

2003 California Dietary Practices Survey
Table 4: Consumption of at Least One Fruit and/or Vegetable

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

| | Percent | | | | | | |
|---------------------------------|------------------|----------------------|--------------------|---------------------|---------------|-------------------------|---------------|
| | 1 Fruit or Juice | 1 Vegetable or Salad | Vegetable or Fruit | 1 Fruit (not juice) | Least 1 Juice | 1 Vegetable (not salad) | Least 1 Salad |
| Total | 75 | 75 | 93 | 62 | 40 | 60 | 32 |
| Sex | | | | | | | |
| Males | 70 *** | 71 *** | 90 *** | 59 ** | 40 | 55 *** | 30 |
| Females | 78 | 79 | 95 | 66 | 40 | 65 | 34 |
| Males | | | | | | | |
| 18 - 24 | 54 *** | 74 | 88 | 42 *** | 32 ** | 57 | 31 |
| 25 - 34 | 72 | 63 | 88 | 54 | 51 | 47 | 28 |
| 35 - 50 | 66 | 76 | 89 | 54 | 38 | 60 | 30 |
| 51 - 64 | 74 | 69 | 90 | 67 | 32 | 52 | 30 |
| 65+ | 93 | 71 | 99 | 89 | 45 | 57 | 31 |
| Females | | | | | | | |
| 18 - 24 | 75 ** | 82 | 95 | 57 *** | 50 | 64 | 36 * |
| 25 - 34 | 76 | 74 | 95 | 58 | 43 | 64 | 23 |
| 35 - 50 | 74 | 80 | 95 | 63 | 36 | 66 | 35 |
| 51 - 64 | 88 | 78 | 96 | 80 | 36 | 62 | 40 |
| 65+ | 84 | 84 | 95 | 74 | 43 | 70 | 37 |
| Ethnicity | | | | | | | |
| White | 72 *** | 81 *** | 94 ** | 60 *** | 35 *** | 66 *** | 37 *** |
| Hispanic | 84 | 58 | 91 | 70 | 53 | 43 | 24 |
| Black | 61 | 69 | 86 | 42 | 38 | 55 | 24 |
| Asian/Pacific Islander | 87 | 77 | 98 | 77 | 48 | 67 | 16 |
| Education | | | | | | | |
| Less than high school | 78 *** | 54 *** | 90 ** | 66 ** | 45 | 42 *** | 20 *** |
| High school graduate | 70 | 70 | 90 | 58 | 39 | 52 | 30 |
| Some college | 71 | 78 | 94 | 56 | 36 | 69 | 35 |
| College graduate | 80 | 84 | 95 | 67 | 42 | 69 | 36 |
| Income | | | | | | | |
| Less than \$15,000 | 76 | 65 *** | 91 | 61 | 47 * | 52 *** | 26 *** |
| \$15,000 - 24,999 | 73 | 68 | 90 | 61 | 44 | 54 | 25 |
| \$25,000 - 34,999 | 71 | 72 | 94 | 57 | 38 | 57 | 28 |
| \$35,000 - 49,999 | 69 | 76 | 95 | 56 | 38 | 62 | 30 |
| \$50,000+ | 77 | 84 | 94 | 65 | 37 | 68 | 39 |
| Physically Active | | | | | | | |
| Did not meet recommendations | 73 * | 68 *** | 90 *** | 60 | 38 | 53 *** | 27 *** |
| Met recommendations | 77 | 82 | 95 | 65 | 43 | 66 | 38 |
| Overweight Status | | | | | | | |
| Overweight/Obese | 73 | 71 *** | 92 | 60 | 37 * | 57 ** | 29 ** |
| Not overweight | 76 | 80 | 94 | 64 | 42 | 64 | 36 |
| Poverty Index | | | | | | | |
| Food Stamp users | 69 | 66 *** | 89 | 55 | 43 *** | 55 *** | 17 *** |
| Non Food Stamp users/ <130% FPL | 80 | 61 | 92 | 64 | 50 | 48 | 24 |
| Non Food Stamp users/ >130% FPL | 73 | 80 | 93 | 62 | 37 | 64 | 35 |

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 5: Average Number of Servings of Fruits and Vegetables Eaten by Adults

