

Arizona Nutrition Network Target Population Study

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Methodology

- Intercept surveys with 830 women
 - between ages of 18 and 49
 - with children ages 2 to 11.
- DES offices, farmers markets, swap meets, Fiestas Patrias events, low-income apartment complexes
- Phoenix, Tucson, Flagstaff, & Yuma

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Surveys Conducted

- September 8 – November 12, 2012
- English and Spanish
- \$10 Wal-Mart gift card as thank you.

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Topics

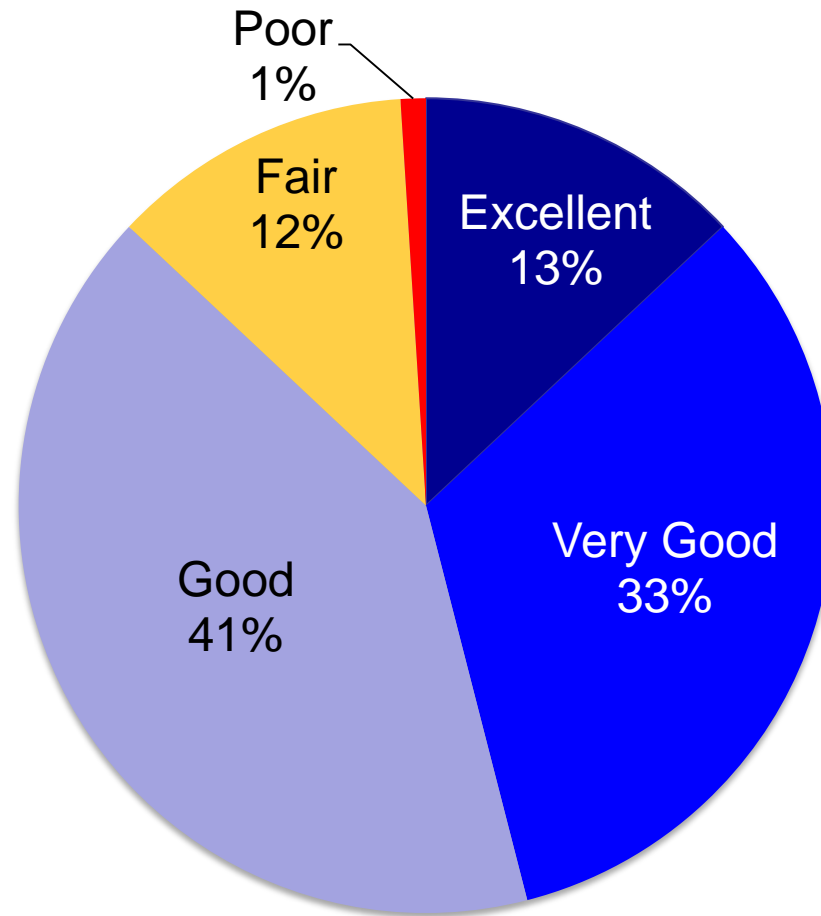
- Where people eat (home, restaurants)
- Grocery shopping and meal preparation
- Food consumption and physical activity
- Health and nutrition concerns and information sources
- Assistance programs

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In general, would you say your health is...

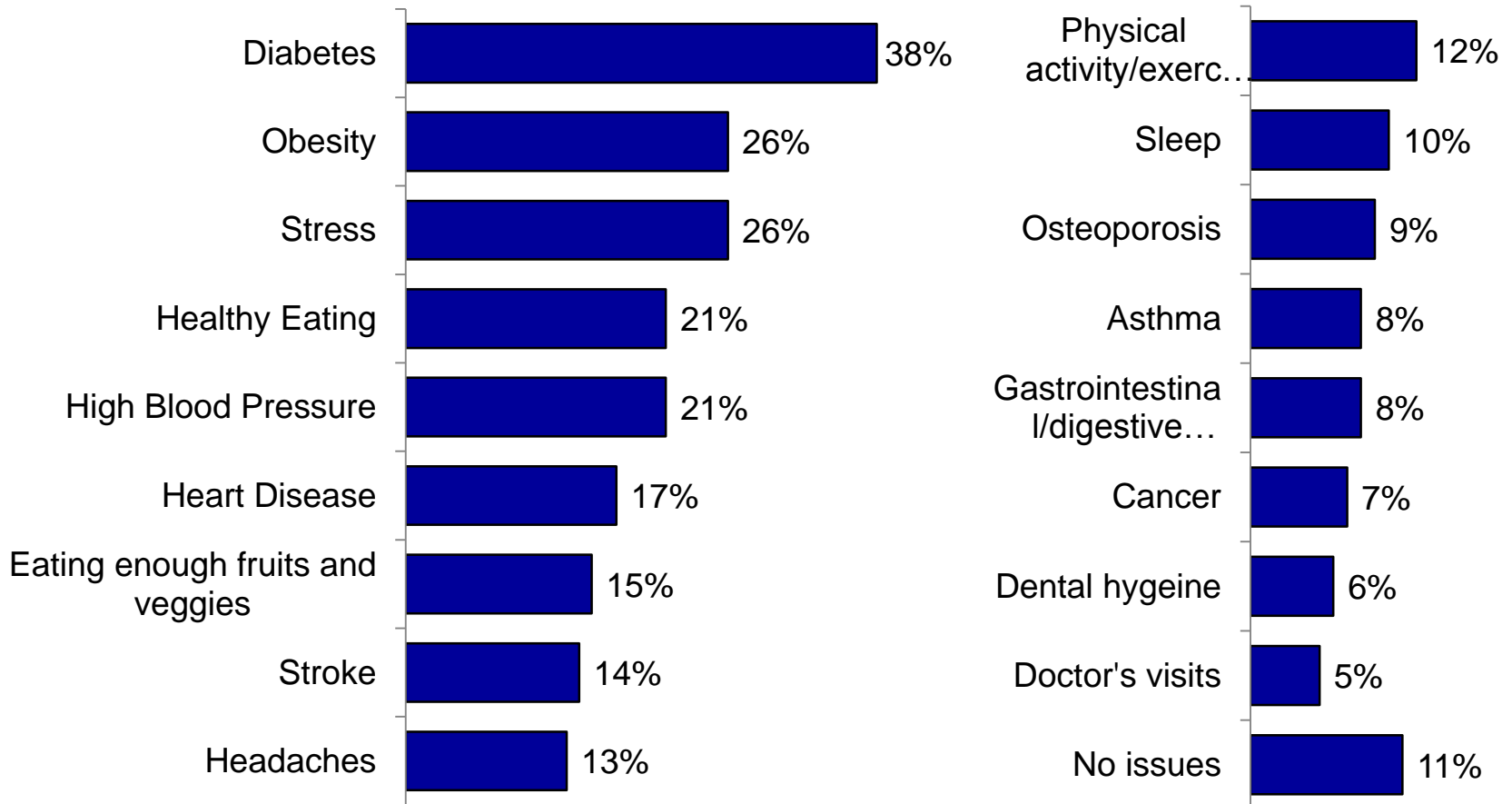


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What kinds of things are important to you when you think about you and your family's health?

