

Fruit and Vegetable Consumption in California Residents, 2012/2013

This indicator measures the percentage of California residents who consumed five or more servings of fruits and vegetables a day. Adults, adolescents, and children (with parental assistance) were asked about the serving sizes and types of fruits and vegetables they ate over the previous 24 hour period. These data are from the 2013 California Dietary Practices Surveys (CDPS), 2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS), and 2013 California Children's Healthy Eating and Exercise Practices Survey (CalCHEEPS). These surveys have been discontinued.

Background: Children's Healthy Eating and Exercise Practices Surveys (CalCHEEPS) were the most extensive dietary and physical activity assessments of adults 18 years and older, adolescents 12 to 17, and children 6 to 11, respectively, in the state of California. CDPS and CalCHEEPS were administered biennially in odd years up through 2013 and CalTEENS was administered biennially in even years through 2014. The surveys were designed to monitor dietary trends, especially fruit and vegetable consumption, among California's for evaluating their progress toward meeting the Dietary Guidelines for Americans and the Healthy People 2020 Objectives.

Methodology: All three surveys were conducted via telephone. Adult and adolescent data were collected using a list of participating CalFresh households and random digit dial, and child data were collected using only the list of CalFresh households. Older children (9-11) were the primary respondents with some parental assistance. For younger children (6-8), the primary respondent was parents. Data were oversampled for low-income and African American to provide greater sensitivity for analyzing trends among the target population. Dietary recall methods used for these analyses varied by survey (age group). The methods were as follows:

- Adult: Fruit and vegetable consumption were collected using the following questions:

The first questions are about what you ate for your meals and snacks yesterday. When I ask about FRUITS AND VEGETABLES keep in mind that I mean ALL forms including: fresh, canned, frozen and dried, as well as fruit and vegetable 100% juices, salads, salsa, potatoes, and soups and stews made with vegetables. Rice and beans (except for green beans) are not considered vegetables. When I ask about SERVINGS, a serving of fruit is about one medium piece of fruit, ½ a cup or a big scoop of cut up fruit, or a handful of dried fruit. A serving is ½ cup or a big scoop of vegetables or a medium green salad or a small baked potato. A serving of juice is ¾ cup or a small glass.

1. Did you eat a morning meal (breakfast) yesterday?
2. Did you have any fruit, vegetables, salad, or 100% juice for your morning meal (breakfast) yesterday? Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads and salsa.
3. Which fruit, vegetables, salad or 100% juice did you have at your morning meal (breakfast) yesterday? Include fruits and vegetables in mixed dishes like fruit on cereal, or vegetables in an omelet. DO NOT include hash browns or fried potatoes.
4. Was there lettuce or any other leafy greens in the salad?
5. Other than lettuce, what were the main one or two ingredients in the salad?

6. How were your potatoes prepared?
7. How many servings of (F/V mentioned in Q3) did you eat for your morning meal? (Repeated for each F/V mentioned in Q3)

This series of questions is repeated for a mid-day meal (lunch), and evening meal (dinner/supper), and a snack.

- Adolescent: Fruit and vegetable consumption were collected using the following questions:
 1. Yesterday, did you eat or drink anything for breakfast?
 2. Did you eat any fruits or vegetables, or drink any 100% juice for breakfast yesterday? DO NOT INCLUDE POTATO CHIPS OR FRENCH FRIES.
 3. Did you eat a complete school breakfast yesterday? Do not include student store, vending machine, or a la carte line or snack bar.
 4. Did you eat the fruits, vegetables, or 100% juices served as part of your breakfast at school?
 5. Which fruits, vegetables, or 100% juice did you have for breakfast yesterday? Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, and salsa. DO NOT include potato chips or french fries. Include fruits and vegetables mixed with other foods, like fruit in cereal and vegetables in omelets.
 6. Were the potatoes you ate baked, boiled, mashed, fried, hash browns, tater tots or some other kind?
 7. Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?
 8. Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else or just tomatoes?
 9. How many sandwiches, burgers, burritos or tacos did you eat that included lettuce and/or tomatoes?
 10. What was the main fruit in your mixed fruits or mixed fruit salad?
 11. What was the main vegetable in your (Q5)?
 12. In the green salad you ate, were there any ingredients other than lettuce?
 13. Other than lettuce, what were the two main ingredients in the salad?
 14. How many servings of (Q5) did you eat for breakfast?

This series of questions is repeated for a mid-day meal (lunch), and evening meal (dinner/supper), and a morning and afternoon snack.

- Child: Prior to the telephone interview, participants were mailed a two-dimensional food models booklet for estimating portion sizes during the interview. Dialing hours were from 5:00 to 8:00 pm using a 24-hour dietary recall method with the child being the primary respondent with parental assistance for older children (9 to 11 years). The recall sequence began by collecting children's intake after they got up in the morning the day of the interview and proceeding up to the present time. Then, the interviewer asks about intake from the afternoon until the child went to bed from

the previous day to obtain a complete 24 hours. Recalls focused on time of day markers (before, during, and after school; when you got up; before you went to bed; after dinner; etc.) rather than clock-based times of day (7:00 am, 12:00 pm, 5:00 pm, etc.) to assist children in their recall. For younger children (6 to 8 years), parents were the primary respondents with child assistance and the dietary recall followed the standard midnight to midnight sequence.

