

2001 California Dietary Practices Survey

Table 6: Consumption of at Least One Fruit and/or Vegetable
 Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	Percent						
	Ate at least 1 Fruit or Juice	Ate at least 1 Vegetable or Salad	Ate at least 1 Vegetable or Fruit	Ate at least 1 Fruit (not juice)	Drank at least 1 Juice	Ate at least 1 Vegetable (not salad)	Ate at least 1 Salad
Total	72	75	90	61	35	58	35
Sex							
Males	70	71**	89	56***	35	55*	32**
Females	74	78	91	65	35	61	39
Males							
18 - 24	65*	70	90	48**	41	54	25
25 - 34	66	71	87	50	34	58	30
35 - 50	72	67	88	58	37	50	31
51 - 64	68	74	90	56	27	54	39
65+	82	77	94	71	37	60	33
Females							
18 - 24	65***	65**	82***	53***	42	56	27*
25 - 34	70	78	90	59	35	61	35
35 - 50	73	79	91	66	33	58	46
51 - 64	72	78	88	64	35	62	36
65+	89	85	99	80	36	68	42
Ethnicity							
White	72	78***	90	61*	33	60	38**
Hispanic	76	69	91	65	41	52	33
Black	66	65	85	48	33	56	23
Asian/ Pacific Islander	73	80	93	60	35	65	26
Education							
Less than high school	73**	62***	88**	63**	35	47**	26***
High school graduate	70	73	88	58	37	58	31
Some college	67	74	88	55	34	57	37
College graduate	77	82	94	67	36	63	41
Income							
Less than \$15,000	70	64***	85*	57	36	52*	30**
\$15,000 - 24,999	74	77	91	63	35	60	32
\$25,000 - 34,999	67	78	90	55	36	61	38
\$35,000 - 49,999	72	71	87	63	36	51	35
\$50,000+	73	80	92	61	36	62	42
Physical Activity							
Did not meet recommendations	68***	72*	89	57***	33*	54***	31***
Met recommendations	77	78	91	66	38	63	40
Overweight Status							
Overweight/Obese	72	73*	89	59	35	57	34
Not overweight	72	78	92	62	35	60	37

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

2001 California Dietary Practices Survey

Table 7: Average Servings of Fruits and Vegetables Eaten by Adults, Trends 1989-2001

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

	Mean Servings Eaten							Change in Average Number of Servings Eaten Yesterday					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	3.8	3.9	3.7	4.1	3.8	3.8	3.9	0.1	-0.2*	0.4***	-0.3**	NC	0.1
<i>Sex</i>													
Males	3.7	3.8	3.5**	3.9	3.7	3.7	3.8	0.1	-0.3	0.4**	-0.2	NC	0.1
Females	3.9	4.0	3.9	4.3	3.9	4.0	4.0	0.1	-0.1	0.4**	-0.4**	0.1	NC
<i>Males</i>													
18 - 24	3.7	3.9	3.0	3.5	3.5	3.4 ^{ab} *	3.9	0.2	-0.9*	0.5	NC	-0.1	0.5
25 - 34	3.5	3.3	3.1	3.7	3.5	3.1 ^a	3.9	-0.2	-0.2	0.6	-0.2	-0.4	0.8*
35 - 50	3.9	3.9	3.7	4.2	3.6	4.0 ^b	3.8	NC	-0.2	0.5	-0.6	0.4	-0.2
51 - 64	3.6	3.8	3.6	3.6	4.0	4.0 ^{ab}	3.4	0.2	-0.2	NC	0.4	NC	-0.6
65+	3.8	3.9	3.9	4.5	4.1	4.0 ^{ab}	3.9	0.1	NC	0.6	-0.4	-0.1	-0.1
<i>Females</i>													
18 - 24	3.8	3.1 ^a ***	3.0 ^a **	3.8	3.4	3.4	3.3*	-0.7	-0.1	0.8	-0.4	NC	-0.1
25 - 34	3.7	4.0 ^{abc}	3.9 ^b	4.0	3.7	4.0	3.6	0.3	-0.1	0.1	-0.3	0.3	-0.4
35 - 50	4.2	3.9 ^{ab}	4.0 ^b	4.5	3.9	4.1	4.2	-0.3	0.1	0.5	-0.6*	0.2	0.1
51 - 64	4.0	4.2 ^{bc}	3.6 ^{ab}	4.2	4.2	4.2	4.1	0.2	-0.6	0.6	NC	NC	-0.1
65+	3.9	5.0 ^c	4.3 ^b	5.0	4.2	4.3	4.4	1.1	-0.7	0.7*	-0.8*	0.1	0.1
<i>Ethnicity</i>													
White	3.7	4.0 ^b ***	3.7	3.9 ^{ab} ***	3.9**	3.9	4.0	0.3*	-0.3*	0.2	NC	NC	0.1
Hispanic	3.9	3.2 ^a	3.5	4.7 ^b	3.9 ^a	3.7	3.9	-0.7***	0.3	1.2	-0.8**	-0.2	0.2
Black	4.0	4.3 ^b	3.7	3.0 ^a	3.1 ^b	3.2	3.2	0.3	-0.6	-0.7	0.1	0.1	NC
Asian/Pacific Islander						3.7	3.6						
<i>Education</i>													
Less than high school	3.9 ^{ab} ***	3.2 ^a ***	3.6 ^a ***	4.4 ^a *	3.4 ^a ***	3.1 ^a ***	3.4 ^a ***	-0.7*	0.4	0.8*	-1.0**	-0.3	0.3
High school graduate	3.2 ^a	3.5 ^a	3.2 ^a	3.7 ^a	3.2 ^a	3.3 ^{ab}	3.8 ^{ab}	0.3	-0.3	0.5*	-0.5	0.1	0.5*
Some college	4.0 ^b	4.2 ^b	3.5 ^a	4.1 ^a	3.7 ^a	3.8 ^b	3.6 ^a	0.2	-0.7***	0.6**	-0.4	0.1	-0.2
College graduate	4.2 ^c	4.2 ^b	4.2 ^b	4.5 ^b	4.4 ^b	4.5 ^c	4.3 ^b	NC	NC	0.3	-0.1	0.1	-0.2
<i>Income</i>													
Less than \$15,000	3.5	3.6	3.3 ^a ***	4.5	3.1 ^a ***	3.4 ^a ***	3.5	0.1	-0.3	1.2***	-1.4***	0.3	0.1
\$15,000 - 24,999	4.1	3.9	3.8 ^{ab}	4.0	3.8 ^b	3.6 ^a	4.0	-0.2	-0.1	0.2	-0.2	-0.2	0.4
\$25,000 - 34,999	4.0	3.9	3.7 ^{ab}	4.0	4.3 ^b	3.7 ^{ab}	3.9	-0.1	-0.2	0.3**	-0.6***	-0.6	0.2
\$35,000 - 49,999	3.7	3.8	3.7 ^{ab}	4.3	3.8 ^b	3.8 ^{ab}	3.8	0.1	-0.1	0.6*	-0.5	NC	NC
\$50,000+	3.9	4.3	3.9 ^b	4.1	3.9 ^b	4.5 ^b	4.1	0.4	-0.4	0.2	-0.2	0.6**	-0.4
<i>Physically Active</i>													
Did not meet recommendations						3.5***							
Met recommendations						4.4							
<i>Overweight Status</i>													
Overweight/Obese						3.7*							
Not overweight						4.1							

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<.05

** p<.01

*** p<.001

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Table 8: Average Number of Servings of Fruits and Juices Eaten By Adults, Trends 1989-2001

Question: Did you have any fruit or juice yesterday?

