

Bureau of USDA Nutrition Programs

2008 Nutrition Status Report

New Report Details Status of Nutrition in Arizona: Low-Income Adults Eat as Many Fruits and Vegetables as Adults Not in Poverty

The [2008 Arizona Nutrition Status Report](#) is now available to the public. The report provides timely information about nutrition-related issues that affect Arizonans today. The report contains:

- new data sources
- better detail of local data
- graphical representations of data and useful information for all those working to reduce hunger, promote breastfeeding, decrease obesity and change ideas and behaviors to attain better health

Health professionals, public health programs and community groups can use the data to improve their planning, preparation and implementation of health programs that promote well-being and better health choices among the public they serve.

- More than half the deaths in Arizona each year are from diseases for which diet and lack of physical activity are known to increase risks including cardiovascular disease, cancer, stroke and diabetes
- A growing body of research has shown **that fruits and vegetables are an essential part of a healthy diet** and are found to be effective in decreasing chronic diseases that include cardiovascular disease, cancer and diabetes

“Fruits and vegetables are essential to good health. Eating a variety of these important foods every day has many benefits ranging from achieving a healthy weight to reducing prevalence of chronic disease,” said Laura Astbury MS, RD. Astbury is the newly appointed Arizona Fruit and Vegetable Nutrition Coordinator, who works with organizations throughout Arizona to promote fruit and vegetable consumption.

History

Since the last Nutrition Status Report published in 2002:

- Arizona has fallen short of meeting the Healthy People 2010 objective of at least half of adults meeting recommendations for fruit and vegetable consumption
- Four out of five students in Arizona high schools did not meet recommendations for fruit and vegetable consumption
- Two out of three Arizona adults did not meet the fruit and vegetable intake recommendations
- **Phoenix families are spending less than ten percent of their total food budget on fruits and vegetables**, according to the Consumer Expenditure Survey

Historically, low-income individuals have lower intakes of fruits and vegetables than individuals not in poverty:

- In Arizona, the consumption of fruit and vegetables among low-income individuals has increased to mirror consumption patterns of adults not in

- poverty
- o United States Department of Agriculture (USDA) Nutrition Programs use focused nutrition education and common nutrition messages such as *Fruits and Veggies – More Matters™* to promote improved dietary habits among low income people served throughout the state

Some of the USDA Nutrition Programs using these common messages include:

- o Special Supplemental Nutrition Assistance Program for Women, Infants and Children (WIC)
- o The Arizona Nutrition Network that provides nutrition education for Supplemental Nutrition Assistance Program participants (SNAP- formerly known as Food Stamps)
- o The Farmers Market Nutrition Program. Together these programs reach nearly one million low income individuals each year

Beginning in October, WIC families will receive fruits and vegetables, along with other foods critical to improving pregnancy outcomes and child nutrition, as part of their WIC Food Package.

The cash value vouchers (CVV) in this new WIC food package will allow WIC participants to purchase more than \$750,000 in fresh fruits and vegetables every month. With the release of the new WIC food package, it is anticipated that the consumption patterns for low-income individuals will surpass adults not in poverty in the coming years.

To view the report and additional information about the report, visit <http://www.eatwellbewell.org/partners/partner-resources/data-and-statistics>.

For questions regarding this report, please contact Shelley Kuklish at 602-364-1736 or kukliss@azdhs.gov.

Bureau of USDA Nutrition Programs

Vision

Inspiring Arizona to make healthy choices.

Mission

Improve health and well-being through nutrition education and promotion of physical activity along with passionate support for people and programs to reduce hunger, increase breastfeeding, and decrease obesity throughout Arizona.