

FAMILY NUTRITION EVENT- EXTENDED RESEARCH

A small research study conducted among volunteers by South Dakota Team Nutrition at Fresh Fruit & Vegetable Program schools at the beginning of their first year of implementation and again near the end of the school year.

Pre-survey: 19 families; post-survey: 13 families.

Program Director: Mary Kirk, Child & Adult Nutrition Services

Program Research Coordinator: Karlys Wells

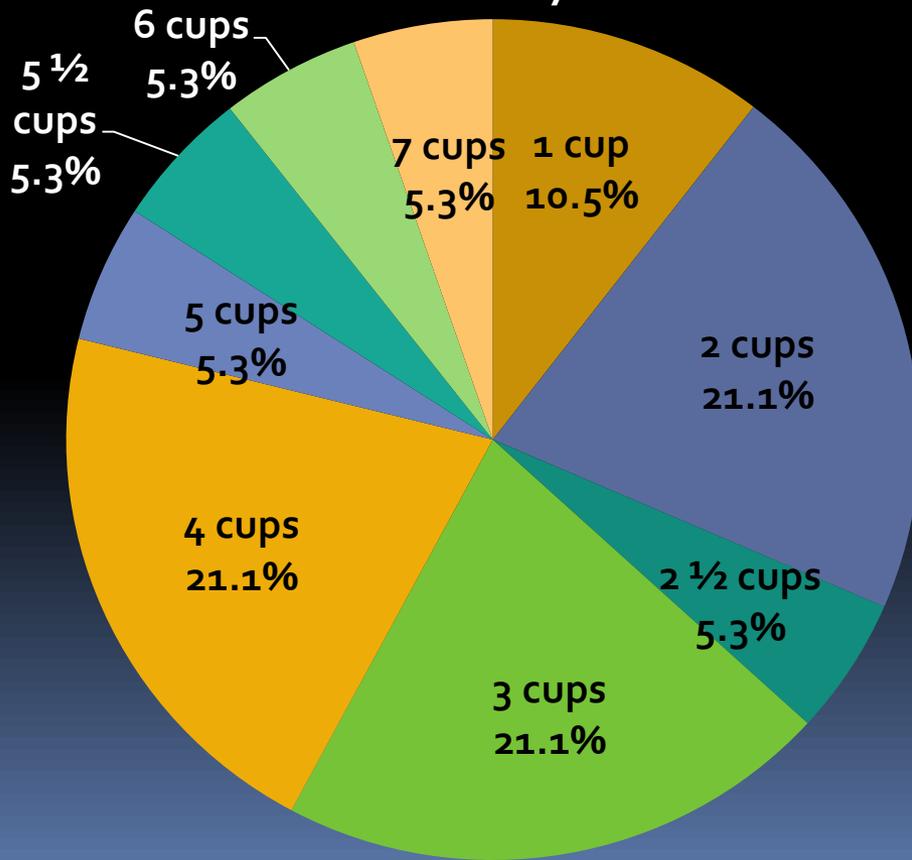
Research Consultants: Kendra Kattelmann, Suzanne Stluka

Research Assistant: Melissa Berry

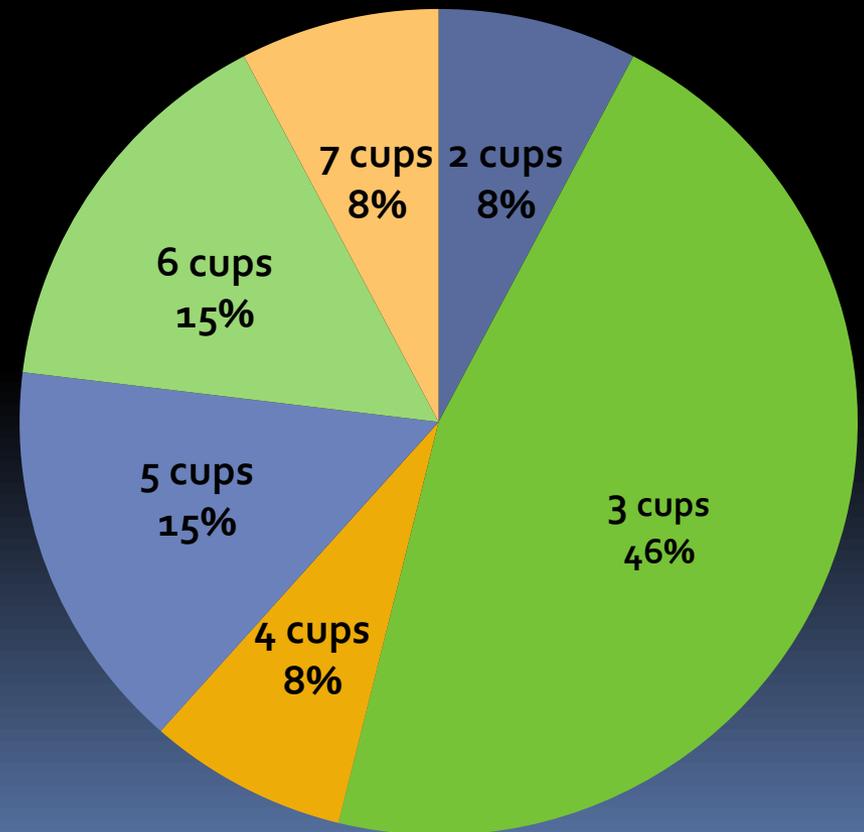
Reporter: Allison Oleson

How many cups of fruits and vegetables do you think a person should eat each day for good health?

