**2008 Georgia Data Summary:**

**HEALTHY EATING**

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

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**Fruit and Vegetable Consumption in Georgia**

**Recommended fruit and vegetable consumption**

- Only **1 in 5 (19%)** high school students* consumes the minimum recommendation of 5 or more servings of fruit and vegetables per day.
- Only **1 in 4 (25%)** 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.

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**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.

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**Healthy Eating Helps Promote Good Health**

- Diets rich in fruits and vegetables help reduce risk for:
  - Heart disease
  - Some types of cancer
  - Stroke
  - Excess weight gain

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**Data sources:**

* 2007 Georgia Student Health Survey
† 2007 Georgia Behavioral Risk Factor Surveillance System
‡ 2006 School Health Profiles Survey
¶ 2002 Georgia Worksite Survey
# 2004 Georgia Health Plan Survey

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Visit [http://health.state.ga.us/nutandpa/data.asp](http://health.state.ga.us/nutandpa/data.asp) for more information on nutrition data in Georgia.