

2007 California Dietary Practices Survey

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

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 drink any milk?

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 who Ate Each Item						
	5 or More Servings of Fruits & Vegetables	Any Milk	Any Low Fat ¹ Milk (out of everyone)	Any Yogurt or Cheese	Any High Fiber Cereal	Any Whole Grain Breads	Any Beans
Total	50.1	60.8	42.0	62.9	16.6	47.3	27.8
Sex							
Males	47.1 *	59.8	39.4 *	64.0	16.4	48.3	29.5
Females	53.1	61.8	44.5	61.8	16.8	46.4	26.1
Males							
18 - 24	44.2 **	67.6 **	44.8	78.1 **	11.4 ***	60.0 *	28.8
25 - 34	45.6	67.1	40.4	66.5	13.8	45.3	28.8
35 - 50	52.4	50.4	37.2	61.9	9.7	42.1	33.2
51 - 64	34.1	60.7	34.8	59.0	23.7	50.4	27.6
65+	58.4	61.0	43.6	53.2	37.7	54.5	23.4
Females							
18 - 24	50.5	66.7 *	45.8 **	67.7	9.4 **	35.4 **	21.1
25 - 34	53.3	69.7	51.3	61.8	19.1	41.4	28.3
35 - 50	51.4	55.1	38.1	61.2	13.1	44.5	27.9
51 - 64	51.3	57.4	40.0	62.2	17.4	50.3	26.9
65+	61.5	68.8	56.3	57.3	29.2	62.5	20.8
Ethnicity							
White	51.1 *	58.9 ***	45.4 **	67.4 **	20.3 ***	49.8	22.1 ***
Hispanic	49.9	68.9	44.5	59.7	10.5	44.8	40.1
Black	39.1	51.1	28.3	55.4	10.9	47.8	18.7
Asian/Pacific Islander	59.7	51.2	32.6	53.5	18.6	39.5	31.0
Education							
Less than High School	44.9 ***	58.0	32.1 **	59.1 *	10.9 **	35.0 ***	41.2 ***
High School Graduate	43.1	65.3	43.0	60.2	15.3	48.9	25.1
Some College	47.9	60.4	41.5	62.9	16.5	51.5	20.4
College Graduate	62.1	58.5	48.1	68.4	22.0	50.1	27.8
Income							
Less than \$15,000	45.8 ***	60.8	34.5 **	56.4 ***	14.8	45.4	27.4
\$15,000 - 24,999	49.8	65.7	42.3	56.1	17.8	43.8	30.2
\$25,000 - 34,999	38.6	61.8	40.5	71.0	18.2	41.2	29.0
\$35,000 - 49,999	49.6	64.2	51.2	62.0	16.5	48.8	29.8
\$50,000+	57.7	56.3	46.7	71.3	18.5	52.6	26.5
Physically Active							
Did Not Meet Recommendations	40.6 ***	59.4	39.9	60.2 *	11.3 ***	39.8 ***	27.5
Met Recommendations	58.4	62.0	43.3	65.3	20.6	53.2	28.1
Overweight Status							
Overweight/Obese	47.3 **	61.6	42.9	62.1	15.3	46.8	27.8
Not Overweight	54.5	59.1	40.7	63.6	19.1	48.4	27.4
Poverty Index							
SNAP Participant	43.5 ***	62.7	36.6 **	60.3 ***	14.9	44.7 *	25.5 **
All Other/ ≤ 130% FPL	53.3	63.0	41.6	52.7	14.5	42.4	40.0
All Other/ > 130% - ≤ 185% FPL	48.4	63.7	46.2	57.1	25.0	46.2	23.9
All Other/ > 185% FPL	56.2	57.5	46.3	68.6	17.8	51.9	27.0

¹ Low fat milk is used to refer to nonfat or 1% milk.