	Servings Eaten							Change in Average Number of Servings Eaten Yesterday					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	2.2	2.1	1.9	2.2	2.0	1.8	1.9	-0.1	-0.2	0.3***	-0.2*	-0.2	0.1
Sex													
Males	2.1	2.0*	1.7*	2.1	1.9	1.7	1.9	-0.1	-0.3	0.4**	-0.2	-0.2	0.2
Females	2.2	2.2	2.0	2.2	2.0	1.9	2	NC	-0.2*	0.2*	-0.2*	-0.1	0.1
Males													
18 - 24	2.3	2.1	1.6	1.8	1.6	1.9 ^{ab} *	1.9	-0.2	-0.5	0.2	-0.2	0.3	NC
25 - 34	2.0	1.5	1.6	1.9	1.8	1.3 ^a	2.0	-0.5	0.1	0.3	-0.1	-0.5**	0.7***
35 - 50	2.2	2.0	1.7	2.0	1.9	1.8 ^b	1.9	-0.2	-0.3	0.3	-0.1	-0.1	0.1
51 - 64	1.8	2.1	1.8	2.1	2.1	1.8 ^{ab}	1.5	0.3	-0.3	0.3	NC	-0.3	-0.3
65+	2.2	2.1	2.0	2.7	2.1	2.1 ^b	2.2	-0.1	-0.1	0.7*	-0.6*	NC	0.1
Females													
18 - 24	2.3	1.7 ^a ***	1.6 ^a *	1.7 ^a *	1.7 ^a *	1.7	1.8	-0.6	-0.1	0.1	NC	NC	0.1
25 - 34	2.2	2.3 ^{ab}	2.2 ^{ab}	2.2 ^a	1.9 ^{ab}	1.8	1.7	0.1	-0.1	NC	-0.3	-0.1	-0.1
35 - 50	2.2	1.9 ^a	1.8 ^{ab}	2.2 ^a	1.9 ^{ab}	1.9	2.0	-0.3	-0.1	0.4*	-0.3	NC	0.1
51 - 64	2.3	2.3 ^{ab}	1.8 ^{ab}	2.1 ^a	2.2 ^{ab}	2.1	2.2	NC	-0.5	0.3	0.1	-0.1	0.1
65+	2.3	3.0 ^b	2.3 ^b	2.9 ^b	2.3 ^b	2.3	2.3	0.7	-0.7*	0.6*	-0.6	NC	NC
Ethnicity													
White	2.0 ^a ***	2.0 ^{ab} *	1.8 ^a *	2.0 ^b *	1.9 ^b **	1.8*	1.9	NC	-0.2	0.2	-0.1	-0.1	0.1
Hispanic	2.6 ^b	1.8 ^a	2.1 ^b	2.8 ^a	2.2 ^a	2.1	2.1	-0.8***	0.3	0.7	-0.6**	-0.1	NC
Black	2.5 ^{ab}	2.5 ^b	1.9 ^{ab}	1.6 ^b	1.7 ^b	1.5	1.5	NC	-0.6	-0.3	0.1	-0.2	NC
Asian/Pacific Islander						1.7	1.9						0.2
Education													
Less than high school	2.4 ^b **	1.8 ^a *	2.1 ^b ***	2.8 ^b *	1.9 ^{ab} ***	1.6 ^{ab} *	1.9	-0.6*	0.3	0.7**	-0.9***	-0.3	0.3
High school graduate	1.8 ^a	1.9 ^a	1.6 ^a	1.9 ^a	1.7 ^a	1.7 ^a	1.8	0.1	-0.3*	0.3*	-0.2	NC	0.1
Some college	2.2 ^b	2.2 ^a	1.7 ^a	2.0 ^{ab}	1.9 ^{ab}	1.8 ^{ab}	1.9	NC	-0.5***	0.3	-0.1	-0.1	0.1
College graduate	2.3 ^b	2.2 ^a	2.1 ^b	2.3 ^a	2.2 ^b	2.1 ^b	2.1	-0.1	-0.1	0.2	-0.1	-0.1	NC
Income													
Less than \$15,000	2.1	2.0	1.7	2.5	1.7	1.6	1.7	-0.1	-0.3	0.8**	-0.8***	-0.1	0.1
\$15,000 - 24,999	2.4	2.1	2.0	2.2	2.0	1.9	2.0	-0.3	-0.1	0.2	-0.2	-0.2	0.1
\$25,000 - 34,999	2.2	2.2	1.8	2.0	2.1	1.8	2.0	NC	-0.4	0.2	0.1	-0.3	0.2
\$35,000 - 49,999	2.1	2.2	1.6	2.2	2.0	1.8	2.0	0.1	0.6*	0.6***	-0.2	-0.2	0.2
\$50,000+	2.0	2.2	1.9	2.1	1.9	1.9	2.0	0.2	-0.3	0.2	-0.2	NC	0.1
Physically Active													
Did not meet recommendations						1.7	***						
Met recommendations						2.2							
Overweight Status													
Overweight/Obese						1.8							
Not overweight						2.0							

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<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 9: Average Number of Servings of Vegetables and Salads Eaten By Adults, Trends 1989-2001

Question: Did you have any vegetables or salad yesterday?

