

**2007 California Dietary Practices Survey**

**Table 6: Consumption of at Least One Fruit and/or Vegetable**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Percent who Ate/Drank						
	Ate at Least 1 Fruit or Juice	Ate at Least 1 Vegetable or Salad	Ate at Least 1 Vegetable or Fruit	Ate at Least 1 Fruit (Not Juice)	Drank at least 1 Juice	Ate at Least 1 Vegetable (Not Salad)	Ate at Least 1 Salad
<b>Total</b>	<b>73.6</b>	<b>73.6</b>	<b>89.8</b>	<b>61.4</b>	<b>36.0</b>	<b>62.0</b>	<b>28.3</b>
<b>Sex</b>							
Males	69.8 **	69.6 **	87.6 **	58.7 *	37.0	57.1 ***	26.5
Females	77.4	77.5	92.1	64.1	35.0	66.7	30.1
<b>Males</b>							
18 - 24	73.3 **	53.8 ***	89.4	60.0 **	37.1	49.5 *	16.2 *
25 - 34	60.6	76.9	84.4	48.4	33.8	64.4	26.1
35 - 50	73.3	74.5	89.1	63.0	34.6	61.0	27.5
51 - 64	63.0	67.4	85.2	54.1	37.0	47.4	35.6
65+	84.4	63.6	92.2	72.7	50.6	55.8	23.1
<b>Females</b>							
18 - 24	73.7 *	71.9	89.5	54.7 **	37.5	61.5	28.4
25 - 34	77.5	78.1	92.8	61.2	36.8	67.8	32.5
35 - 50	72.5	79.2	92.6	61.2	32.7	69.8	29.9
51 - 64	80.0	75.6	91.0	67.3	34.6	62.8	28.8
65+	89.6	80.2	94.8	80.2	36.5	69.8	30.2
<b>Ethnicity</b>							
White	73.2 *	78.2 ***	91.7 *	61.3 **	31.5 ***	66.4 ***	30.3 *
Hispanic	76.9	68.1	89.5	62.8	43.3	55.5	23.6
Black	64.1	67.4	83.5	46.2	42.4	58.7	23.9
Asian/Pacific Islander	78.3	80.6	93.0	72.1	34.9	72.1	35.7
<b>Education</b>							
Less than High School	70.8 ***	61.3 ***	83.9 ***	57.3 ***	39.8	52.2 ***	20.4 ***
High School Graduate	69.4	66.4	86.5	57.1	32.3	57.4	24.3
Some College	71.3	77.9	91.2	58.7	36.4	65.8	30.2
College Graduate	81.7	84.2	95.8	70.9	36.8	68.9	36.0
<b>Income</b>							
Less than \$15,000	70.4 *	69.2 **	86.5 **	57.1 **	40.3	58.2	24.7 ***
\$15,000 - 24,999	71.7	73.2	88.3	57.4	35.8	65.3	24.2
\$25,000 - 34,999	70.2	64.9	85.6	58.8	34.4	58.3	21.4
\$35,000 - 49,999	73.6	77.7	94.2	62.0	27.3	62.8	35.5
\$50,000+	78.9	80.1	93.7	68.9	34.8	64.3	35.7
<b>Physically Active</b>							
Did Not Meet Recommendations	68.6 ***	65.5 ***	85.2 ***	56.0 ***	33.3	55.2 ***	22.7 ***
Met Recommendations	77.7	79.6	93.5	65.8	38.1	67.2	33.1
<b>Overweight Status</b>							
Overweight/Obese	72.3	71.3 *	88.8	57.8 **	37.3	58.6 **	26.8
Not Overweight	75.5	77.3	91.3	66.8	33.8	67.1	31.3
<b>Poverty Index</b>							
SNAP Participant	68.5 ***	71.6 *	87.7 **	55.3 ***	35.6	62.2	25.9 ***
All Other/ ≤ 130% FPL	78.2	68.5	87.3	65.5	44.6	58.2	20.6
All Other/ > 130% - ≤ 185% FPL	65.2	71.4	87.0	49.5	37.4	63.7	22.8
All Other/ > 185% FPL	79.5	77.8	93.9	68.8	34.2	62.4	34.9