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

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 who Ate		
	2 or Fewer Fruits or Vegetables	No Whole Grain Bread, High Fiber Cereal or Beans	No Milk, Yogurt, or Cheese
Total	28.5	33.3	16.5
<i>Sex</i>			
Males	33.3 ***	31.1	16.4
Females	23.9	35.3	16.7
<i>Males</i>			
18 - 24	37.1 ***	25.6	10.3
25 - 34	35.0	32.7	11.5
35 - 50	35.6	33.6	19.5
51 - 64	47.8	32.0	19.7
65+	24.4	25.0	18.9
<i>Females</i>			
18 - 24	27.1	45.3	11.6
25 - 34	23.7	34.8	15.4
35 - 50	24.9	37.7	18.1
51 - 64	25.6	31.6	18.9
65+	16.7	26.4	16.8
<i>Ethnicity</i>			
White	26.6 *	34.0	14.9 ***
Hispanic	28.5	29.1	23.1
Black	38.0	38.4	15.2
Asian/Pacific Islander	20.2	36.7	27.8
<i>Education</i>			
Less than High School	36.1 ***	33.5	17.8
High School Graduate	34.9	34.1	17.5
Some College	38.5	36.6	17.0
College Graduate	17.5	29.0	14.4
<i>Income</i>			
Less than \$15,000	32.7 ***	36.0	20.6 *
\$15,000 - 24,999	32.5	32.8	16.8
\$25,000 - 34,999	38.6	37.9	10.7
\$35,000 - 49,999	24.2	28.7	18.7
\$50,000+	20.6	30.2	13.9
<i>Physically Active</i>			
Did Not Meet Recommendations	36.5 ***	37.8 ***	18.0
Met Recommendations	22.0	29.3	15.7
<i>Overweight Status</i>			
Overweight/Obese	30.7 *	33.5	15.9
Not Overweight	25.0	32.8	17.6
<i>Poverty Index</i>			
SNAP Participant	33.6 **	36.5	17.0
All Other/ ≤ 130% FPL	27.3	31.0	21.6
All Other/ > 130% - ≤ 185% FPL	33.0	32.9	16.2
All Other/ > 185% FPL	22.8	30.7	15.4

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 5: Healthy Eating Practices Score (HEPS)¹, Trends 1991-2007