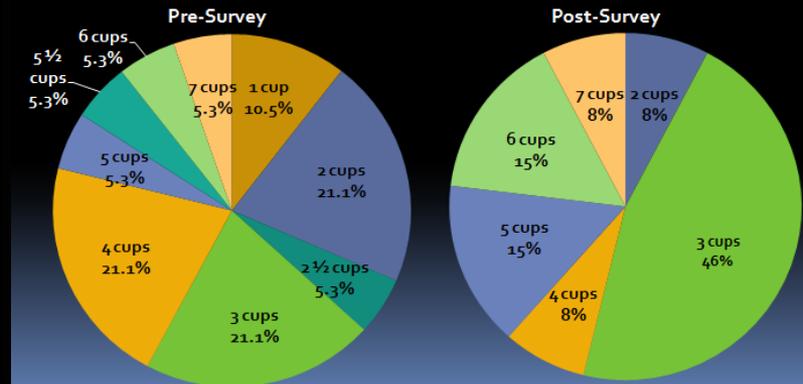
Pre-Survey



Post-Survey



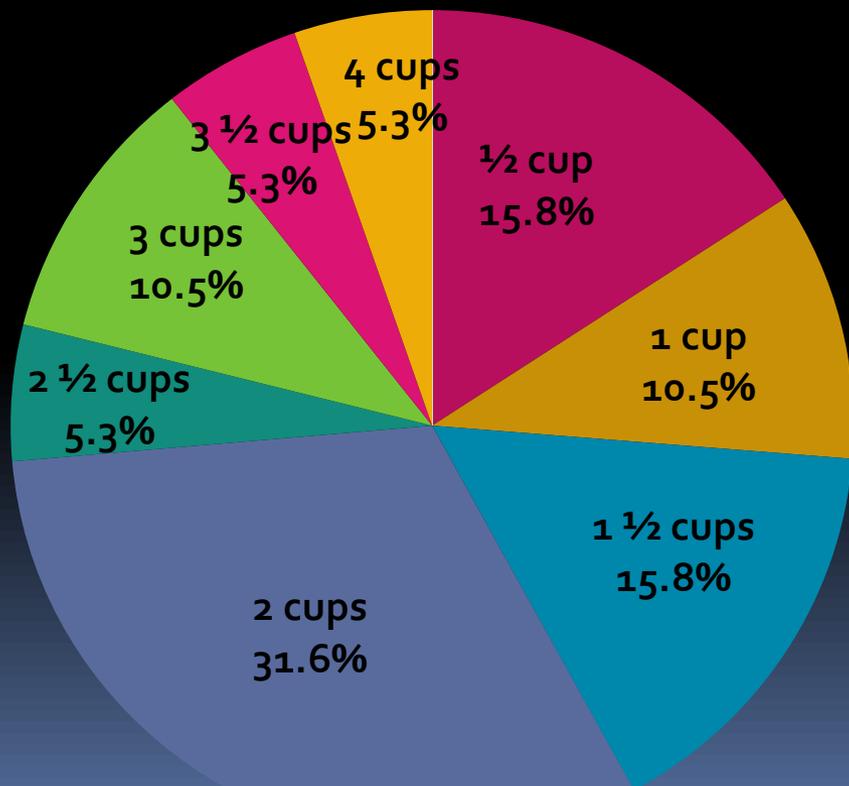
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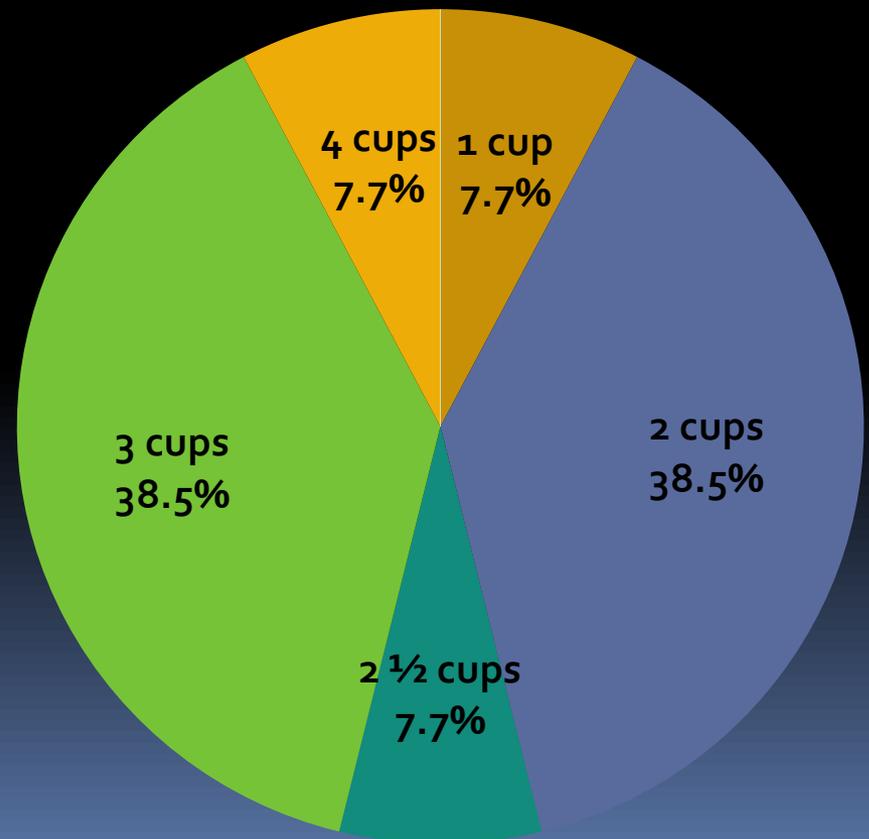
- Here, we see a general shift towards a belief in eating more fruits and vegetables.
 - Participants no longer thought the answer was 1 cup
 - Fewer answered "2" or "2 1/2 cups"
 - There was an increase in the answers "4 cups" and "5 cups" as well

On average, how many cups of fruits and vegetables do you eat each day?
(1 cup is 1 medium whole fruit or vegetable, 2 cups lettuce, or baseball sized serving of a cooked vegetable or cut up fruit)