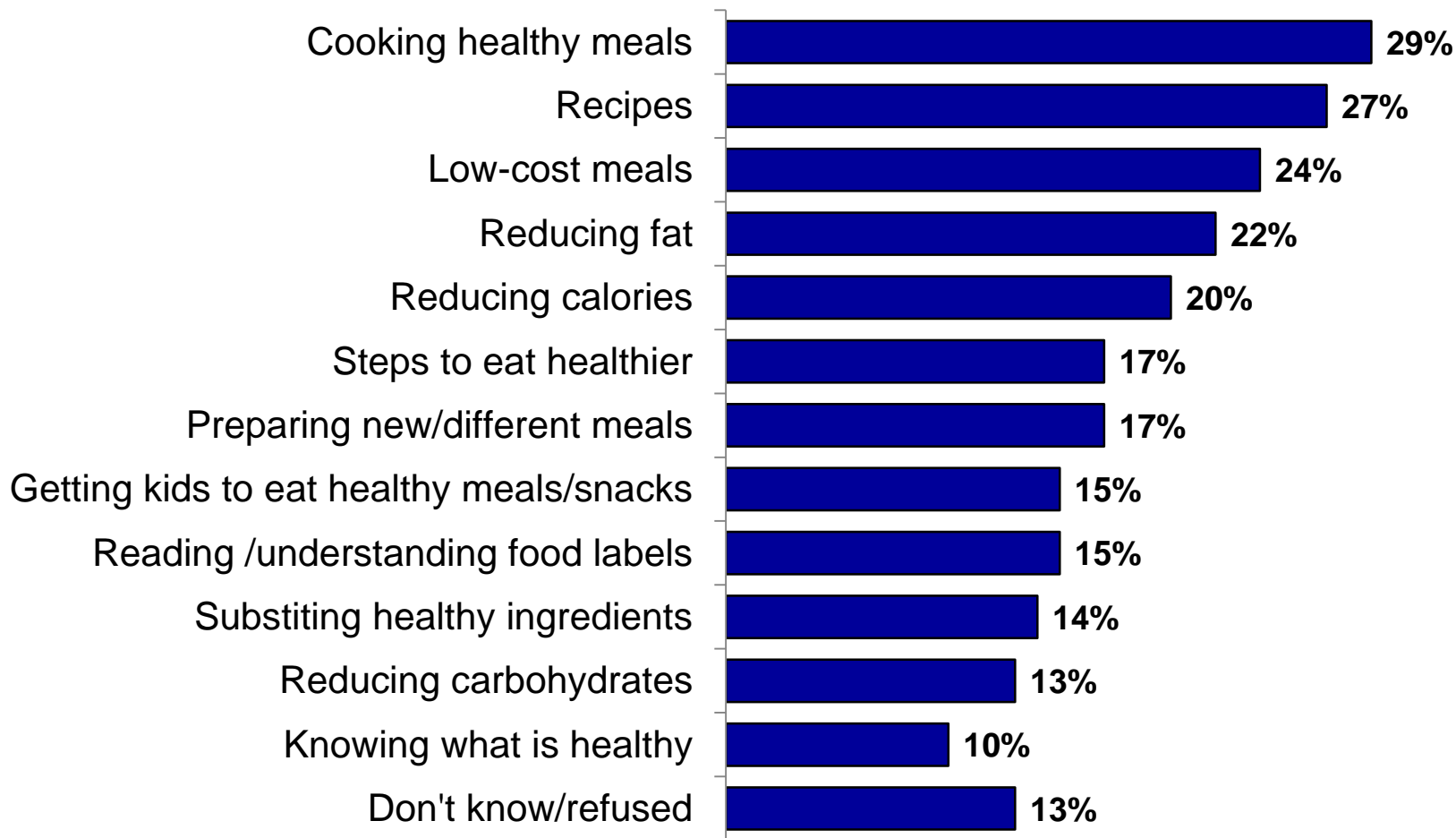


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What kinds of things are you interested in learning about in order to eat a healthy diet?

