

Highlights from the Nutrition Education and Obesity Prevention Branch's 2013 California Dietary Practices Survey

The *California Dietary Practices Survey (CDPS)* is the most extensive dietary and physical activity assessment of adults 18 years and older in the state of California. The *CDPS* was first conducted in 1989 and is administered biennially in odd years. The *CDPS* was designed to monitor dietary trends, especially fruit and vegetable (FV) consumption, among California adults to evaluate their progress toward meeting the *2010 Dietary Guidelines for Americans*, the *Healthy People 2020 Objectives*, and the *2008 Physical Activity Guidelines for Americans*. In 2013, the survey sample (n=1,505) was selected in part through random digit-dial (RDD) and in part through a list of low-income adults in the state. Data were analyzed by various demographic factors. Selected key demographic information is presented in this document (see box, right). Additionally, only significant (p<0.05) findings are discussed. This document highlights the most notable findings from the 2013 survey and references the more detailed findings posted to the

Nutrition Education and Obesity Prevention Branch's (NEOPB) website:

<http://www.cdph.ca.gov/programs/cpns/Pages/CaliforniaStatewideSurveys.aspx#1>.

Key Demographics

- Race/Ethnicity
 - White
 - Hispanic
 - African American
 - Asian/Other
- SNAP/*CalFresh* Status, Federal Poverty Level (FPL) %
 - Participant
 - Likely Eligible, ≤130%
 - Not Eligible, >185%

* Note, 131-185% FPL group is omitted from analyses due to insufficient sample size.

Fruits & Vegetables:

Improving Californians' FV consumption was *NEOPB's* original goal, and indicators of FV consumption have been tracked by the *CDPS* for many years. The *2010 Dietary Guidelines for Americans* recommends adults consume between 3.5 and 6.5 cups of fruits and vegetables each day, dependent on gender and age. Relevant indicators of Californians' progress on this recommendation include:

- In 2013, FV consumption among adults was 4.5 servings (2.25 cups per day), far short of recommendations. Though consumption appears lower than in past years, the term *servings* was redefined to survey respondents in the 2013 survey. For this reason, data cannot be statistically trended with past years' data. **(Table 7)**

- Adults who are a healthy weight and/or meet the aerobic physical activity recommendation of 150 minutes per week eat more FV than adults who are overweight or obese and do not meet the physical activity recommendation. **(Table 7)**
- The top four issues adults cited as reasons why they are not eating more FV were: 1) Not readily available, 2) Too expensive, 3) Take too much time to prepare, and 4) Not in the habit of eating them. **(Table 13)**
- *CalFresh* participants and likely eligibles were less likely to report having access to good quality and affordable, fresh fruits and vegetables in their neighborhoods than adults not eligible for *CalFresh*. **(Table 68)**

Sugar-Sweetened Beverages:

Decreasing sugar-sweetened beverage (SSB) consumption among Californians is a more recently adopted goal of *NEOPB*. The *2010 Dietary Guidelines for Americans* indicated that 46% of added sugar consumed by Americans is from SSBs. Emerging from this is the recommendation to reduce consumption of added sugars in the diet, and specifically reduce consumption of SSBs:

- *CalFresh* participants reported drinking more servings of SSBs than those not eligible. Consumption among likely eligibles was not different than participants or those not eligible for *CalFresh*. **(Table 30)**
- *CalFresh* participants and likely eligibles were less likely to order water instead of an SSB when dining out as compared to adults not eligible for *CalFresh*. **(Table 37)**

Fast Food & High Calorie, Low Nutrient Foods:

An objective of *Healthy People 2020* is to reduce the consumption of calories from solid fats and added sugars in the diet. While high calorie, low nutrient foods can come from many sources, meals from fast food are often more calorie dense than those eaten at home. The *2010 Dietary Guidelines for Americans* has specific suggestions for adults, including: eating smaller portions or sharing a meal when dining out, reviewing the calorie content of foods and beverages and choosing those lower in calories, and choosing to eat more meals at home. In this context, there is a need for improvement in Californians' fast food-related behavior:

- Adults who ate at a fast food restaurant on the previous day consumed one serving fewer FV than adults eating in a sit-down restaurant or adults not eating in either type of restaurant. **(Table 33)**
- Adults who reported eating fast food on the previous day ate more deep-fried food and fried snack food, high fat sweets and breakfast pastries, and drank more SSBs than adults not eating in a sit-down or fast food restaurant. **(Table 34)**
- Working adults who brought their lunch to work ate nearly two more servings of FV per day than adults who bought their lunch at or near work. **(Table 64)**

- *CalFresh* participants and likely eligibles were more supportive of the government limiting the number of fast food restaurants than adults not eligible for *CalFresh*. (**Table 70**)

Physical Activity and Sedentary Time:

The *2008 Physical Activity Guidelines for Americans* recommend that adults should do the equivalent of 150 minutes of moderate-intensity aerobic activity each week. In addition, adults should take part in muscle strengthening activities at least twice per week. Though *Healthy People 2020* does not have an objective regarding screen time limits for adults, the objective for children aged 2 years to 12th grade is to increase the proportion that view television, videos, or play video games for no more than two hours per day. In turn, the CDPS uses two hours as a surrogate marker. Facilitating increased physical activity and decreased time spent sedentary is clearly needed for many Californians:

- Twenty-four percent of adults reported participating in no leisure time physical activity in the past month. (**Table 41**)
- Twenty-three percent of *CalFresh* participants and likely eligibles were meeting the aerobic recommendation of 150 minutes of moderate activity per week plus muscle strengthening activities at least two times per week as compared to 35.8% of those not eligible for *CalFresh*. (**Table 40**)
- *CalFresh* participants and likely eligibles were less likely to report having access to safe exercise facilities in their neighborhoods than adults not eligible for *CalFresh*. (**Tables 67**)
- On average, adults watch 2.5 hours of television and spend a combined 2.3 hours using the computer for recreation and school, household, or job-related business each day. (**Table 44**)
- Of adults watching two or more hours of television a day, two-thirds reported they were too busy to be more physically active. (**Table 45**)

Obesity:

Healthy weight is defined as a Body Mass Index (BMI) of less than 25. Overweight refers to a BMI of greater than or equal to 25, but less than 30. Obese is defined as a BMI of greater than or equal to 30. Two major objectives of *Healthy People 2020* are to: 1) Increase the proportion of adults at a healthy weight and 2) Decrease the proportion of adults who are obese. The target for both objectives is to see a 10% improvement by 2020. To reach this target, Californians have room for improvement:

- Among all California adults, the prevalence of obesity increased from 16% in 2001 to 30.2% in 2013. Obesity rates significantly increased between 2005 and 2007, and then again between the 2009 and 2011 surveys. There was no increase between 2011 and 2013. (**Table 46**)
- In 2013, 73.3% of Hispanics and 70.3% African Americans were considered overweight or obese, as compared to 62.2% of Whites and 61.6% of Asian/Other. (**Tables 47**)
- Of adults whose BMI classified them as overweight or obese, 40.7% said they believed their weight to be about average or underweight. (**Table 49**)

Food Security:

A key goal of *Healthy People 2020* is to reduce household food insecurity and in doing so, reduce hunger. Though the *CDPS* does not calculate a percentage of food insecure Californians, it utilizes a module of questions designed to pull apart the various aspects of food insecurity. Food insecurity continues to be a concern for many Californians:

- Nearly one in three adults reported that the food they bought did not last and they did not have money to buy more and they could not afford balanced meals in the last 12 months. (**Table 59**)
- One in four adults reported they cut or skipped meals in the last 12 months. (**Table 59**)
- One in five adults reported they were hungry but did not eat because they could not afford enough food in the last 12 months. (**Table 59**)



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.