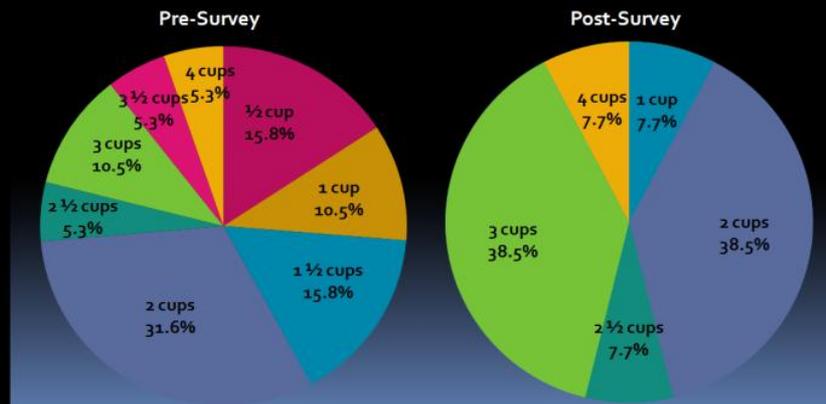
Pre-Survey



Post-Survey



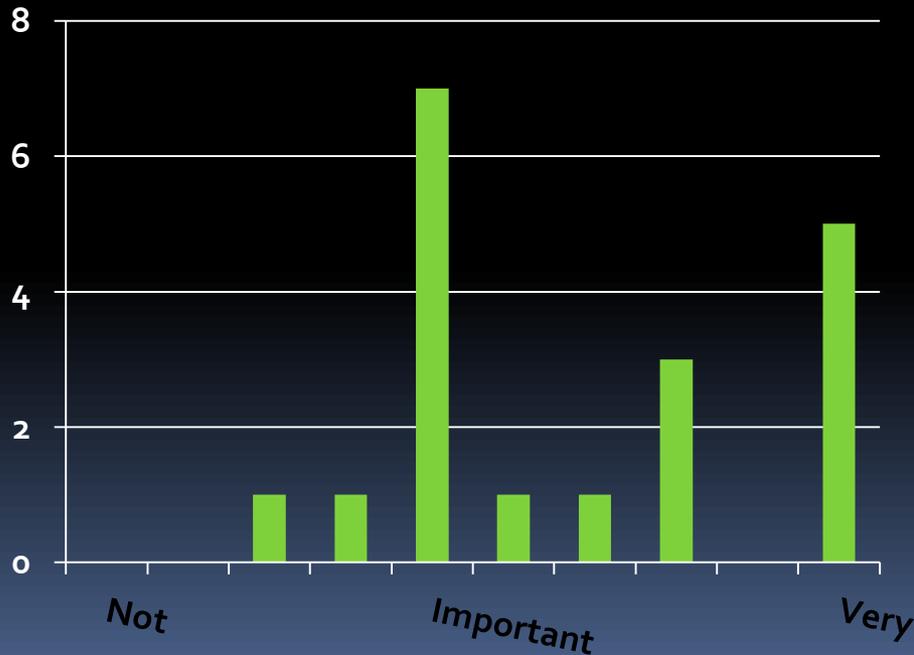
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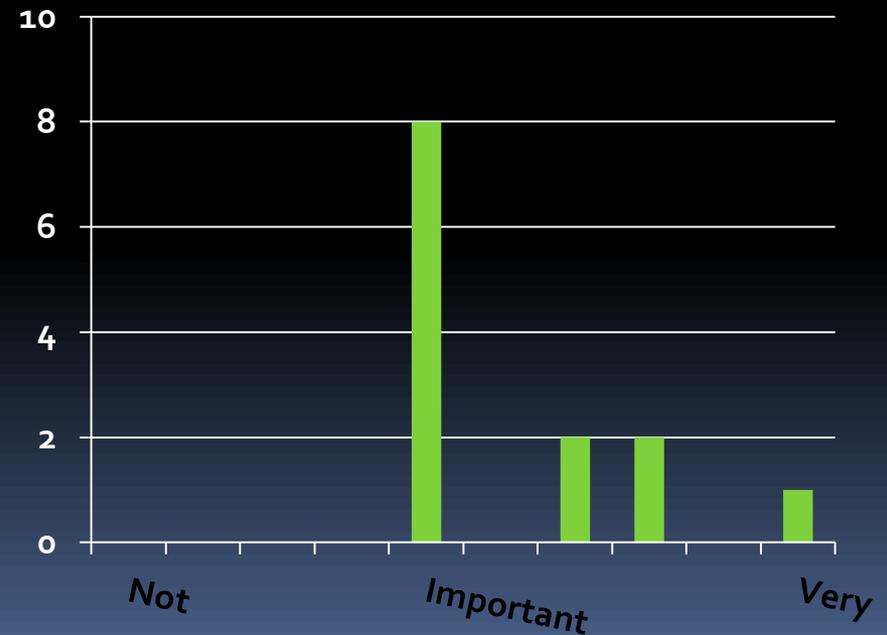
- Instead of 42% of people consuming under 2 cups of fruits and vegetables, the post-survey has only 7% under the 2 cup mark.
- There is an 18% increase in those people who consume 3 cups each day, which is a step in the right direction

How important is it that your child eats 5 or more cups of fruits and vegetables every day?