	Servings Eaten							Change in Average Number of Servings Eaten Yesterday					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	1.6	1.8	1.8	2.0	1.9	2.0	1.9	0.2*	NC	0.2*	-0.1*	0.1*	-0.1
Sex													
Males	1.6	1.8	1.7	1.9	1.8	2.0	1.9	0.2	-0.1	0.2	-0.1	0.2	-0.1
Females	1.7	1.8	1.9	2.1	1.9	2.1	2.0	0.1	0.1	0.2*	-0.2	0.2	-0.1
Males													
18 - 24	1.4	1.9	1.4 ^a *	1.6 ^a *	1.9	1.5	2.0	0.5	-0.5	0.2	0.3	-0.4	0.5
25 - 34	1.5	1.7	1.6 ^{ab}	1.8 ^a	1.7	1.8	2.0	0.2	-0.1	0.2	-0.1	0.1	0.2
35 - 50	1.6	1.9	1.9 ^b	2.2 ^b	1.7	2.2	1.9	0.3	NC	0.3	-0.5**	0.5*	-0.3
51 - 64	1.8	1.7	1.8 ^{ab}	1.5 ^a	1.9	2.2	1.8	-0.1	0.1	-0.3	0.4*	0.3	-0.4
65+	1.6	1.8	1.9 ^{ab}	1.8 ^a	2.0	2.0	1.7	0.2	0.1	-0.1	0.2	NC	-0.3
Females													
18 - 24	1.5	1.3 ^a ***	1.4 ^a *	2.0	1.7	1.7	1.5	-0.2	0.1	0.6*	-0.3	NC	-0.2
25 - 34	1.6	1.7 ^a	1.7 ^{ab}	1.9	1.8	2.2	1.9	0.1	NC	0.2	-0.1	0.4	-0.3
35 - 50	2.0	2.0 ^b	2.2 ^b	2.3	2.0	2.2	2.2	NC	0.2	0.1	-0.3	0.2	NC
51 - 64	1.7	1.9 ^{ab}	1.8 ^{ab}	2.0	2.1	2.1	2.0	0.2	-0.1	0.2	0.1	NC	-0.1
65+	1.6	1.9 ^{ab}	2.0 ^{ab}	2.2	1.9	2.0	2.1	0.3	0.1	0.2	-0.3	0.1	0.1
Ethnicity													
White	1.7**	1.9 ^b ***	2.0 ^a ***	2.0 ^b *	2.0***	2.1 ^b ***	2.1	0.2*	0.1	NC	NC	0.1	NC
Hispanic	1.3	1.4 ^a	1.5 ^b	1.9 ^a	1.6	1.6 ^a	1.8	0.1	0.1	0.4	-0.3	NC	0.2
Black	1.5	1.8 ^{ab}	1.8 ^{ab}	1.4 ^a	1.4	1.7 ^{ab}	1.7	0.3	NC	-0.4	NC	0.3	NC
Asian/Pacific Islander						1.9 ^{ab}	1.8						0.1
Education													
Less than high school	1.5*	1.4 ^a ***	1.5 ^a ***	1.6 ^a *	1.5***	1.4 ^a ***	1.5 ^a ***	-0.1	0.1	0.1	-0.1	-0.1	0.1
High school graduate	1.4	1.6 ^{ab}	1.6 ^a	1.8 ^{ab}	1.6	1.7 ^{ab}	2.0 ^{bc}	0.2	NC	0.2	-0.2	0.1	0.3
Some college	1.7	2.0 ^{bc}	1.8 ^a	2.1 ^b	1.8	2.0 ^b	1.8 ^{ab}	0.3	-0.2	0.3*	-0.3*	0.2	-0.2
College graduate	1.9	2.0 ^c	2.1 ^b	2.2 ^b	2.2	2.5 ^c	2.2 ^c	0.1	0.1	0.1	NC	0.3*	-0.3
Income													
Less than \$15,000	1.4**	1.6 ^a *	1.5 ^a ***	2.0	1.4***	1.8 ^a ***	1.8	0.2	-0.1	0.5**	-0.6***	0.4*	NC
\$15,000 - 24,999	1.7	1.8 ^{ab}	1.8 ^{ab}	1.9	1.8	1.7 ^a	1.9	0.1	NC	0.1	-0.1	-0.1	0.2
\$25,000 - 34,999	1.7	1.8 ^{ab}	1.8 ^{ab}	2.1	2.2	1.9 ^a	1.9	0.1	NC	0.3	0.1	-0.3	NC
\$35,000 - 49,999	1.6	1.7 ^{ab}	2.1 ^b	2.1	1.9	2.0 ^a	1.8	0.1	0.4*	NC	-0.2	0.1	-0.2
\$50,000+	1.9	2.1 ^b	2.0 ^b	2.1	2.0	2.6 ^b	2.1	0.2	-0.1	0.1	-0.1	0.6***	0.5**
Physically Active													
Did not meet recommendations							1.7***						
Met recommendations							2.2						
Overweight Status													
Overweight/Obese							1.9						
Not overweight							2.0						

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

2001 California Dietary Practices Survey

Table 10: Average Number of Servings of Fruits and Vegetables Eaten by Adults

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

	Mean Servings Eaten		
	Fruits and Vegetables	Fruits & Juices	Vegetables & Salads
Total	3.9	1.9	1.9
Sex			
Males	3.8	1.9	1.9
Females	4.0	2	2.0
Males			
18 - 24	3.9	1.9	2.0
25 - 34	3.9	2	2.0
35 - 50	3.8	1.9	1.9
51 - 64	3.4	1.5	1.8
65+	3.9	2.2	1.7
Females			
18 - 24	3.3 ^a *	1.8	1.5
25 - 34	3.6 ^a	1.7	1.9
35 - 50	4.2 ^a	2.0	2.2
51 - 64	4.1 ^a	2.2	2.0
65+	4.4 ^a	2.3	2.1
Ethnicity			
White	4.0	1.9	2.1
Hispanic	3.9	2.1	1.8
Black	3.2	1.5	1.7
Asian/ Pacific Islander	3.6	1.9	1.8
Education			
Less than high school	3.4 ^a ***	1.9	1.5 ^a ***
High school graduate	3.8 ^{ab}	1.8	2.0 ^{bc}
Some college	3.6 ^a	1.9	1.8 ^{ab}
College graduate	4.3 ^b	2.1	2.2 ^c
Income			
Less than \$15,000	3.5	1.7	1.8
\$15,000 - 24,999	4.0	2.0	1.9
\$25,000 - 34,999	3.9	2.0	1.9
\$35,000 - 49,999	3.8	2.0	1.8
\$50,000+	4.1	2.0	2.1
Physically Active			
Did not meet recommendations	3.5 ***	1.7 ***	1.7 ***
Met recommendations	4.4	2.2	2.2
Overweight Status			
Overweight/Obese	3.7 *	1.8	1.9
Not Overweight	4.1	2.0	2.0

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<.001

2001 California Dietary Practices Survey

Table 11: Consumption of Meals and Snacks with Fruits and Vegetables, Trends 1989-2001

Question: Did you eat (breakfast, lunch, dinner, snacks) yesterday?
Did you have any fruit, vegetables, salad, or juice for your meal?

	Percent							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Percent Who Ate Breakfast	75	69	71	74	74	74	75	-6**	2*	3	NC	NC	1
Percent Who Ate Fruit & Vegetables with Breakfast	50	46	46	50	51	64	50	-4	NC	4	1	13***	6
Servings of Fruit & Vegetables at Breakfast	0.8	0.7	0.8	0.8	0.8	0.9	0.8	-0.1	0.1	NC	NC	0.1	-0.1
Servings of Fruit & Vegetables at Meal For Those Who Ate Breakfast	1.1	1.0	1.1	1.2	1.3	1.2	1.1	-0.1	0.1	0.1	0.1	-0.1	-0.1
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables at Breakfast	1.6	1.6	1.7	1.7	1.7	1.9	1.7	NC	0.1	NC	NC	0.2***	-0.2
	Percent							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Percent Who Ate Lunch	79	80	81	81	83	82	81	1	1	NC	2	-1	-1
Percent Who Ate Fruit & Vegetables with Lunch	56	59	58	61	63	72	58	3	-1	3	2	9***	-14
Servings of Fruit & Vegetables at Lunch	1.1	1.2	1.1	1.3	1.2	1.2	1.2	0.1	-0.1	0.2**	-0.1*	NC	NC
Servings of Fruit & Vegetables at Meal For Those Who Ate Lunch	1.4	1.5	1.4	1.6	1.5	1.4	1.5	0.1	-0.1	0.2**	-0.1**	-0.1	0.1
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables at Lunch	2.0	2.0	1.9	2.1	1.9	2.0	2.1	NC	-0.1	0.2**	-0.2***	0.1*	0.1
	Percent							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Percent Who Ate Dinner	92	92	91	92	91	90	91	NC	-1	1	-1	-1	1
Percent Who Ate Fruit & Vegetables with Dinner	70	72	69	73	71	75	67	2	-3	4	-2	4*	-8
Servings of Fruit & Vegetables at Dinner	1.6	1.6	1.5	1.6	1.4	1.5	1.4	NC	-0.1	0.1	-0.2*	0.1	-0.1
Servings of Fruit & Vegetables at Meal For Those Who Ate Dinner	1.7	1.7	1.6	1.7	1.6	1.7	1.6	NC	-0.1	0.1	-0.1*	0.1	-0.1
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables	2.2	2.2	2.2	2.2	2.0	2.2	2.2	NC	NC	NC	-0.2*	0.2***	NC
	Percent							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Percent Who Ate Snack	43	49	47	49	45	47	46	6**	-2	2	-4*	2	-1
Percent Who Ate Fruit & Vegetables with a Snack	21	24	20	22	21	39	20	3	-4*	2	-1	18***	-19
Servings of Fruit & Vegetables at a Snack	0.3	0.4	0.3	0.4	0.3	0.3	0.3	0.1	-0.1**	0.1	-0.1	NC	NC
Servings of Fruit & Vegetables at Meal For Those Who Ate a Snack	0.8	0.8	0.7	0.8	0.8	0.7	0.8	NC	-0.1*	0.1*	NC	-0.1	0.1
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables at a Snack	1.7	1.7	1.6	1.8	1.6	1.8	1.8	NC	-0.1	0.2*	-0.2*	0.2*	NC

