

**2011 California Dietary Practices Survey**

**Table 1: Proportion of California Adults who Reported Eating Foods Recommended for Good Health**

*Yesterday, did you eat 5 or more servings of fruits and vegetables? (Fruit and vegetable consumption based on 24 hour recall question module)*

*Yesterday, did you drink any milk?*

*Was the milk you drank whole, 2%, 1%, or fat free?*

*Yesterday, did you eat any yogurt?*

*Yesterday, did you eat any cheese?*

*Yesterday, did you eat any breakfast cereals? If yes, was it a high fiber cereal?*

*Yesterday, did you eat any whole grain breads or corn tortillas?*

*Yesterday, did you eat any beans such as kidney beans, refried beans or chili beans?*

	Percent who Reported Eating Each Item						
	5 or More Servings of Fruits & Vegetables	Any Milk	Any Low Fat <sup>1</sup> Milk (out of Everyone)	Any Yogurt or Cheese	Any High Fiber Cereal	Any Whole Grains or Whole Grain Bread	Any Beans
<b>Total</b>	<b>48.7</b>	<b>53.0</b>	<b>14.1</b>	<b>64.8</b>	<b>21.8</b>	<b>74.8</b>	<b>25.3</b>
<b>Sex</b>							
Male	44.6 **	53.1	13.0	62.0 *	21.7	77.4 *	24.1
Female	52.8	53.0	15.1	67.4	21.9	72.3	26.5
<b>Males</b>							
18 - 24	53.0	63.0 *	7.0 *	29.7 ***	17.0	86.1	10.9 ***
25 - 34	44.9	47.1	9.7	26.5	20.0	78.1	32.3
35 - 50	38.8	58.0	14.3	44.1	20.6	73.9	26.9
51 - 64	50.8	46.9	14.7	38.8	22.7	75.2	25.8
65+	41.1	45.9	21.9	53.4	32.4	78.4	13.7
<b>Females</b>							
18 - 24	43.6	53.3	12.9	62.4	13.0 **	61.3	25.8
25 - 34	54.2	51.7	9.7	71.7	15.9	71.9	29.0
35 - 50	58.2	54.7	15.1	71.6	20.8	72.0	28.3
51 - 64	50.0	55.0	15.8	59.3	26.4	72.9	25.7
65+	50.0	48.5	23.1	68.0	35.0	80.8	21.4
<b>Ethnicity</b>							
White	48.6	52.8 **	17.0 *	67.1 *	21.2	74.1	20.7 ***
Hispanic	51.6	60.9	10.4	61.5	23.2	77.5	36.9
Black	36.4	46.0	10.3	65.5	19.5	66.7	19.5
Asian/Pacific Islander	50.0	45.3	11.6	50.0	25.3	74.4	14.0
<b>Education</b>							
Less than High School	53.3 **	64.0 ***	14.5 ***	66.4	15.0 **	70.2	36.9 ***
High School Graduate	42.9	59.7	8.6	61.8	23.0	77.2	27.2
Some College	46.0	47.3	12.2	65.8	19.8	72.8	19.1
College Graduate	54.3	46.9	20.9	65.8	26.5	76.9	23.8
<b>Income</b>							
Less than \$15,000	47.7 **	55.8	10.1 ***	63.2	18.4 **	72.0	26.7 *
\$15,000 - 24,999	41.0	55.5	11.7	65.6	20.5	77.3	22.3
\$25,000 - 34,999	53.4	54.4	22.3	73.8	26.2	75.7	35.9
\$35,000 - 49,999	58.3	48.5	17.5	57.7	14.4	68.3	26.9
\$50,000+	52.6	49.4	19.4	66.3	27.2	75.8	20.8
<b>Overweight Status</b>							
Overweight/Obese	44.0 ***	54.1	14.7	63.7	21.1	73.7	27.0
Not Overweight	55.9	51.6	12.8	67.5	23.5	76.7	22.4
<b>SNAP/CalFresh Status, % FPL</b>							
Participant	47.5	54.7	9.4 ***	66.8 **	17.8 ***	73.2	25.9 ***
Likely Eligible, ≤ 130%	48.9	54.4	16.9	51.1	20.6	78.7	35.8
Not Eligible, > 185%	50.5	51.0	22.6	66.5	28.5	75.3	17.3

