National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity

CDC State Indicator Report on Fruits and Vegetables, 2018

CAPT Heidi Blanck, PhD
Chief, Obesity Prevention and Control Branch
Amy Lowry Warnock, MPA
Healthy Food Environments Team
Obesity Prevention and Control Branch

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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.

Division of Nutrition, Physical Activity, and Obesity

Making Healthy Living Easier

- **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.**

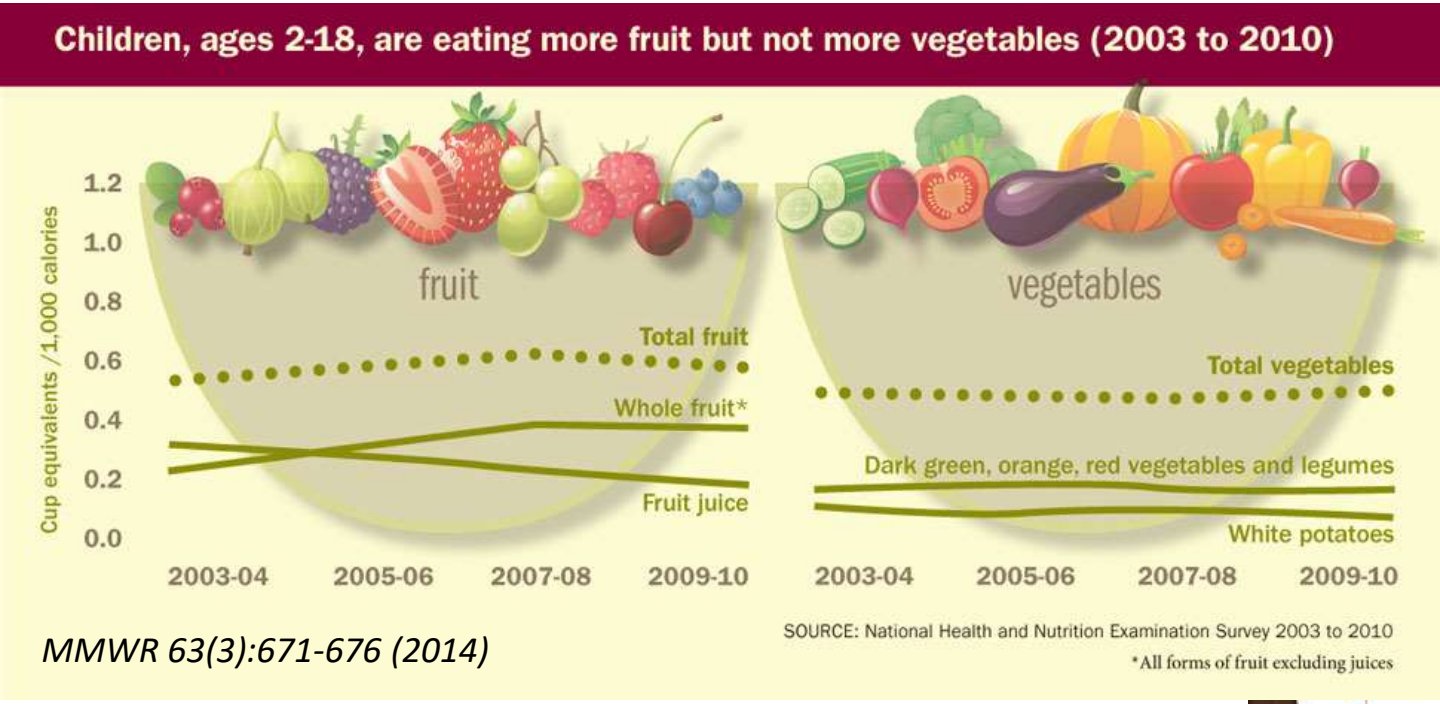
Adults Meeting Recommended Intake:

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



MMWR 63(3):671-676 (2014)

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

Youth Meeting Recommended Intake:

Among High School Students

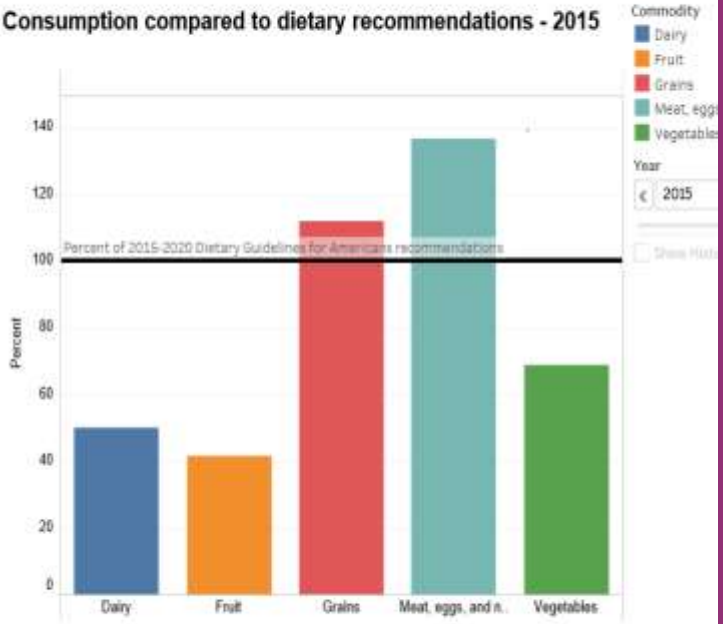
Fruit:	**9%**
Vegetable:	**2%**

Moore, LV et. al. Percentage of youth meeting federal fruit and vegetable intake recommendations, Youth Risk Behavior Surveillance System, United States and 33 states, 2013. Journal of the Academy of Nutrition and Dietetics. 2017;117(4):545-53.

Dietary Recommendations and Calorie Consumption

Dietary recommendations | Calories

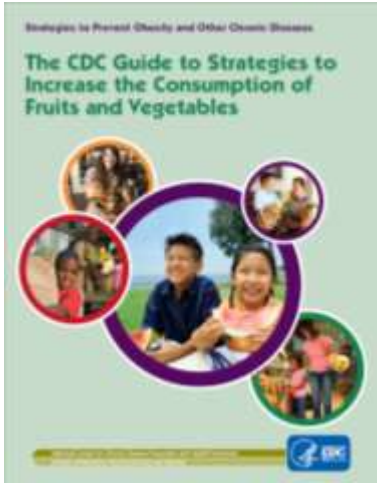
Consumption compared to dietary recommendations - 2015



Note: Rice availability data were discontinued in 2010 and thus are not included after 2010. Based on a 2,000-calorie-per-day diet. Loss-adjusted food availability data serve as a proxy for consumption.

Source: USDA, Economic Research Service, loss-adjusted food availability data series from the Food Availability (Per Capita) Data System, 2015 and *2015-2020 Dietary Guidelines for Americans*.

Public Health Strategies for Increasing F&V Consumption

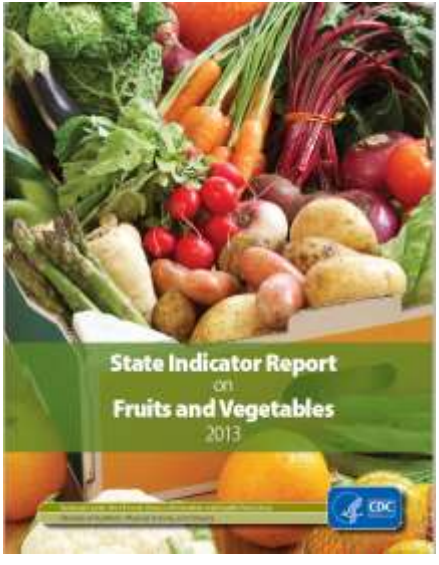


- Nutrition standards for early care and education (ECE), schools, etc.
- Farm to institution - school, ECE, worksites, hospitals, and other
- Institutional food service guidelines
- Healthy food retail
- Inclusion in assistance and emergency food programs
- Food policy councils
- Farmers' markets, Community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

