

2003 California Dietary Practices Survey

Table 1: Proportion of California Adults Who Ate Foods Recommended for Good Health

Questions: 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 eat any whole grain breads, tortillas, or high fiber cereal?

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 Eating Each Item						
	5 or More Servings of Fruits & Vegetables	Any Fat Free Milk/1% Milk	Any Yogurt	Any Reduced Fat Cheese	Any High Fiber Cereal	Any Whole Grain Breads/Corn Tortillas	Any Beans
<b>Total</b>	<b>38</b>	<b>22</b>	<b>13</b>	<b>14</b>	<b>19</b>	<b>40</b>	<b>27</b>
<i>Sex</i>							
Males	35	24	11*	15	18	40	31***
Females	41	21	15	14	20	40	23
<i>Males</i>							
18 - 24	35	22	15	18*	12***	24***	31
25 - 34	32	20	9	10	9	37	35
35 - 50	35	22	11	11	15	39	32
51 - 64	31	32	12	18	28	45	22
65+	44	28	11	28	39	62	35
<i>Females</i>							
18 - 24	34	15	9***	10	14***	32*	25
25 - 34	38	19	18	11	16	41	29
35 - 50	41	20	12	14	13	37	22
51 - 64	46	22	12	14	25	40	19
65+	44	30	27	26	39	54	21
<i>Ethnicity</i>							
White	39	28***	14	14	23***	43**	23***
Hispanic	38	10	14	17	12	37	46
Black	26	9	5	13	15	30	17
Asian/ Pacific Islander	44	19	15	8	10	31	17
<i>Education</i>							
Less than high school	31	10***	11	16	13	35*	45***
High school graduate	32	16	12	14	18	37	24
Some college	36	23	12	12	21	39	25
College graduate	46	31	16	16	21	45	24
<i>Income</i>							
Less than \$15,000	32	13***	10	13	14	36	30**
\$15,000 - 24,999	40	16	13	15	16	38	33
\$25,000 - 34,999	34	21	12	18	20	42	30
\$35,000 - 49,999	31	22	17	11	24	43	26
\$50,000+	42	29	14	14	21	43	22
<i>Physically Active</i>							
Did not meet recommendations	41	24	11*	11*	22	38*	27
Met recommendations	43	27	15	17	21	44	26
<i>Overweight Status</i>							
Overweight/ Obese	35	20**	12*	14	17*	40	29
Not overweight	42	26	16	15	22	41	25
<i>Poverty Index</i>							
Food Stamp users	29	11***	12	15	4	40*	29**
Non Food Stamp users/ <130% FPL	35	12	11	17	15	33	36
Non Food Stamp users/ >130% FPL	39	27	14	15	22	43	24

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

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**Table 2: Proportion of California Adults Who Did Not Eat Selected Foods Recommended for Good Health**

Questions: 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		
	2 or Fewer Fruits or Vegetables	No Whole Grain Breads/Corn Tortillas or High Fiber Cereal	No Milk, Yogurt, or Cheese
<b>Total</b>	<b>33</b>	<b>36</b>	<b>17</b>
<i>Sex</i>			
Males	36 **	34 *	17
Females	29	39	17
<i>Males</i>			
18 - 24	41 ***	43 ***	7 *
25 - 34	40	36	20
35 - 50	39	35	19
51 - 64	37	33	17
65+	16	14	18
<i>Females</i>			
18 - 24	22	47 ***	9 **
25 - 34	36	38	15
35 - 50	29	45	22
51 - 64	26	40	24
65+	31	23	11
<i>Ethnicity</i>			
White	33 ***	35 ***	13 ***
Hispanic	35	28	20
Black	44	52	24
Asian/ Pacific Islander	12	56	31
<i>Education</i>			
Less than high school	44 ***	31 *	24 *
High school graduate	40	40	17
Some college	31	40	16
College graduate	25	34	15
<i>Income</i>			
Less than \$15,000	36 ***	37	23 **
\$15,000 - 24,999	34	36	18
\$25,000 - 34,999	49	29	20
\$35,000 - 49,999	35	34	14
\$50,000+	26	38	13
<i>Physically Active</i>			
Did not meet recommendations	41 ***	36	17
Met recommendations	26	35	16
<i>Overweight Status</i>			
Overweight/Obese	36 **	36	18
Not overweight	29	37	15
<i>Poverty Index</i>			
Food Stamp users	39	38	20 **
Non Food Stamp users/ <130% FPL	36	37	23
Non Food Stamp users/ >130% FPL	30	37	14

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 3: Healthy Eating Practices Score (HEP Score)<sup>1</sup>**

	<b>Mean Healthy Eating Practices Score</b>
<b>Total</b>	<b>2.8</b>
<b>Sex</b>	
Males	2.7
Females	2.9
<b>Males</b>	
18 - 24	2.3 <sup>a</sup> ***
25 - 34	2.5 <sup>ab</sup>
35 - 50	2.7 <sup>b</sup>
51 - 64	2.9 <sup>bc</sup>
65+	3.5 <sup>c</sup>
<b>Females</b>	
18 - 24	2.6 <sup>a</sup> ***
25 - 34	2.7 <sup>a</sup>
35 - 50	2.7 <sup>a</sup>
51 - 64	3.0 <sup>a</sup>
65+	3.6 <sup>b</sup>
<b>Ethnicity</b>	
White	2.9 <sup>b</sup> ***
Hispanic	2.8 <sup>b</sup>
Black	2.0 <sup>a</sup>
Asian/ Pacific Islander	2.5 <sup>ab</sup>
<b>Education</b>	
Less than high school	2.5 <sup>a</sup> ***
High school graduate	2.5 <sup>a</sup>
Some college	2.7 <sup>a</sup>
College graduate	3.1 <sup>b</sup>
<b>Income</b>	
Less than \$15,000	2.5 <sup>a</sup> **
\$15,000 - 24,999	2.8 <sup>ab</sup>
\$25,000 - 34,999	2.7 <sup>ab</sup>
\$35,000 - 49,999	2.8 <sup>ab</sup>
\$50,000+	3.0 <sup>b</sup>
<b>Physically Active</b>	
Did not meet recommendations	2.5 ***
Met recommendations	3.0
<b>Overweight Status</b>	
Overweight/Obese	2.7
Not overweight	2.9
<b>Poverty Index</b>	
Food Stamp users	2.3 <sup>a</sup> ***
Non Food Stamp users/ <130% FPL	2.5 <sup>a</sup>
Non Food Stamp users/ >130% FPL	2.9 <sup>b</sup>

FPL=Federal Poverty Level

<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/ corn tortillas; having any high fiber cereal; and having any beans. The maximum points were seven.

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

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<.01

\*\*\* p<.001