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

**2007 California Dietary Practices Survey**

**Table 7: Average Servings of Fruits and Vegetables Eaten by Adults, Trends 1989-2007**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Mean Servings Eaten										Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
<b>Total</b>	<b>3.8</b>	<b>3.9</b>	<b>3.7</b>	<b>4.1</b>	<b>3.8</b>	<b>3.8</b>	<b>3.9</b>	<b>4.1</b>	<b>4.4</b>	<b>5.2</b>	<b>0.8***</b>	<b>1.4***</b>
<b>Sex</b>												
Males	3.7	3.8	3.5**	3.9	3.7	3.7	3.8	3.9**	4.0***	5.0	1.0***	1.3***
Females	3.9	4.0	3.9	4.3	3.9	4.0	4.0	4.4	4.8	5.4	0.6**	1.5***
<b>Males</b>												
18 - 24	3.7	3.9	3.0	3.5	3.5	3.4 <sup>ab</sup> *	3.9	3.8	3.3	4.6 <sup>ab</sup> **	1.3*	1.1*
25 - 34	3.5	3.3	3.1	3.7	3.5	3.1 <sup>a</sup>	3.9	3.6	4.1	4.9 <sup>ab</sup>	0.8	1.4***
35 - 50	3.9	3.9	3.7	4.2	3.6	4.0 <sup>b</sup>	3.8	4.0	4.1	5.7 <sup>b</sup>	136***	2.1***
51 - 64	3.6	3.8	3.6	3.6	4.0	4.0 <sup>ab</sup>	3.4	3.7	3.8	4.0 <sup>a</sup>	0.2	0.0
65+	3.8	3.9	3.9	4.5	4.1	4.0 <sup>ab</sup>	3.9	4.4	4.6	5.6 <sup>ab</sup>	1.0	1.5***
<b>Females</b>												
18 - 24	3.8	3.1 <sup>a</sup> ***	3.0 <sup>a</sup> **	3.8	3.4	3.4	3.3*	4.2	4.7	5.3	0.6	1.9***
25 - 34	3.7	4.0 <sup>abc</sup>	3.9 <sup>b</sup>	4.0	3.7	4.0	3.6	4.4	5.0	5.6	0.6	1.9***
35 - 50	4.2	3.9 <sup>ab</sup>	4.0 <sup>b</sup>	4.5	3.9	4.1	4.2	4.3	4.9	5.1	0.2	1.2***
51 - 64	4.0	4.2 <sup>bc</sup>	3.6 <sup>ab</sup>	4.2	4.2	4.2	4.1	4.5	4.6	5.4	0.8	1.2**
65+	3.9	5.0 <sup>c</sup>	4.3 <sup>b</sup>	5.0	4.2	4.3	4.4	4.6	4.7	6.3	1.6**	2.1***
<b>Ethnicity</b>												
White	3.7	4.0 <sup>b</sup> ***	3.7	3.9 <sup>ab</sup> ***	3.9**	3.9	4.0	4.2 <sup>b</sup> ***	4.5 <sup>ab</sup> **	5.2 <sup>ab</sup> *	0.7***	1.3***
Hispanic	3.9	3.2 <sup>a</sup>	3.5	4.7 <sup>b</sup>	3.9 <sup>a</sup>	3.7	3.9	4.1 <sup>b</sup>	4.3 <sup>ab</sup>	5.7 <sup>b</sup>	1.4***	1.8***
Black	4.0	4.3 <sup>b</sup>	3.7	3.0 <sup>a</sup>	3.1 <sup>b</sup>	3.2	3.2	3.0 <sup>a</sup>	3.6 <sup>a</sup>	4.3 <sup>a</sup>	0.7	1.2**
Asian/Pacific Islander						3.7	3.6	5.0 <sup>b</sup>	5.2 <sup>b</sup>	5.8 <sup>b</sup>	0.6	
<b>Education</b>												
Less than High School	3.9 <sup>ab</sup> ***	3.2 <sup>a</sup> ***	3.6 <sup>a</sup> ***	4.4 <sup>a</sup> *	3.4 <sup>a</sup> ***	3.1 <sup>a</sup> ***	3.4 <sup>a</sup> ***	3.6 <sup>a</sup> ***	4.2 <sup>a</sup> **	5.1 <sup>a</sup> ***	0.9**	1.7***
High School Graduate	3.2 <sup>a</sup>	3.5 <sup>a</sup>	3.2 <sup>a</sup>	3.7 <sup>a</sup>	3.2 <sup>a</sup>	3.3 <sup>ab</sup>	3.8 <sup>ab</sup>	3.8 <sup>a</sup>	4.1 <sup>a</sup>	4.7 <sup>a</sup>	0.6*	1.5***
Some College	4.0 <sup>b</sup>	4.2 <sup>b</sup>	3.5 <sup>a</sup>	4.1 <sup>a</sup>	3.7 <sup>a</sup>	3.8 <sup>b</sup>	3.6 <sup>a</sup>	4.2 <sup>ab</sup>	4.3 <sup>ab</sup>	5.0 <sup>a</sup>	0.7*	1.3***
College Graduate	4.2 <sup>c</sup>	4.2 <sup>b</sup>	4.2 <sup>b</sup>	4.5 <sup>b</sup>	4.4 <sup>b</sup>	4.5 <sup>c</sup>	4.3 <sup>b</sup>	4.5 <sup>b</sup>	4.9 <sup>b</sup>	6.1 <sup>b</sup>	1.2***	1.7***
<b>Income</b>												
Less than \$15,000	3.5	3.6	3.3 <sup>a</sup> ***	4.5	3.1 <sup>a</sup> ***	3.4 <sup>a</sup> ***	3.5	3.8	3.9 <sup>a</sup> ***	5.0 <sup>a</sup> **	1.1***	1.9***
\$15,000 - 24,999	4.1	3.9	3.8 <sup>ab</sup>	4.0	3.8 <sup>b</sup>	3.6 <sup>a</sup>	4.0	4.2	4.4 <sup>ab</sup>	5.1 <sup>ab</sup>	0.7*	1.3***
\$25,000 - 34,999	4.0	3.9	3.7 <sup>ab</sup>	4.0	4.3 <sup>b</sup>	3.7 <sup>ab</sup>	3.9	3.9	4.4 <sup>ab</sup>	4.7 <sup>a</sup>	0.3	0.4
\$35,000 - 49,999	3.7	3.8	3.7 <sup>ab</sup>	4.3	3.8 <sup>b</sup>	3.8 <sup>ab</sup>	3.8	3.9	4.1 <sup>ab</sup>	4.8 <sup>ab</sup>	0.7*	1.0**
\$50,000+	3.9	4.3	3.9 <sup>b</sup>	4.1	3.9 <sup>b</sup>	4.5 <sup>b</sup>	4.1	4.4	4.9 <sup>b</sup>	5.8 <sup>b</sup>	0.9***	1.9***
<b>Physically Active</b>												
Did Not Meet Recommendations							3.5***	3.6***	4.0***	4.4***	0.4*	
Met Recommendations							4.4	4.6	4.9	5.9	1.0***	
<b>Overweight Status</b>												
Overweight/Obese							3.7*	3.9**	4.2*	5.0**	0.8***	
Not Overweight							4.1	4.4	4.7	5.6	0.9***	
<b>Poverty Index</b>												
SNAP Participant								3.6	4.6 <sup>ab</sup> *	4.9 <sup>a</sup> *	0.3	
All Other/ ≤ 130% FPL								3.9	4.0 <sup>a</sup>	5.5 <sup>ab</sup>	1.5***	
All Other/ > 130% FPL								4.2	4.7 <sup>b</sup>	5.5 <sup>b</sup>	0.8***	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