Question: 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 |
| Total | 4.1 | 2.0 | 2.1 |
| <i>Sex</i> | | | |
| Males | 3.9** | 1.9 | 1.9*** |
| Females | 4.4 | 2.1 | 2.3 |
| <i>Males</i> | | | |
| 18 - 24 | 3.8 | 1.5 ^a * | 2.2 |
| 25 - 34 | 3.6 | 2.0 ^{ab} | 1.6 |
| 35 - 50 | 4.0 | 1.9 ^{ab} | 2.1 |
| 51 - 64 | 3.7 | 2.0 ^{ab} | 1.7 |
| 65+ | 4.4 | 2.5 ^b | 1.9 |
| <i>Females</i> | | | |
| 18 - 24 | 4.2 | 2.0 | 2.2 |
| 25 - 34 | 4.4 | 2.0 | 2.3 |
| 35 - 50 | 4.3 | 2.0 | 2.3 |
| 51 - 64 | 4.5 | 2.1 | 2.4 |
| 65+ | 4.6 | 2.3 | 2.3 |
| <i>Ethnicity</i> | | | |
| White | 4.2 ^b *** | 1.8 ^a *** | 2.3 ^b *** |
| Hispanic | 4.1 ^b | 2.5 ^b | 1.6 ^a |
| Black | 3.0 ^a | 1.5 ^a | 1.6 ^a |
| Asian/Pacific Islander | 5.0 ^b | 2.6 ^b | 2.3 ^b |
| <i>Education</i> | | | |
| Less than high school | 3.6 ^a *** | 2.2 | 1.5 ^a *** |
| High school graduate | 3.8 ^a | 1.9 | 1.9 ^{ab} |
| Some college | 4.2 ^{ab} | 1.9 | 2.3 ^{bc} |
| College graduate | 4.5 ^b | 2.1 | 2.4 ^c |
| <i>Income</i> | | | |
| Less than \$15,000 | 3.8 | 2.1 | 1.7 ^a *** |
| \$15,000 - 24,999 | 4.2 | 2.2 | 2.0 ^{ab} |
| \$25,000 - 34,999 | 3.9 | 1.8 | 2.0 ^{ab} |
| \$35,000 - 49,999 | 3.9 | 1.7 | 2.1 ^{ab} |
| \$50,000+ | 4.4 | 2.0 | 2.4 ^b |
| <i>Physically Active</i> | | | |
| Did not meet recommendations | 3.6*** | 1.9** | 1.8*** |
| Met recommendations | 4.6 | 2.1 | 2.4 |
| <i>Overweight Status</i> | | | |
| Overweight/Obese | 3.9** | 1.9 | 2.0** |
| Not overweight | 4.4 | 2.1 | 2.3 |
| <i>Poverty Index</i> | | | |
| Food Stamp users | 3.6 | 1.9 | 1.7 ^a *** |
| Non Food Stamp users/ <130% FPL | 3.9 | 2.3 | 1.6 ^a |
| Non Food Stamp users/ >130% FPL | 4.2 | 1.9 | 2.3 ^b |

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey
Table 6: Consumption of Meals and Snacks with Fruits and Vegetables

Questions: Did you eat (breakfast, lunch, dinner, snacks) yesterday?
Did you have any fruit, vegetables, salad, or juice for your meal?
(Fruit and vegetable consumption based on 24-hour recall question module)

| Meal Time | | |
|------------------|---|--------------|
| Breakfast | Ate Breakfast | 75% |
| | Ate Fruits & Vegetables with Breakfast | 49% |
| | Fruit & Vegetable Consumption at Breakfast | 0.9 servings |
| | Fruit & Vegetable Consumption at Meal For Those Who Ate Breakfast | 1.2 servings |
| | Fruit & Vegetable Consumption For Those Who Ate Fruit & Vegetables at Breakfast | 1.9 servings |
| Lunch | Ate Lunch | 82% |
| | Ate Fruits & Vegetable with Lunch | 58% |
| | Fruit & Vegetable Consumption at Lunch | 1.3 servings |
| | Fruit & Vegetable Consumption at Meal For Those Who Ate Lunch | 1.6 servings |
| | Fruit & Vegetable Consumption For Those Who Ate Fruit & Vegetables at Lunch | 2.3 servings |
| Dinner | Ate Dinner | 91% |
| | Ate Fruits & Vegetables with Dinner | 70% |
| | Fruit & Vegetable Consumption at Dinner | 1.7 servings |
| | Fruit & Vegetable Consumption at Meal For Those Who Ate Dinner | 1.9 servings |
| | Fruit & Vegetable Consumption For Those Who Ate Fruit & Vegetables at Dinner | 2.5 servings |
| Snack | Ate Snack | 48% |
| | Ate Fruits & Vegetables with a Snack | 21% |
| | Fruit & Vegetable Consumption as a Snack | 0.3 servings |
| | Fruit & Vegetable Consumption at Meal For Those Who Ate a Snack | 0.7 servings |
| | Fruit & Vegetable Consumption For Those Who Ate Fruit & Vegetables as a Snack | 1.7 servings |

