



California Adults Increase Fruit and Vegetable Consumption

Surveillance Evaluation for Population Tracking and Information Sharing

Presented by: Sharon Sugerman, MS, RD, FADA

California Dietary Practices Survey

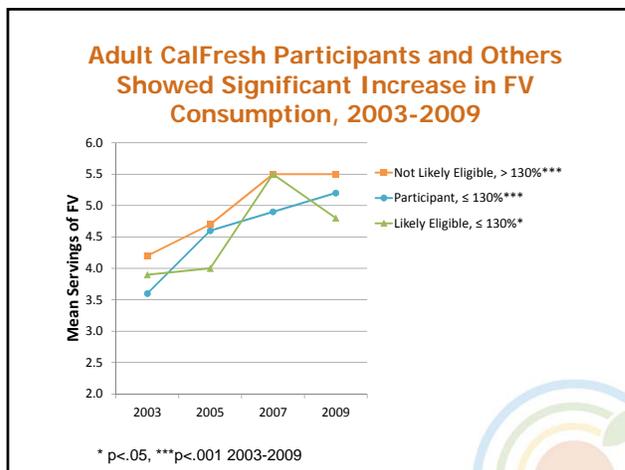
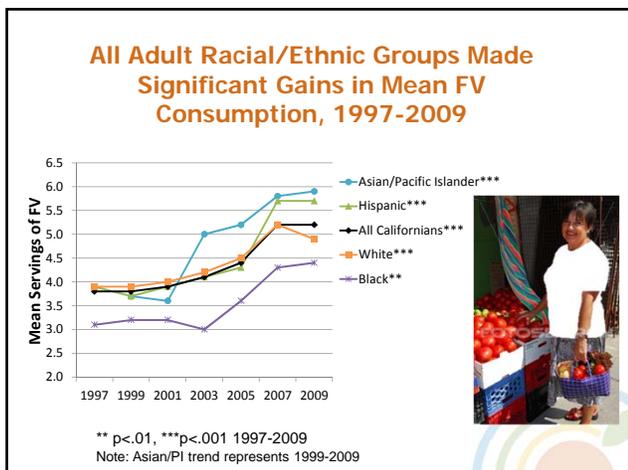
Research Article

California Adults Increase Fruit and Vegetable Consumption from 1997-2007

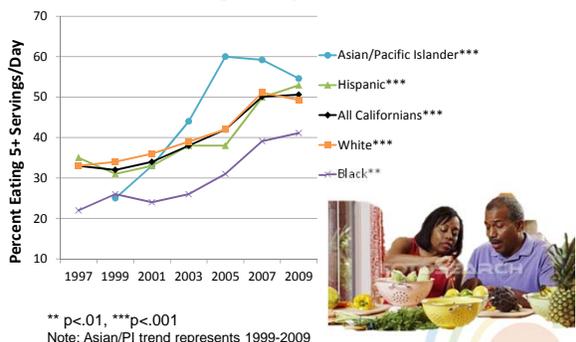
Sharon Sugerman, MS, RD, FADA¹; Susan B. Foerster, MPH, RD²; Jennifer Gregson, MPH, PhD²; Amanda Linares, MS³; Mark Hudes, PhD³

ABSTRACT
Objective: To determine whether fruit and vegetable consumption among California adults significantly increased from 1997-2007.
Design: Biennial telephone surveillance surveys of California adults' dietary practices.
Participants: California adults (n = 9,105 total all 6 surveys).
Intervention: Surveillance data reporting.
Main Outcome Measures: Changes in fruit and vegetable consumption over time between 1997-2007, measured by mean servings and percentage of adults eating ≥ 5 servings on any given day.
Analysis: Comparisons of subjects both within the same year and across years were made using t tests, chi-square, and Tukey Studentized Range tests at 5% procedure-wise error rate.
Results: California adults significantly increased mean daily servings of fruits and vegetables from 3.8 servings in 1997 to 5.2 servings in 2007.
Conclusions and Implications: Since 1996, notable improvements in fruit and vegetable consumption have occurred in California populations, including the target audience group of the *Network for a Healthy California*.
Key Words: fruit, vegetables, socioeconomic factors (*J Nutr Educ Behav*; 2011;43:S96-S103.)