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

**2007 California Dietary Practices Survey**

**Table 8: Average Number of Servings of Fruits and Juices Eaten by Adults, Trends 1989-2007**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Mean Servings Eaten										Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
<b>Total</b>	<b>2.2</b>	<b>2.1</b>	<b>1.9</b>	<b>2.2</b>	<b>2.0</b>	<b>1.8</b>	<b>1.9</b>	<b>2.0</b>	<b>2.2</b>	<b>2.8</b>	<b>0.6***</b>	<b>0.8***</b>
<b>Sex</b>												
Males	2.1	2.0*	1.7*	2.1	1.9	1.7	1.9	1.9	2.1*	2.8	0.7***	0.9***
Females	2.2	2.2	2.0	2.2	2.0	1.9	2.0	2.1	2.4	2.7	0.3*	0.7***
<b>Males</b>												
18 - 24	2.3	2.1	1.6	1.8	1.6	1.9 <sup>ab</sup> *	1.9	1.5 <sup>a</sup> *	1.9	2.9 <sup>ab</sup> **	1.0**	1.3***
25 - 34	2.0	1.5	1.6	1.9	1.8	1.3 <sup>a</sup>	2.0	2.0 <sup>ab</sup>	2.0	2.3 <sup>a</sup>	0.3	0.5
35 - 50	2.2	2.0	1.7	2.0	1.9	1.8 <sup>b</sup>	1.9	1.9 <sup>ab</sup>	2.1	3.0 <sup>ab</sup>	0.9***	1.1***
51 - 64	1.8	2.1	1.8	2.1	2.1	1.8 <sup>ab</sup>	1.5	2.0 <sup>ab</sup>	2.1	2.2 <sup>a</sup>	0.1	0.1
65+	2.2	2.1	2.0	2.7	2.1	2.1 <sup>b</sup>	2.2	2.5 <sup>b</sup>	2.4	3.7 <sup>b</sup>	1.3***	1.6***
<b>Females</b>												
18 - 24	2.3	1.7 <sup>a</sup> ***	1.6 <sup>a</sup> *	1.7 <sup>a</sup> *	1.7 <sup>a</sup> *	1.7	1.8	2.0	2.2	2.6 <sup>ab</sup> **	0.4	0.9**
25 - 34	2.2	2.3 <sup>ab</sup>	2.2 <sup>ab</sup>	2.2 <sup>a</sup>	1.9 <sup>ab</sup>	1.8	1.7	2.0	2.4	2.8 <sup>ab</sup>	0.4	0.9***
35 - 50	2.2	1.9 <sup>a</sup>	1.8 <sup>ab</sup>	2.2 <sup>a</sup>	1.9 <sup>ab</sup>	1.9	2.0	2.0	2.3	2.4 <sup>a</sup>	0.1	0.5*
51 - 64	2.3	2.3 <sup>ab</sup>	1.8 <sup>ab</sup>	2.1 <sup>a</sup>	2.2 <sup>ab</sup>	2.1	2.2	2.1	2.3	2.9 <sup>ab</sup>	0.6*	0.6**
65+	2.3	3.0 <sup>b</sup>	2.3 <sup>b</sup>	2.9 <sup>b</sup>	2.3 <sup>b</sup>	2.3	2.3	2.3	2.6	3.6 <sup>b</sup>	1.0**	1.3***
<b>Ethnicity</b>												
White	2.0 <sup>a</sup> ***	2.0 <sup>ab</sup> *	1.8 <sup>a</sup> *	2.0 <sup>b</sup> *	1.9 <sup>b</sup> **	1.8*	1.9	1.8 <sup>a</sup> ***	2.2	2.6 <sup>a</sup> ***	0.4**	0.7***
Hispanic	2.6 <sup>b</sup>	1.8 <sup>a</sup>	2.1 <sup>b</sup>	2.8 <sup>a</sup>	2.2 <sup>a</sup>	2.1	2.1	2.5 <sup>b</sup>	2.5	3.3 <sup>b</sup>	0.8***	1.1***
Black	2.5 <sup>ab</sup>	2.5 <sup>b</sup>	1.9 <sup>ab</sup>	1.6 <sup>b</sup>	1.7 <sup>b</sup>	1.5	1.5	1.5 <sup>a</sup>	2.0	2.4 <sup>a</sup>	0.4	0.7*
Asian/Pacific Islander						1.7	1.9	2.6 <sup>b</sup>	2.2	2.8 <sup>ab</sup>		0.6*
<b>Education</b>												
Less than High School	2.4 <sup>b</sup> **	1.8 <sup>a</sup> *	2.1 <sup>b</sup> ***	2.8 <sup>b</sup> *	1.9 <sup>ab</sup> ***	1.6 <sup>ab</sup> *	1.9	2.2	2.4 <sup>ab</sup> **	2.9 <sup>ab</sup> **	0.5*	1.0***
High School Graduate	1.8 <sup>a</sup>	1.9 <sup>a</sup>	1.6 <sup>a</sup>	1.9 <sup>a</sup>	1.7 <sup>a</sup>	1.7 <sup>a</sup>	1.8	1.9	2.0 <sup>a</sup>	2.6 <sup>a</sup>	0.6***	0.9***
Some College	2.2 <sup>b</sup>	2.2 <sup>a</sup>	1.7 <sup>a</sup>	2.0 <sup>ab</sup>	1.9 <sup>ab</sup>	1.8 <sup>ab</sup>	1.9	1.9	2.0 <sup>a</sup>	2.4 <sup>a</sup>	0.4*	0.5***
College Graduate	2.3 <sup>b</sup>	2.2 <sup>a</sup>	2.1 <sup>b</sup>	2.3 <sup>a</sup>	2.2 <sup>b</sup>	2.1 <sup>b</sup>	2.1	2.1	2.4 <sup>b</sup>	3.1 <sup>b</sup>	0.7***	0.9***
<b>Income</b>												
Less than \$15,000	2.1	2.0	1.7	2.5	1.7	1.6	1.7	2.1	2.2	2.7 <sup>a</sup> *	0.5**	1.0***
\$15,000 - 24,999	2.4	2.1	2.0	2.2	2.0	1.9	2.0	2.2	2.5	2.8 <sup>a</sup>	0.3	0.8***
\$25,000 - 34,999	2.2	2.2	1.8	2.0	2.1	1.8	2.0	1.8	2.0	2.4 <sup>a</sup>	0.4	0.3
\$35,000 - 49,999	2.1	2.2	1.6	2.2	2.0	1.8	2.0	1.7	1.9	2.2 <sup>a</sup>	0.3	0.2
\$50,000+	2.0	2.2	1.9	2.1	1.9	1.9	2.0	2.0	2.2	3.0 <sup>a</sup>	0.8***	1.1***
<b>Physically Active</b>												
Did Not Meet Recommendations							1.7***	1.9**	2.0***	2.4***	0.4**	
Met Recommendations							2.2	2.1	2.5	3.0	0.5***	
<b>Overweight Status</b>												
Overweight/Obese							1.8	1.9	2.1*	2.7	0.6***	
Not Overweight							2.0	2.1	2.4	2.9	0.5***	
<b>Poverty Index</b>												
SNAP Participant								1.9	2.5	2.5 <sup>a</sup> **	0.0	
All Other/ ≤ 130% FPL								2.3	2.2	3.3 <sup>b</sup>	1.1***	
All Other/ > 130% FPL								1.9	2.2	2.9 <sup>ab</sup>	0.7***	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