2003 California Dietary Practices Survey
Table 7: Range of Fruit and Vegetable Servings

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

(Fruit and vegetable consumption based on 24-hour recall question module)

| | Percent of Servings Eaten | | | |
|---------------------------------|---------------------------|-----------|-----------|-----------|
| | 0 | 1-2 | 3-4 | 5+ |
| Total | 7 | 26 | 29 | 38 |
| <i>Sex</i> | | | | |
| Males | 10 | 26 | 29 | 35 |
| Females | 5 | 25 | 30 | 41 |
| <i>Males</i> | | | | |
| 18 - 24 | 12 | 29 | 24 | 35 |
| 25 - 34 | 12 | 28 | 28 | 32 |
| 35 - 50 | 11 | 29 | 26 | 35 |
| 51 - 64 | 10 | 26 | 32 | 31 |
| 65+ | 1 | 14 | 40 | 44 |
| <i>Females</i> | | | | |
| 18 - 24 | 5 | 18 | 43 | 34 |
| 25 - 34 | 5 | 31 | 26 | 38 |
| 35 - 50 | 5 | 24 | 30 | 41 |
| 51 - 64 | 4 | 22 | 28 | 46 |
| 65+ | 5 | 26 | 25 | 44 |
| <i>Ethnicity</i> | | | | |
| White | 6 | 26 | 28 | 39 |
| Hispanic | 9 | 26 | 28 | 38 |
| Black | 14 | 30 | 29 | 26 |
| Asian/Pacific Islander | 2 | 10 | 43 | 44 |
| <i>Education</i> | | | | |
| Less than high school | 10 | 34 | 26 | 31 |
| High school graduate | 10 | 29 | 29 | 32 |
| Some college | 6 | 25 | 33 | 36 |
| College graduate | 5 | 20 | 28 | 46 |
| <i>Income</i> | | | | |
| Less than \$15,000 | 9 | 26 | 33 | 32 |
| \$15,000 - 24,999 | 10 | 24 | 27 | 40 |
| \$25,000 - 34,999 | 6 | 43 | 17 | 34 |
| \$35,000 - 49,999 | 5 | 30 | 34 | 31 |
| \$50,000+ | 6 | 21 | 32 | 42 |
| <i>Physically Active</i> | | | | |
| Did not meet recommendations | 10 | 31 | 27 | 32 |
| Met recommendations | 5 | 21 | 31 | 43 |
| <i>Overweight Status</i> | | | | |
| Overweight/Obese | 8 | 28 | 29 | 35 |
| Not overweight | 6 | 22 | 30 | 42 |
| <i>Poverty Index</i> | | | | |
| Food Stamp users | 11 | 28 | 31 | 30 |
| Non Food Stamp users/ <130% FPL | 8 | 28 | 29 | 35 |
| Non Food Stamp users/ >130% FPL | 7 | 24 | 31 | 39 |

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 8: Percent of Adults Eating 3 Vegetables and 2 Fruits

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

| | Percent |
|---------------------------------|----------------|
| Total | 18 |
| <i>Sex</i> | |
| Males | 16 * |
| Females | 20 |
| <i>Males</i> | |
| 18 - 24 | 8 * |
| 25 - 34 | 14 |
| 35 - 50 | 21 |
| 51 - 64 | 14 |
| 65+ | 18 |
| <i>Females</i> | |
| 18 - 24 | 12 |
| 25 - 34 | 20 |
| 35 - 50 | 18 |
| 51 - 64 | 25 |
| 65+ | 24 |
| <i>Ethnicity</i> | |
| White | 19 |
| Hispanic | 17 |
| Black | 10 |
| Asian/Pacific Islander | 20 |
| <i>Education</i> | |
| Less than high school | 14 *** |
| High school graduate | 12 |
| Some college | 17 |
| College graduate | 24 |
| <i>Income</i> | |
| Less than \$15,000 | 14 * |
| \$15,000 - 24,999 | 14 |
| \$25,000 - 34,999 | 17 |
| \$35,000 - 49,999 | 17 |
| \$50,000+ | 21 |
| <i>Physically Active</i> | |
| Did not meet recommendations | 14 *** |
| Met recommendations | 22 |
| <i>Overweight Status</i> | |
| Overweight/Obese | 16 |
| Not overweight | 20 |
| <i>Poverty Index</i> | |
| Food Stamp users | 8 *** |
| Non Food Stamp users/ <130% FPL | 14 |
| Non Food Stamp users/ >130% FPL | 19 |