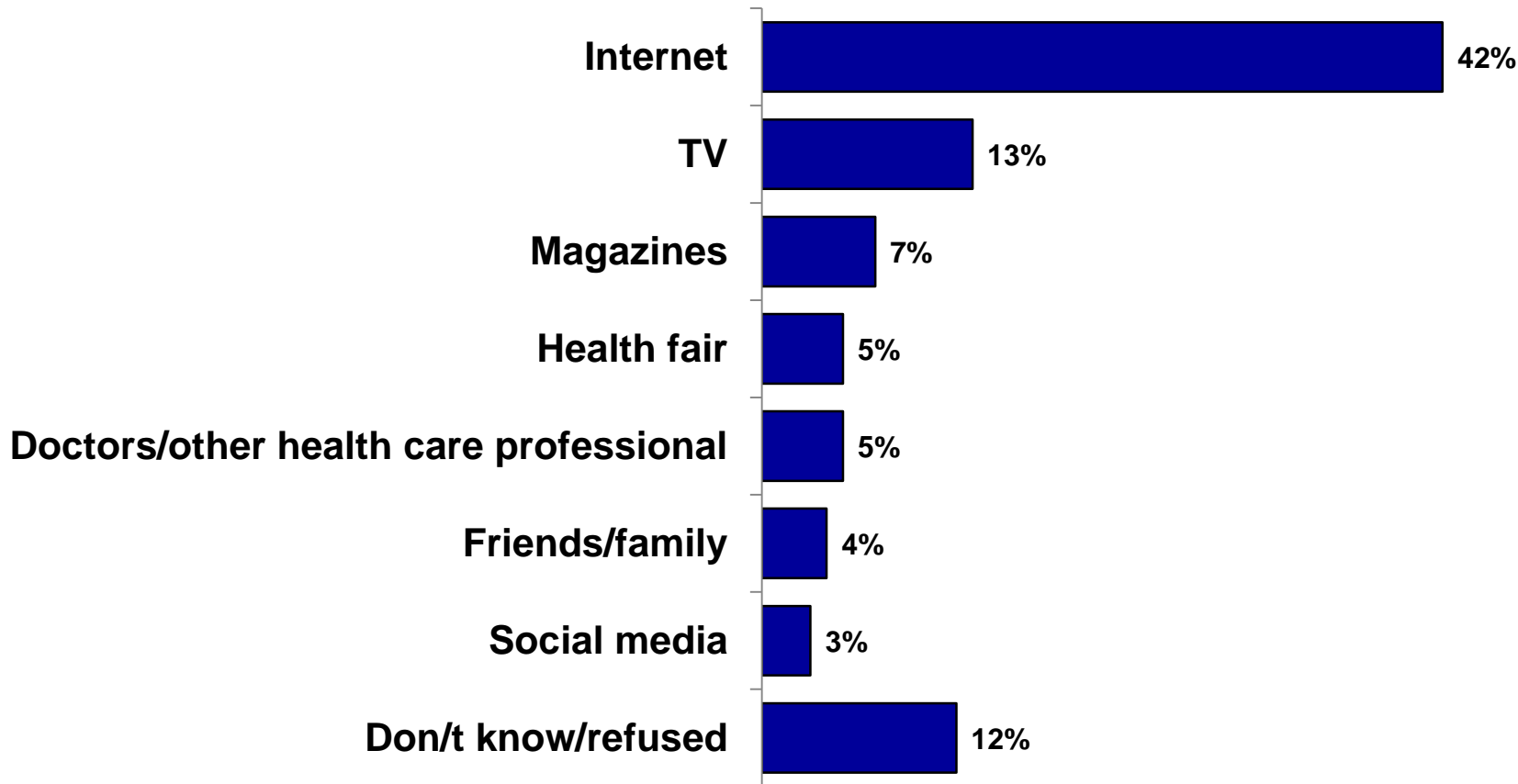


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Best way to learn those things of most interest to you?



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In past week, how many times did your family ...

Average # times / week



Eat a meal at home

8.3

Eat together as a family

7.7

Eat fast food

1.3

Eat take out food

0.7

Eat at a restaurant

0.5

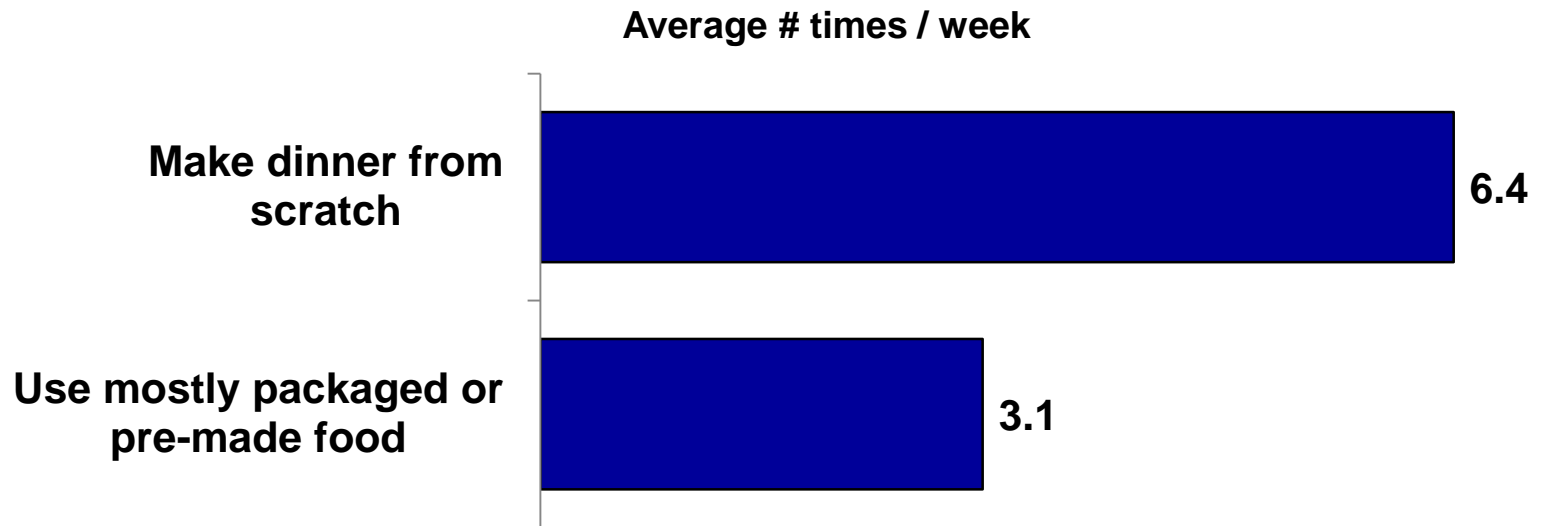
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Food Preparation

In past week, how many times did your family . . .



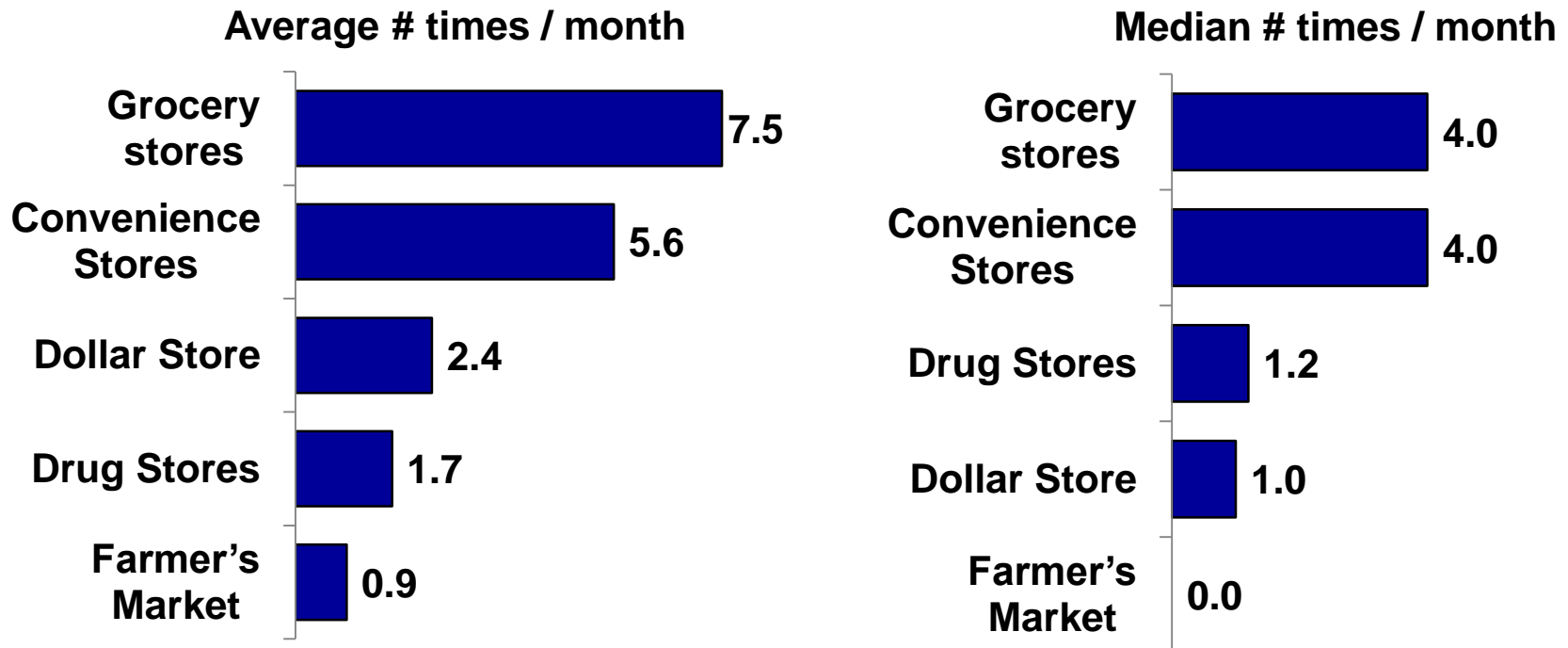
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Grocery Shopping