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

**2007 California Dietary Practices Survey**

**Table 9: Average Number of Servings of Vegetables and Salads Eaten by Adults, Trends 1989-2007**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Mean Servings Eaten										Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
<b>Total</b>	<b>1.6</b>	<b>1.8</b>	<b>1.8</b>	<b>2.0</b>	<b>1.9</b>	<b>2.0</b>	<b>1.9</b>	<b>2.1</b>	<b>2.2</b>	<b>2.5</b>	<b>0.3***</b>	<b>0.6***</b>
<b>Sex</b>												
Males	1.6	1.8	1.7	1.9	1.8	2.0	1.9	1.9	1.9***	2.3**	0.4**	0.5***
Females	1.7	1.8	1.9	2.1	1.9	2.1	2.0	2.3	2.4	2.7	0.3	0.8***
<b>Males</b>												
18 - 24	1.4	1.9	1.4 <sup>a</sup> *	1.6 <sup>a</sup> *	1.9	1.5	2.0	2.2	1.4 <sup>a</sup> *	1.7 <sup>a</sup> ***	0.3	-0.2
25 - 34	1.5	1.7	1.6 <sup>ab</sup>	1.8 <sup>a</sup>	1.7	1.8	2.0	1.6	2.1 <sup>ab</sup>	2.6 <sup>b</sup>	0.5	0.9***
35 - 50	1.6	1.9	1.9 <sup>b</sup>	2.2 <sup>b</sup>	1.7	2.2	1.9	2.1	2.0 <sup>ab</sup>	2.7 <sup>b</sup>	0.7**	1.0***
51 - 64	1.8	1.7	1.8 <sup>ab</sup>	1.5 <sup>a</sup>	1.9	2.2	1.8	1.7	1.6 <sup>ab</sup>	1.8 <sup>a</sup>	0.2	-0.1
65+	1.6	1.8	1.9 <sup>ab</sup>	1.8 <sup>a</sup>	2.0	2.0	1.7	1.9	2.2 <sup>b</sup>	1.9 <sup>ab</sup>	-0.3	-0.1
<b>Females</b>												
18 - 24	1.5	1.3 <sup>a</sup> ***	1.4 <sup>a</sup> *	2.0	1.7	1.7	1.5	2.2	2.6	2.7	0.1	1.0**
25 - 34	1.6	1.7 <sup>ab</sup>	1.7 <sup>ab</sup>	1.9	1.8	2.2	1.9	2.3	2.6	2.8	0.2	1.0***
35 - 50	2.0	2.0 <sup>b</sup>	2.2 <sup>b</sup>	2.3	2.0	2.2	2.2	2.3	2.6	2.7	0.1	0.7***
51 - 64	1.7	1.9 <sup>ab</sup>	1.8 <sup>ab</sup>	2.0	2.1	2.1	2.0	2.4	2.3	2.5	0.2	0.4
65+	1.6	1.9 <sup>ab</sup>	2.0 <sup>ab</sup>	2.2	1.9	2.0	2.1	2.3	2.1	2.7	0.6*	0.8***
<b>Ethnicity</b>												
White	1.7**	1.9 <sup>b</sup> ***	2.0 <sup>a</sup> ***	2.0 <sup>b</sup> *	2.0***	2.1 <sup>b</sup> ***	2.1	2.3 <sup>b</sup> ***	2.3 <sup>b</sup> ***	2.6 <sup>ab</sup> *	0.3**	0.6***
Hispanic	1.3	1.4 <sup>a</sup>	1.5 <sup>b</sup>	1.9 <sup>a</sup> *	1.6	1.6 <sup>a</sup>	1.8	1.6 <sup>a</sup>	1.8 <sup>a</sup>	2.4 <sup>ab</sup>	0.6**	0.8***
Black	1.5	1.8 <sup>ab</sup>	1.8 <sup>ab</sup>	1.4 <sup>a</sup>	1.4	1.7 <sup>ab</sup>	1.7	1.6 <sup>a</sup>	1.6 <sup>a</sup>	2.0 <sup>a</sup>	0.4	0.6*
Asian/Pacific Islander						1.9 <sup>ab</sup>	1.8	2.3 <sup>b</sup>	3.0 <sup>c</sup>	3.0 <sup>b</sup>	0.0	
<b>Education</b>												
Less than High School	1.5*	1.4 <sup>a</sup> ***	1.5 <sup>a</sup> ***	1.6 <sup>a</sup> *	1.5***	1.4 <sup>a</sup> ***	1.5 <sup>a</sup>	1.5 <sup>a</sup> ***	1.8 <sup>a</sup> ***	2.2 <sup>ab</sup> ***	0.4*	0.7**
High School Graduate	1.4	1.6 <sup>ab</sup>	1.6 <sup>a</sup>	1.8 <sup>ab</sup>	1.6	1.7 <sup>ab</sup>	2.0 <sup>bc</sup>	1.9 <sup>ab</sup>	2.1 <sup>ab</sup>	2.1 <sup>a</sup>	0.0	0.5***
Some College	1.7	2.0 <sup>bc</sup>	1.8 <sup>a</sup>	2.1 <sup>b</sup>	1.8	2.0 <sup>b</sup>	1.8 <sup>ab</sup>	2.3 <sup>bc</sup>	2.3 <sup>b</sup>	2.6 <sup>bc</sup>	0.3	0.8***
College Graduate	1.9	2.0 <sup>c</sup>	2.1 <sup>b</sup>	2.2 <sup>b</sup>	2.2	2.5 <sup>c</sup>	2.2 <sup>c</sup>	2.4 <sup>c</sup>	2.4 <sup>b</sup>	3.0 <sup>c</sup>	0.6***	0.8***
<b>Income</b>												
Less than \$15,000	1.4**	1.6 <sup>a</sup> *	1.5 <sup>a</sup> ***	2.0	1.4***	1.8 <sup>a</sup> ***	1.8	1.7 <sup>a</sup> ***	1.7 <sup>a</sup> ***	2.3 <sup>a</sup> **	0.7***	0.9***
\$15,000 - 24,999	1.7	1.8 <sup>ab</sup>	1.8 <sup>ab</sup>	1.9	1.8	1.7 <sup>a</sup>	1.9	2.0 <sup>ab</sup>	1.9 <sup>a</sup>	2.3 <sup>ab</sup>	0.4*	0.5**
\$25,000 - 34,999	1.7	1.8 <sup>ab</sup>	1.8 <sup>ab</sup>	2.1	2.2	1.9 <sup>a</sup>	1.9	2.0 <sup>ab</sup>	2.3 <sup>ab</sup>	2.3 <sup>ab</sup>	0.0	0.1
\$35,000 - 49,999	1.6	1.7 <sup>ab</sup>	2.1 <sup>b</sup>	2.1	1.9	2.0 <sup>a</sup>	1.8	2.1 <sup>ab</sup>	2.1 <sup>ab</sup>	2.6 <sup>ab</sup>	0.5	0.7***
\$50,000+	1.9	2.1 <sup>b</sup>	2.0 <sup>b</sup>	2.1	2.0	2.6 <sup>b</sup>	2.1	2.4 <sup>b</sup>	2.6 <sup>b</sup>	2.8 <sup>b</sup>	0.2	0.8***
<b>Physically Active</b>												
Did Not Meet Recommendations								1.7***	1.8***	1.9***	2.0***	0.1
Met Recommendations								2.2	2.4	2.4	2.9	0.5***
<b>Overweight Status</b>												
Overweight/Obese							1.9	2.0**	2.1	2.3**	0.2	
Not Overweight							2.0	2.3	2.3	2.7	0.4**	
<b>Poverty Index</b>												
SNAP Participant								1.7 <sup>a</sup> ***	2.2 <sup>ab</sup> ***	2.4	0.2	
All Other/ ≤ 130% FPL								1.6 <sup>a</sup>	1.7 <sup>a</sup>	2.2	0.5*	
All Other/ > 130% FPL								2.3 <sup>b</sup>	2.4 <sup>b</sup>	2.7	0.3	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

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

## 2007 California Dietary Practices Survey

**Table 10: Average Number of Servings of Fruits and Vegetables Eaten by Adults**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Mean Servings Eaten		
	Fruits & Vegetables	Fruits & Juices	Vegetables & Salads
<b>Total</b>	<b>5.2</b>	<b>2.8</b>	<b>2.5</b>
<b>Sex</b>			
Males	5.0	2.8	2.3 **
Females	5.4	2.7	2.7
<b>Males</b>			
18 - 24	4.6 <sup>ab</sup> **	2.9 <sup>ab</sup> **	1.7 <sup>a</sup> ***
25 - 34	4.9 <sup>ab</sup>	2.3 <sup>a</sup>	2.6 <sup>b</sup>
35 - 50	5.7 <sup>b</sup>	3.0 <sup>ab</sup>	2.7 <sup>b</sup>
51 - 64	4.0 <sup>a</sup>	2.2 <sup>a</sup>	1.8 <sup>a</sup>
65+	5.6 <sup>ab</sup>	3.7 <sup>b</sup>	1.9 <sup>ab</sup>
<b>Females</b>			
18 - 24	5.3	2.6 <sup>ab</sup> **	2.7
25 - 34	5.6	2.8 <sup>ab</sup>	2.8
35 - 50	5.1	2.4 <sup>a</sup>	2.7
51 - 64	5.4	2.9 <sup>ab</sup>	2.5
65+	6.3	3.6 <sup>b</sup>	2.7
<b>Ethnicity</b>			
White	5.2 <sup>ab</sup> *	2.6 <sup>a</sup> ***	2.6 <sup>ab</sup> *
Hispanic	5.7 <sup>b</sup>	3.3 <sup>b</sup>	2.4 <sup>ab</sup>
Black	4.3 <sup>a</sup>	2.4 <sup>a</sup>	2.0 <sup>a</sup>
Asian/Pacific Islander	5.8 <sup>b</sup>	2.8 <sup>ab</sup>	3.0 <sup>b</sup>
<b>Education</b>			
Less than High School	5.1 <sup>a</sup> ***	2.9 <sup>ab</sup> **	2.2 <sup>ab</sup> ***
High School Graduate	4.7 <sup>a</sup>	2.6 <sup>a</sup>	2.1 <sup>a</sup>
Some College	5.0 <sup>a</sup>	2.4 <sup>a</sup>	2.6 <sup>bc</sup>
College Graduate	6.1 <sup>b</sup>	3.1 <sup>b</sup>	3.0 <sup>c</sup>
<b>Income</b>			
Less than \$15,000	5.0 <sup>a</sup> **	2.7 <sup>a</sup> *	2.3 <sup>a</sup> **
\$15,000 - 24,999	5.1 <sup>ab</sup>	2.8 <sup>a</sup>	2.3 <sup>ab</sup>
\$25,000 - 34,999	4.7 <sup>a</sup>	2.4 <sup>a</sup>	2.3 <sup>ab</sup>
\$35,000 - 49,999	4.8 <sup>ab</sup>	2.2 <sup>a</sup>	2.6 <sup>ab</sup>
\$50,000+	5.8 <sup>b</sup>	3.0 <sup>a</sup>	2.8 <sup>b</sup>
<b>Physically Active</b>			
Did Not Meet Recommendations	4.4 ***	2.4 ***	2.0 ***
Met Recommendations	5.9	3.0	2.9
<b>Overweight Status</b>			
Overweight/Obese	5.0 **	2.7	2.3 **
Not Overweight	5.6	2.9	2.7
<b>Poverty Index</b>			
SNAP Participant	4.9 <sup>a</sup> *	2.5 <sup>a</sup> **	2.4
All Other/ ≤ 130% FPL	5.5 <sup>ab</sup>	3.3 <sup>b</sup>	2.2
All Other/ > 130% - ≤ 185% FPL	5.0 <sup>ab</sup>	2.6 <sup>ab</sup>	2.5
All Other/ > 185% FPL	5.6 <sup>b</sup>	2.9 <sup>ab</sup>	2.7