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey

Table 9: Percent of Adults Eating 2 or Fewer Servings of Fruits and Vegetables

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

(Fruit and vegetable consumption based on 24-hour recall question module)

| | Percent |
|---------------------------------|----------------|
| Total | 33 |
| <i>Sex</i> | |
| Males | 36 ** |
| Females | 29 |
| <i>Males</i> | |
| 18 - 24 | 41 *** |
| 25 - 34 | 40 |
| 35 - 50 | 39 |
| 51 - 64 | 37 |
| 65+ | 16 |
| <i>Females</i> | |
| 18 - 24 | 22 |
| 25 - 34 | 36 |
| 35 - 50 | 29 |
| 51 - 64 | 26 |
| 65+ | 31 |
| <i>Ethnicity</i> | |
| White | 33 *** |
| Hispanic | 35 |
| Black | 44 |
| Asian/Pacific Islander | 12 |
| <i>Education</i> | |
| Less than high school | 44 *** |
| High school graduate | 40 |
| Some college | 31 |
| College graduate | 25 |
| <i>Income</i> | |
| Less than \$15,000 | 36 *** |
| \$15,000 - 24,999 | 34 |
| \$25,000 - 34,999 | 49 |
| \$35,000 - 49,999 | 35 |
| \$50,000+ | 26 |
| <i>Physically Active</i> | |
| Did not meet recommendations | 41 *** |
| Met recommendations | 26 |
| <i>Overweight Status</i> | |
| Overweight/Obese | 36 ** |
| Not overweight | 29 |
| <i>Poverty Index</i> | |
| Food Stamp users | 39 |
| Non Food Stamp users/ <130% FPL | 36 |
| Non Food Stamp users/ >130% FPL | 30 |

FPL=Federal Poverty Level

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

Chi-Square Test:

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 10: Belief That 5 Servings or More of Fruits and Vegetables Should Be Eaten Every Day For Good Health

Question: How many servings of fruits and vegetables do you think you should eat everyday for good health?

(Fruit and vegetable consumption based on 24-hour recall question module)

| | Percent |
|---------------------------------|-----------|
| Total | 52 |
| Sex | |
| Males | 43 *** |
| Females | 61 |
| Males | |
| 18 - 24 | 54 *** |
| 25 - 34 | 50 |
| 35 - 50 | 44 |
| 51 - 64 | 34 |
| 65+ | 29 |
| Females | |
| 18 - 24 | 69 |
| 25 - 34 | 58 |
| 35 - 50 | 59 |
| 51 - 64 | 65 |
| 65+ | 56 |
| Ethnicity | |
| White | 59 *** |
| Hispanic | 40 |
| Black | 42 |
| Asian/Pacific Islander | 39 |
| Education | |
| Less than high school | 28 *** |
| High school graduate | 48 |
| Some college | 57 |
| College graduate | 61 |
| Income | |
| Less than \$15,000 | 43 *** |
| \$15,000 - 24,999 | 47 |
| \$25,000 - 34,999 | 44 |
| \$35,000 - 49,999 | 58 |
| \$50,000+ | 60 |
| Physically Active | |
| Did not meet recommendations | 44 *** |
| Met recommendations | 60 |
| Overweight Status | |
| Overweight/Obese | 48 *** |
| Not overweight | 57 |
| Poverty Index | |
| Food Stamp users | 37 *** |
| Non Food Stamp users/ <130% FPL | 43 |
| Non Food Stamp users/ >130% FPL | 58 |

FPL=Federal Poverty Level

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey

Table 11: Total Servings of Fruits and Vegetables Heard for Good Health

health?

(Fruit and vegetable consumption based on 24-hour recall question module)

| | Percent | | | |
|---------------------------------|----------|-----------|-----------|------------|
| | 0-2 | 3-4 | 5+ | Don't Know |
| Total | 8 | 18 | 67 | 7 |
| Sex | | | | |
| Males | 11 | 22 | 58 | 9 |
| Females | 5 | 15 | 74 | 6 |
| Males | | | | |
| 18 - 24 | 7 | 15 | 69 | 9 |
| 25 - 34 | 9 | 24 | 59 | 8 |
| 35 - 50 | 10 | 26 | 56 | 8 |
| 51 - 64 | 13 | 22 | 54 | 11 |
| 65+ | 21 | 18 | 53 | 8 |
| Females | | | | |
| 18 - 24 | 6 | 22 | 68 | 4 |
| 25 - 34 | 4 | 15 | 75 | 6 |
| 35 - 50 | 4 | 13 | 76 | 7 |
| 51 - 64 | 4 | 11 | 78 | 6 |
| 65+ | 10 | 21 | 64 | 5 |
| Ethnicity | | | | |
| White | 5 | 16 | 72 | 6 |
| Hispanic | 14 | 23 | 52 | 11 |
| Black | 10 | 29 | 56 | 5 |
| Asian/Pacific Islander | 22 | 24 | 44 | 10 |
| Education | | | | |
| Less than high school | 20 | 26 | 39 | 15 |
| High school graduate | 9 | 22 | 64 | 5 |
| Some college | 6 | 20 | 66 | 8 |
| College graduate | 5 | 13 | 76 | 6 |
| Income | | | | |
| Less than \$15,000 | 16 | 21 | 52 | 10 |
| \$15,000 - 24,999 | 7 | 22 | 60 | 11 |
| \$25,000 - 34,999 | 6 | 22 | 62 | 10 |
| \$35,000 - 49,999 | 8 | 20 | 68 | 4 |
| \$50,000+ | 5 | 15 | 76 | 5 |
| Physically Active | | | | |
| Did not meet recommendations | 10 | 22 | 59 | 9 |
| Met recommendations | 6 | 15 | 73 | 6 |
| Overweight Status | | | | |
| Overweight/Obese | 10 | 19 | 64 | 8 |
| Not overweight | 6 | 18 | 70 | 6 |
| Poverty Index | | | | |
| Food Stamp users | 10 | 32 | 49 | 10 |
| Non Food Stamp users/ <130% FPL | 16 | 22 | 52 | 11 |
| Non Food Stamp users/ >130% FPL | 6 | 16 | 72 | 6 |