N=1,420

<sup>1</sup> Low fat milk is used to refer to nonfat or 1% milk.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2011 California Dietary Practices Survey**

**Table 2: Proportion of California Adults who Did Not Report Eating Selected Foods Recommended for Good Health**

*Yesterday, did you eat any fruits and vegetables?*

*Yesterday, did you eat any whole grain breads, tortillas, or high fiber cereal?*

*Yesterday, did you drink/eat any milk, yogurt, or cheese?*

	Percent who Reported Eating		
	2 or Fewer Fruits or Vegetables	No Whole Grain Breads, Whole Grains, High Fiber Cereal or Beans	No Milk, Yogurt, or Cheese
<b>Total</b>	<b>29.8</b>	<b>20.7</b>	<b>17.1</b>
<i>Sex</i>			
Male	33.3 **	19.4	18.3
Female	26.2	21.9	16.0
<i>Males</i>			
18 - 24	24.8 *	13.9	14.0 **
25 - 34	32.9	20.5	12.3
35 - 50	37.4	21.0	20.6
51 - 64	27.1	21.9	17.1
65+	44.6	16.4	32.9
<i>Females</i>			
18 - 24	35.5	35.5 *	20.4
25 - 34	26.9	20.7	13.8
35 - 50	20.8	20.3	13.5
51 - 64	27.1	22.1	16.4
65+	28.8	16.5	21.2
<i>Ethnicity</i>			
White	28.8 *	22.5 *	15.3 ***
Hispanic	28.3	15.9	16.4
Black	42.0	26.4	20.7
Asian/Pacific Islander	34.9	22.1	33.7
<i>Education</i>			
Less than High School	29.9 **	23.4	13.1
High School Graduate	36.6	18.3	15.9
Some College	28.7	22.2	17.3
College Graduate	24.3	19.9	20.2
<i>Income</i>			
Less than \$15,000	31.5	22.1	17.6
\$15,000 - 24,999	33.9	20.1	13.6
\$25,000 - 34,999	25.2	18.4	9.7
\$35,000 - 49,999	25.0	23.3	22.1
\$50,000+	25.7	20.8	19.1
<i>Overweight Status</i>			
Overweight/Obese	33.7 ***	21.2	16.5
Not Overweight	23.5	19.6	17.6
<i>SNAP/CalFresh Status, % FPL</i>			
Participant	31.3	21.7	14.6 *
Likely Eligible, ≤ 130%	30.9	13.9	24.3
Not Eligible, > 185%	27.3	22.3	17.8

N=1,420

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2011 California Dietary Practices Survey