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

**2007 California Dietary Practices Survey**

**Table 12: Percent of Adults Eating Five or More Servings of Fruits and Vegetables, Trends 1989-2007**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Percent Eating 5+ Servings										Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
<b>Total</b>	<b>34</b>	<b>36</b>	<b>32</b>	<b>37</b>	<b>33</b>	<b>32</b>	<b>34</b>	<b>38</b>	<b>42</b>	<b>50.1</b>	<b>8.1***</b>	<b>17.1***</b>
<i>Sex</i>												
Males	32	33	29	32	30	30	33	35	38	47.1	9.1***	17.1***
Females	35	38	35	42	35	35	34	41	46	53.1	7.1**	18.1***
<i>Males</i>												
18 - 24	29	39	18	28	25	26	36	35	24	44.2	20.2**	19.2**
25 - 34	27	24	28	28	28	18	34	32	42	45.6	3.6	17.6**
35 - 50	35	36	31	32	30	37	30	35	42	52.4	10.4*	22.4***
51 - 64	36	35	28	29	34	34	31	31	28	34.3	6.3	0.3
65+	33	31	40	44	35	34	39	44	45	59.2	14.2	24.2**
<i>Females</i>												
18 - 24	34	30	24	32	29	27	27	34	36	51.1	15.1*	22.1**
25 - 34	29	38	36	37	32	32	29	38	52	53.3	1.3	21.3***
35 - 50	39	36	35	47	34	37	39	41	48	51.4	3.4	17.4***
51 - 64	39	36	28	39	37	43	35	46	43	51.3	8.3	14.3**
65+	35	53	44	54	44	36	39	44	43	61.5	18.5**	17.5***
<i>Ethnicity</i>												
White	32	37	34	35	33	34	36	39	42	51.1	9.1**	18.1***
Hispanic	39	26	30	45	35	31	33	38	38	49.9	11.9**	14.9***
Black	34	41	26	27	22	26	24	26	31	39.1	8.1	17.1**
Asian/Pacific Islander						25	33	44	60	59.2	-0.8	
<i>Education</i>												
Less than High School	37	25	29	43	32	21	28	31	40	45.1	5.1	13.1**
High School Graduate	25	28	24	31	24	26	31	32	33	43.1	10.1**	19.1***
Some College	36	40	30	35	31	34	32	36	39	47.8	8.8*	16.8***
College Graduate	39	43	42	43	42	40	40	46	50	62.2	12.2**	20.2***
<i>Income</i>												
Less than \$15,000	30	30	23	42	24	27	28	32	34	45.7	11.7**	21.7***
\$15,000 - 24,999	38	34	34	38	34	30	37	40	36	49.8	13.8**	15.8***
\$25,000 - 34,999	32	35	35	35	37	29	36	34	42	38.6	-3.4	1.6
\$35,000 - 49,999	33	34	34	41	33	32	34	31	42	50.0	8.0	17.0**
\$50,000+	39	46	36	36	33	41	36	42	51	57.7	6.7*	24.7***
<i>Physically Active</i>												
Did Not Meet Recommendations							28	32	35	40.6	5.6*	
Met Recommendations							42	43	49	58.4	9.4***	
<i>Overweight Status</i>												
Overweight/Obese							33	35	39	47.2	8.2**	
Not Overweight							36	42	46	54.6	8.6**	
<i>Poverty Index</i>												
SNAP Participant								30	44	43.6	-0.4	
All Other/ ≤ 130% FPL								35	31	53.3	22.3***	
All Other/ > 130% FPL								39	47	55.0	8.0**	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2007 California Dietary Practices Survey

**Table 12a: Consumption of at Least Three Vegetables and Two Fruits**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Percent Ate 3+ Vegetables & 2+ Fruits
<b>Total</b>	<b>26.3</b>
<i>Sex</i>	
Males	21.3 ***
Females	31.1
<i>Males</i>	
18 - 24	17.3
25 - 34	20.6
35 - 50	24.8
51 - 64	14.8
65+	27.3
<i>Females</i>	
18 - 24	28.1
25 - 34	36.4
35 - 50	27.3
51 - 64	28.2
65+	40.6
<i>Ethnicity</i>	
White	26.3
Hispanic	26.0
Black	19.6
Asian/Pacific Islander	34.1
<i>Education</i>	
Less than High School	23.7 **
High School Graduate	21.6
Some College	25.6
College Graduate	32.6
<i>Income</i>	
Less than \$15,000	23.9
\$15,000 - 24,999	28.7
\$25,000 - 34,999	20.6
\$35,000 - 49,999	25.0
\$50,000+	29.0
<i>Physically Active</i>	
Did Not Meet Recommendations	18.2 ***
Met Recommendations	33.1
<i>Overweight Status</i>	
Overweight/Obese	23.0 **
Not Overweight	31.1
<i>Poverty Index</i>	
SNAP Participant	24.5
All Other/ ≤ 130% FPL	28.9
All Other/ > 130% - ≤ 185% FPL	26.4
All Other/ > 185% FPL	27.2

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2007 California Dietary Practices Survey