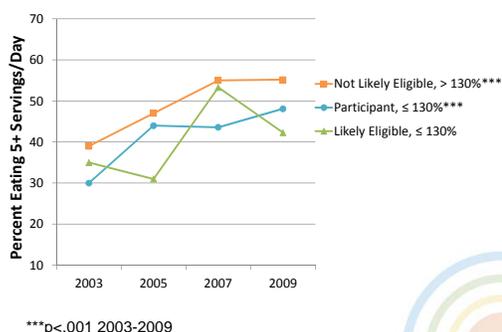
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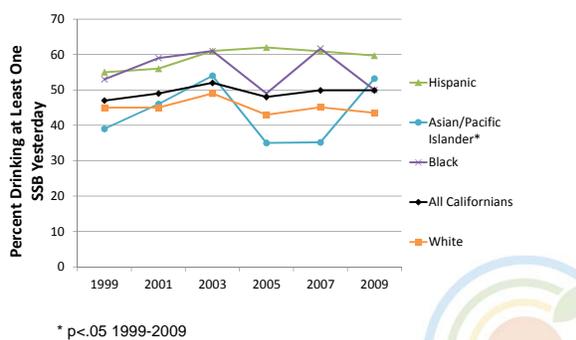
All Adult Racial/Ethnic Groups Made Significant Gains in Meeting FV Goal of 5+ Servings/Day, 1997-2009



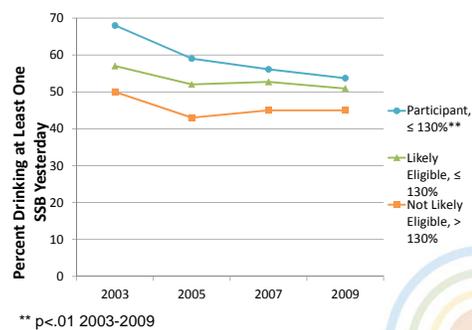
Adult CalFresh Participants and Higher Income Californians Made Significant Gains Toward 5+ FV Goals, 2003-2009



Adult SSB – Not much change, 1999-2009



Adult SSB – but CalFresh participants are improving



Turning survey data into information you can share

3 new 2009 CDPS reports on California Adults



Adults in the Workplace



African American Adults



Latino Adults

Reports Highlight Barriers to Achieving a Healthy Lifestyle for Four Populations Using a "Key Facts" Format

- Each report is on the web along with PowerPoint presentations you can download and use
- The Facts included are both barriers and positive factors
 - "Latinos Report the Highest Rates of Food Insecurity"
 - "Latino Adults Engage in Less Screen Time Activity"
- The Latino Fact sheet is available in both English and Spanish

<http://www.cdph.ca.gov/programs/cdns/Pages/2009CDPSFactSheets.aspx>

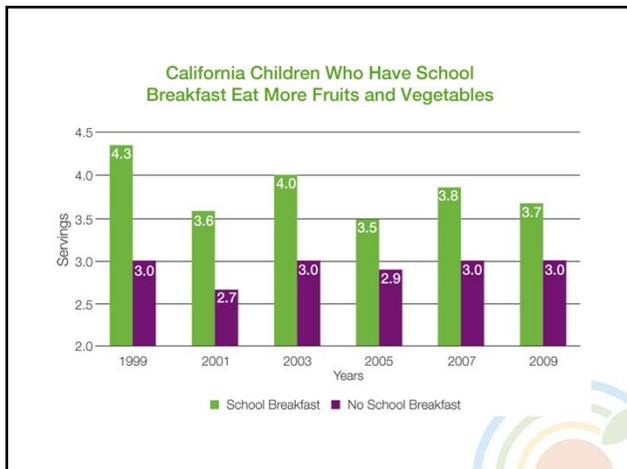
2009 CalCHEEPS report on Low-Income 9-11 year old California Children



CHILDREN'S FACT SHEET
Low-Income Children Face Healthy Lifestyle Barriers: Top Facts from California, 2009
 The Network for a Healthy California (Network) creates innovative partnerships that empower low-income Californians to increase fruit and vegetable consumption, physical activity, and food security with the goal of preventing obesity and other diet-related chronic diseases. The Network surveys 9- to 11-year-old children using the California Children's Healthy Eating and Exercise Practices Survey (CalCHEEPS) every two years. These key facts from the 2009 CalCHEEPS show that children from low-income families face greater barriers to achieving a healthy lifestyle. In California, the majority of children (56%) are enrolled in free or reduced price school meals due to their families' low income.