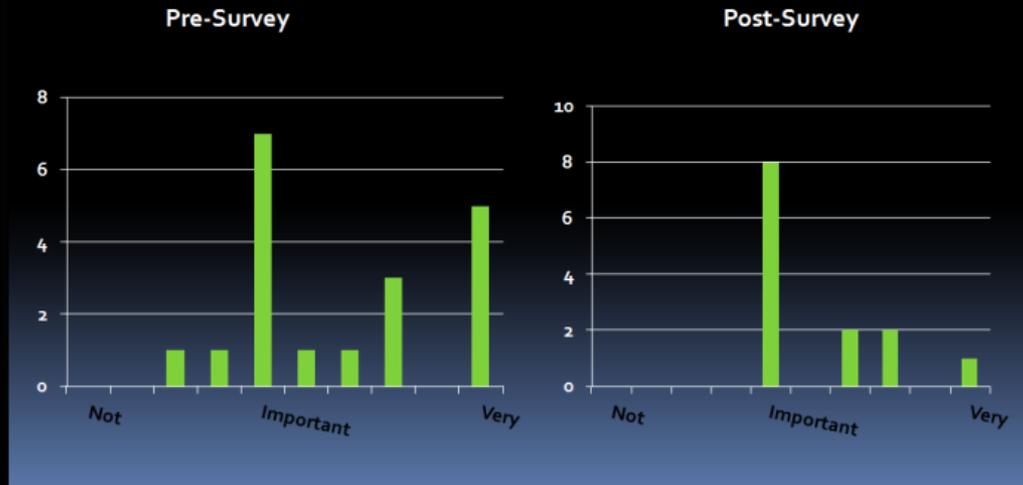
Pre-Survey



Post-Survey



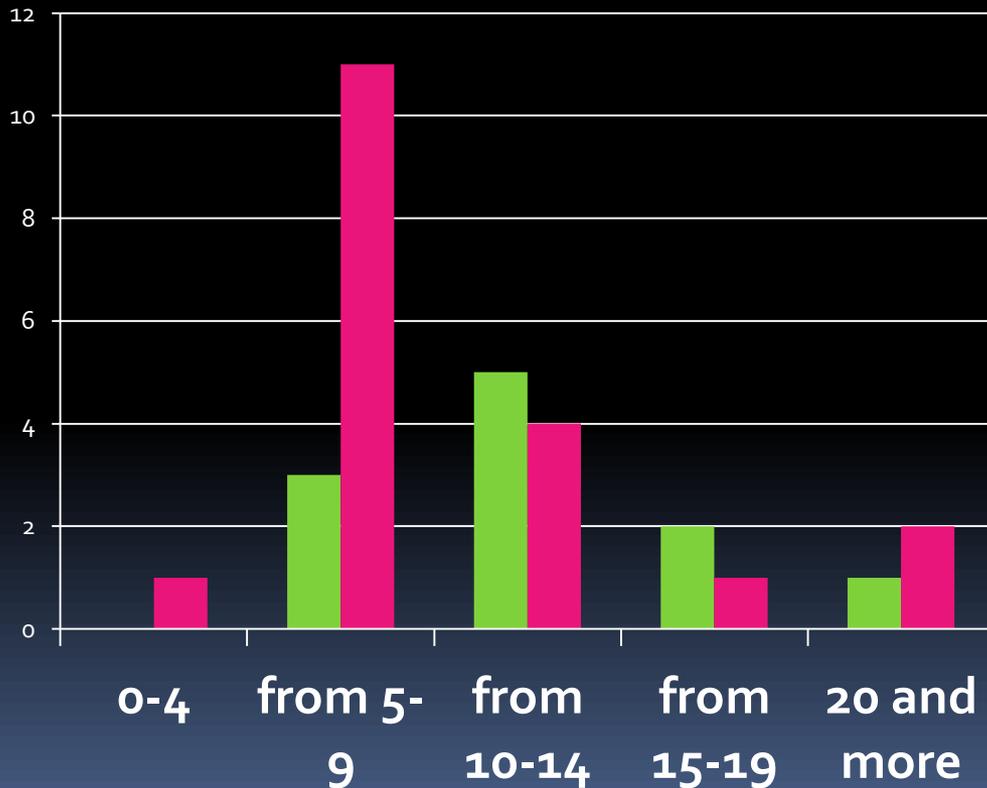
How important is it that your child eats 5 or more cups of fruits and vegetables every day?



- In this question, we see a small movement of answers, shifting slightly to the right (more important)
 - those who previously said it was less important have moved up to at least 'Important'

How many different kinds of fruits or vegetables do you have in your home at this time?

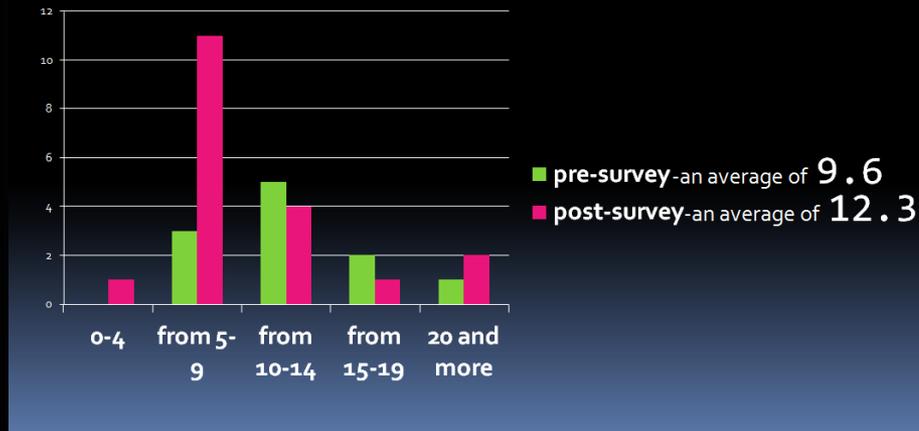
Include fresh, frozen, and canned.



■ pre-survey -an average of **9.6**
■ post-survey -an average of **12.3**

How many different kinds of fruits or vegetables do you have in your home at this time?

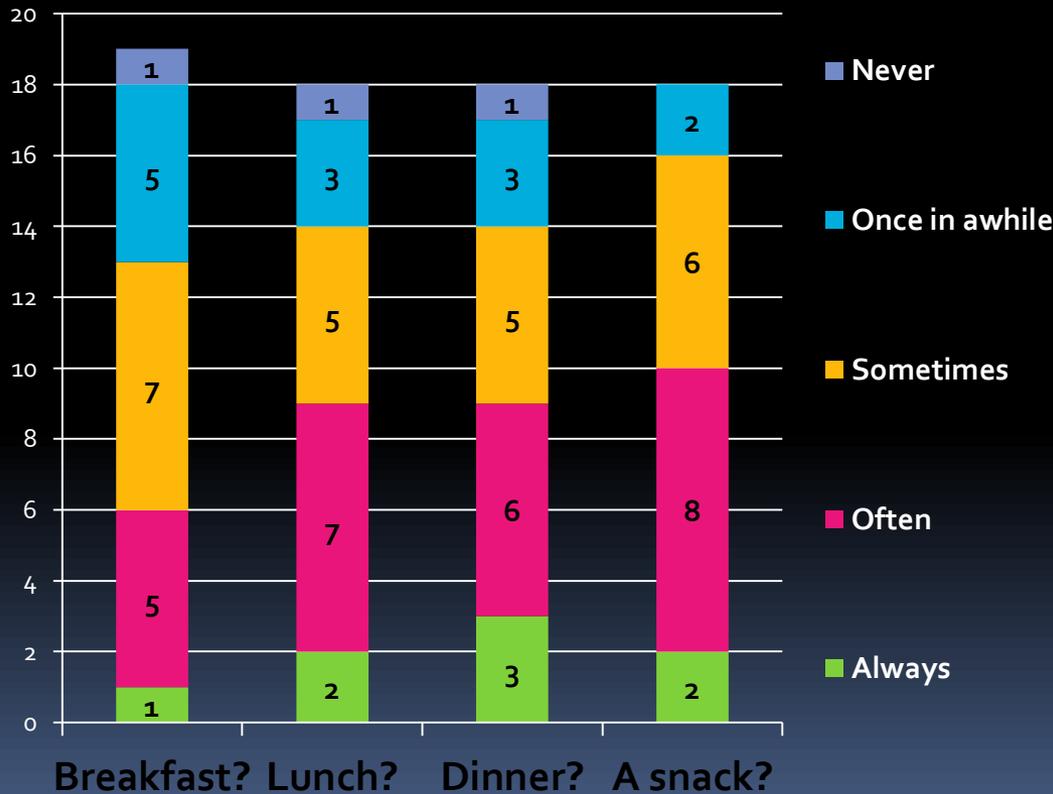
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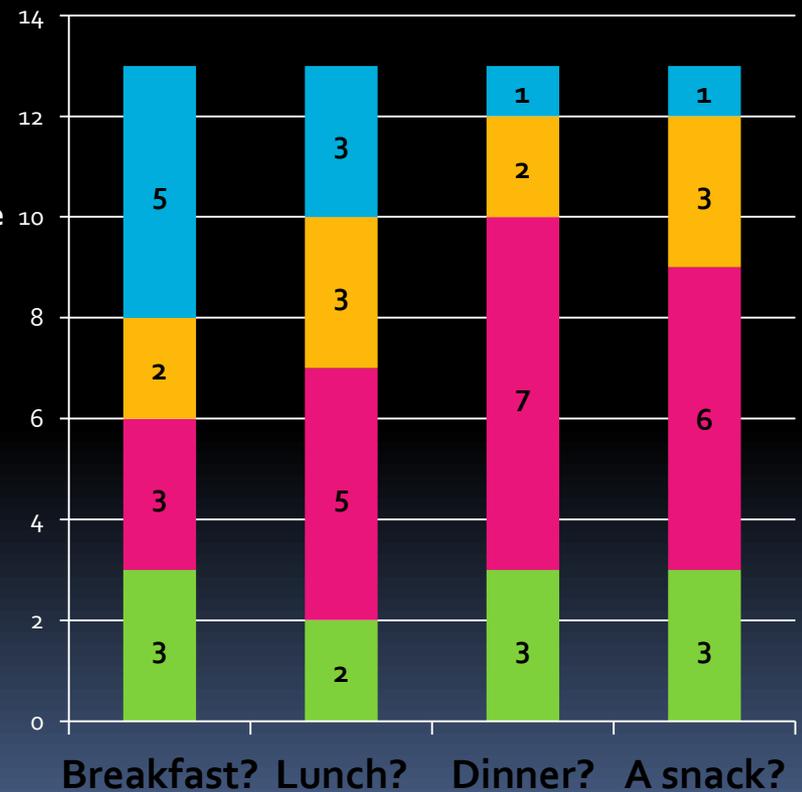
- We see a great increase in the category from 5-10 different types, which indicates that there are overall more people with at least a few fruits and vegetables in their house.
- With the results averaged instead of graphed, the average also shows an increase