In the past month, how often did you shop at each of the following



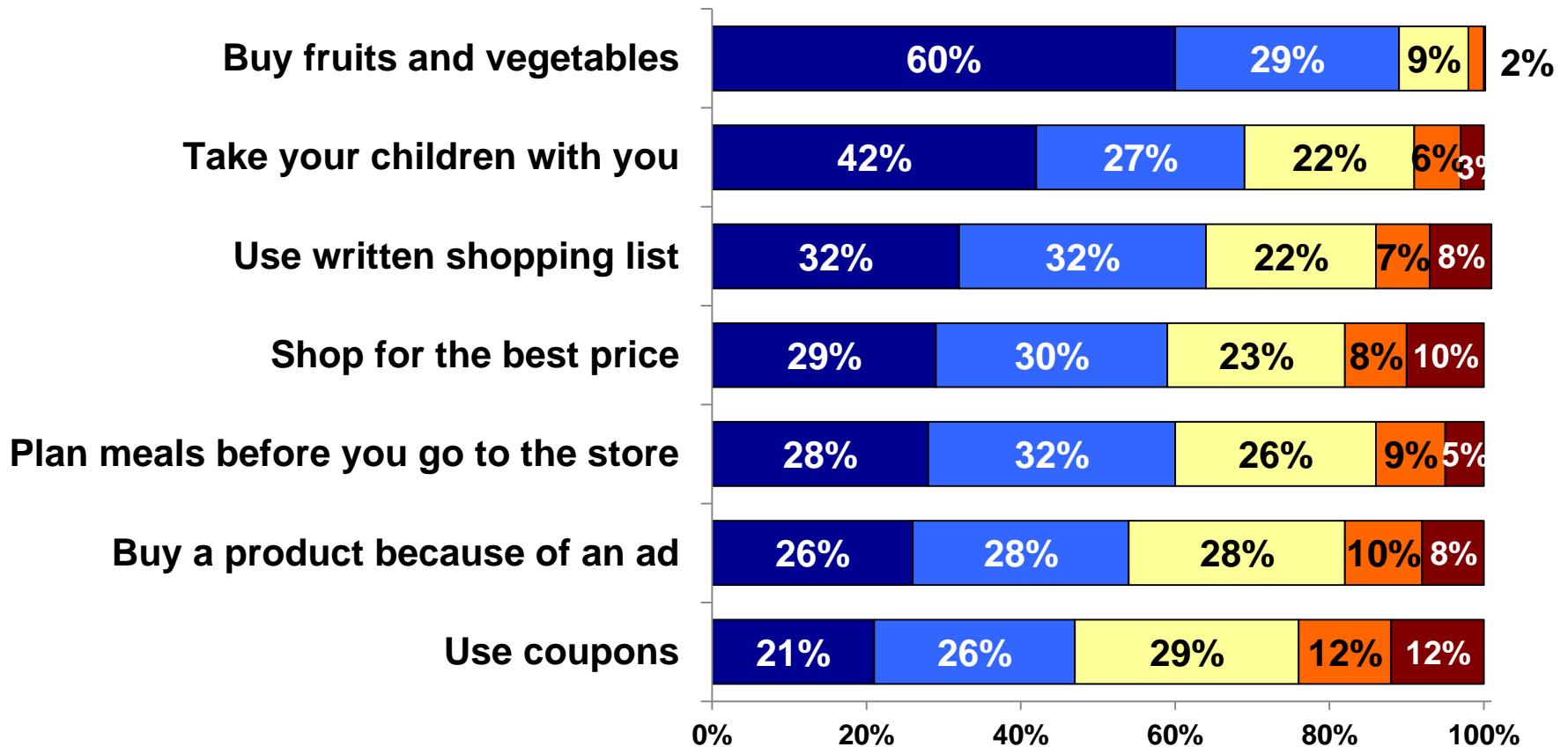
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When shopping for groceries, how often do you do each of the following?

■ Always ■ Often ■ Sometimes ■ Rarely ■ Never



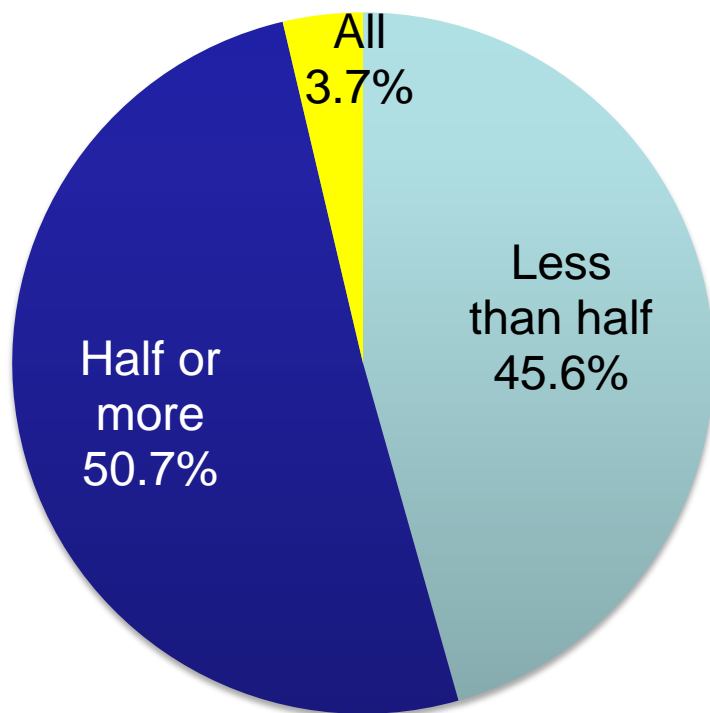
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Whole Grains (in past week)