FPL=Federal Poverty Level

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey
Table 12: Belief That They Should Eat More of Fruits and Vegetables Now

Question: Do you think you eat the right amount of fruits and vegetables on a daily basis?

| | Percent |
|---------------------------------|-----------|
| Total | 71 |
| <i>Sex</i> | |
| Males | 70 |
| Females | 72 |
| <i>Males</i> | |
| 18 - 24 | 65 *** |
| 25 - 34 | 76 |
| 35 - 50 | 77 |
| 51 - 64 | 66 |
| 65+ | 52 |
| <i>Females</i> | |
| 18 - 24 | 87 *** |
| 25 - 34 | 78 |
| 35 - 50 | 74 |
| 51 - 64 | 70 |
| 65+ | 46 |
| <i>Ethnicity</i> | |
| White | 67 ** |
| Hispanic | 75 |
| Black | 83 |
| Asian/Pacific Islander | 70 |
| <i>Education</i> | |
| Less than high school | 74 * |
| High school graduate | 75 |
| Some college | 72 |
| College graduate | 66 |
| <i>Income</i> | |
| Less than \$15,000 | 72 |
| \$15,000 - 24,999 | 75 |
| \$25,000 - 34,999 | 68 |
| \$35,000 - 49,999 | 75 |
| \$50,000+ | 70 |
| <i>Physically Active</i> | |
| Did not meet recommendations | 76 *** |
| Met recommendations | 65 |
| <i>Overweight Status</i> | |
| Overweight/Obese | 73 * |
| Not overweight | 68 |
| <i>Poverty Index</i> | |
| Food Stamp users | 83 ** |
| Non Food Stamp users/ <130% FPL | 74 |
| Non Food Stamp users/ >130% FPL | 69 |

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey
Table 13: Barriers to Eating More Fruits and Vegetables

Question: What is the one main reason you don't eat more fruits and vegetables?

- Too expensive.
- Take too much time to prepare and cook.
- Don't like the taste.
- Not in the habit/ don't think about it/ not used to eating them.
- I believe I eat enough now.
- Other

