CDC State Indicator Report on Fruits and Vegetables, 2018

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The conclusions in this presentation are those of the author and do not represent the official position or views of the Centers for Disease Control and Prevention.
Chronic Diseases Are Common, Costly, and Preventable

- **7 of the top 10** leading causes of death in the US are due to chronic diseases.
- US spends **$147 Billion** on obesity-related health care costs each year.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet can help protect against chronic diseases, including heart disease, type 2 diabetes, some cancers, and obesity.

CDC’s nutrition, physical activity, and obesity programs focus on state and community solutions to make the healthy choice, the easy choice.
Adults Meeting Recommended Intake:

**Fruit:** 12%

**Vegetable:** 9%

**Only 1 in 10 U.S. adults eat the recommended amount of fruits or vegetables each day**

*Disparities in FV Intake; MMWR 66(45):1241-1247 (2017)*

*Behavioral Risk Factor Surveillance System Data (2015)*
Fruit and Vegetable Intake in Children

Children, ages 2-18, are eating more fruit but not more vegetables (2003 to 2010)

- 67% increase in whole fruit intake from 2003-2010
- 9 in 10 children didn’t eat enough vegetables in 2007-2010

MMWR 63(3):671-676 (2014)
Youth Meeting
Recommended Intake:

Among High School Students

Fruit: 9%
Vegetable: 2%

Public Health Strategies for Increasing F&V Consumption

- Nutrition standards for early care and education (ECE), schools, etc.
- Farm to institution - school, ECE, worksites, hospitals, and other
- Institutional food service guidelines
- Healthy food retail
- Inclusion in assistance and emergency food programs
- Food policy councils
- Farmers’ markets, Community supported agriculture

Sources:
https://www.cdc.gov/nccdphp/dnpao/state-local-programs/nutrition.html
CDC’s State Indicator Report on Fruits and Vegetables

History

• Released in 2009 and 2013

• Included:
  • 50 states and D.C.
  • State highlights
  • State level data (available on DNPAO Data, Trends, and Maps)
    ➢ F&V behavior and consumption
    ➢ Policy and environmental supports for F&V

• Policy and Environmental Indicator Categories:
  1. Availability of Healthier Food Retail in communities
  2. Schools and ECE (added in 2013 report)
  3. Food System
CDC’s State Indicator Report on Fruits and Vegetables

2018 Report (DRAFT) Includes:

• Supports for F&V that target:
   1. Individuals and Families
   2. Children
   3. The Food System

• 10 State-level Policy and Environmental Indicators
  ➢ 50 states and D.C.
  ➢ Does not include state F&V behavior and consumption data

• National summary for each indicator

• State Highlights
  ➢ ECE (Ohio)
  ➢ Farmers Markets (Kentucky)
F&V Supports that Target Individuals and Families

Three indicators (DRAFT)

1. Number of Farmers’ Markets per 100,000 residents
   • Source: USDA National Farmers’ Market Directory

2. Percent of Farmers’ Markets Accepting WIC FMNP vouchers
   • Source: USDA National Farmers’ Market Directory

3. NEW! State-Level Policy on Food Service Guidelines
   • Source: CDC analysis
   • FSG increase access to healthy food options (e.g. fruits and vegetables, lean proteins, and whole grains) in worksites, state agencies, parks and recreation centers, and other public settings.
   • 10 states adopted a policy on food service guidelines that ensures healthy foods be sold and/or served in government owned or controlled facilities.
F&V Supports that Target Children

Four Indicators (DRAFT)

1. Early Care and Education (ECE) licensing regulations that align with national standards for serving fruits and vegetables
   • Source: National Resource Center for Health and Safety in Child Care and Early Education analysis

2. Farm to School or Farm to ECE Policy
   • New Source: NF2S Legislative Survey 2002-2017

3. NEW! Percent of School Districts that participate in Farm to School
   • Source: USDA’s 2015 Farm to School Census survey

4. NEW! Percent of Middle and High Schools with Salad Bars
   • Source: CDC School Health Profiles, School Principal Survey
F&V Supports that Target the Food System

– Three Indicators (DRAFT)

1. Number of Food Hubs
   • Source: USDA online Food Hubs Directory

2. State-level Food Policy Council

3. Number of Local Food Policy Councils
Input Needed:

- Utility of individual state action guides?
  - State fruit and vegetable consumption data (adult)
  - Policy and Environmental Indicators
    - State comparison to National
  - Recommended actions
  - Format?
    - one pager to print
    - poster size for presentations
    - online
Resources

DNPAO Data, Trends and Maps:

Center Portal:
https://chronicdata.cdc.gov/

NOPREN:
www.nopren.net

State & Local Strategies:
https://www.cdc.gov/obesity/strategies/community.html
Federal Food Service Guidelines

- Standards were determined by a federal workgroup
  - 60 representatives from 9 federal departments or agencies
  - Subcommittees were formed for 4 sections
  - Formal Request for Information to public

- Sections
  - Food and Nutrition Standards
  - Facility Efficiency, Environmental Support, and Community Development Standards
  - Food Safety Standards
  - Behavioral Design

- Represent a set of voluntary best business practices

- Incorporated into organizational policy at CDC in 2018

Exceed Tool

Exceed | The Tool for Using Healthy Food Service Guidelines

OVERVIEW

Why healthy food service guidelines?

Purpose:

- To educate and provide information on incorporating FSG into Request For Proposals (RFPs) and food service contracts
Spectrum of Opportunities for Obesity Prevention in ECE

https://www.cdc.gov/obesity/strategies/childcareece.html
Salad Bars to Schools

We donate salad bars to schools so that every child across our nation has daily access to fresh fruits and vegetables.

$13,883,267 RAISED SO FAR
274 SCHOOLS WAITING FOR A SALAD BAR
2,670,500 KIDS SERVED
5,341 SALAD BARS GRANTED

Salad Bars + Schools = More Fruits & Vegetables For Children

As of 3/26/18
Nutrition & Obesity Policy Research and Evaluation Network = NOPREN

Thematic SIP network of CDC’s Prevention Research Centers [www.nopren.org](http://www.nopren.org)

- Network of collaborative, multidisciplinary researchers, grounded in the needs of public health practice, share knowledge, tools, & resources

- NCCDPHP: DNPAO (lead), DDT, DPH-School Health Branch

- 5 funded PRCs for pilot projects (1 coordinating center, 4 member centers)

- Work Groups: At least 2 sites, supported by CDC/RWJF HER (logistics and liaison), planning, papers, capacity building, grant applications
  - Drinking water access
  - School Wellness ([with Physical Activity Policy Research Network+](https://www.jhsph.edu/research/centers-and-institutes/center-for-adolescent-health/academic-research/paprn/index.html))
  - Rural food access
  - Hunger Safety Net
  - Early Childhood/Early care and education ([with RWJF HER](https))
  - Healthy Food Retail ([with RWJF HER](https))

- Diverse: Funded PRCs, Un-funded PRCs, Collaborative Members – Universities, NGOs, Partners, Federal Liaisons

- Regular, curated contact – monthly network & workgroup calls
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Thank You!

For more information, contact CDC
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