Chi square tests were used to compare percents over time.
Analysis of variance techniques were used to compare servings over time (ANOVA).
* p<.05
** p<.01
*** p<.001

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Table 12: Number of Servings of Fruits and Vegetables Eaten by Adults, Percent, Trends 1989-2001
 Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	0 Servings							1-2 Servings							Percent 3-4 Servings							5+ Servings							3 Vegetables, 2 Fruits						
	1989	1991	1993	1995	1997	1999	2001	1989	1991	1993	1995	1997	1999	2001	1989	1991	1993	1995	1997	1999	2001	1989	1991	1993	1995	1997	1999	2001	1989	1991	1993	1995	1997	1999	2001
Total	7	7	8	7	7	11	10	28	27	29	25	27	27	27	31	30	31	31	34	30	29	34	36	32	37	33	32	34	14	16	16	18	16	18	17
Sex																																			
Males	9	7	11	10	9	14	11	30	31	30	25	27	27	30	30	29	30	32	34	30	26	32	33	29	32	30	30	33	12	14	13	14	14	16	17
Females	6	7	5	5	6	9	9	27	23	28	25	26	27	25	32	31	32	28	33	30	32	35	38	35	42	35	35	34	17	18	18	21	18	19	18
Males																																			
18 - 24	9	11	13	11	16	22	10	31	24	36	23	21	24	30	31	25	32	38	38	29	24	29	39	18	28	25	26	36	13	16	8	7	9	12	18
25 - 34	12	8	14	14	9	13	13	31	37	35	26	31	36	26	30	31	23	32	32	32	26	27	24	28	28	28	18	34	11	14	8	15	12	11	20
35 - 50	5	6	10	8	10	13	12	30	30	26	29	30	24	27	31	28	33	32	30	27	31	35	36	31	32	30	37	30	11	13	15	16	14	18	17
51 - 64	12	5	11	10	5	12	9	28	37	30	28	28	24	37	24	24	30	34	34	30	22	36	35	28	29	34	34	31	17	12	17	12	17	21	10
65+	7	4	7	5	4	8	6	25	26	24	15	19	23	32	36	39	28	36	42	34	23	33	31	40	44	35	34	39	9	15	17	18	20	17	18
Females																																			
18 - 24	12	21	10	13	10	14	16	28	19	36	31	34	27	31	26	29	31	24	26	32	26	34	30	24	32	29	27	27	18	12	10	14	18	16	17
25 - 34	8	6	4	4	6	8	9	32	29	33	33	29	28	28	31	27	28	27	33	32	34	29	38	36	37	32	32	29	16	19	17	18	15	20	14
35 - 50	3	6	5	4	5	8	9	26	26	27	23	27	27	20	33	32	33	27	34	28	32	39	36	35	47	34	37	39	19	21	20	24	18	20	18
51 - 64	5	5	5	5	4	7	12	19	20	28	19	23	24	22	36	39	40	36	36	25	32	39	36	28	39	37	43	35	14	17	14	20	20	27	19
65+	8	4	4	1	6	6	1	28	18	19	19	16	28	24	29	27	34	27	34	30	35	35	53	44	54	44	36	39	15	22	23	25	20	16	18
Ethnicity																																			
White	9	7	7	6	7	10	10	26	25	29	27	24	26	27	34	31	31	32	36	30	28	32	37	34	35	33	34	36	14	18	17	17	18	20	19
Hispanic	7	9	12	9	7	12	9	31	38	30	17	29	30	23	24	27	28	30	29	27	35	39	26	30	45	35	31	33	13	11	13	19	14	13	15
African American	4	6	8	16	12	20	15	37	25	23	34	32	29	34	25	28	44	23	30	25	27	34	41	26	27	22	26	24	14	20	13	15	9	8	15
Asian/Pacific Islander					11	7						21	33												25	33							15	11	
Education																																			
Less than high school	9	13	8	7	12	19	11	29	37	31	24	29	32	31	26	25	32	26	28	28	30	37	25	29	43	32	21	28	14	10	12	18	14	10	12
High school graduate	12	9	12	8	10	14	11	32	30	34	30	31	30	29	31	34	30	31	35	30	29	25	28	24	31	24	26	31	7	11	12	11	9	13	17
Some college	6	7	7	8	9	12	12	27	24	32	23	26	26	30	32	30	31	34	34	29	26	36	40	30	35	31	34	32	16	16	12	16	14	18	16
College graduate	4	5	5	7	2	5	6	24	24	21	24	23	24	20	32	29	32	28	34	31	33	39	43	42	43	42	40	40	20	23	23	24	24	24	21
Income																																			
Less than \$15,000	12	11	8	6	13	17	14	34	28	34	28	34	27	30	25	31	34	23	30	29	28	30	30	23	42	24	27	28	12	11	10	21	10	16	14
\$15,000 - 24,999	6	5	8	8	9	12	9	27	30	26	28	25	28	24	29	32	32	26	32	30	30	38	34	34	38	34	30	37	18	15	17	22	19	11	20
\$25,000 - 34,999	4	6	10	13	3	15	9	27	31	32	19	26	26	26	37	28	24	34	34	30	30	32	35	35	35	37	29	36	12	14	13	19	20	19	14
\$35,000 - 49,999	6	6	7	6	7	10	13	29	29	26	24	23	29	26	33	31	33	29	37	29	27	33	34	34	41	33	32	34	11	15	19	17	14	14	15
\$50,000+	7	6	7	6	5	5	8	23	22	27	25	23	24	26	31	27	29	33	34	30	30	39	46	36	36	33	41	36	18	25	20	17	18	26	20
Physically Active																																			
Did not meet recommendations							11						32							30							28							11	
Met recommendations							8						21							28							42							25	
Overweight Status																																			
Overweight/Obese							11						27							30							33							17	
Not overweight							8						27							29							36							18	

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Table 13: Range of Fruit and Vegetable Servings

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

	Percent Servings Eaten			
	0	1-2	3-4	5+
Total	10	27	29	34
<i>Sex</i>				
Males	11	30	26	33
Females	9	25	32	34
<i>Males</i>				
18 - 24	10	30	24	36
25 - 34	13	26	26	34
35 - 50	12	27	31	30
51 - 64	9	37	22	31
65+	6	32	23	39
<i>Females</i>				
18 - 24	16	31	26	27
25 - 34	9	28	34	29
35 - 50	9	20	32	39
51 - 64	12	22	32	35
65+	1	24	35	39
<i>Ethnicity</i>				
White	10	27	28	36
Hispanic	9	23	35	33
Black	15	34	27	24
Asian/ Pacific Islander	7	33	27	33
<i>Education</i>				
Less than high school	11	31	30	28
High school graduate	11	29	29	31
Some college	12	30	26	32
College graduate	6	20	33	40
<i>Income</i>				
Less than \$15,000	14	30	28	28
\$15,000 - 24,999	9	24	30	37
\$25,000 - 34,999	9	26	30	36
\$35,000 - 49,999	13	26	27	34
\$50,000+	8	26	30	36
<i>Physically Active</i>				
Did not meet recommendations	11	32	30	28
Met recommendations	8	21	28	42
<i>Overweight Status</i>				
Overweight/Obese	11	27	30	33
Not overweight	8	27	29	36