Percent Agreeing

| | Too Expensive | Take Too Much Time to Prepare | Don't Like the Taste | Not in the Habit | Not Available | Eat Enough Now | Other |
|---------------------------------|---------------|-------------------------------|----------------------|------------------|---------------|----------------|-----------|
| Total | 6 | 20 | 10 | 14 | 13 | 20 | 15 |
| <i>Sex</i> | | | | | | | |
| Males | 7 | 20 | 10 | 17 | 14 | 18 | 14 |
| Females | 6 | 21 | 11 | 12 | 12 | 23 | 16 |
| <i>Males</i> | | | | | | | |
| 18 - 24 | 0 | 32 | 10 | 17 | 13 | 12 | 15 |
| 25 - 34 | 8 | 20 | 8 | 21 | 18 | 10 | 15 |
| 35 - 50 | 7 | 22 | 12 | 18 | 12 | 15 | 14 |
| 51 - 64 | 7 | 12 | 10 | 14 | 18 | 21 | 17 |
| 65+ | 11 | 8 | 8 | 7 | 11 | 46 | 10 |
| <i>Females</i> | | | | | | | |
| 18 - 24 | 7 | 22 | 19 | 13 | 19 | 12 | 8 |
| 25 - 34 | 7 | 27 | 14 | 16 | 9 | 16 | 11 |
| 35 - 50 | 6 | 26 | 10 | 13 | 12 | 15 | 18 |
| 51 - 64 | 7 | 20 | 8 | 8 | 13 | 25 | 19 |
| 65+ | 4 | 5 | 5 | 6 | 7 | 54 | 19 |
| <i>Ethnicity</i> | | | | | | | |
| White | 5 | 22 | 8 | 11 | 14 | 23 | 17 |
| Hispanic | 8 | 15 | 16 | 25 | 10 | 14 | 12 |
| Black | 15 | 18 | 14 | 19 | 12 | 9 | 13 |
| Asian/Pacific Islander | 6 | 26 | 14 | 5 | 14 | 23 | 12 |
| <i>Education</i> | | | | | | | |
| Less than high school | 14 | 11 | 14 | 24 | 8 | 18 | 11 |
| High school graduate | 6 | 20 | 13 | 18 | 12 | 18 | 13 |
| Some college | 6 | 21 | 7 | 10 | 14 | 21 | 21 |
| College graduate | 4 | 24 | 10 | 10 | 15 | 23 | 14 |
| <i>Income</i> | | | | | | | |
| Less than \$15,000 | 14 | 18 | 14 | 16 | 12 | 14 | 12 |
| \$15,000 - 24,999 | 10 | 17 | 11 | 21 | 9 | 19 | 13 |
| \$25,000 - 34,999 | 6 | 20 | 11 | 15 | 13 | 21 | 13 |
| \$35,000 - 49,999 | 5 | 18 | 13 | 11 | 17 | 19 | 18 |
| \$50,000+ | 2 | 25 | 8 | 10 | 15 | 22 | 17 |
| <i>Physically Active</i> | | | | | | | |
| Did not meet recommendations | 7 | 23 | 12 | 14 | 13 | 18 | 13 |
| Met recommendations | 6 | 19 | 9 | 13 | 13 | 24 | 16 |
| <i>Overweight Status</i> | | | | | | | |
| Overweight/Obese | 8 | 19 | 12 | 17 | 13 | 17 | 16 |
| Not overweight | 5 | 23 | 10 | 10 | 13 | 25 | 14 |
| <i>Poverty Index</i> | | | | | | | |
| Food Stamp users | 22 | 12 | 18 | 20 | 5 | 10 | 13 |
| Non Food Stamp users/ <130% FPL | 10 | 21 | 11 | 20 | 13 | 16 | 9 |
| Non Food Stamp users/ >130% FPL | 4 | 22 | 9 | 12 | 14 | 22 | 17 |

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Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey

Table 14: Why Californians Are Not Eating More Fruits and Vegetables (Out of Everyone)

Question: 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.
 I don't eat more fruits and vegetables because I'm worried about pesticides.
 Fruits and vegetables are too expensive.

| | Percent | | | |
|---------------------------------|----------------------------|---------------------------------|---------------------|---------------|
| | Hard to Buy in Restaurants | Hard to Buy in Fast Food Places | Hard to Get at Work | Too Expensive |
| Total | 37 | 81 | 60 | 28 |
| <i>Sex</i> | | | | |
| Males | 37 | 81 | 60 | 24** |
| Females | 37 | 81 | 61 | 32 |
| <i>Males</i> | | | | |
| 18 - 24 | 53** | 91* | 76** | 23 |
| 25 - 34 | 38 | 84 | 57 | 24 |
| 35 - 50 | 33 | 76 | 55 | 23 |
| 51 - 64 | 35 | 80 | 55 | 24 |
| 65+ | 28 | 77 | 61 | 33 |
| <i>Females</i> | | | | |
| 18 - 24 | 50* | 90*** | 63 | 33 |
| 25 - 34 | 40 | 90 | 60 | 35 |
| 35 - 50 | 34 | 78 | 61 | 32 |
| 51 - 64 | 32 | 82 | 64 | 28 |
| 65+ | 33 | 65 | 52 | 32 |
| <i>Ethnicity</i> | | | | |
| White | 32*** | 86*** | 60 | 24*** |
| Hispanic | 54 | 70 | 64 | 41 |
| Black | 41 | 76 | 49 | 39 |
| Asian/Pacific Islander | 28 | 76 | 60 | 23 |
| <i>Education</i> | | | | |
| Less than high school | 49*** | 64*** | 65 | 49*** |
| High school graduate | 42 | 77 | 62 | 33 |
| Some college | 39 | 87 | 62 | 30 |
| College graduate | 27 | 86 | 56 | 16 |
| <i>Income</i> | | | | |
| Less than \$15,000 | 49*** | 68*** | 64** | 45*** |
| \$15,000 - 24,999 | 40 | 82 | 63 | 36 |
| \$25,000 - 34,999 | 39 | 86 | 73 | 29 |
| \$35,000 - 49,999 | 31 | 89 | 60 | 30 |
| \$50,000+ | 31 | 84 | 56 | 16 |
| <i>Physically Active</i> | | | | |
| Did not meet recommendations | 39 | 75*** | 62 | 33*** |
| Met recommendations | 35 | 87 | 59 | 24 |
| <i>Overweight Status</i> | | | | |
| Overweight/Obese | 37 | 79* | 63* | 32*** |
| Not overweight | 36 | 84 | 57 | 24 |
| <i>Poverty Index</i> | | | | |
| Food Stamp users | 41*** | 69*** | 61 | 46*** |
| Non Food Stamp users/ <130% FPL | 50 | 74 | 66 | 40 |
| Non Food Stamp users/ >130% FPL | 32 | 85 | 59 | 22 |

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 15: Why Californians Are Not Eating More Fruits and Vegetables

Question: 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.
 I don't eat more fruits and vegetables because I'm worried about pesticides.
 Fruits and vegetables are too expensive.