How often does your child ask to have fruits and vegetables at...

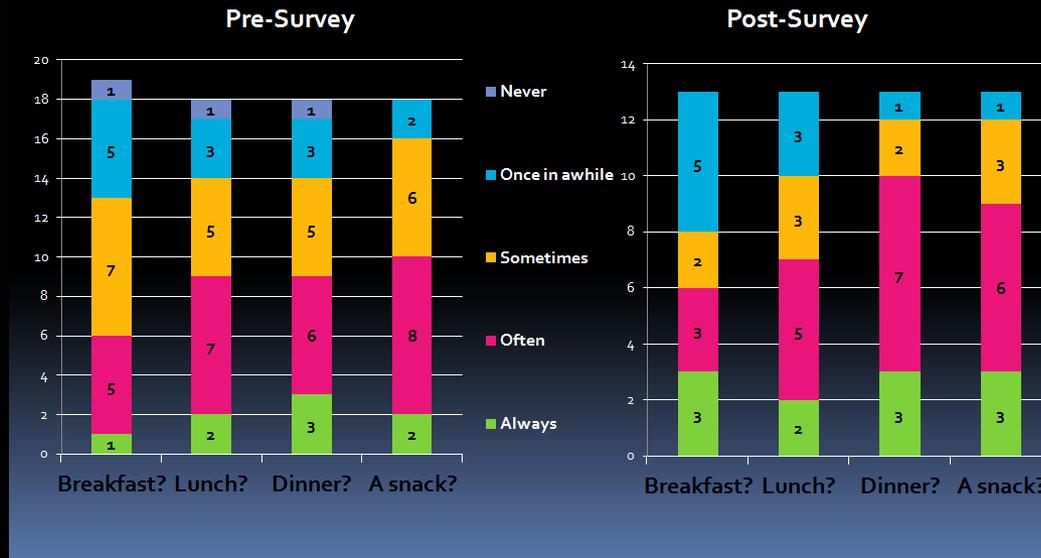
Pre-Survey



Post-Survey



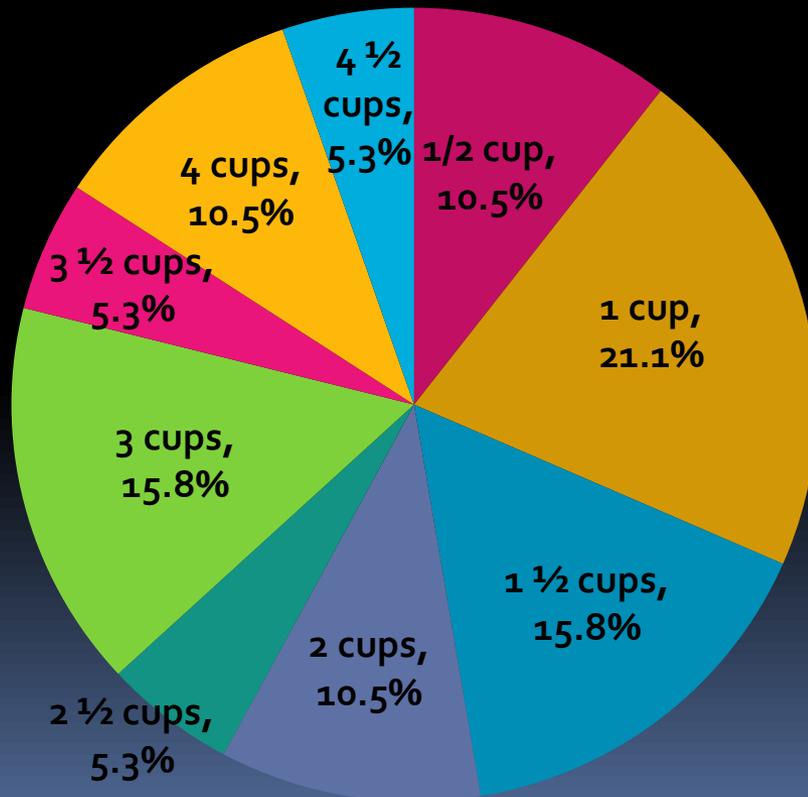
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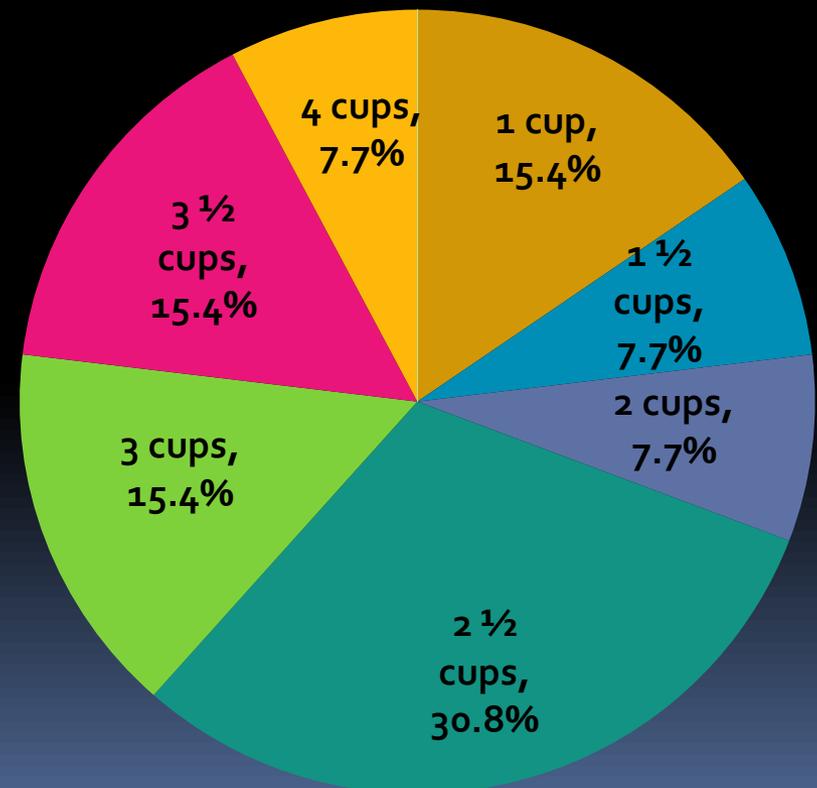
- In this comparison, we see the post-survey showing no more 'never' answers
 - 'once in a while' and 'sometimes' have decreased as well
- There is also an increase in 'always' and 'often' in most categories