% of Grains that are Whole



- Daily Servings
 - Mean = 1.3
 - Median = 2.4
 - Only 1% ate none

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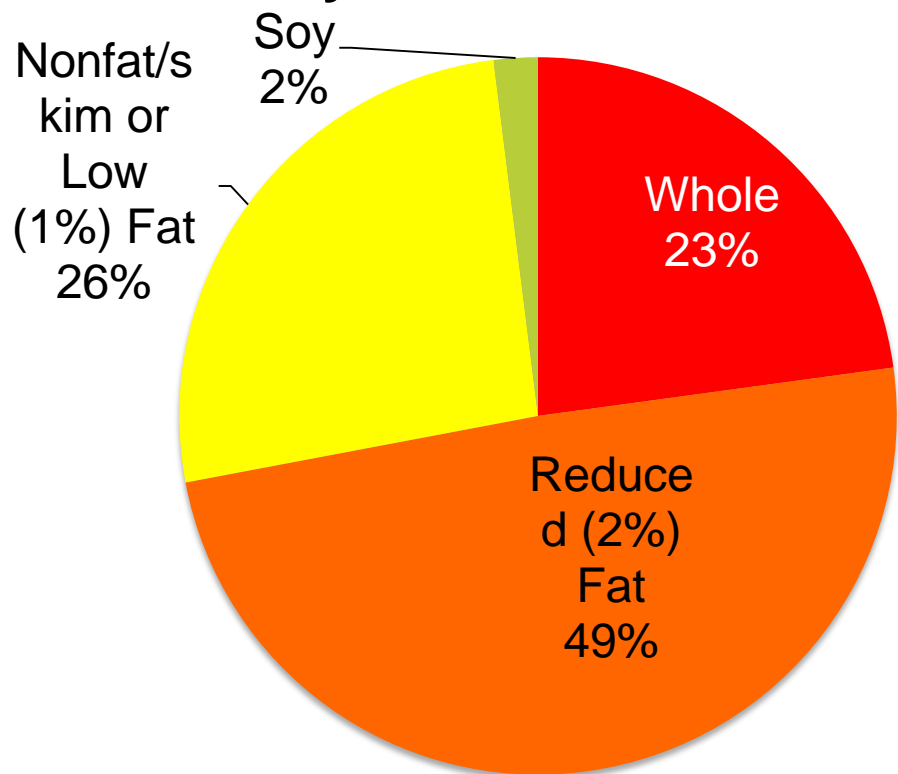
Milk (in past week)

- Mean = 1.0 daily servings
- Median = 1.0 daily servings
- 85.8% drink only one kind of milk



Kind of Milk

Among the 86% who drink only one kind of milk



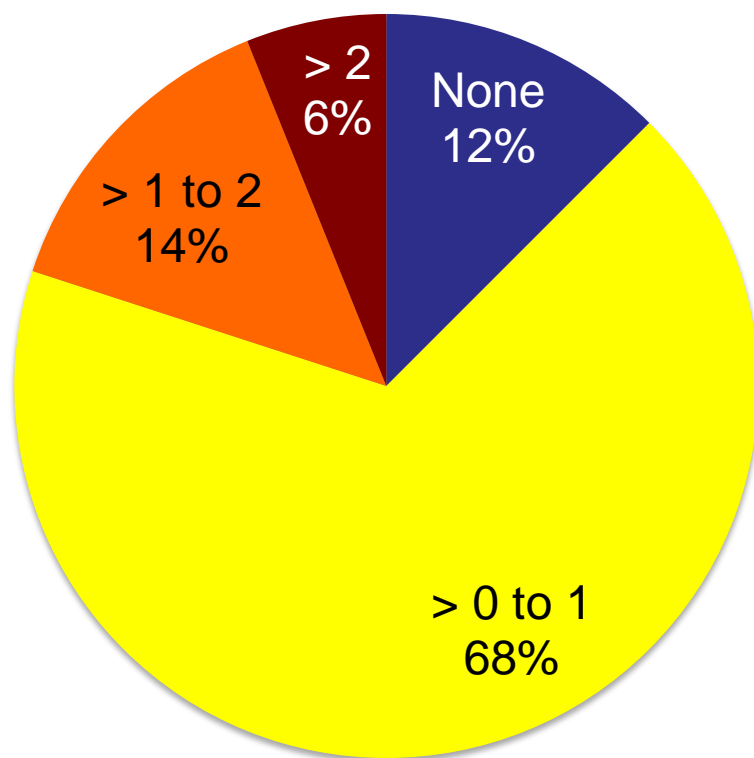
- Only 29% drank nonfat or 1% milk either always or some of the time
- 2% is most commonly consumed, with 53% drinking it at least some of the time

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Sugar sweetened beverages servings per day



- Mean = 0.9
- Median = 0.7

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Daily Fruits and Vegetables (past week)

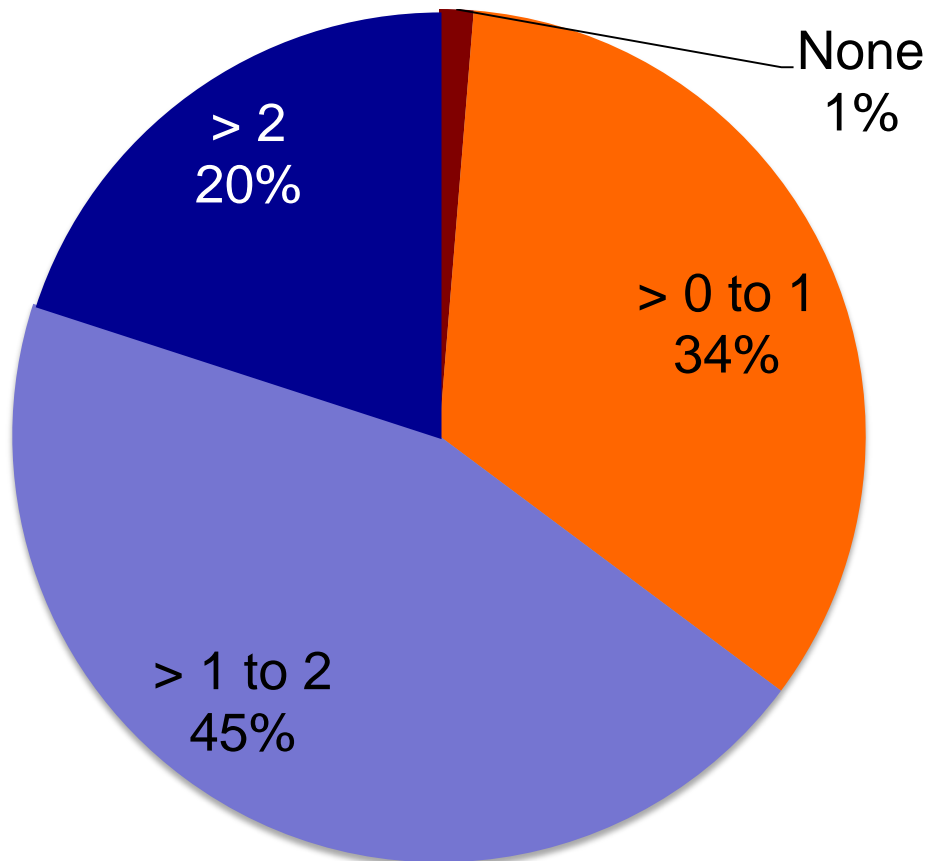


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Daily Fruit Servings in the Past Week



