

2009 Georgia Data Summary:

HEALTHY EATING

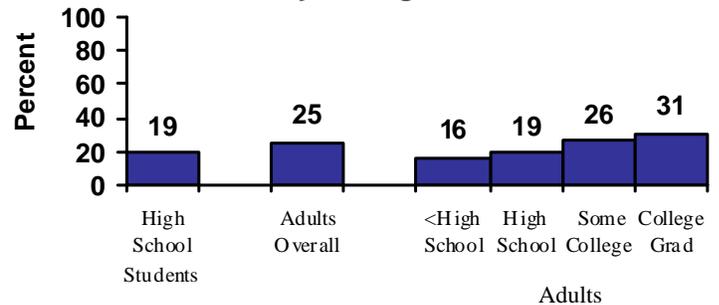
Diets rich in fruits and vegetables may reduce the risk of some types of cancer and heart disease.

Fruit and Vegetable Consumption in Georgia

Recommended fruit and vegetable consumption

- Only **1 in 5 (19%)** high school students* and **1 in 4 (25%)** adults† consume the minimum recommendation of 5 or more servings of fruit and vegetables per day
- **26%** of adults report eating less than one serving of vegetables a day and **38%** of adults report eating less than one serving of fruit a day
- Among adults, those with higher levels of education are more likely to eat five or more servings of fruits and vegetables every 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, 2007



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¶

- Only **30%** of 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

- Some types of cancer

- Stroke

- Excess weight gain

Data sources: * 2007 Georgia Student Health Survey
‡ 2006 School Health Profiles Survey
2004 Georgia Health Plan Survey

† 2007 Georgia Behavioral Risk Factor Surveillance System
¶ 2008 Georgia Worksite Survey