How many cups of fruits, fruit juices, or vegetables does your child usually eat in a day?

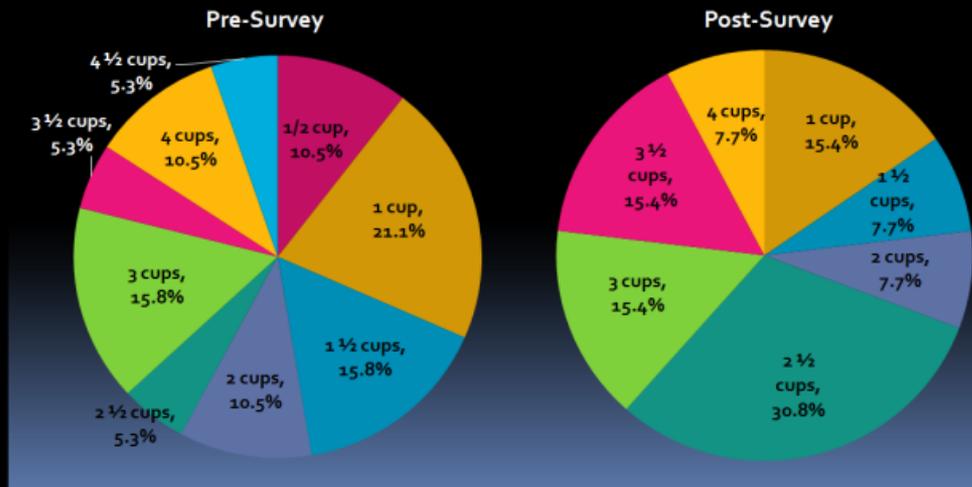
Pre-Survey



Post-Survey



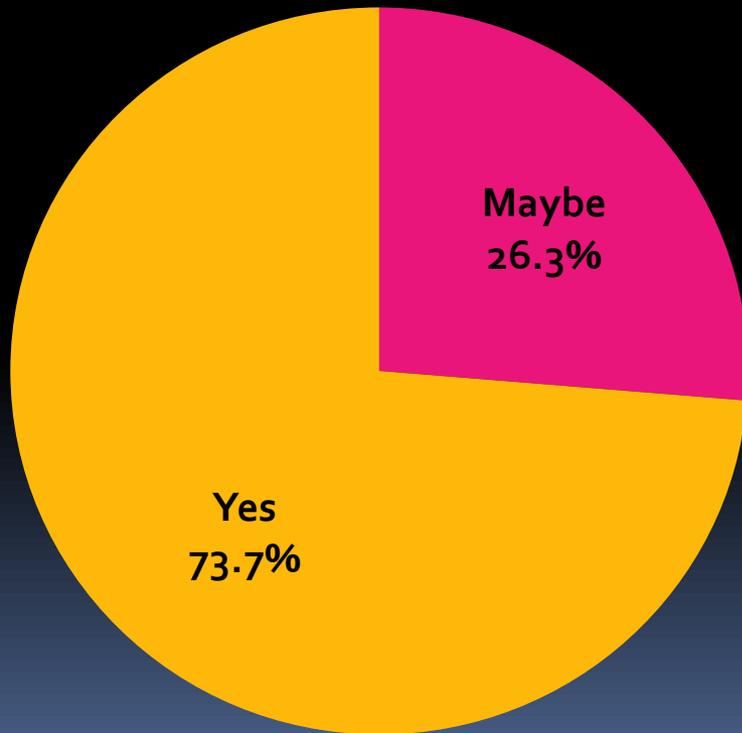
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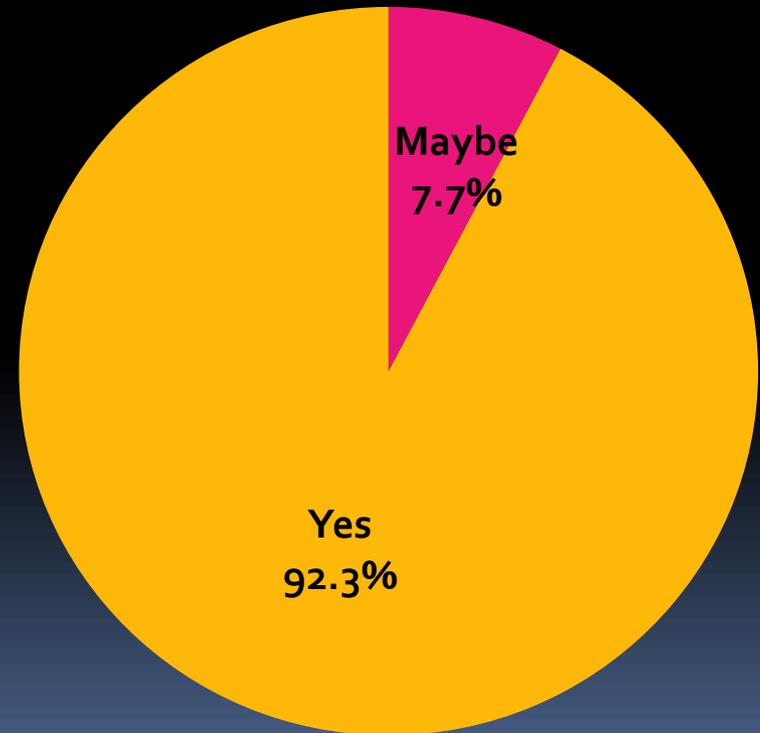
- There was a large increase in the responses for 2 1/2 and 3 1/2 cups of fruits and vegetables,
- The portion of responses with less than 2 cups in the pre-survey was just short of 50%. In the post-survey, this percent reduced to 30%.
 - Showing a general increase

Would your child eat fruits or vegetables at mealtimes or as a snack if he/she were served them?

