

2005 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 and Vegetables	Any Milk	Any Low Fat ¹ Milk (out of everyone)	Any Yogurt or Cheese	Any High Fiber Cereal	Any Whole Grain Breads/Corn Tortillas	Any Beans
Total	38	55	22	61	19	40	27
Sex							
Males	35	55	24	61	18	40	31***
Females	41	54	21	61	20	40	23
Males							
18 - 24	35	53	22	78***	12***	24***	31
25 - 34	32	51	20	57	9	37	35
35 - 50	35	52	22	65	15	39	32
51 - 64	31	62	32	52	28	45	22
65+	44	61	28	54	39	62	35
Females							
18 - 24	34	61	15	68	14***	32*	25
25 - 34	38	54	19	60	16	41	29
35 - 50	41	50	20	62	13	37	22
51 - 64	46	50	22	52	25	40	19
65+	44	63	30	62	39	54	21
Ethnicity							
White	39	56**	28***	66***	23***	43**	23***
Hispanic	38	60	10	53	12	37	46
Black	26	44	9	54	15	30	17
Asian/Pacific Islander	44	44	19	46	10	31	17
Education							
Less than High School	31	56	10***	49**	13	35*	45***
High School Graduate	32	55	16	60	18	37	24
Some College	36	53	23	64	21	39	25
College Graduate	46	55	31	64	21	45	24
Income							
Less than \$15,000	32	54	13***	51***	14	36	30**
\$15,000 - 24,999	40	58	16	56	16	38	33
\$25,000 - 34,999	34	50	21	61	20	42	30
\$35,000 - 49,999	31	55	22	68	24	43	26
\$50,000+	42	54	29	68	21	43	22
Physically Active							
Did Not Meet Recommendations	41	57	24	66	22	38*	27
Met Recommendations	43	56	27	64	21	44	26
Overweight Status							
Overweight/Obese	35	55	20**	59	17*	40	29
Not Overweight	42	54	26	64	22	41	25
Poverty Index							
Food Stamp Participants	29	53	11***	61***	4***	40*	29**
All Other Respondents/ ≤ 130% FPL	35	57	12	49	15	33	36
All Other Respondents/ > 130% FPL	39	54	27	65	22	43	24

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 Breads/Corn Tortillas or High Fiber Cereal	No Milk, Yogurt, or Cheese
Total	33	36	17
<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 Participants	39	38	20**
All Other Respondents/ ≤ 130% FPL	36	37	23
All Other Respondents/ > 130% FPL	30	37	14

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 3: Healthy Eating Practices Score (HEPS)¹

	Mean HEP
Total	3.0
<i>Sex</i>	
Males	2.9 **
Females	3.1
<i>Males</i>	
18 - 24	2.4 ^a ***
25 - 34	2.6 ^{ab}
35 - 50	3.0 ^b
51 - 64	2.8 ^{ab}
65+	3.7 ^c
<i>Females</i>	
18 - 24	3.0
25 - 34	3.1
35 - 50	3.1
51 - 64	3.1
65+	3.5
<i>Ethnicity</i>	
White	3.1 ^b **
Hispanic	3.1 ^b
Black	2.5 ^a
Asian/Pacific Islander	2.8 ^{ab}
<i>Education</i>	
Less than High School	3.0 ^{ab} ***
High School Graduate	3.0 ^{ab}
Some College	2.8 ^a
College Graduate	3.3 ^b
<i>Income</i>	
Less than \$15,000	2.8 ^a **
\$15,000 - 24,999	2.9 ^{ab}
\$25,000 - 34,999	3.0 ^{ab}
\$35,000 - 49,999	2.9 ^{ab}
\$50,000+	3.2 ^b
<i>Physically Active</i>	
Did Not Meet Recommendations	2.9 ***
Met Recommendations	3.2
<i>Overweight Status</i>	
Overweight/Obese	3.0
Not Overweight	3.1
<i>Poverty Index</i>	
Food Stamp Participants	2.9
All Other Respondents/ ≤ 130% FPL	2.9
All Other Respondents/ > 130% FPL	3.1

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

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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