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 14: Percent of Adults Eating 2 or Fewer Servings of Fruits and Vegetables, Trends 1997-2001 (Low Consumption Carrying Highest Chronic Disease Risks)

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

	Percent Eating Less Than 2 Servings of Fruits or Vegetables			Change of Percentage	
	1997	1999	2001	1997-99	1999-01
Total	34	38	37	4	-1
<i>Sex</i>					
Males	36	40	40	4	NC
Females	32	36	34	4	-2
<i>Males</i>					
18 - 24	37	46	40	9	-6
25 - 34	40	49	40	9	-9
35 - 50	40	36	39	-4	3
51 - 64	32	36	47	4	11
65+	23	32	38	9	6
<i>Females</i>					
18 - 24	44	41	48	-3	7
25 - 34	35	36	38	1	2
35 - 50	32	36	29	4	-7
51 - 64	27	32	34	5	2
65+	22	34	26	12	-8
<i>Ethnicity</i>					
White	31	36	36	5	NC
Hispanic	36	42	32	6	-10*
Black	48	49	48	1	-1
Asian/Pacific Islander		32	40		8
<i>Education</i>					
Less than high school	41	51	42	10	-9
High school graduate	41	44	40	3	-4
Some college	35	38	42	3	4
College graduate	25	29	27	4	-2
<i>Income</i>					
Less than \$15,000	46	44	44	-2	NC
\$15,000 - 24,999	34	40	34	6	-6
\$25,000 - 34,999	28	41	34	13	-7
\$35,000 - 49,999	30	39	39	9	NC
\$50,000+	32	29	34	-3	5
<i>Physical Activity</i>					
Did not meet recommendations		39	42		3
Met recommendations		29	30		1
<i>Overweight Status</i>					
Overweight/Obese		39	37		-2
Not overweight		36	36		NC

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

Table 15: Most Commonly Consumed Fruits and Vegetables, Percent of Persons Eating Item on Previous Day By Ethnicity and Limited Income Levels, 1999

Question: Which fruit, vegetables, salad or juice did you have yesterday?

Fruits									
State Total	White		Hispanic		African American		Asian/Other		
orange juice	26	orange juice	26	orange juice	29	orange juice	26	banana	24
banana	21	banana	20	apple	26	banana	14	apple	23
apple	19	apple	17	banana	24	apple	13	orange juice	21
peach	7	peach	8	peach	8	apple juice	8	grapes	17
grapes	7	grapes	6	grapes	7	grapes	8	pear	10
mixed fruit/fruit salad	5	canteloupe	5	orange	6	canteloupe	4	watermelon	9
canteloupe	5	mixed fruit/fruit salad	5	apple juice	4	orange	4	orange	6
apple juice	5	pear	4	watermelon	4	grape juice	3	melon, not specified	6
pear	5	apple juice	4	mixed fruit/fruit salad	4	pear	2	mixed fruit/fruit salad	5
orange	4	mixed fruit juice	4	melon, not specified	4	peach	2	canteloupe	3
Income < \$15,000		Income \$15-25,000							
orange juice	24	orange juice	27						
banana	22	apple	20						
apple	16	banana	18						
apple juice	7	grapes	10						
peach	6	peach	6						
orange	5	apple juice	6						
mixed fruit/fruit salad	4	mixed fruit/fruit salad	5						
grapes	4	watermelon	5						
canteloupe	4	pear	4						
pear	3	mixed fruit juice	4						
Vegetables									
State Total	White		Hispanic		African American		Asian/other		
green salad	30	green salad	33	green salad	24	green salad	23	green salad	19
tomato	14	tomato	16	potato	11	potato	15	potato	15
potato	12	potato	11	tomato	10	tomato	9	lettuce	14
lettuce	10	lettuce	11	carrot	9	green beans	8	broccoli	11
carrot	10	carrot	11	lettuce	8	lettuce	8	mixed vegetable	10
mixed vegetable	9	mixed vegetable	9	broccoli	7	carrots	8	green salad w/carrot	9
broccoli	8	broccoli	8	green salad w/carrot	6	mixed vegetable	7	carrot	9
green beans	6	green beans	6	mixed vegetable	6	broccoli	6	cabbage	8
onion	5	onion	6	green beans	5	corn	4	tomato	7
corn	5	corn	5	onion	5	cabbage	4	onion	7
Income < \$15,000		Income \$15-25,000							
green salad	19	green salad	23						
tomato	13	tomato	14						
potato	12	potato	13						
lettuce	10	lettuce	9						
mixed vegetable	9	carrot	9						
carrot	9	mixed vegetable	6						
broccoli	7	broccoli	5						
onion	5	corn	4						
green beans	5	green salad w/carrot	4						
green salad w/carrot	4	green beans	4						

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Table 16: Belief That 5 Servings or More of Fruits and Vegetables Should Be Eaten Every Day For Good Health, Trends 1989-2001
 Question: How many servings of fruits and vegetables do you think you should eat everyday for good health?

	Percent thinking 5 or more							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	23	23	35	44	45	43	44	NC	12***	9***	1	-2	1
<i>Sex</i>													
Males	15	16	26	31	35	36	35	1	10	5	4	1	-1
Females	30	30	43	55	54	49	52	NC	13	12***	-1	-5*	3
<i>Males</i>													
18 - 24	32	26	28	34	33	38	42	-6	2	6	-1	5	4
25 - 34	16	13	28	33	39	36	37	-3	15	5	6	-3	1
35 - 50	13	11	27	31	37	35	37	-2	16	4	6	-2	2
51 - 64	8	15	27	31	29	41	22	7	12	4	-2	12	-19**
65+	8	26	22	23	28	24	32	18	-4	1	5	-4	8
<i>Females</i>													
18 - 24	28	35	35	59	50	56	56	7	NC	24***	-9	6	NC
25 - 34	28	29	47	49	56	50	57	1	18	2	7	-6	7
35 - 50	35	34	45	59	57	50	54	-1	11	14**	-2	-7	4
51 - 64	29	28	48	59	52	54	49	-1	20	11	-7	2	-5
65+	31	23	35	52	54	41	45	-8	12	17*	2	-13*	4
<i>Ethnicity</i>													
White	28	29	42	51	51	50	51	1	13	9*	NC	-1	1
Hispanic	14	16	24	32	35	32	30	2	8	8	3	-3	-2
Black	17	18	23	28	29	23	30	1	5	5	1	-6	7
Asian/Pacific Islander						42	36						-6
<i>Education</i>													
Less than high school	10	12	20	31	30	25	28	2	8	11*	-1	-5	3
High school graduate	21	22	28	31	32	31	36	1	6	3	1	-1	5
Some college	28	26	36	49	46	48	44	-2	10	13***	-3	2	-4
College graduate	28	28	46	51	55	53	57	NC	18	5	4	-2	4
<i>Income</i>													
Less than \$15,000	14	18	24	33	30	34	31	4	6	9	-3	4	-3
\$15,000 - 24,999	21	24	29	39	39	39	40	3	5	10*	NC	NC	1
\$25,000 - 34,999	22	20	39	44	52	49	44	-2	19	5	8	-3	-5
\$35,000 - 49,999	25	27	39	50	45	41	43	2	12	11*	-5	-4	2
\$50,000+	34	30	46	50	53	54	58	-4	16	4	3	1	4
<i>Physically Active</i>													
Did not meet recommendations							38						
Met recommendations							51						
<i>Overweight Status</i>													
Overweight/Obese							42						
Not overweight							45						

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 17: Total Servings of Fruits and Vegetables Heard for Good Health

Question: How many total servings of fruits and vegetables have you heard you should eat every day for good health?