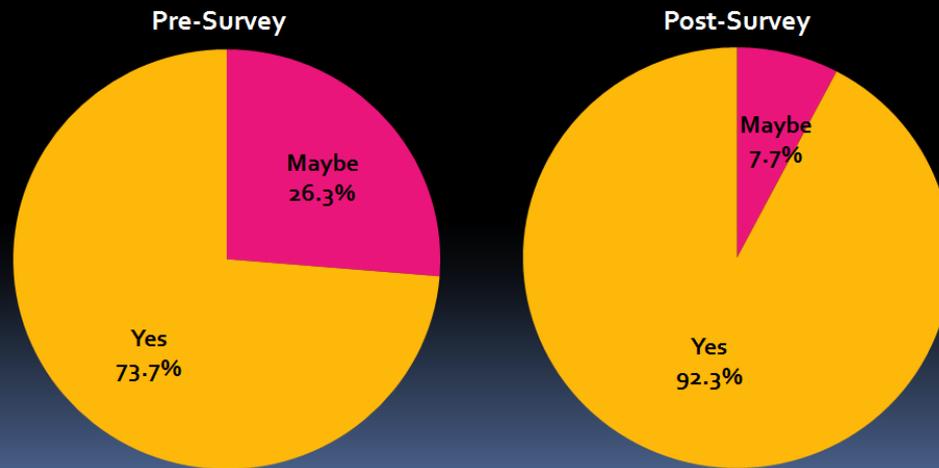
Pre-Survey



Post-Survey



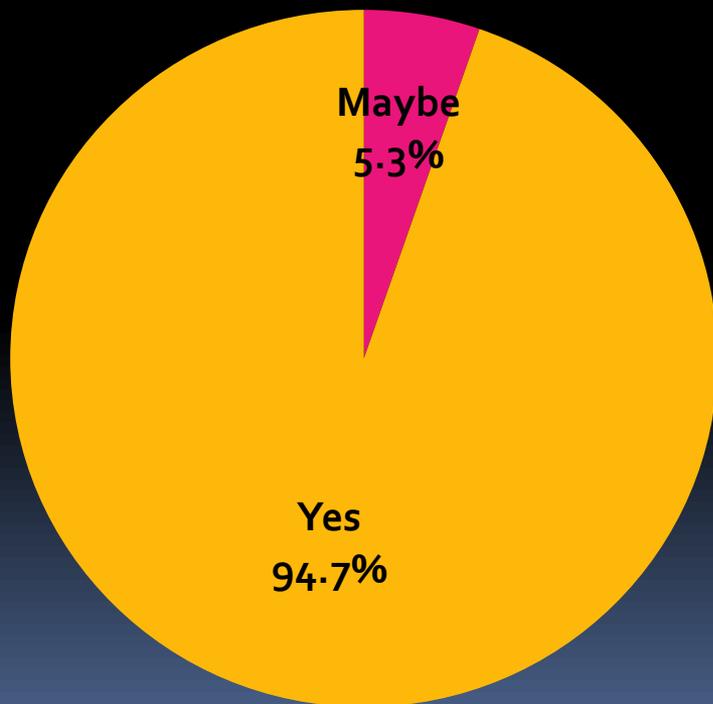
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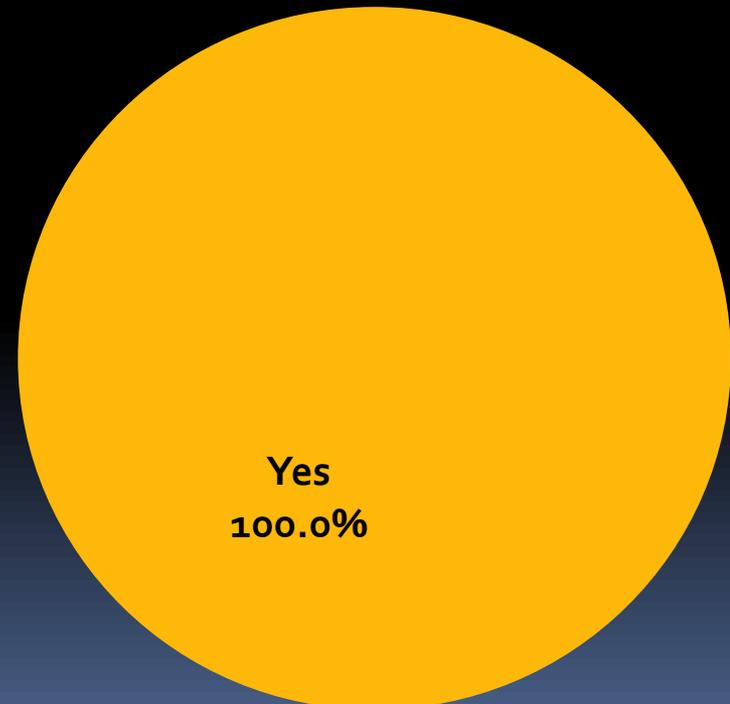
- This question has obvious positive results, with the almost 20% of people who responded 'maybe' being replaced with 'yes' responses

Would you prepare fruits or vegetables at mealtimes or as snacks for your child?