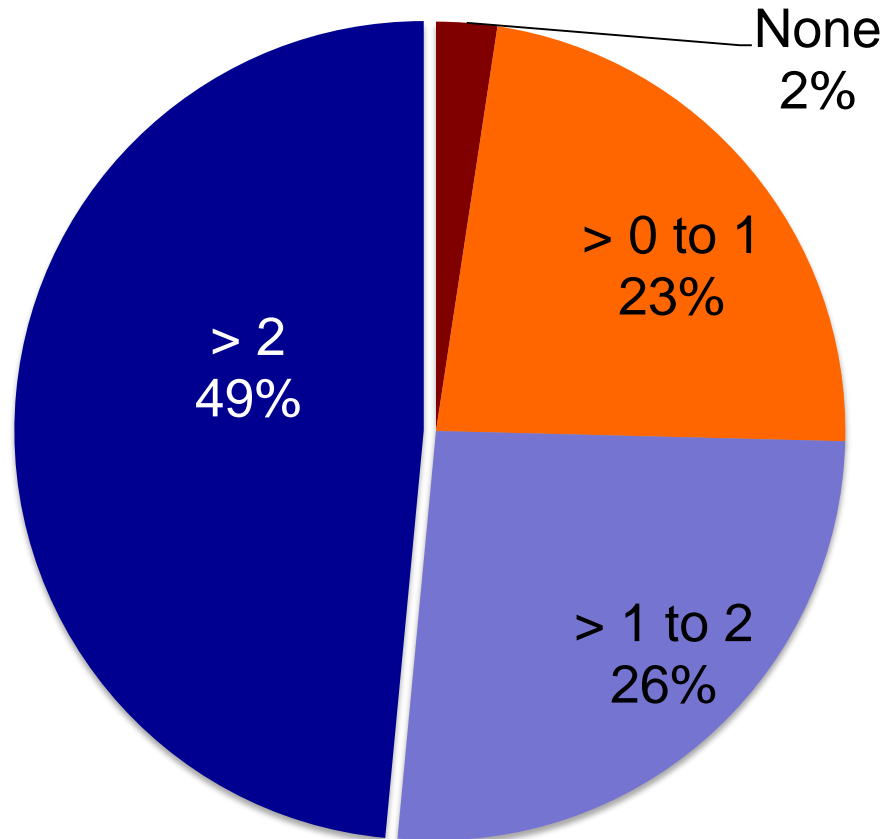
- Mean = 1.6
- Median = 1.3

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Daily Vegetable Servings Past Week



- Mean = 2.3
- Median = 1.9

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Aerobic Activity: Adult Recommendations



150 minutes of moderate activity per week

Such as brisk walking, gardening, or cycling 10 mph or slower, ballroom dancing, tennis (doubles)

Or 75 minutes of vigorous activity per week

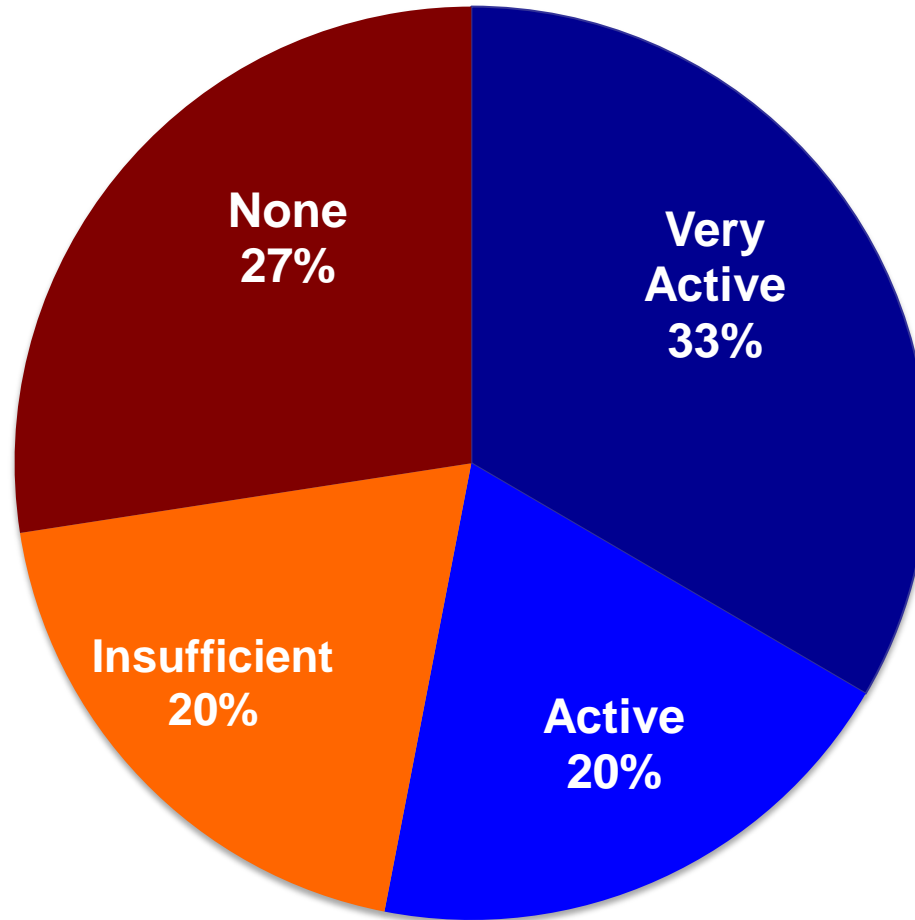
Such as jogging, cycling faster than 10 mph, tennis (singles), aerobic dancing, swimming laps, jumping rope