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

| | Percent | | | |
|---------------------------------|----------------------------------|---------------------------------------|------------------------|------------------|
| | Hard to Buy in Restaurants | Hard to Buy in Fast Food Places | Hard to Get at Work | Too Expensive |
| Total | 37 | 82 | 60 | 29 |
| <i>Sex</i> | | | | |
| Males | 35 | 81 | 59 | 24** |
| Females | 39 | 83 | 61 | 33 |
| <i>Males</i> | | | | |
| 18 - 24 | 51* | 98*** | 67 | 20 |
| 25 - 34 | 37 | 84 | 60 | 25 |
| 35 - 50 | 30 | 75 | 57 | 21 |
| 51 - 64 | 34 | 78 | 52 | 25 |
| 65+ | 26 | 71 | 68 | 39 |
| <i>Females</i> | | | | |
| 18 - 24 | 53* | 92*** | 65 | 30 |
| 25 - 34 | 38 | 90 | 55 | 36 |
| 35 - 50 | 34 | 80 | 63 | 34 |
| 51 - 64 | 36 | 86 | 70 | 32 |
| 65+ | 37 | 54 | 46 | 27 |
| <i>Ethnicity</i> | | | | |
| White | 32*** | 86*** | 60 | 25*** |
| Hispanic | 51 | 73 | 65 | 37 |
| Black | 42 | 77 | 49 | 40 |
| Asian/ Pacific Islander | 27 | 80 | 57 | 22 |
| <i>Education</i> | | | | |
| Less than high school | 51*** | 66*** | 68 | 45*** |
| High school graduate | 39 | 79 | 61 | 32 |
| Some college | 40 | 88 | 62 | 31 |
| College graduate | 27 | 86 | 55 | 17 |
| <i>Income</i> | | | | |
| Less than \$15,000 | 49*** | 69*** | 64 | 44*** |
| \$15,000 - 24,999 | 39 | 84 | 63 | 36 |
| \$25,000 - 34,999 | 39 | 85 | 72 | 30 |
| \$35,000 - 49,999 | 30 | 88 | 58 | 30 |
| \$50,000+ | 31 | 86 | 58 | 17 |
| <i>Physically Active</i> | | | | |
| Did not meet recommendations | 38 | 77*** | 62 | 33** |
| Met recommendations | 35 | 87 | 59 | 24 |
| <i>Overweight Status</i> | | | | |
| Overweight/Obese | 36 | 80* | 63* | 31* |
| Not overweight | 37 | 85 | 56 | 24 |
| <i>Poverty Index</i> | | | | |
| Food Stamp users | 39*** | 71*** | 61 | 47*** |
| Non Food Stamp users/ <130% FPL | 54 | 76 | 66 | 38 |
| Non Food Stamp users/ >130% FPL | 31 | 85 | 59 | 23 |

FPL= Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 16: Number of Meals Eaten Out Compared to Fruit and Vegetable Consumption

Questions: Yesterday, how many of your meals or snacks were from a restaurant or cafeteria, either eaten there or carried out?
Did you have any fruit, vegetables, salad, or juice at your meal yesterday?

Base: Out of Those Eating at Least 1 Meal Out

| | Mean Servings of Fruits & Vegetables |
|---------------------------------|--------------------------------------|
| Total | 3.8 |
| <i>Sex</i> | |
| Males | 3.5** |
| Females | 4.1 |
| <i>Males</i> | |
| 18 - 24 | 3.7 |
| 25 - 34 | 3.4 |
| 35 - 50 | 3.6 |
| 51 - 64 | 3.0 |
| 65+ | 3.9 |
| <i>Females</i> | |
| 18 - 24 | 4.0 |
| 25 - 34 | 3.7 |
| 35 - 50 | 3.9 |
| 51 - 64 | 4.8 |
| 65+ | 4.8 |
| <i>Ethnicity</i> | |
| White | 3.9 ^a * |
| Hispanic | 3.7 ^{ab} |
| Black | 2.7 ^a |
| Asian/Pacific Islander | 4.3 ^b |
| <i>Education</i> | |
| Less than high school | 4.4 |
| High school graduate | 3.5 |
| Some college | 3.5 |
| College graduate | 4.2 |
| <i>Income</i> | |
| Less than \$15,000 | 3.6 |
| \$15,000 - 24,999 | 4.3 |
| \$25,000 - 34,999 | 3.7 |
| \$35,000 - 49,999 | 3.5 |
| \$50,000+ | 3.8 |
| <i>Physically Active</i> | |
| Did not meet recommendations | 3.4** |
| Met recommendations | 4.1 |
| <i>Overweight Status</i> | |
| Overweight/Obese | 3.6 |
| Not overweight | 3.9 |
| <i>Poverty Index</i> | |
| Food Stamp users | 3.9 |
| Non Food Stamp users/ <130% FPL | 2.4 |
| Non Food Stamp users/ >130% FPL | 2.8 |