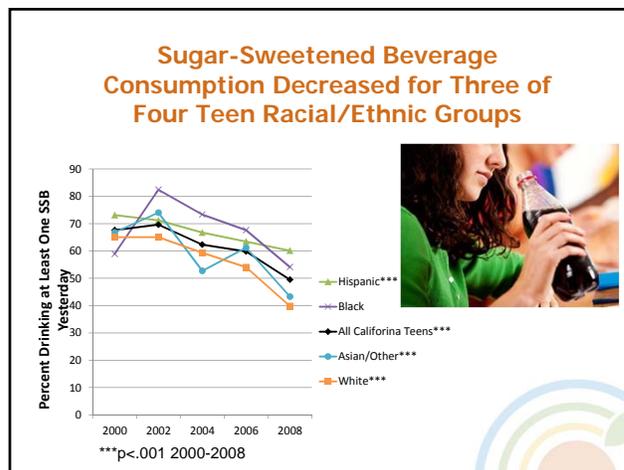
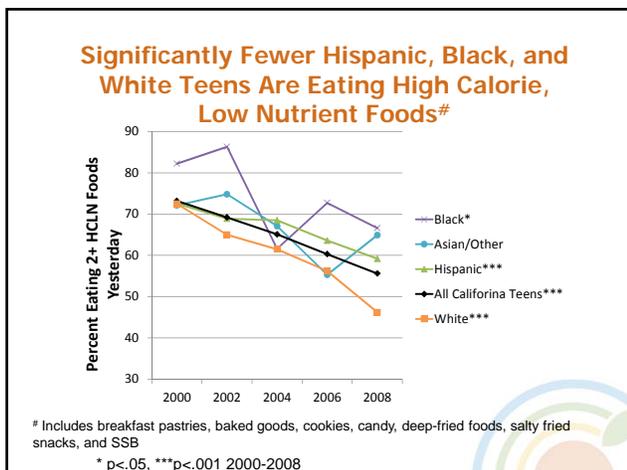
fact 8 Higher participation in the school breakfast program may help increase fruit and vegetable intake.

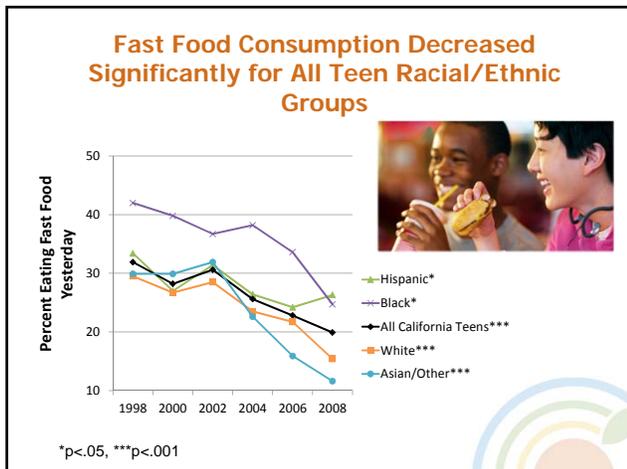
Children participating in school breakfast average 0.6 to 1.3 servings more fruits and vegetables in every survey year from 1999 through 2009.



California Teens

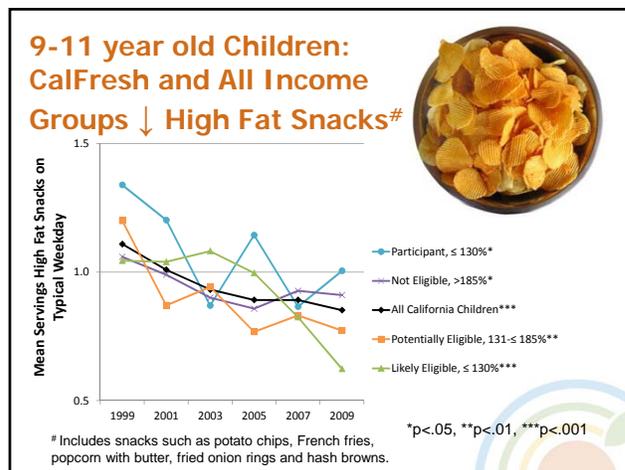
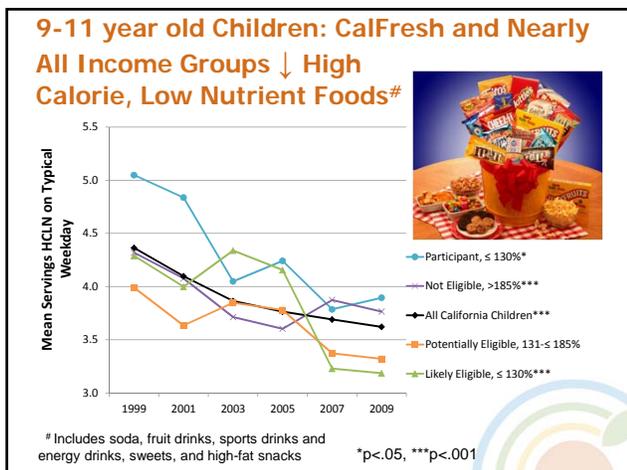
↓ in high calorie, low nutrient foods, sugar sweetened beverages, and fast food

