

2007 Georgia Data Summary: HEALTHY EATING



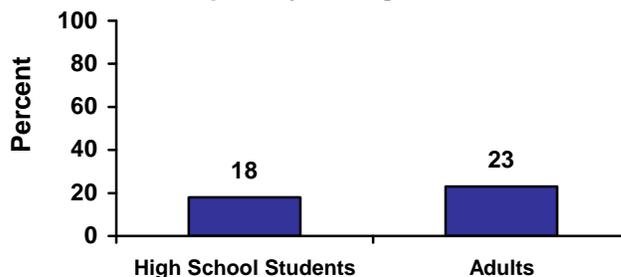
Diets rich in fruits and vegetables may reduce the risk of some types of cancer and heart disease.

Fruit and Vegetable Consumption in Georgia

Recommended fruit and vegetable consumption

- Only **1 in 5 (18%)** high school students* consumes the minimum recommendation of 5 or more servings of fruit and vegetables per day.
- Only **1 in 4 (23%)** adults† consumes the minimum recommendation of 5 or more servings of fruit and vegetables per day.
- The percent of high school students and adults who consume the minimum recommended servings of fruits and vegetables are consistently low across all sex, race, ethnic, and age groups.

Percent of youth and adults who consume 5 or more servings of fruit and vegetables per day, Georgia, 2005



Policies and Environments Influence Healthy Eating Behaviors

Schools‡

- Few middle schools (12%) and high schools (10%) have a policy to offer fruits and vegetables in school settings.
- Few middle schools (<35%) and high schools (<33%) have nutrition standards for foods sold as a la carte items in the cafeteria or in vending machines, snack bars, fundraisers, class parties, and athletic events.
- Less nutritious snack foods and beverages such as chocolate candy, high-fat salty snacks, and soft drinks are readily available in many middle school (39%-63%) and high school (75%-89%) vending machines.

Worksites¶

- Few (10%) worksites offer healthy eating classes, weight management classes, or weight management counseling for employees.

Health care#

- Most Health Maintenance Organizations (HMOs) in Georgia provide members with nutrition education, counseling, discounts, or fee reductions to join nutrition programs.
- Only two HMOs in Georgia have a policy to reimburse providers and paid members for nutrition assessments and counseling from specialists.

Healthy Eating Helps Promote Good Health

- Diets rich in fruits and vegetables help reduce risk for:

- Heart disease
- Stroke
- Some types of cancer
- Excess weight gain

Data sources: * 2005 Georgia Student Health Survey
‡ 2006 School Health Profiles Survey
2004 Georgia Health Plan Survey

† 2005 Georgia Behavioral Risk Factor Surveillance System
¶ 2002 Georgia Worksite Survey

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Visit <http://health.state.ga.us/nutandpa/data.asp> for more information on nutrition data in Georgia.