

Highlights from the Nutrition Education and Obesity Prevention Branch's 2011 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 2011, the survey sample (n=1,420) 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 2011 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/Pacific Islander
- SNAP/*CalFresh* Status, Federal Poverty Level (FPL) %
 - Participant
 - Likely Eligible, $\leq 130\%$
 - Not Eligible, $> 185\%$

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

Fruits & Vegetables:

Improving Californians' fruit and vegetable 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 2011, FV consumption among adults was 5.2 servings (2.6 cups per day), an increase of 1.4 servings from 1997. (**Table 7**)
- Hispanic adults reported consuming the most daily servings of FV with 5.5 servings, followed by Asian/Pacific Islanders (5.2 servings), and non-Hispanic Whites (5.1 servings). African Americans fall behind other race/ethnic groups reporting only 3.9 servings daily. (**Table 10**)

- The top four issues adults cited as reasons why they are not eating more FV were: 1) Too expensive, 2) Not readily available, 3) Not in the habit of eating them, and 4) Take too much time to prepare. **(Table 21)**
- *CalFresh* participants and likely eligibles were less likely to report having access to quality, affordable, fresh fruits and vegetables in their neighborhoods than adults not eligible for *CalFresh*. **(Tables 122)**

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. There has been some improvement in Californians' SSB consumption behaviors, while there is still room for improvement:

- Since 1999, SSB consumption by all Californian adults has decreased by 10%. **(Table 62)**
- *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 62a)**

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 over one serving fewer fruits and vegetables than adults not eating in a sit-down or fast food restaurant. **(Table 64a)**
- Adults reporting 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 64b)**
- 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 116)**
- *CalFresh* participants were more likely to have a family rule limiting the consumption of fast food than adults not eligible for *CalFresh*. **(Table 123)**

- *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 130**)

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 limits for adults, the objective for children aged 2 years to 12th grade is to increase the proportion who 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:

- Forty-nine percent of likely eligibles and 59.5% of *CalFresh* participants were meeting the basic aerobic recommendations of 150 minutes of moderate activity per week as compared to 71.4% of those not eligible for *CalFresh*. (**Table 72**)
- Twenty-three percent of likely eligibles reported participating in the recommended muscle strengthening activities at least twice per week, as compared to 39.1% of adults not eligible for *CalFresh*. (**Table 72**)
- *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 121**)
- African Americans reported spending nearly twice as much time watching television each day as compared to Hispanics, Whites, and Asian/Pacific Islanders. (**Table 79**)
- Of adults watching two or more hours of television a day, one-third reported they were too busy to be more physically active. (**Table 80**)

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 by 91% from 2001 to 2011. Rates of obesity among Asian/Pacific Islanders had the most dramatic increase (176%). (**Table 81**)
- In 2011, 73.9% of Hispanics and 73.6% African Americans were considered overweight or obese, as compared to 59.2% of Whites and 43.7% of Asian/Pacific Islanders. (**Tables 81a**)
- Of adults whose BMI classified them as overweight or obese, nearly one-third said they believed their weight to be about average or underweight. (**Table 83**)

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. **(Table 110)**
- One in four adults reported they ate less than they thought they should because there was not enough money to buy food and they cut or skipped meals. **(Table 110)**
- One in five adults reported they were hungry but did not eat because they could not afford enough food. **(Table 110)**



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