**Table 13: Range of Fruit and Vegetable Servings**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Servings Eaten, Percent				
	0	1-2	3-4	5+	
<b>Total</b>	<b>10.1</b>	<b>18.4</b>	<b>21.3</b>	<b>50.1</b>	
<b>Sex</b>					
Males	12.4	20.9	19.6	47.1	**
Females	7.8	16.1	23.0	53.1	
<b>Males</b>					
18 - 24	10.6	26.0	19.2	44.2	**
25 - 34	15.6	19.4	19.4	45.6	
35 - 50	11.0	14.6	22.0	52.4	
51 - 64	14.9	32.8	17.9	34.3	
65+	7.9	15.8	17.1	59.2	
<b>Females</b>					
18 - 24	10.6	16.0	22.3	51.1	
25 - 34	7.2	16.4	23.0	53.3	
35 - 50	7.3	17.6	23.7	51.4	
51 - 64	9.0	16.7	23.1	51.3	
65+	5.2	11.5	21.9	61.5	
<b>Ethnicity</b>					
White	8.1	18.4	22.3	51.1	
Hispanic	10.5	18.0	21.7	49.9	
Black	16.3	21.7	22.8	39.1	
Asian/Pacific Islander	6.9	13.1	20.8	59.2	
<b>Education</b>					
Less than High School	16.1	20.1	18.7	45.1	***
High School Graduate	13.2	21.7	22.0	43.1	
Some College	8.8	19.6	23.8	47.8	
College Graduate	4.2	13.3	20.2	62.2	
<b>Income</b>					
Less than \$15,000	13.2	19.4	21.6	45.7	***
\$15,000 - 24,999	11.7	20.8	17.7	49.8	
\$25,000 - 34,999	14.4	24.2	22.7	38.6	
\$35,000 - 49,999	5.8	18.3	25.8	50.0	
\$50,000+	6.3	14.3	21.7	57.7	
<b>Physically Active</b>					
Did Not Meet Recommendations	14.8	21.6	23.0	40.6	***
Met Recommendations	6.4	15.7	19.5	58.4	
<b>Overweight Status</b>					
Overweight/Obese	11.1	19.5	22.2	47.2	*
Not Overweight	8.8	16.3	20.3	54.6	
<b>Poverty Index</b>					
SNAP Participant	12.2	21.3	23.0	43.6	**
All Other/ ≤ 130% FPL	12.7	14.5	19.4	53.3	
All Other/ > 130% - ≤ 185% FPL	13.0	20.7	18.5	47.8	
All Other/ > 185% FPL	6.1	16.6	21.1	56.2	

Rows may not add up to 100 percent due to rounding.

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

## 2007 California Dietary Practices Survey

**Table 14: Percent of Adults Eating Two or Fewer Servings of Fruits and Vegetables, Trends 1997-2007**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Percent Who Ate 2 or Fewer Servings						Trends	
	1997	1999	2001	2003	2005	2007	2005-07	1997-07
<b>Total</b>	<b>34</b>	<b>38</b>	<b>37</b>	<b>33</b>	<b>31</b>	<b>28.5</b>	<b>-2.5</b>	<b>-5.5**</b>
<b>Sex</b>								
Males	36	40	40**	36**	37***	33.3***	-3.7	-2.7
Females	32	36	34	29	26	23.9	-2.1	-8.1***
<b>Males</b>								
18 - 24	37**	46*	40	41***	46	37.1***	-8.9	0.1
25 - 34	40	49	40	40	39	35.0	-4.0	-5.0
35 - 50	40	36	39	39	34	25.6	-8.4*	-14.4***
51 - 64	32	36	47	37	37	47.8	10.8	15.8**
65+	23	32	38	16	29	24.4	-4.6	1.4
<b>Females</b>								
18 - 24	44**	41	48**	22	25	27.1	2.1	16.9**
25 - 34	35	36	38	36	33	23.7	-9.3	-11.3*
35 - 50	32	36	29	29	25	24.9	-0.1	-7.1
51 - 64	27	32	34	26	26	25.6	-0.4	-1.4
65+	22	34	26	31	20	16.7	-3.3	-5.3
<b>Ethnicity</b>								
White	31***	36*	36*	33***	31***	26.6*	-4.4	-4.4
Hispanic	36	42	32	35	33	28.5	-4.5	-7.5*
Black	48	49	48	44	40	38.0	-2.0	-10.0
Asian/Pacific Islander		32	40	12	15	20.2	5.2	
<b>Education</b>								
Less than High School	41***	51***	42***	44***	34***	36.1***	2.1	-4.9
High School Graduate	41	44	40	40	37	34.9	-2.1	-6.1
Some College	35	38	42	31	36	28.5	-7.5*	-6.5*
College Graduate	25	29	27	25	22	17.5	-4.5	-7.5**
<b>Income</b>								
Less than \$15,000	46***	44***	44*	36***	38*	32.7***	-5.3	13.3***
\$15,000 - 24,999	34	40	34	34	32	32.5	0.5	-1.5
\$25,000 - 34,999	28	41	34	49	28	38.6	10.6	10.6*
\$35,000 - 49,999	30	39	39	35	35	24.2	-10.8	-5.8
\$50,000+	32	29	34	26	27	20.6	-6.4*	11.4***
<b>Physically Active</b>								
Did Not Meet Recommendations		39**	42***	41***	34*	36.5***	2.5	
Met Recommendations		29	30	26	28	22.0	-6.0**	
<b>Overweight Status</b>								
Overweight/Obese		39	37	36**	32	30.7*	-1.3	
Not Overweight		36	36	29	28	25.0	-3.0	
<b>Poverty Index</b>								
SNAP Participant				39	30	33.6**	3.6	
All Other/ ≤ 130% FPL				36	33	27.3	-5.7	
All Other/ > 130% FPL				30	29	24.3	-4.7*	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use  $p < 0.01$  as the definition of "statistically significant".

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

Chi Square Test

\*  $p < .05$

\*\*  $p < .01$

\*\*\*  $p < .001$

## 2007 California Dietary Practices Survey

**Table 16: Percent Thinking Five or More Servings of Fruits and Vegetables Should Be Eaten Every Day for Good Health, Trends 1989-2007**  
 Have you heard of any recommendations on the total number of servings of fruits and vegetables you should eat every day for good health?

