

2006 Georgia Data Summary: HEALTHY EATING



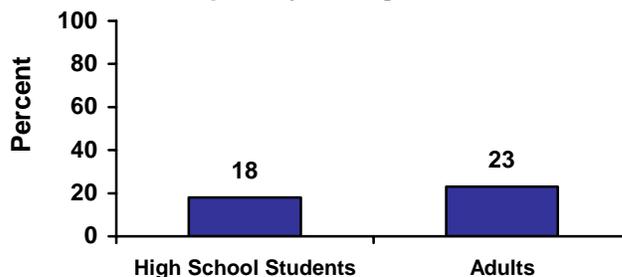
Diets rich in fruits and vegetables may reduce the risk of some types of cancer and heart disease.

Fruit and Vegetable Consumption in Georgia

Recommended fruit and vegetable consumption

- Only 1 in 5 (18%) high school students* eats the recommended 5 or more servings of fruit and vegetables per day.
- Only 1 in 4 (23%) adults† eats the recommended 5 or more servings of fruit and vegetables per day.
- The percentage of high school students and adults who consume five or more servings of fruits and vegetables is consistently low across all sex, race, 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 (5%) and high schools (10%) have a policy to offer fruits and vegetables at school settings.
- Unhealthy foods such as chocolate candy, high-fat salty snacks and soft drinks are readily available in most middle school (56%-64%) and high school (77%-80%) 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 reduce risk for:
 - Heart disease
 - Osteoporosis
 - Some types of cancer
 - High blood pressure
 - Arthritis
 - Excess weight gain

Data sources: * 2005 Georgia Student Health Survey
‡ 2002 School Health Profiles Survey
2004 Georgia Health Plan Survey

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

Date updated: July 2006

Publication number: DPH06.136HW

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