	Percent Servings Heard Should Eat			
	0-2	3-4	5+	Don't Know
Total	7	20	54	19
Sex				
Males	9	21	47	23
Females	5	18	60	17
Males				
18 - 24	10	19	50	21
25 - 34	9	18	49	24
35 - 50	4	22	52	21
51 - 64	12	29	36	24
65+	17	17	40	26
Females				
18 - 24	4	23	49	25
25 - 34	3	16	64	17
35 - 50	5	13	64	19
51 - 64	4	26	56	13
65+	9	18	58	14
Ethnicity				
White	5	17	60	18
Hispanic	11	27	35	28
Black	12	26	46	15
Asian/ Pacific Islander	10	21	58	11
Education				
Less than high school	11	26	29	33
High school graduate	8	23	44	24
Some college	8	19	55	18
College graduate	4	16	67	14
Income				
Less than \$15,000	14	25	41	20
\$15,000 - 24,999	7	19	55	19
\$25,000 - 34,999	4	28	46	21
\$35,000 - 49,999	2	20	61	16
\$50,000+	2	14	63	20
Physically Active				
Did not meet recommendations	9	20	49	22
Met recommendations	5	19	60	16
Overweight Status				
Overweight/Obese	8	22	50	20
Not overweight	6	19	58	17

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

Chi Square Test:

** p<.01

*** p<.001

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Table 18: Percent That Heard Five or More Servings Should Be Eaten Every Day For Good Health, Trends 1989-2001

Question: Have you heard of any recommendations on the total number of fruits and vegetables you SHOULD eat every day for good health?
What was the number of servings recommended?

	Percent Heard Five or More							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	35	14	61	64	70	67	67	-21***	47***	3	6*	-3	NC
Sex													
Males	30*	7***	54*	56**	62**	60***	60***	-23***	47***	3	5	-2	NC
Females	38	21	65	68	74	72	72	-17***	44***	4	5	-2	NC
Males													
18 - 24	38	4	32*	54	70	66	64	-34***	28**	22	16	-4	-2
25 - 34	17	5	48	64	65	53	64	-12	43***	16	1	-12	11
35 - 50	40	5	63	57	64	62	66	-35***	58***	-6	7	-2	4
51 - 64	26	11	50	50	58	63	47	-15	39***	0	8	5	-16
65+	27	8	64	48	48	58	54	-19	56***	-16	1	9	-4
Females													
18 - 24	34	16	52	73	76	74	65	-19	36***	21	3	-2	-9
25 - 34	39	15	73	70	72	77	77	-24**	58***	-3	2	5	NC
35 - 50	45	28	65	69	76	74	78	17*	37***	4	7	-2	4
51 - 64	36	26	60	70	72	70	65	-10	34***	10	2	-2	-5
65+	28	18	70	62	76	62	68	-10	52***	-8	14	-10	6
Ethnicity													
White	35	18***	69***	71***	76***	76***	73***	-17***	51***	2	5	0	-3
Hispanic	33	9	45	51	52	49	48	-24***	36***	6	1	-3	-1
Black	34	4	20	46	58	46	54	-30***	16*	26	12	-12	8
Asian/Pacific Islander						53	65						12
Education													
Less than high school	23	6**	52	40***	50***	44***	44***	-16**	45***	-12	10	-6	NC
High school graduate	29	11	47	48	61	58	59	-18***	36***	1	13*	-3	1
Some college	37	20	64	74	72	69	68	-17***	44***	10	-2	-3	-1
College graduate	41	15	65	69	75	75	77	-26***	50***	4	6	0	2
Income													
Less than \$15,000	22	10	56	46***	55***	58***	51***	-12*	47***	-10	8	1	-7
\$15,000 - 24,999	42	11	48	64	61	58	68	-31***	37***	16	-3	-3	10
\$25,000 - 34,999	22	14	63	62	78	64	59	-7	48***	-1	16*	-14*	-5
\$35,000 - 49,999	43	14	57	71	71	76	73	-29***	43***	14	0	5	-3
\$50,000+	44	20	67	73	75	79	80	-25***	47***	6	2	4	1
Physically Active													
Did not meet recommendations							63**						
Met recommendations							72						
Overweight Status													
Overweight/Obese							63						
Not overweight							70						

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

2001 California Dietary Practices Survey

Table 19: Beliefs About Fruits and Vegetables

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

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

	Percent Thinking Five or More	Percent Thinking Eat The Right Amount
Total	46	29
<i>Sex</i>		
Males	37 ***	29
Females	55	29
<i>Males</i>		
18 - 24	45 *	23 ***
25 - 34	39	26
35 - 50	40	25
51 - 64	24	31
65+	35	51
<i>Females</i>		
18 - 24	58	25 ***
25 - 34	59	17
35 - 50	56	26
51 - 64	53	35
65+	48	46
<i>Ethnicity</i>		
White	53 ***	30
Hispanic	34	27
Black	32	22
Asian/ Pacific Islander	37	33
<i>Education</i>		
Less than high school	32 ***	24
High school graduate	39	27
Some college	46	29
College graduate	58	31
<i>Income</i>		
Less than \$15,000	35 ***	30
\$15,000 - 24,999	41	26
\$25,000 - 34,999	46	25
\$35,000 - 49,999	46	34
\$50,000+	59	26
<i>Physically Active</i>		
Did not meet recommendations	40 ***	26 **
Met recommendations	54	33
<i>Overweight Status</i>		
Overweight/Obese	45	27
Not overweight	48	31

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

2001 California Dietary Practices Survey

Table 20: Belief that They Should Eat More Fruits and Vegetables Now, Trends 1989-2001

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

	Percent That Think They Should Eat More							Change of Percent					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	52	60	66	65	71	70	71	8***	6**	-1	6**	-1	1
Sex													
Males	50	59	67	64	70	70	71	9**	8**	-3	6*	NC	1
Females	54	61	66	66	71	70	71	7*	5	NC	5	-1	1
Males													
18 - 24	64**	77***	88***	72***	78***	80***	77***	13	11	-16**	6	2	-3
25 - 34	53	66	75	72	84	76	74	13*	9	-3	12**	-8*	-2
35 - 50	49	61	71	71	71	73	75	12*	10	NC	NC	2	2
51 - 64	47	55	58	56	61	64	69	8	3	-2	5	3	5
65+	28	25	32	36	47	49	49	-3	7	4	11	2	NC
Females													
18 - 24	68***	77***	89***	85***	83***	80***	75***	9	12*	-4	-2	-3	-5
25 - 34	71	81	75	69	79	74	83	10	-6	-6	10*	-5	9*
35 - 50	53	62	75	67	77	74	74	9	13**	-8	10*	-3	NC
51 - 64	36	52	54	66	65	66	65	16*	2	12	-1	1	-1
65+	45	35	40	46	52	53	54	-10	5	6	6	1	1
Ethnicity													
White	54**	58*	64***	66	68**	67**	70	4	6*	2	2	-1	3
Hispanic	42	67	74	63	77	72	73	25***	7	-11*	14***	-5	1
Black	65	65	81	73	77	81	78	NC	16*	-8	4	4	-3
Asian/Pacific Islander						79	67						-12
Education													
Less than high school	40***	58	66**	65	66***	73	76	18**	8	-1	1	7	3
High school graduate	64	62	71	68	74	74	73	-2	9*	-3	6	NC	-1
Some college	53	64	69	67	76	70	71	11**	5	-2	9**	-6*	1
College graduate	46	57	60	62	64	66	69	11**	3	2	2	2	3
Income													
Less than \$15,000	50	67*	67	62	66	71	70	17***	NC	-5	4	5	-1
\$15,000 - 24,999	54	57	71	66	71	72	74	3	14**	-5	5	1	2
\$25,000 - 34,999	54	60	69	72	71	71	75	6	9	3	-1	NC	4
\$35,000 - 49,999	58	70	72	67	75	75	66	12*	2	-5	8	NC	-9
\$50,000+	51	56	65	67	72	66	74	5	9*	2	5	-6	8*
Physically Active													
Did not meet recommendations						74**							
Met recommendations						67							
Overweight Status													
Overweight/Obese						73							
Not overweight						69							