	Percent Thinking 5+ Servings										Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
<b>Total</b>	23	23	35	44	45	43	44	52	55	54.5	-0.5	9.5***
<b>Sex</b>												
Males	15	16	26	31	35	36 ***	35 ***	43 ***	45 ***	48.2 ***	3.2	13.2***
Females	30	30	43	55	54	49	52	61	64	60.5	-3.5	6.5*
<b>Males</b>												
18 - 24	32	26	28	34	33	38	42 *	54 ***	62 **	63.7 ***	1.7	30.7***
25 - 34	16	13	28	33	39	36	37	50	48	48.2	0.2	9.2
35 - 50	13	11	27	31	37	35	37	44	43	50.8	7.8	13.8**
51 - 64	8	15	27	31	29	41	22	34	39	35.8	-3.2	6.8
65+	8	26	22	23	28	24	32	29	33	40.6	7.6	12.6
<b>Females</b>												
18 - 24	28	35	35	59	50	56	56	69	68	68.0 **	0.0	18.0*
25 - 34	28	29	47	49	56	50	57	58	69	69.9	0.9	13.9*
35 - 50	35	34	45	59	57	50	54	59	63	59.5	-3.5	2.5
51 - 64	29	28	48	59	52	54	49	65	67	57.5	-9.5	5.5
65+	31	23	35	52	54	41	45	56	57	45.4	-11.6	-8.6
<b>Ethnicity</b>												
White	28	29	42	51	51	50 ***	51 **	59 ***	61 ***	58.9 **	-2.1	7.9**
Hispanic	14	16	24	32	35	32	30	40	46	47.0	1	12.0**
Black	17	18	23	28	29	23	30	42	51	47.4	-3.6	18.4**
Asian/Pacific Islander						42	36	39	48	53.8	5.8	
<b>Education</b>												
Less than High School	10	12	20	31	30	25 ***	28 ***	28 ***	46 ***	46.6 ***	0.6	16.6**
High School Graduate	21	22	28	31	32	31	36	48	51	47.9	-3.1	15.9***
Some College	28	26	36	49	46	48	44	57	54	55.1	1.1	9.1**
College Graduate	28	28	46	51	55	53	57	61	64	65.9	1.9	10.9***
<b>Income</b>												
Less than \$15,000	14	18	24	33	30	34 ***	31 ***	43 ***	48 **	51.1 **	3.1	21.1***
\$15,000 - 24,999	21	24	29	39	39	39	40	47	52	53.7	1.7	14.7***
\$25,000 - 34,999	22	20	39	44	52	49	44	44	48	46.5	-1.5	-5.5
\$35,000 - 49,999	25	27	39	50	45	41	43	58	55	57.3	2.3	12.3*
\$50,000+	34	30	46	50	53	54	58	60	62	61.2	-0.8	8.2*
<b>Physically Active</b>												
Did Not Meet Recommendations							38 ***	44 ***	47 ***	49.3 ***	2.3	
Met Recommendations							51	60	64	59.2	-4.8	
<b>Overweight Status</b>												
Overweight/Obese							42	48 ***	51 **	53.1 *	2.1	
Not Overweight							45	57	59	57.4	-1.6	
<b>Poverty Index</b>												
SNAP Participant								37 ***	52 ***	53.2	1.2	
All Other/ ≤ 130% FPL								43	44	54.6	10.6*	
All Other/ > 130% FPL								58	59	56.8	-2.2	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

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

**2007 California Dietary Practices Survey**

**Table 17: Range in Cups of Fruits and Vegetables Heard for Good Health**

*Have you heard of any recommendations on the total number of servings of fruits and vegetables you should eat every day for good health? How many cups of fruits and vegetables do you think that is?*

	Cups Heard, Percent			
	0-2	3-4	5+	Don't Know
<b>Total</b>	<b>11.7</b>	<b>24.3</b>	<b>49.6</b>	<b>14.4</b>
<i>Sex</i>				
Males	12.9	25.5	47.7	14.0
Females	10.8	23.3	51.1	14.8
<i>Males</i>				
18 - 24	6.1	42.4	45.5	6.1
25 - 34	7.3	30.5	52.4	9.8
35 - 50	11.3	24.2	50.8	13.7
51 - 64	16.0	18.5	43.2	22.2
65+	27.5	20.0	42.5	10.0
<i>Females</i>				
18 - 24	8.7	17.4	56.5	17.4
25 - 34	8.1	25.6	52.3	14.0
35 - 50	11.6	21.8	53.7	12.9
51 - 64	13.3	21.9	50.5	14.3
65+	10.9	29.7	39.1	20.3
<i>Ethnicity</i>				
White	7.9	23.8	52.6	15.6
Hispanic	18.5	26.8	42.9	11.7
Black	17.8	28.9	33.3	20.0
Asian/Pacific Islander	10.7	28.6	48.2	12.5
<i>Education</i>				
Less than High School	20.0	27.9	40.0	12.1
High School Graduate	14.4	25.7	47.9	12.0
Some College	11.0	22.4	50.2	16.3
College Graduate	5.5	23.4	55.9	15.2
<i>Income</i>				
Less than \$15,000	15.4	20.8	50.8	12.9
\$15,000 - 24,999	11.0	29.0	44.1	15.9
\$25,000 - 34,999	16.9	27.3	45.5	10.4
\$35,000 - 49,999	10.0	30.0	53.3	6.7
\$50,000+	7.5	23.0	53.6	15.9
<i>Physically Active</i>				
Did Not Meet Recommendations	15.7	22.2	47.7	14.4
Met Recommendations	9.1	25.4	51.7	13.8
<i>Overweight Status</i>				
Overweight/Obese	12.4	24.0	50.0	13.5
Not Overweight	10.2	24.4	49.7	15.7
<i>Poverty Index</i>				
SNAP Participant	12.7	24.6	49.1	13.6
All Other/ ≤ 130% FPL	13.4	22.4	50.7	13.4
All Other/ > 130% - ≤ 185% FPL	19.2	28.8	42.3	9.6
All Other/ > 185% FPL	9.6	23.0	52.7	15.0

Rows may not add up to 100 percent due to rounding.

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

Chi Square Test

\*p<.05

\*\*p<.01

## 2007 California Dietary Practices Survey

**Table 19: Belief About Whether Eating Right Amount of Fruits and Vegetables Now**

*How many total servings of fruits and vegetables do you think you should eat every day for good health  
Do you think you eat the right amount of fruits and vegetables now, or do you think you should eat more?*

	Percent Thinking Five or More	Percent Thinking Eat The Right Amount
<b>Total</b>	<b>54.5</b>	<b>27.8</b>
<i>Sex</i>		
Males	48.2***	29.3
Females	60.5	26.3
<i>Males</i>		
18 - 24	63.7***	16.7***
25 - 34	48.2	23.4
35 - 50	50.8	29.0
51 - 64	35.8	31.3
65+	40.6	57.6
<i>Females</i>		
18 - 24	68.0**	21.7***
25 - 34	69.9	22.9
35 - 50	59.5	19.0
51 - 64	57.5	30.1
65+	45.4	49.6
<i>Ethnicity</i>		
White	58.9***	29.9
Hispanic	47.0	24.7
Black	47.4	19.7
Asian/Pacific Islander	53.8	31.4
<i>Education</i>		
Less than High School	46.6***	27.0***
High School Graduate	47.9	23.1
Some College	55.1	20.9
College Graduate	65.9	40.1
<i>Income</i>		
Less than \$15,000	51.1**	25.4***
\$15,000 - 24,999	53.7	20.8
\$25,000 - 34,999	46.5	23.5
\$35,000 - 49,999	57.3	23.7
\$50,000+	61.2	36.6
<i>Physically Active</i>		
Did Not Meet Recommendations	49.3***	22.3***
Met Recommendations	59.2	31.5
<i>Overweight Status</i>		
Overweight/Obese	53.1	25.4*
Not Overweight	57.4	31.5
<i>Poverty Index</i>		
SNAP Participant	53.2**	20.5***
All Other/ ≤ 130% FPL	54.6	26.5
All Other/ > 130% - ≤ 185% FPL	39.5	30.4
All Other/ > 185% FPL	59.6	34.6

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

**2007 California Dietary Practices Survey**

**Table 22: Why Californians Are Not Eating More Fruits and Vegetables**

Base: Out of Those Who Think They Should Eat More Fruits and Vegetables

For yourself, do you agree or disagree...