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

** p<.01

2003 California Dietary Practices Survey
Table 17: Have You Ever Worked in a Garden

Question: Have you ever worked in a garden to grow fruits and vegetables?

| | Percent |
|---------------------------------|-----------|
| Total | 48 |
| <i>Sex</i> | |
| Males | 51 * |
| Females | 45 |
| <i>Males</i> | |
| 18 - 24 | 28 *** |
| 25 - 34 | 41 |
| 35 - 50 | 57 |
| 51 - 64 | 68 |
| 65+ | 60 |
| <i>Females</i> | |
| 18 - 24 | 25 *** |
| 25 - 34 | 34 |
| 35 - 50 | 46 |
| 51 - 64 | 57 |
| 65+ | 60 |
| <i>Ethnicity</i> | |
| White | 55 *** |
| Hispanic | 32 |
| Black | 30 |
| Asian/Pacific Islander | 42 |
| <i>Education</i> | |
| Less than high school | 43 *** |
| High school graduate | 43 |
| Some college | 43 |
| College graduate | 56 |
| <i>Income</i> | |
| Less than \$15,000 | 39 *** |
| \$15,000 - 24,999 | 39 |
| \$25,000 - 34,999 | 46 |
| \$35,000 - 49,999 | 60 |
| \$50,000+ | 55 |
| <i>Physically Active</i> | |
| Did not meet recommendations | 43 ** |
| Met recommendations | 52 |
| <i>Overweight Status</i> | |
| Overweight/Obese | 47 |
| Not overweight | 49 |
| <i>Poverty Index</i> | |
| Food Stamp users | 33 *** |
| Non Food Stamp users/ <130% FPL | 34 |
| Non Food Stamp users/ >130% FPL | 53 |

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey
Cross Tab 18: Worked in Garden By Fruit and Vegetable Consumption

Questions: Have you ever worked in a garden to grow fruits and vegetables?
 Did you have any fruit, vegetables, salad, or juice yesterday?

| Worked in Garden | Servings of Fruits & Vegetables, Percent ¹ | | | | Mean Servings Fruits & Vegetables ² |
|------------------|---|-----|-----|----|--|
| | 0 | 1-2 | 3-4 | 5+ | |
| Yes | 6 | 25 | 28 | 41 | 4.3 |
| No | 9 | 26 | 30 | 35 | 4.0 |

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

¹Chi-Square Test and ²ANOVA:

* p<.05

2003 California Dietary Practices Survey

Cross Tab 19: Servings of Fruits and Vegetables Heard Recommended and Think Should Eat by Servings of Fruits and Vegetables Eaten

Questions: Did you have any fruit, vegetables, salad, or juice yesterday?

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 was the number of servings recommended?

How many total servings of fruits and vegetables do you think you should eat every day for good health? That's a combined total of both fruits and vegetables.

| Servings of Fruits and Vegetables Eaten | Servings of Fruits and Vegetables Heard | | | Servings of Fruits and Vegetables Think Should Eat | | |
|---|---|-----|----|--|-----|----|
| | 0-2 | 3-4 | 5+ | 0-2 | 3-4 | 5+ |
| 0 | 6 | 9 | 6 | 14 | 7 | 6 |
| 1 to 2 | 32 | 36 | 18 | 39 | 36 | 16 |
| 3 to 4 | 33 | 26 | 29 | 26 | 30 | 30 |
| 5+ | 29 | 29 | 47 | 21 | 28 | 49 |

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey
Cross Tab 20: Ate Five or More Servings of Fruits and Vegetables by Obese and Overweight Status

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

| Weight Status | Ate Less Than 5 Servings of Fruits & Vegetables¹ | Ate 5 or More Servings Fruits & Vegetables¹ | Average Servings of Fruits & Vegetables² |
|----------------------|--|---|--|
| Obese | 66 | 34 | 3.8 ^a |
| Overweight | 65 | 35 | 3.9 ^a |
| Not overweight | 58 | 42 | 4.4 ^b |

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).
¹Chi-Square Test and ²ANOVA:
 * p<.05
 ** p<.01