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

2001 California Dietary Practices Survey

Table 21: 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	9	22	7	12	13	18	18
Sex							
Males	9	20	8	15	15	17	16 *
Females	8	23	7	10	12	19	20
Males							
18 - 24	2	25	10	18	17	16	12 ***
25 - 34	9	22	10	12	16	8	23
35 - 50	11	22	6	14	18	14	15
51 - 64	14	16	11	16	13	16	15
65+	6	11	2	14	7	45	15
Females							
18 - 24	9	33	9	8	15	9	18 ***
25 - 34	8	24	11	10	11	12	24
35 - 50	9	29	5	13	10	13	21
51 - 64	12	22	7	6	13	20	20
65+	5	7	4	10	12	42	20
Ethnicity							
White	8	23	7	12	13	20	18 **
Hispanic	9	23	9	13	15	10	20
Black	16	17	10	13	10	13	20
Asian/ Pacific Islander	4	16	4	10	17	31	18
Education							
Less than high school	10	20	12	16	13	9	20 *
High school graduate	12	20	5	14	14	18	17
Some college	8	22	8	11	14	19	19
College graduate	7	24	6	11	14	20	18
Income							
Less than \$15,000	17	16	8	12	12	14	21 ***
\$15,000 - 24,999	11	20	7	11	14	16	21
\$25,000 - 34,999	10	35	8	12	8	16	10
\$35,000 - 49,999	7	28	7	11	8	22	16
\$50,000+	4	23	8	14	16	17	19
Physically Active							
Did not meet recommendations	10	22	8	14	12	15	19 **
Met recommendations	7	22	6	11	15	22	18
Overweight Status							
Overweight/Obese	10	22	7	13	13	16	19
Not overweight	7	22	8	11	14	21	17

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

2001 California Dietary Practices Survey

Table 22: Why Californians Are Not Eating More Fruits and Vegetables (Out of Those Who Think They Should Eat More Vegetables)

Question: For yourself, do you agree or disagree...

Its hard to get fruits and vegetables at restaurants.

Its hard to get fruits and vegetables at fast food places.

Its 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 vegetables

Percent Agreeing

	Hard to buy in restaurants	Hard to buy in fast food places	Hard to get at work	Worried about pesticides	Too Expensive	
Total	37	86	62	15	32	
Sex						
Males	38	88	62	14	26	***
Females	35	85	62	16	37	
Males						
18 - 24	41	88	62	14	20	*
25 - 34	42	87	61	15	26	
35 - 50	38	88	63	13	24	
51 - 64	33	88	64	16	41	
65+	33	94	63	9	26	
Females						
18 - 24	34	86	65	10	32	*
25 - 34	42	87	59	13	33	
35 - 50	32	86	65	19	37	
51 - 64	25	82	64	11	40	
65+	42	77	55	26	51	
Ethnicity						
White	30	90	62	10	26	***
Hispanic	54	77	63	26	41	
Black	40	89	59	27	45	
Asian/ Pacific Islander	27	86	60	15	32	
Education						
Less than high school	57	77	67	36	49	***
High school graduate	36	85	66	17	37	
Some college	32	86	62	12	32	
College graduate	34	92	58	8	22	
Income						
Less than \$15,000	44	80	65	24	51	***
\$15,000 - 24,999	37	87	70	18	36	
\$25,000 - 34,999	40	89	43	13	41	
\$35,000 - 49,999	36	89	61	9	28	
\$50,000+	32	91	61	9	17	
Physically Active						
Did not meet recommendations	38	86	64	18	36	**
Met recommendations	35	87	60	11	27	
Overweight Status						
Overweight/Obese	36	87	61	14	32	
Not overweight	37	88	64	13	31	

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

2001 California Dietary Practices Survey

Table 23: Why Californians Are Not Eating More Fruits and Vegetables (Out of Everyone)

Question: For yourself, do you agree or disagree...
 Its hard to get fruits and vegetables at restaurants.
 Its hard to get fruits and vegetables at fast food places.
 Its 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 everyone

Percent Agreeing

	Hard to buy in restaurants	Hard to buy in fast food places	Hard to get at work	Worried about pesticides	Too Expensive
Total	36	85	61	16	32
Sex					
Males	37	86	59	15	27 ***
Females	36	85	62	17	36
Males					
18 - 24	40	84	58	14	21 *
25 - 34	42	87	64	18	26
35 - 50	34	86	56	14	25
51 - 64	31	82	62	16	38
65+	37	88	58	10	27
Females					
18 - 24	36	86	61	13	33
25 - 34	40	88	60	14	32
35 - 50	33	86	62	19	35
51 - 64	26	81	59	19	40
65+	42	80	69	19	45
Ethnicity					
White	30 ***	89 ***	60	11 ***	26 ***
Hispanic	52	75	62	29	43
Black	41	88	60	25	41
Asian/ Pacific Islander	33	85	62	14	31
Education					
Less than high school	57 ***	75 ***	65	41 ***	51 ***
High school graduate	37	85	62	18	40
Some college	33	87	64	12	30
College graduate	30	89	56	8	20
Income					
Less than \$15,000	42 **	80 ***	63 **	24 ***	48 ***
\$15,000 - 24,999	38	86	69	20	36
\$25,000 - 34,999	42	83	49	14	39
\$35,000 - 49,999	31	84	55	12	28
\$50,000+	30	91	58	8	15
Physically Active					
Did not meet recommendations	39 *	86	63	18 **	36 ***
Met recommendations	33	85	58	13	26
Overweight Status					
Overweight/Obese	36	85	60	17	32
Not overweight	36	87	62	13	29

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

2001 California Dietary Practices Survey

Table 24: Main reasons that Californians Are Eating More Fruits and Vegetables

Question: What is the one main reason you eat more fruits and vegetables?

	Percent Agreeing			
	Taste	Trying to Eat Healthier	Lower Risk of Disease	Other
Total	43	35	10	12
<i>Sex</i>				
Males	41	35	10	14
Females	45	35	9	11
<i>Males</i>				
18 - 24	37	42	7	14
25 - 34	34	34	10	22
35 - 50	46	35	8	10
51 - 64	39	37	13	11
65+	45	27	11	16
<i>Females</i>				
18 - 24	52	37	5	5
25 - 34	45	36	6	13
35 - 50	47	33	9	10
51 - 64	41	35	12	13
65+	43	31	14	12
<i>Ethnicity</i>				
White	48	33	9	11
Hispanic	40	36	9	15
Black	36	32	16	15
Asian/ Pacific Islander	18	52	10	21
<i>Education</i>				
Less than high school	42	36	10	12
High school graduate	45	34	11	10
Some college	43	35	10	11
College graduate	43	36	7	14
<i>Income</i>				
Less than \$15,000	40	35	13	13
\$15,000 - 24,999	42	36	11	10
\$25,000 - 34,999	41	39	7	12
\$35,000 - 49,999	46	36	5	13
\$50,000+	48	31	9	12
<i>Physically Active</i>				
Did not meet recommendations	41	36	10	13
Met recommendations	46	34	8	12
<i>Overweight Status</i>				
Overweight/Obese	41	37	10	13
Not overweight	45	34	8	12

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

Chi square test:

* p<.05

*** p<.001

2001 California Dietary Practices Survey

Table 25: Number of Meals Eaten Out Compared to Fruit and Vegetable Consumption

Question: 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?