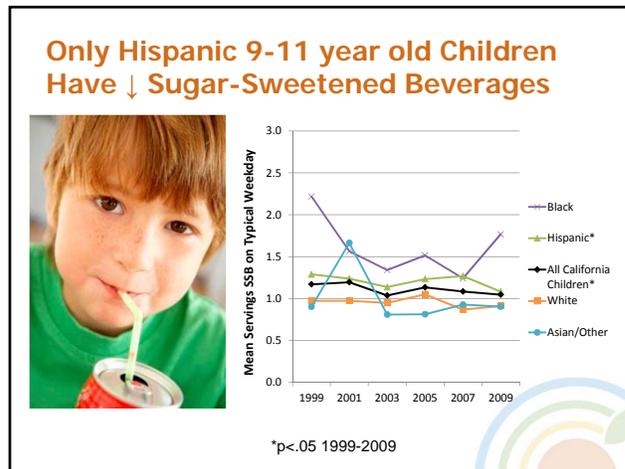
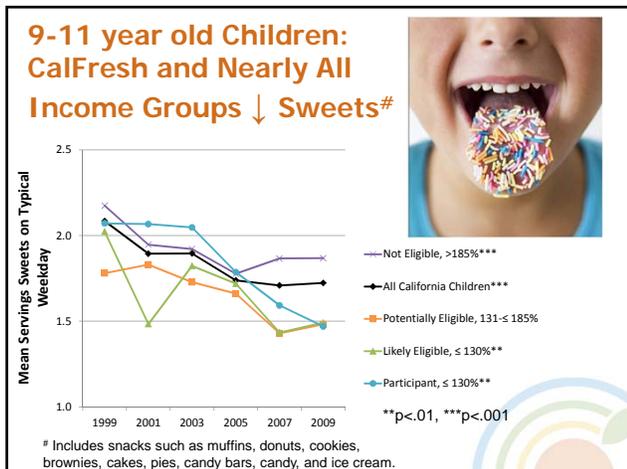




9-11 year old Children

↓ in high calorie, low nutrient foods, but not in SSB





- ### The Overall Picture
- Adult FV has increased across the board, but may have been impacted by the recession...and still falls short of “half a plate”
 - SSB for adults still remains a challenge
 - Teens show improvement in unhealthy eating and beverage habits
 - 9-11 year old children show improvement in unhealthy eating habits; SSB not as strong
 - Neither teens nor children level have shown increased FV consumption at the statewide level

- ### Synergy of Network and Other Efforts To Continue Creating FV Change and in Areas Other Than FV Consumption
- Network media and several social marketing efforts focused on FV promotion and targeting only adults → FV behavior change
 - Build on US Dietary Guidelines “half a plate” to increase FV in all age groups
 - Regional RYD efforts to ↓ adult/child SSB
 - Future “public health approaches” and more youth empowerment activities (social media?) to continue building on positive trends already observed for youth

Thank you

For survey vision, development, planning, and coordination

- Sue Foerster
- Jennifer Gregson
- Amanda Linares
- Carolyn Rider
- Angie Keihner

For data analysis and great advice

- Mark Hudes
- Patrick Mitchell

For funding...and making it all possible

- USDA Supplemental Nutrition Assistance Program
- The many Californians who have been survey respondents
 - 1997-2009 CDPS,
 - 1998-2008 CaITEENS,
 - 1999-2009 CaICHEEPS