*It's hard to get fruits and vegetables at restaurants.*

*It's hard to get fruits and vegetables at fast food places.*

*It's hard to get fruits and vegetables at work, such as in the cafeteria, vending machines, food trucks or nearby restaurants.*

*Fruits and vegetables are too expensive.*

	Percent Agreeing			
	Hard to Buy in Restaurants	Hard to Buy in Fast Food Places	Hard to Get at Work	Too Expensive
<b>Total</b>	<b>34.7</b>	<b>75.5</b>	<b>65.8</b>	<b>39.9</b>
<b>Sex</b>				
Males	30.5 **	75.8	64.0	33.7 ***
Females	38.8	75.2	67.6	45.6
<b>Males</b>				
18 - 24	37.9 *	74.7	71.3	25.3 **
25 - 34	33.6	75.4	67.2	27.9
35 - 50	30.8	75.7	59.0	41.1
51 - 64	18.3	78.3	62.3	29.0
65+	27.6	72.4	62.5	53.1
<b>Females</b>				
18 - 24	54.7 *	77.0	63.5	37.8
25 - 34	36.8	73.7	67.9	42.7
35 - 50	39.4	74.7	70.3	53.5
51 - 64	36.3	79.4	67.0	40.2
65+	22.7	68.4	60.0	44.7
<b>Ethnicity</b>				
White	28.2 ***	81.0 **	63.2 **	35.0 **
Hispanic	48.4	70.1	72.7	44.7
Black	25.7	67.1	53.6	36.1
Asian/Pacific Islander	35.3	71.6	70.1	49.4
<b>Education</b>				
Less than High School	47.7 ***	67.3 ***	65.8	43.4 *
High School Graduate	34.5	71.3	69.3	41.0
Some College	31.1	77.7	62.3	43.0
College Graduate	29.3	84.5	65.9	31.5
<b>Income</b>				
Less than \$15,000	42.4 ***	67.7 **	66.1	50.0 ***
\$15,000 - 24,999	36.5	77.2	71.4	48.3
\$25,000 - 34,999	42.6	78.2	72.0	43.0
\$35,000 - 49,999	28.9	74.7	65.1	29.3
\$50,000+	24.8	81.2	60.1	21.9
<b>Physically Active</b>				
Did Not Meet Recommendations	39.1 **	74.6	66.1	44.4 **
Met Recommendations	31.1	77.1	66.9	34.5
<b>Overweight Status</b>				
Overweight/Obese	34.4	75.3	64.2	40.6
Not Overweight	35.1	76.0	68.8	38.9
<b>Poverty Index</b>				
SNAP Participant	40.3 ***	72.2 **	64.7	51.6 ***
All Other/ ≤ 130% FPL	45.4	66.9	74.3	41.3
All Other/ > 130% - ≤ 185% FPL	27.0	78.7	72.5	48.4
All Other/ > 185% FPL	25.6	81.6	64.5	23.2

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

## 2007 California Dietary Practices Survey

**Table 26: Adults who Have Worked in a Garden**

*As an adult, have you ever worked in a garden to grow fruits and vegetables?*

	Percent who Worked in Garden
<b>Total</b>	<b>45.7</b>
<b>Sex</b>	
Males	50.0 **
Females	41.5
<b>Males</b>	
18 - 24	39.0 ***
25 - 34	36.9
35 - 50	54.1
51 - 64	61.2
65+	58.4
<b>Females</b>	
18 - 24	26.0 ***
25 - 34	34.2
35 - 50	37.1
51 - 64	51.6
65+	62.5
<b>Ethnicity</b>	
White	53.4 ***
Hispanic	29.2
Black	41.3
Asian/Pacific Islander	58.1
<b>Education</b>	
Less than High School	31.0 ***
High School Graduate	42.9
Some College	51.1
College Graduate	52.8
<b>Income</b>	
Less than \$15,000	39.6 ***
\$15,000 - 24,999	39.6
\$25,000 - 34,999	41.2
\$35,000 - 49,999	52.1
\$50,000+	54.0
<b>Physically Active</b>	
Did Not Meet Recommendations	36.5 ***
Met Recommendations	53.2
<b>Overweight Status</b>	
Overweight/Obese	45.2
Not Overweight	46.3
<b>Poverty Index</b>	
SNAP Participant	38.7 ***
All Other/ ≤ 130% FPL	43.6
All Other/ > 130% - ≤ 185% FPL	39.1
All Other/ > 185% FPL	54.2

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2007 California Dietary Practices Survey

### CrossTab 27: Worked in Garden by Fruit and Vegetable Consumption

*As an adult, have you ever worked in a garden to grow fruits and vegetables?*

*Did you have any fruit, vegetables, salad, or juice for your [meal or snack] yesterday?*

*Which fruit, vegetables, salad or juice did you have at your [meal or snack] yesterday?*

*How many servings of (each fruit, vegetable, juice or salad) did you eat for your [meal or snack]?*

Worked in Garden	Range of Servings of Fruits & Vegetables Eaten <sup>1</sup>					Mean Servings Fruits & Vegetables Eaten <sup>2</sup>
	0	1-2	3-4	5+		
Yes	9.3	15.1	19.9	55.8	**	5.7
No	10.8	21.3	22.6	45.4		4.9

Rows may not add up to 100 percent due to rounding.

<sup>1</sup>A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

<sup>2</sup>A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

\*\* p<.01

\*\*\* p<.001

**2007 California Dietary Practices Survey**

**Cross Tab 31a: Think Eat the Right Amount of Fruits and Vegetables by Servings of Fruits and Vegetables Eaten**

*Have you heard of any recommendations on the total number of servings of fruits and vegetables you should eat every day for good health?*

*What is the number of servings recommended?*

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

Percent	Range of Servings of Fruits & Vegetables Eaten <sup>1</sup>				Mean Servings of Fruits & Vegetables Eaten <sup>2</sup>
	0	1-2	3-4	5+	
<b>Think Eat Right Amount of Fruits &amp; Vegetables</b>	4.9	10.1	13.0	72.0	7.2
<b>Think Should Eat More Fruits &amp; Vegetables</b>	12.0	21.7	24.5	41.8	4.5

Rows may not add up to 100 percent due to rounding.

<sup>1</sup> A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

<sup>2</sup> A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

\*\*\* p<.001

**2007 California Dietary Practices Survey**

**Cross Tab 31b: Servings of Fruits and Vegetables Thought Should Be Eaten by Servings of Fruits and Vegetables Eaten**

*How many total servings of fruits and vegetables do you think you should eat every day for good health?*

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

Range of Servings of Fruits & Vegetables Thought Should Be Eaten	Range of Servings of Fruits & Vegetables Eaten <sup>1</sup>			Mean Servings of Fruits & Vegetables Eaten <sup>2</sup>
	0-2	3-4	5+	
0-2	45.7	21.1	33.2	3.7 <sup>a</sup>
3-4	34.3	24.9	40.8	4.5 <sup>a</sup>
5+	20.6	19.4	60.0	6.1 <sup>b</sup>

Rows may not add up to 100 percent due to rounding.

<sup>1</sup> A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

<sup>2</sup> 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<.001

## 2007 California Dietary Practices Survey

### Cross Tab 32: Ate Five or More Servings of Fruits and Vegetables by Weight Status

Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)

Overweight Status	Ate <5 Servings of Fruits & Vegetables <sup>1</sup>	Ate 5+ Servings Fruits & Vegetables <sup>1</sup>	Average Servings of Fruits Vegetables <sup>2</sup>
Obese	60.1	39.9	4.4 <sup>a</sup>
Overweight	47.6	52.4	5.5 <sup>b</sup>
Not overweight	45.6	54.4	5.6 <sup>b</sup>

Rows may not add up to 100 percent due to rounding.

<sup>1</sup>A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

<sup>2</sup>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<.001