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Physical Activity

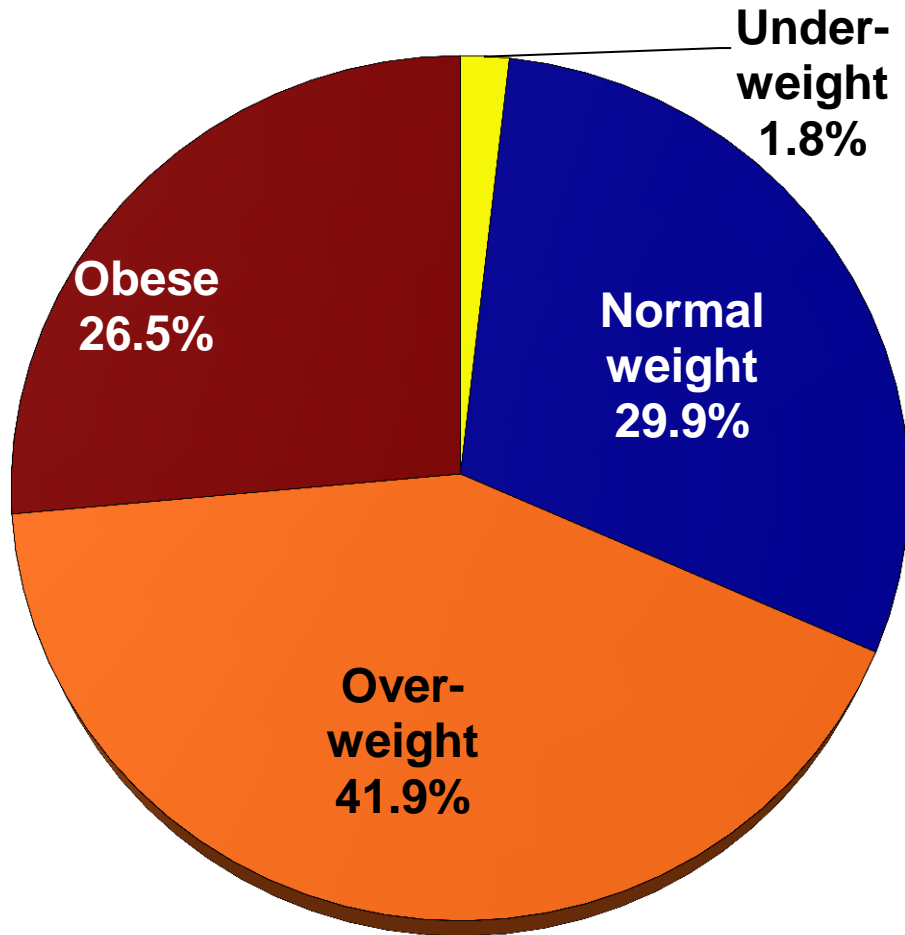


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Weight Status (BMI)



- Only represents those who gave both height and weight
- 25.6% missing
- 68% either overweight or obese

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What comes to mind when you think of SNAP/Food Stamps

Food/groceries	41%
Help/assistance/government support	23%
People in need/less fortunate/poor	8%
Family	7%
Free/free food	7%

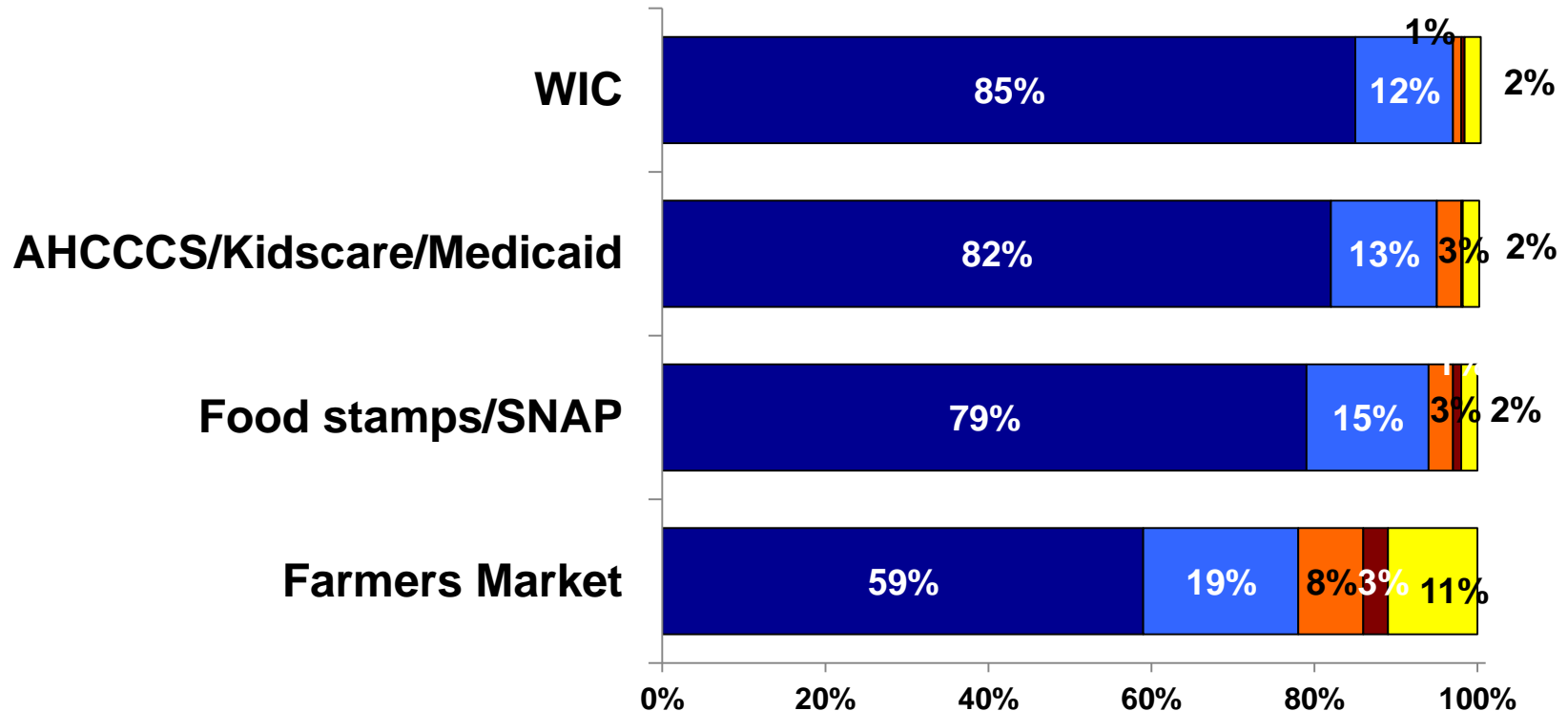
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How favorable is your impression of . . .

- Very favorable
- Somewhat favorable
- Somewhat unfavorable
- Very unfavorable
- Don't know/Ref

