



OTU Evidence-Based Data

Pre- and Post-Test Results based on empirical evidence show **INCREASED GROWTH** in 3 key areas :

HEALTH

NUTRITION KNOWLEDGE

100%

STRENGTH & ENDURANCE

80%

LOWER BLOOD PRESSURE

10%

ACADEMICS

IMPROVED TEST SCORES

18%

ATTENDANCE

3.2 EXTRA DAYS PER YEAR

8%

All results are at the .0001 (99.8%) level of confidence.