Table 5: Healthy Eating Practices Score (HEPS)<sup>1</sup>, Trends 1991-2011

	HEPS											Trends	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2009-11	1997-11
<b>Total</b>	3.1	3.1	3.1	3.0	3.0	2.7	2.8	3.0	3.1	3.4	3.2	-0.2*	0.2**
<b>Sex</b>													
Male	3.0	3.1	3.1	3.0	2.9	2.7	2.7	2.9**	3.0	3.3**	3.1**	-0.2	0.1
Female	3.1	3.2	3.2	3.1	3.0	2.7	2.9	3.1	3.2	3.5	3.3	-0.2*	0.2**
<b>Males</b>													
18 - 24	3.1	3.0 <sup>a</sup> ***	3.2 <sup>ab</sup> **	3.1 <sup>a</sup>	2.9 <sup>ab</sup> *	2.5 <sup>a</sup> *	2.3 <sup>a</sup> ***	2.4 <sup>a</sup> ***	3.0	3.1 <sup>a</sup> *	3.3	0.2	0.2
25 - 34	2.8	2.8 <sup>a</sup>	2.9 <sup>a</sup>	2.8 <sup>a</sup>	2.7 <sup>a</sup>	2.8 <sup>ab</sup>	2.5 <sup>ab</sup>	2.6 <sup>ab</sup>	3.0	3.0 <sup>a</sup>	3.0	0.0	0.2
35 - 50	3.0	3.0 <sup>a</sup>	2.8 <sup>a</sup>	2.9 <sup>a</sup>	3.0 <sup>ab</sup>	2.6 <sup>a</sup>	2.7 <sup>b</sup>	3.0 <sup>b</sup>	2.9	3.3 <sup>ab</sup>	3.1	-0.2	0.2
51 - 64	3.0	3.0 <sup>a</sup>	3.2 <sup>ab</sup>	2.9 <sup>a</sup>	2.7 <sup>a</sup>	2.6 <sup>ab</sup>	2.9 <sup>bc</sup>	2.8 <sup>ab</sup>	2.8	3.3 <sup>ab</sup>	3.2	-0.1	0.3
65+	3.4	3.8 <sup>b</sup>	3.6 <sup>b</sup>	3.3 <sup>b</sup>	3.4 <sup>b</sup>	3.2 <sup>b</sup>	3.5 <sup>c</sup>	3.7 <sup>c</sup>	3.4	3.9 <sup>b</sup>	2.9	-1.0***	-0.4*
<b>Females</b>													
18 - 24	2.6 <sup>d</sup> ***	2.9 <sup>a</sup> **	2.6 <sup>d</sup> ***	3.1 <sup>a</sup> **	2.7 <sup>a</sup> *	2.4 <sup>a</sup> *	2.6 <sup>a</sup> ***	3.0	2.9 <sup>a</sup> ***	3.4 <sup>ab</sup> *	3.0	-0.4	-0.1
25 - 34	3.1 <sup>a</sup>	3.2 <sup>ab</sup>	3.0 <sup>ab</sup>	2.9 <sup>a</sup>	3.0 <sup>ab</sup>	2.7 <sup>ab</sup>	2.7 <sup>a</sup>	3.1	3.3 <sup>ab</sup>	3.9 <sup>b</sup>	3.3	-0.6*	0.4**
35 - 50	3.0 <sup>a</sup>	3.2 <sup>ab</sup>	3.3 <sup>b</sup>	3.1 <sup>a</sup>	2.9 <sup>ab</sup>	2.7 <sup>ab</sup>	2.7 <sup>a</sup>	3.1	3.0 <sup>a</sup>	3.4 <sup>ab</sup>	3.4	0	0.3*
51 - 64	3.1 <sup>ab</sup>	2.9 <sup>a</sup>	3.1 <sup>ab</sup>	3.0 <sup>a</sup>	3.1 <sup>ab</sup>	2.6 <sup>ab</sup>	3.0 <sup>a</sup>	3.1	3.2 <sup>a</sup>	3.2 <sup>a</sup>	3.4	0.2	0.4*
65+	3.7 <sup>b</sup>	3.6 <sup>b</sup>	3.9 <sup>c</sup>	3.5 <sup>b</sup>	3.3 <sup>b</sup>	3.0 <sup>b</sup>	3.6 <sup>b</sup>	3.5	3.8 <sup>b</sup>	3.7 <sup>ab</sup>	3.5	-0.2	0
<b>Ethnicity</b>													
White	3.2 <sup>c</sup> **	3.3 <sup>bc</sup> ***	3.2 <sup>bc</sup> ***	3.1 <sup>bc</sup> ***	3.1 <sup>b</sup> ***	2.8 <sup>c</sup> ***	2.9 <sup>b</sup> ***	3.1 <sup>b</sup> **	3.2 <sup>b</sup> **	3.3 <sup>ab</sup> ***	3.2 <sup>b</sup> ***	-0.1	0.1
Hispanic	2.9 <sup>bc</sup>	3.1 <sup>c</sup>	3.4 <sup>c</sup>	3.3 <sup>c</sup>	3.1 <sup>b</sup>	2.7 <sup>bc</sup>	2.8 <sup>b</sup>	3.1 <sup>b</sup>	3.2 <sup>b</sup>	3.7 <sup>c</sup>	3.5 <sup>c</sup>	-0.2	0.2*