	Percent Eating Meals Out ¹			Mean Servings of Fruits and Vegetables of those Eating at least 1 meal out ²
	0	1	2+	
Total	59	30	11	3.6
<i>Sex</i>				
Males	54	33	14	3.4
Females	64	28	8	3.9
<i>Males</i>				
18 - 24	59	24	17	3.3
25 - 34	42	40	17	3.3
35 - 50	51	35	14	3.6
51 - 64	59	33	8	3.5
65+	70	22	8	3.2
<i>Females</i>				
18 - 24	63	28	9	3.4
25 - 34	56	32	12	3.5
35 - 50	61	30	9	3.9
51 - 64	66	28	7	4.4
65+	78	20	3	4.5
<i>Ethnicity</i>				
White	56	32	12	3.8
Hispanic	68	24	8	3.5
Black	54	33	13	3.1
Asian/ Pacific Islander	52	32	16	3.3
<i>Education</i>				
Less than high school	78	17	5	3.4
High school graduate	62	29	9	3.6
Some college	55	35	10	3.3
College graduate	52	32	16	4.0
<i>Income</i>				
Less than \$15,000	73	20	7	3.7
\$15,000 - 24,999	61	30	9	3.6
\$25,000 - 34,999	64	25	10	3.8
\$35,000 - 49,999	55	30	15	3.7
\$50,000+	45	40	15	3.7
<i>Physically Activity</i>				
Did not meet recommendations	59	30	11	3.3
Met recommendations	59	31	10	4.1
<i>Overweight Status</i>				
Overweight/Obese	58	30	12	3.6
Not overweight	59	31	10	3.7

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

* p<.05
 ** p<.01
 *** p<.001

2001 California Dietary Practices Survey

Table 26: Have You Ever Worked in a Garden, Trends 1999-2001

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

	Percent Worked in Garden	
	1999	2001
Total	52	50
<i>Sex</i>		
Males	50	49
Females	53	50
<i>Males</i>		
18 - 24	39 ***	46 ***
25 - 34	33	38
35 - 50	58	52
51 - 64	60	52
65+	67	64
<i>Females</i>		
18 - 24	31 ***	28 ***
25 - 34	45	36
35 - 50	54	57
51 - 64	66	55
65+	67	70
<i>Ethnicity</i>		
White	59 ***	59 ***
Hispanic	35	29
Black	45	32
Asian/ Pacific Islander	42	36
<i>Education</i>		
Less than high school	42 **	39 ***
High school graduate	49	47
Some college	52	51
College graduate	57	55
<i>Income</i>		
Less than \$15,000	47 **	47 ***
\$15,000 - 24,999	52	46
\$25,000 - 34,999	45	36
\$35,000 - 49,999	51	52
\$50,000+	60	60
<i>Physically Active</i>		
Did not meet recommendations		44 ***
Met recommendations		57
<i>Overweight Status</i>		
Overweight/Obese	53	52
Not overweight	50	49

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

Chi square test:

** p<.01

*** p<.001

2001 California Dietary Practices Survey

CrossTab 27: Worked in Garden By Fruit and Vegetable Consumption

Question: *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 and Vegetables ²
	0	1-2	3-4	5+	
Yes	7	25	30	38	4.2
No	12	29	28	30	3.6

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi-Square).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

Chi Square Test and ANOVA:

*** p<.001

2001 California Dietary Practices Survey

Table 28: Consumption of Fruits and Vegetables High in Vitamins A and C

Question: Which fruit, vegetables, salad, or juice did you have yesterday?

	Percent Eaten			
	Ate at least 1 High Vit A	Ate at least 1 High Vit C	Ate Both High Vit A and C	Ate Neither High Vit A or C
Total	30	64	25	32
<i>Sex</i>				
Males	26 *	62	22 *	33
Females	32	65	27	30
<i>Males</i>				
18 - 24	19	59	17	38
25 - 34	25	62	22	34
35 - 50	32	63	27	31
51 - 64	22	61	18	35
65+	31	68	24	25
<i>Females</i>				
18 - 24	32	61	25	31
25 - 34	31	60	25	35
35 - 50	32	63	28	32
51 - 64	36	72	32	24
65+	33	71	28	24
<i>Ethnicity</i>				
White	32 *	67 *	27 *	28 **
Hispanic	24	61	20	36
Black	23	55	19	41
Asian/ Pacific Islander	33	61	28	34
<i>Education</i>				
Less than high school	22 **	54 ***	18 **	41 ***
High school graduate	26	60	22	36
Some college	30	63	24	31
College graduate	35	70	30	25
<i>Income</i>				
Less than \$15,000	27 *	63	25	34
\$15,000 - 24,999	26	63	20	32
\$25,000 - 34,999	27	61	22	34
\$35,000 - 49,999	33	63	28	33
\$50,000+	36	66	30	28
<i>Physically Active</i>				
Did not meet recommendations		[]		
Met recommendations				
<i>Overweight Status</i>				
Overweight/Obese	27	62	22 *	33
Not Overweight/Obese	32	66	27	30

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

Table 29: Consumption of Cruciferous & Lycopene Fruits & Vegetables

Question: Which fruit, vegetables, salad or juice did you have yesterday?

	Cruciferous Veg	Serving (Tomato Products)
Total		
Sex		
Males		
Females		
Males		
18 - 24		
25 - 34		
35 - 50		
51 - 64		
65+		
Females		
18 - 24		
25 - 34		
35 - 50		
51 - 64		
65+		
Ethnicity		
White		
Hispanic		
Black		
Asian/ Pacific Islander		
Education		
Less than high school		
High school graduate		
Some college		
College graduate		
Income		
Less than \$15,000		
\$15,000 - 24,999		
\$25,000 - 34,999		
\$35,000 - 49,999		
\$50,000+		
Physically Active		
Did not meet recommendations		
Met recommendations		
Overweight/Obese		
Overweight/Obese		
Not Overweight/Obese		
Poverty Index		
Food stamp users		

2001 California Dietary Practices Survey

Cross Tab 30: Knowledge of Specific Protective Foods Compared to Eating Them

Question: *What things have you heard of that people eat or drink that might help prevent cancer?*

Gave Correct Answer to Prevent Cancer	Servings of Fruits and Vegetables
Yes	4.3 ***
No	3.4

Gave Fruits and Vegetables as Preventing Cancer	Servings of Fruits and Vegetables
Yes	4.3 ***
No	3.4

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

Chi Square Test:

*** p<.001

2001 California Dietary Practices Survey

Cross Tab 31: 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 Recommended				Servings of Fruits and Vegetables Think Should Eat			
	0-2	3-4	5+		0-2	3-4	5+	
0	13	12	6	***	12	11	7	***
1 to 2	26	25	19		37	32	17	
3 to 4	36	32	29		29	29	31	
5+	25	32	46		22	27	46	

A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test)

*** p<.001

2001 California Dietary Practices Survey

Cross Tab 33: Ate Five or More Servings of Fruits and Vegetables by Obese and Overweight Status

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

Overweight Status	Ate Less Than 5 Servings of Fruits and Vegetables ¹	Ate 5 or More Servings Fruits and Vegetables ¹	Average Servings of Fruits and Vegetables ²
Obese	74	26	3.4 ^a
Overweight	65	35	3.9 ^{ab}
Not overweight	64	36	4.1 ^b

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi-Square).

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).

Chi Square Test and ANOVA:

** p<.01