

DIET AND EXERCISE

Regular physical activity and eating a healthy diet are keys to maintaining and improving one’s health, and preventing and controlling chronic diseases. Both efforts substantially reduce the risk of dying from coronary heart disease, decrease the risk for stroke, colon cancer, diabetes, and high blood pressure, and help prevent overweight and obesity. Physical activity also contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications.¹

NUTRITION

According to the National Health and Nutrition Examination Survey (NHANES), 2001-2004, Americans consumed 0.5 cups of fruits per 1,000 calories consumed and 0.8 cups of vegetables per 1,000 calories consumed, which is lower than the Healthy People (HP) 2020 goals of 0.9 cup of fruit and 1.1 cups of vegetables per 1,000 calories consumed.²

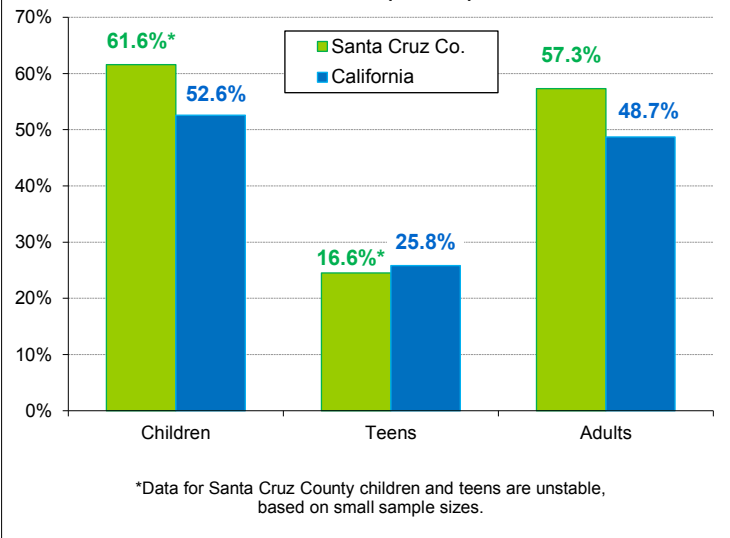
The California Health Interview Survey (CHIS) asks whether children have consumed five servings of fruits and vegetables in the past 24 hours³ (Figure 1). The 2011-2012 survey showed that more Santa Cruz County children (61.6%) than California children (52.6%) had eaten the recommended five fruits and vegetables. More Latino children than White children had eaten the recommended five servings (69.4% v. 56.9%), but the difference was not statistically significant. Teens did not do as well – only 24.5% locally and 25.8% statewide had met the recommendation. Since 2005, CHIS has not asked the question of adults.

The Santa Cruz County Community Assessment Project Telephone Survey⁴ asks whether respondents have eaten five servings of fruits and vegetables at least five times in the last seven days. In the 2013 survey, 57.4% said they had. The percentage was higher among Whites (59.8%) than Latinos (50.3%). This question was revised in 2013, so the results are not comparable with prior-year CAP surveys.

PHYSICAL ACTIVITY

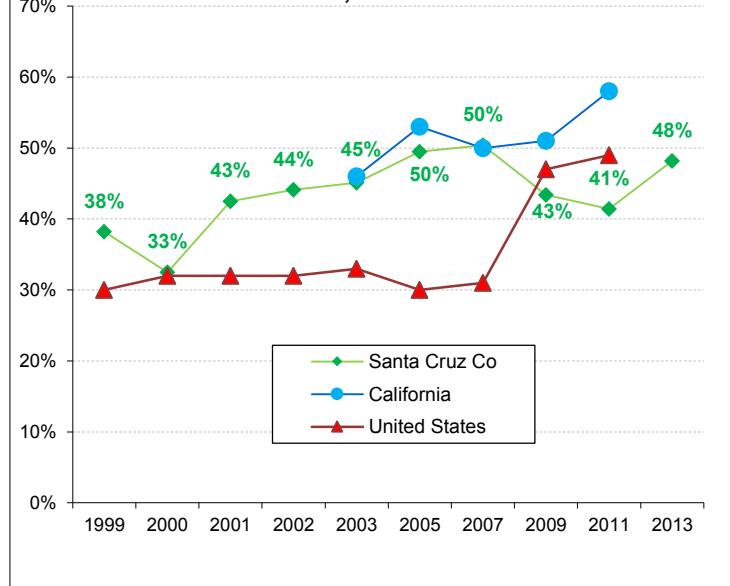
Despite the proven benefits of physical activity, in 2013 only 49.9% of American adults met the CDC Physical Activity Guidelines⁵ (aerobic physical

Figure 1: Children, Teens, and Adults Who Reported Eating Five+ Servings of Fruits and Vegetables Per Day, Santa Cruz County and California,³ 20011/12 (Children and Teens) and 2005 (Adults)



activity of at least moderate intensity for at least 150 minutes per week, or 75 minutes per week of vigorous intensity, or an equivalent combination). However, in 2012, the percentage of Santa Cruz County adults who did not engage in any leisure-time physical activity was estimated at just 11.4%, second lowest of all California counties and eighth best out of 3,146 counties nationwide.⁶

Figure 2: Adults Participating in 30 Minutes of Moderate Activity Five+ Days per Week, Santa Cruz County,⁴ California,⁷ and the U.S.,⁷ 1999-2013



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Between 1999 and 2013, the proportion of Santa Cruz County adults who participated in 30 minutes of moderate activity five or more days per week increased from 38% to 48%, in line with U.S. and California adults (Figure 2).^{4,8}

Physical activity is a key factor for children and adolescents to maintain a healthy weight and develop healthy habits that will help prevent chronic disease as they become adults.

An HP 2020 goal is to increase to 20.2% the proportion of adolescents who meet CDC's physical activity guidelines for aerobic physical activity of 60 minutes per day. In 2011-12, 16.1% of California teens reported at least 60 minutes of physical activity seven days a week, excluding PE. Santa Cruz County reported 28.7%, but that number is highly variable due to small sample size.³

Sources	<p>(1) Centers for Disease Control, Division of Nutrition, Physical Activity, and Obesity. 2008 Physical Activity Guidelines for Americans. Washington: HHS; 2008. http://www.health.gov/paguidelines/guidelines/</p> <p>(2) National Health and Nutrition Examination Survey (NHANES), CDC, NCHS via Healthy People 2020. http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=29#146172.</p> <p>(3) California Health Interview Survey 2001, 2003, 2005, 2007, 2009, 2011-2012. Accessed August 6, 2015. http://ask.chis.ucla.edu/</p> <p>(4) Applied Survey Research. Community Assessment Project Reports, 2007-2014. http://www.appliedsurveyresearch.org/scccap/.</p> <p>(5) Centers for Disease Control. "HP2020 Objective Data Search – Physical Activity." Accessed August 6, 2015. http://www.healthypeople.gov/2020/data-search/Search-the-Data?nid=5069</p> <p>(6) Centers for Disease Control. "Leisure-Time Physical Inactivity Prevalence." Accessed July 20, 2015. http://www.cdc.gov/diabetes/atlas/countydata/County_ListofIndicators.html</p> <p>(7) Behavioral Risk Factor Surveillance system (BRFSS), CDC, NCCDP. http://wonder.cdc.gov/data2010/.</p> <p>(8) NHIS (CDC, NCHS) via Healthy People 2020. http://www.healthindicators.gov/Indicators/Adultaerobic150minweekmoderateor75minutesweekvigorousphysicalactivity_1319/Profile/Data</p>
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