Black	2.7 <sup>a</sup>	2.8 <sup>a</sup>	2.5 <sup>a</sup>	2.2 <sup>a</sup>	2.1 <sup>a</sup>	2.3 <sup>a</sup>	2.0 <sup>a</sup>	2.5 <sup>a</sup>	2.4 <sup>a</sup>	2.8 <sup>a</sup>	2.6 <sup>a</sup>	-0.2	0.4
Asian/Pacific Islander					2.1 <sup>a</sup>	2.4 <sup>abc</sup>	2.5 <sup>ab</sup>	2.8 <sup>ab</sup>	3.0 <sup>b</sup>	3.4 <sup>bc</sup>	3.0 <sup>abc</sup>	-0.4*	NA
<b>Education</b>													
Less than High School	2.9 <sup>ab</sup> ***	3.1 <sup>a</sup> ***	3.5 <sup>c</sup> **	3.0 <sup>ab</sup> ***	2.8 <sup>a</sup> ***	2.6 <sup>a</sup> ***	2.5 <sup>a</sup> ***	3.0 <sup>ab</sup> ***	2.8 <sup>a</sup> ***	3.5 <sup>bc</sup> ***	3.4 <sup>a</sup> *	-0.1	0.4*
High School Graduate	2.7 <sup>a</sup>	2.8 <sup>a</sup>	3.0 <sup>ab</sup>	2.8 <sup>a</sup>	2.7 <sup>a</sup>	2.6 <sup>a</sup>	2.5 <sup>a</sup>	3.0 <sup>ab</sup>	2.9 <sup>a</sup>	3.0 <sup>a</sup>	3.2 <sup>a</sup>	0.2*	0.4***
Some College	3.1 <sup>bc</sup>	3.0 <sup>a</sup>	3.0 <sup>a</sup>	3.0 <sup>a</sup>	3.0 <sup>ab</sup>	2.6 <sup>a</sup>	2.7 <sup>a</sup>	2.8 <sup>a</sup>	3.0 <sup>a</sup>	3.4 <sup>b</sup>	3.0 <sup>a</sup>	-0.4*	0
College Graduate	3.4 <sup>c</sup>	3.4 <sup>b</sup>	3.3 <sup>bc</sup>	3.3 <sup>b</sup>	3.2 <sup>b</sup>	3.0 <sup>b</sup>	3.1 <sup>b</sup>	3.3 <sup>b</sup>	3.5 <sup>b</sup>	3.7 <sup>c</sup>	3.3 <sup>a</sup>	-0.4***	0
<b>Income</b>													
Less than \$15,000	3.1	2.9	3.1	2.8 <sup>a</sup> **	2.9 <sup>ab</sup> **	2.5	2.5 <sup>a</sup> **	2.8 <sup>a</sup> **	2.9 <sup>a</sup> ***	3.2	3.1	-0.1	0.3**
\$15,000 - 24,999	3.0	3.1	3.2	3.1 <sup>a</sup>	2.7 <sup>a</sup>	2.8	2.8 <sup>ab</sup>	2.9 <sup>ab</sup>	3.1 <sup>ab</sup>	3.5	3.1	-0.4**	0
\$25,000 - 34,999	3.0	3.0	3.0	3.3 <sup>b</sup>	2.9 <sup>ab</sup>	2.8	2.7 <sup>ab</sup>	3.0 <sup>ab</sup>	2.8 <sup>a</sup>	3.5	3.4	-0.1	0.1
\$35,000 - 49,999	3.0	3.2	3.2	3.0 <sup>a</sup>	3.1 <sup>ab</sup>	2.7	2.8 <sup>ab</sup>	2.9 <sup>ab</sup>	3.2 <sup>ab</sup>	3.3	3.3	0.0	0.3
\$50,000+	3.2	3.3	3.1	3.0 <sup>a</sup>	3.2 <sup>b</sup>	2.8	3.0 <sup>b</sup>	3.2 <sup>b</sup>	3.3 <sup>b</sup>	3.4	3.4	0.0	0.4**
<b>Overweight Status</b>													
Overweight/Obese					2.7	2.7	3.0	3.0	3.3	3.2		-0.1	NA
Not Overweight					2.7	2.9	3.1	3.2	3.5	3.3		-0.2	NA
<b>SNAP/CalFresh Status, % FPL</b>													
Participant										3.1		NA	NA
Likely Eligible, ≤ 130%										3.3		NA	NA
Not Eligible, > 185%										3.3		NA	NA

<sup>1</sup> The score reflects the average of healthy eating behaviors practiced on the previous day. The score was calculated based upon one point each for: having fruit and a vegetable; eating 5 or more servings of fruits and vegetables; having any milk, yogurt or cheese; having any 1% or fat free milk or yogurt; having whole grain breads/whole wheat tortillas; having any high fiber cereal; and having any beans. The maximum points are seven.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001