Sources:
https://www.cdc.gov/obesity/downloads/strategies-fruits-and-vegetables.pdf
https://www.cdc.gov/nccdphp/dnpao/state-local-programs/nutrition.html

CDC's State Indicator Report on Fruits and Vegetables

State Indicator Report on Fruits and Vegetables, 2009



2009 Report: *https://www.cdc.gov/nutrition/downloads/StateIndicatorReport2009.pdf*
2013 Report: *https://www.cdc.gov/nutrition/downloads/state-indicator-report-fruits-vegetables-2013.pdf*

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:

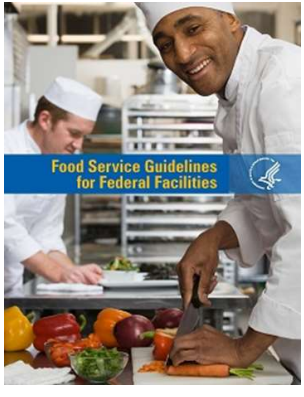
- Supports for F&V that target:
  1. Individuals and Families
  2. Children
  3. The Food System
- 10 State-level Policy and Environmental Indicators
  - 50 states and D.C.
  - Does not include state F&V behavior and consumption data
- National summary for each indicator
- State Highlights
  - ECE (Ohio)
  - Farmers Markets (Kentucky)

F&V Supports that Target Individuals and Families

- **Three indicators (DRAFT)**

1. Number of Farmers' Markets per 100,00 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
   - Source: John Hopkins Center for a Livable Future. Food Policy Council Directory

3. Number of Local Food Policy Councils
   - Source: John Hopkins Center for a Livable Future. Food Policy Council Directory

CDC's State Indicator Report on Fruits and Vegetables

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:

https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html

Center Portal:

https://chronicdata.cdc.gov/

NOPREN:

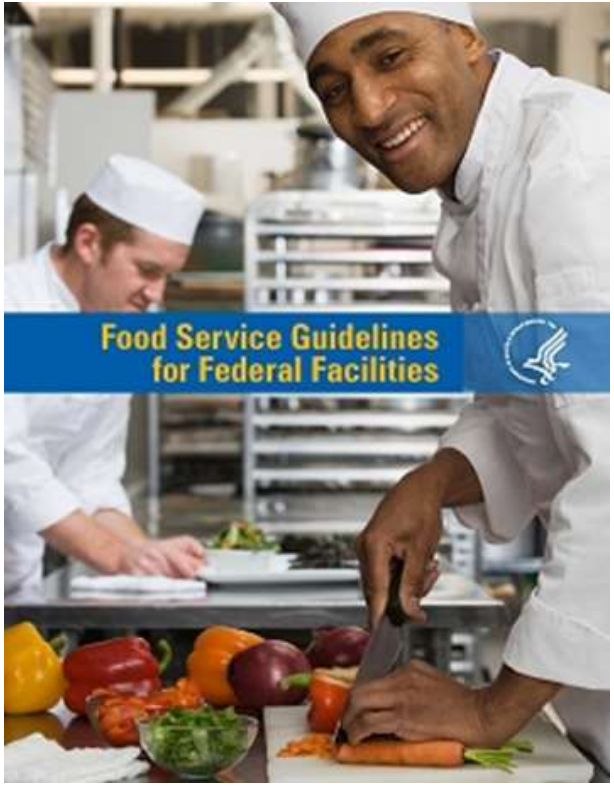
www.nopren.net

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



www.cdc.gov/obesity/strategies/food-serv-guide.html

Exceed Tool

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

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

- 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)*
  - Healthy Food Retail *(with RWJF HER)*
- Diverse: Funded PRCs, Un-funded PRCs, Collaborative Members – Universities, NGOs, Partners, Federal Liaisons
- Regular, curated contact – monthly network & workgroup calls

NOPREN

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Thank You!

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

Amy Lowry Warnock
awarnock@cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.