	Mean HEPS									Trends	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
Total	3.1	3.1	3.1	3.0	3.0	2.7	2.8	3.0	3.1	0.1	0.1
Sex											
Males	3.0	3.1	3.1	3.0	2.9	2.7	2.7	2.9**	3.0	0.1	0.0
Females	3.1	3.2	3.2	3.1	3.0	2.7	2.9	3.1	3.2	0.1	0.1
Males											
18 - 24	3.1	3.0 ^a ***	3.2 ^{ab} **	3.1 ^a	2.9 ^{ab} *	2.5 ^a *	2.3 ^a ***	2.4 ^a ***	3.0	0.6**	-0.1
25 - 34	2.8	2.8 ^a	2.9 ^a	2.8 ^a	2.7 ^a	2.8 ^{ab}	2.5 ^{ab}	2.6 ^{ab}	3.0	0.4*	0.2
35 - 50	3.0	3.0 ^a	2.8 ^a	2.9 ^a	3.0 ^{ab}	2.6 ^a	2.7 ^b	3.0 ^b	2.9	0.1	0.0
51 - 64	3.0	3.0 ^a	3.2 ^{ab}	2.9 ^a	2.7 ^a	2.6 ^{ab}	2.9 ^{bc}	2.8 ^{ab}	2.8	0.0	-0.1
65+	3.4	3.8 ^b	3.6 ^b	3.3 ^b	3.4 ^b	3.2 ^b	3.5 ^c	3.7 ^c	3.4	-0.3	0.1
Females											
18 - 24	2.6 ^a ***	2.9 ^a **	2.6 ^a ***	3.1 ^a **	2.7 ^a *	2.4 ^a *	2.6 ^a ***	3.0	2.9 ^a ***	0.1	-0.2
25 - 34	3.1 ^a	3.2 ^{ab}	3.0 ^{ab}	2.9 ^a	3.0 ^{ab}	2.7 ^{ab}	2.7 ^a	3.1	3.3 ^{ab}	0.2	0.4*
35 - 50	3.0 ^a	3.2 ^{ab}	3.3 ^b	3.1 ^a	2.9 ^{ab}	2.7 ^{ab}	2.7 ^a	3.1	3.0 ^a	-0.1	-0.1
51 - 64	3.1 ^{ab}	2.9 ^a	3.1 ^{ab}	3.0 ^a	3.1 ^{ab}	2.6 ^{ab}	3.0 ^a	3.1	3.2 ^a	0.1	0.2
65+	3.7 ^b	3.6 ^b	3.9 ^c	3.5 ^b	3.3 ^b	3.0 ^b	3.6 ^b	3.5	3.8 ^b	0.3	0.3
Ethnicity											
White	3.2 ^c **	3.3 ^{bc} ***	3.2 ^{bc} ***	3.1 ^{bc} ***	3.1 ^b ***	2.8 ^c ***	2.9 ^b ***	3.1 ^b **	3.2 ^b **	0.1	0.1
Hispanic	2.9 ^{bc}	3.1 ^c	3.4 ^c	3.3 ^c	3.1 ^b	2.7 ^{bc}	2.8 ^b	3.1 ^b	3.2 ^b	0.1	-0.1
Black	2.7 ^a	2.8 ^a	2.5 ^a	2.2 ^a	2.1 ^a	2.3 ^a	2.0 ^a	2.5 ^a	2.4 ^a	-0.1	0.2
Asian/Pacific Islander					2.1 ^a	2.4 ^{abc}	2.5 ^{ab}	2.8 ^{ab}	3.0 ^b	0.2	
Education											
Less than High School	2.9 ^{ab} ***	3.1 ^a ***	3.5 ^c **	3.0 ^{ab} ***	2.8 ^a ***	2.6 ^a ***	2.5 ^a ***	3.0 ^{ab} ***	2.8 ^a ***	-0.2	-0.2
High School Graduate	2.7 ^a	2.8 ^a	3.0 ^{ab}	2.8 ^a	2.7 ^a	2.6 ^a	2.5 ^a	3.0 ^{ab}	2.9 ^a	-0.1	0.1
Some College	3.1 ^{bc}	3.0 ^a	3.0 ^a	3.0 ^a	3.0 ^{ab}	2.6 ^a	2.7 ^a	2.8 ^a	3.0 ^a	0.2*	0.0
College Graduate	3.4 ^c	3.4 ^b	3.3 ^{bc}	3.3 ^b	3.2 ^b	3.0 ^b	3.1 ^b	3.3 ^b	3.5 ^b	0.2	0.2
Income											
Less than \$15,000	3.1	2.9	3.1	2.8 ^a **	2.9 ^{ab} **	2.5	2.5 ^a **	2.8 ^a **	2.9 ^a ***	0.1	0.1
\$15,000 - 24,999	3.0	3.1	3.2	3.1 ^a	2.7 ^a	2.8	2.8 ^{ab}	2.9 ^{ab}	3.1 ^{ab}	0.2	0.0
\$25,000 - 34,999	3.0	3.0	3.0	3.3 ^b	2.9 ^{ab}	2.8	2.7 ^{ab}	3.0 ^{ab}	2.8 ^a	-0.2	-0.5**
\$35,000 - 49,999	3.0	3.2	3.2	3.0 ^a	3.1 ^{ab}	2.7	2.8 ^{ab}	2.9 ^{ab}	3.2 ^{ab}	0.3	0.2
\$50,000+	3.2	3.3	3.1	3.0 ^a	3.2 ^b	2.8	3.0 ^b	3.2 ^b	3.3 ^b	0.1	0.3**
Physically Active											
Did Not Meet Recommendations						2.5***	2.5***	2.9***	2.7***	-0.2	
Met Recommendations						2.9	3.0	3.2	3.4	0.2	
Overweight Status											
Overweight/Obese						2.7	2.7	3.0	3.0	0.0	
Not Overweight						2.7	2.9	3.1	3.2	0.1	
Poverty Index											
SNAP Participant							2.3 ^a ***	2.9	2.9 ^a ***	0.0	
All Other/ ≤ 130% FPL							2.5 ^a	2.9	3.2 ^{ab}	0.3	
All Other/ > 130% FPL							2.9 ^b	3.1	3.2 ^b	0.1	

¹ 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/tortillas; having any high fiber cereal; and having any beans. The maximum points are seven.

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