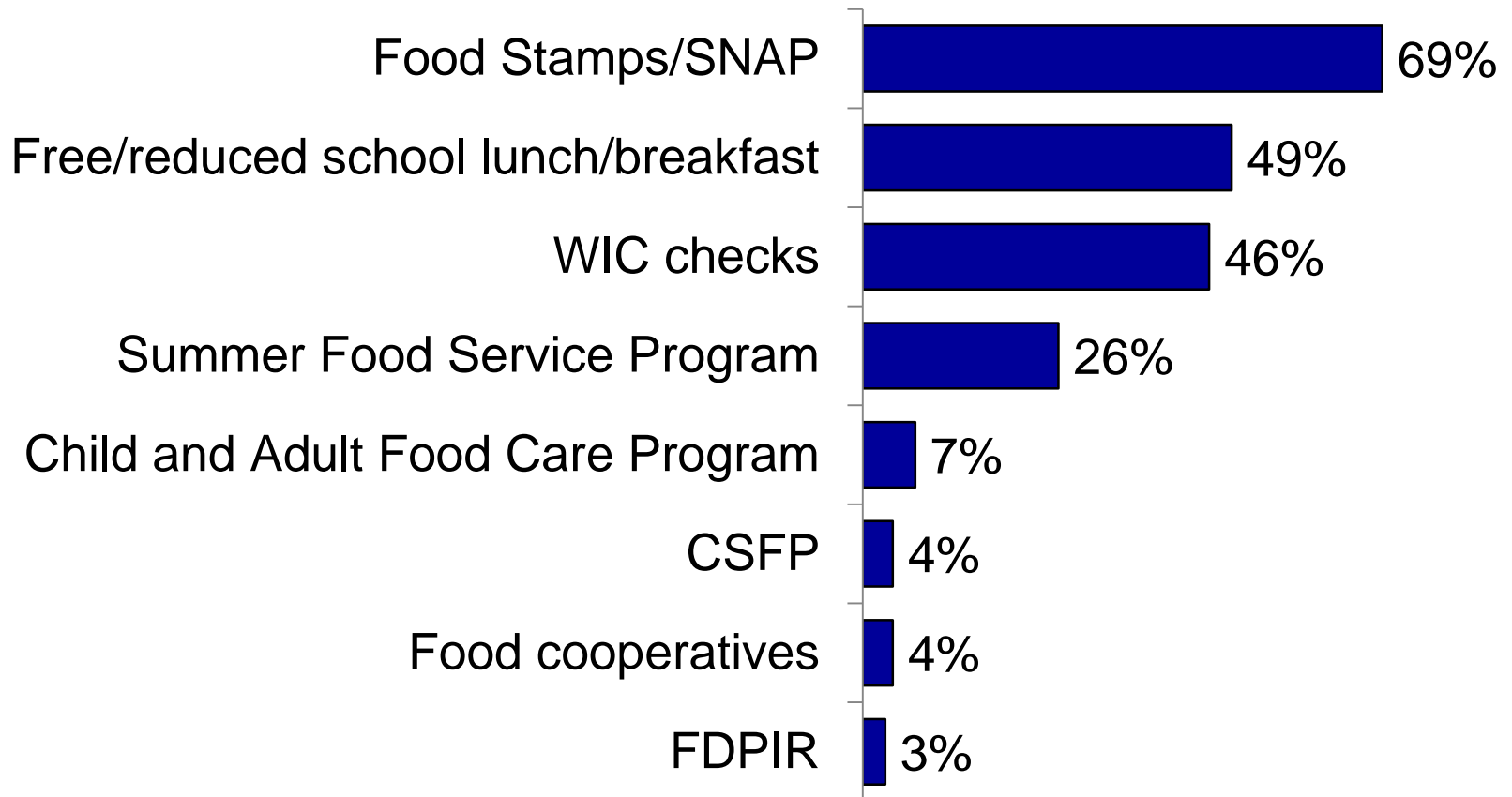


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Program participation (past 12 months)

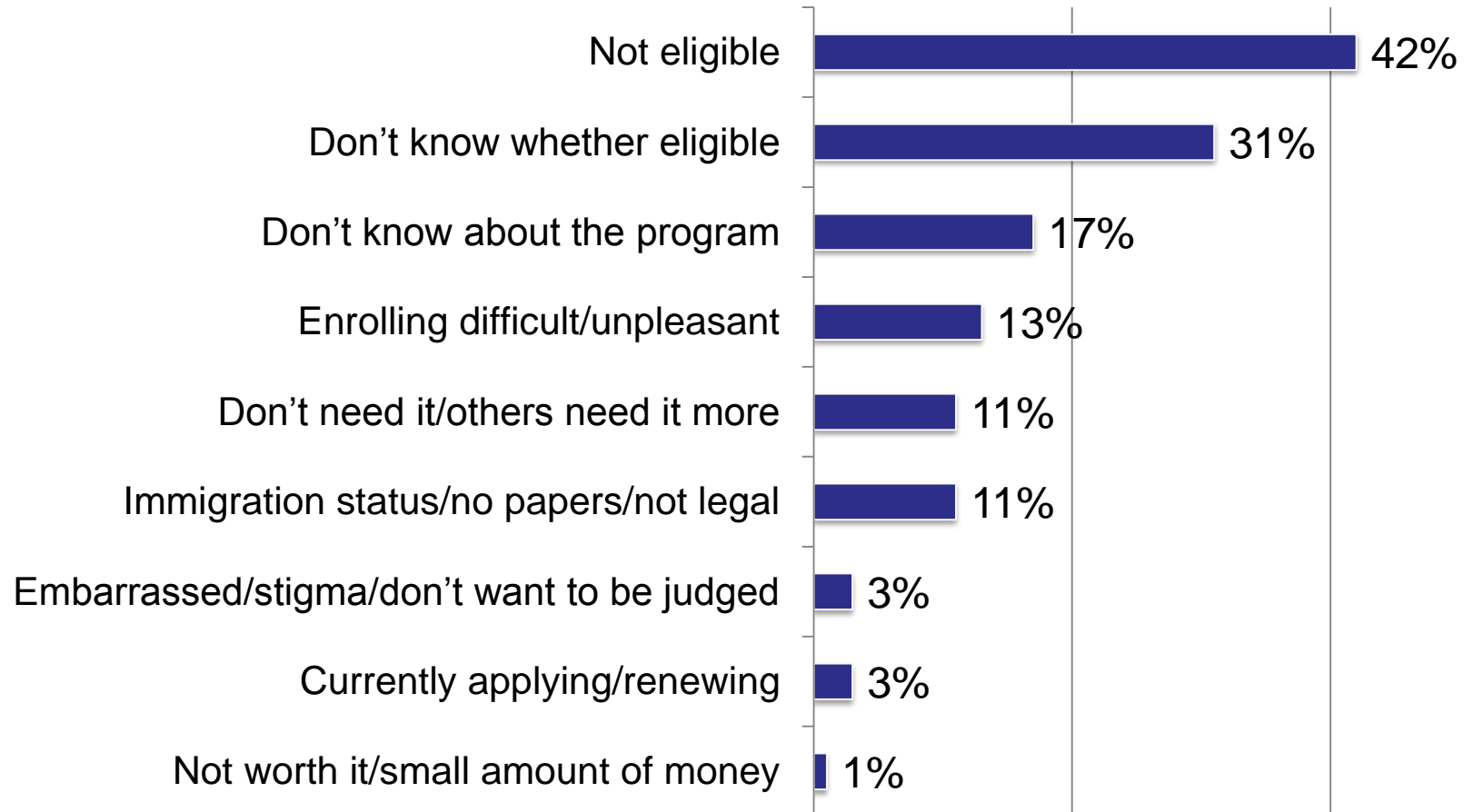


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Reasons not participating in SNAP



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Comments?

Questions?

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