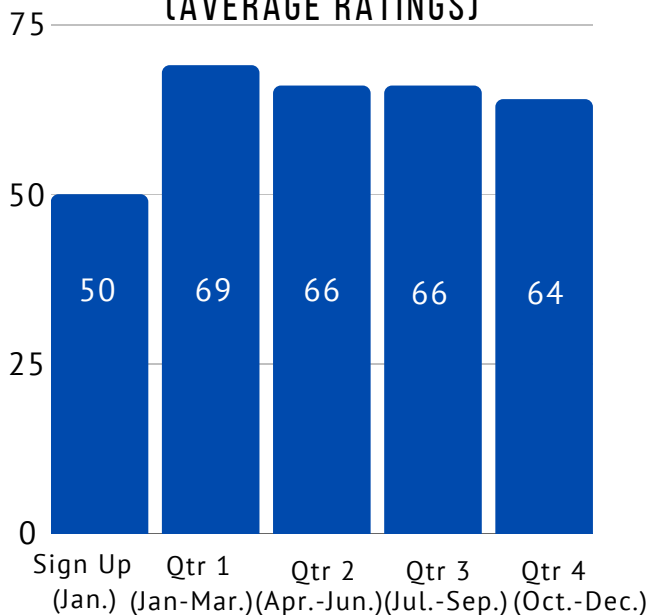
This graph shows the average amount of cups of water consumed per day by these 34 participants. The Sign Up bar shows the participant's average water intake per day prior to starting the campaign. At the end of the campaign at least 15 of the 34 participants **increased** their daily water intake.

AVERAGE A1C%



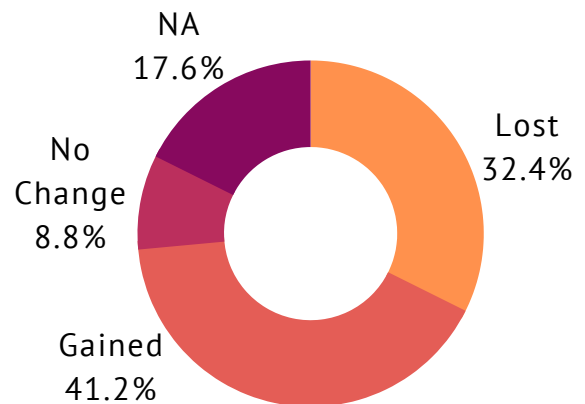
Although there were A1C values missing for some of the 34 participants, data shows that the average A1C for this group of patients remained about the same over time. Please note that sample size decreased from 20 A1Cs from the initial sign up survey to 7 A1Cs from the 4th quarter survey.

OVERALL HEALTH (AVERAGE RATINGS)



79% of participants reported that they felt better overall about their health by the end of quarter 4.

CHANGES IN WEIGHT



32% of participants reported losing weight, 41% reported having gained weight, and 26% did not report their weight or had no change in weight by the end of quarter 4.