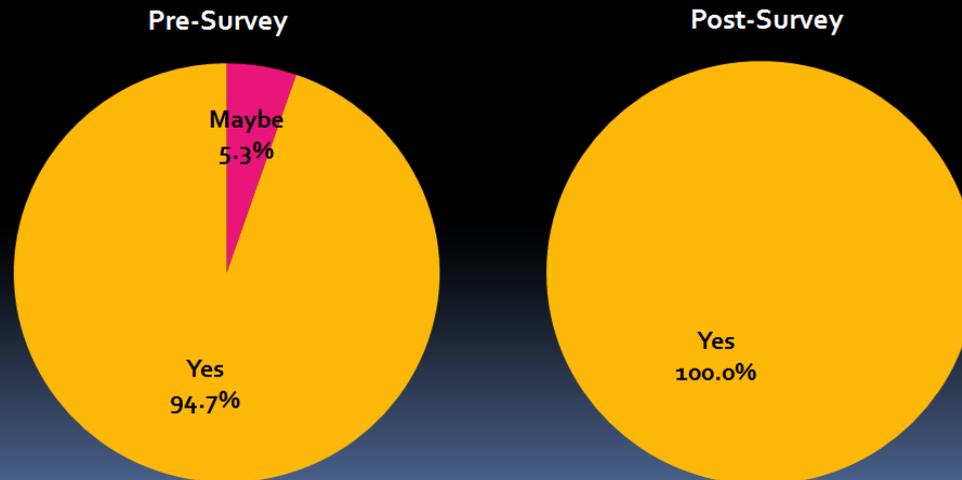
Pre-Survey



Post-Survey



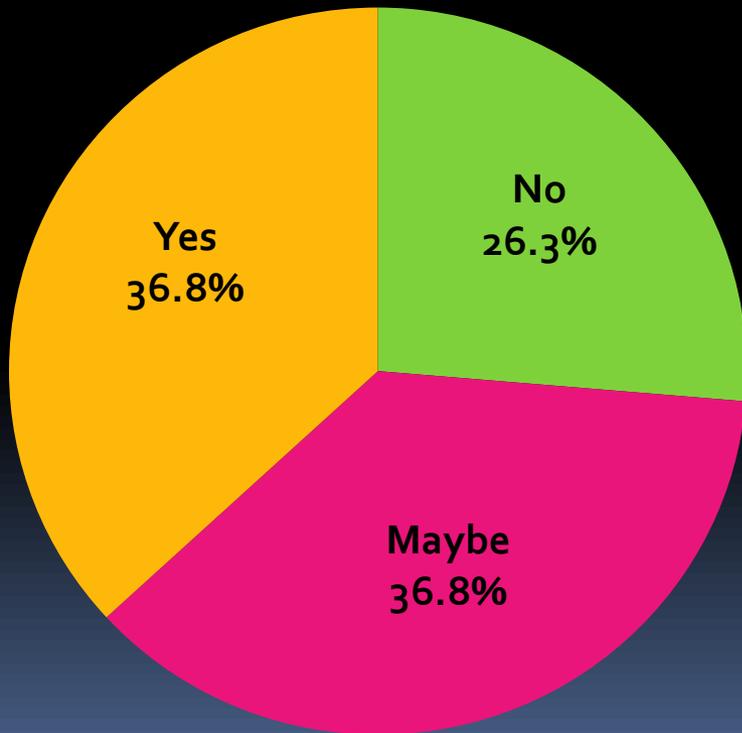
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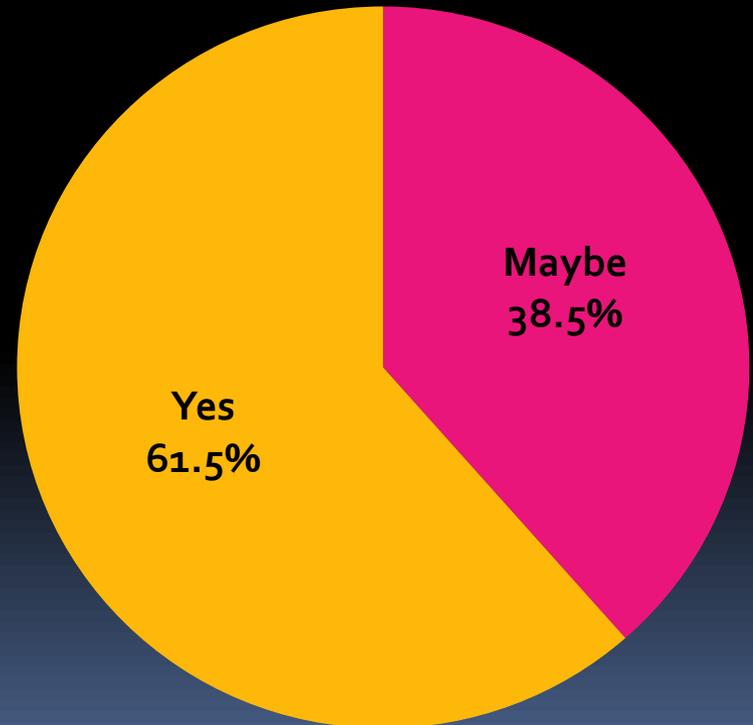
- Responses for this question started off with positive results, but the post-survey showed improvement on top of that, moving all 'maybe' responses to 'yes'

Would your child choose a fruit or vegetable as a snack instead of chips or candy?

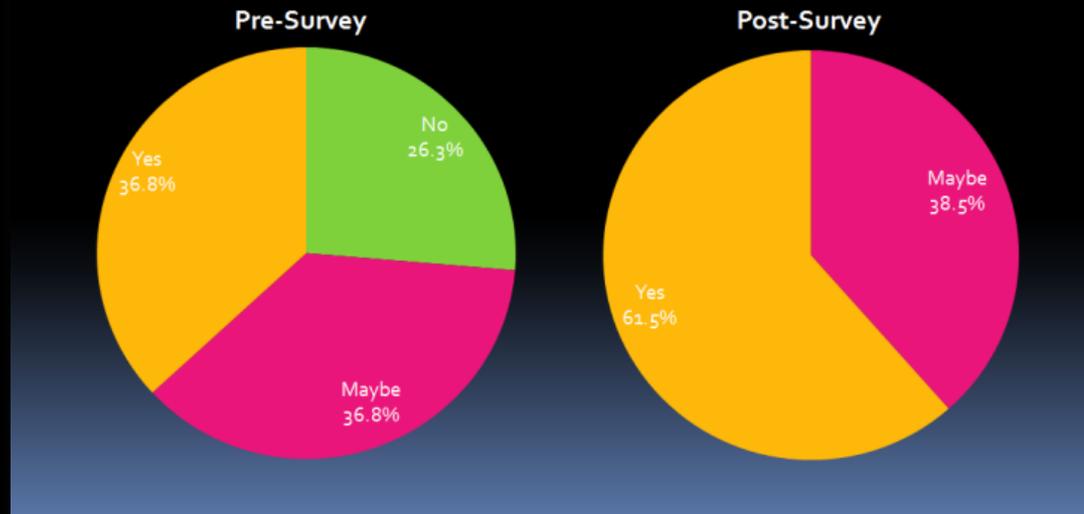
Pre-Survey



Post-Survey



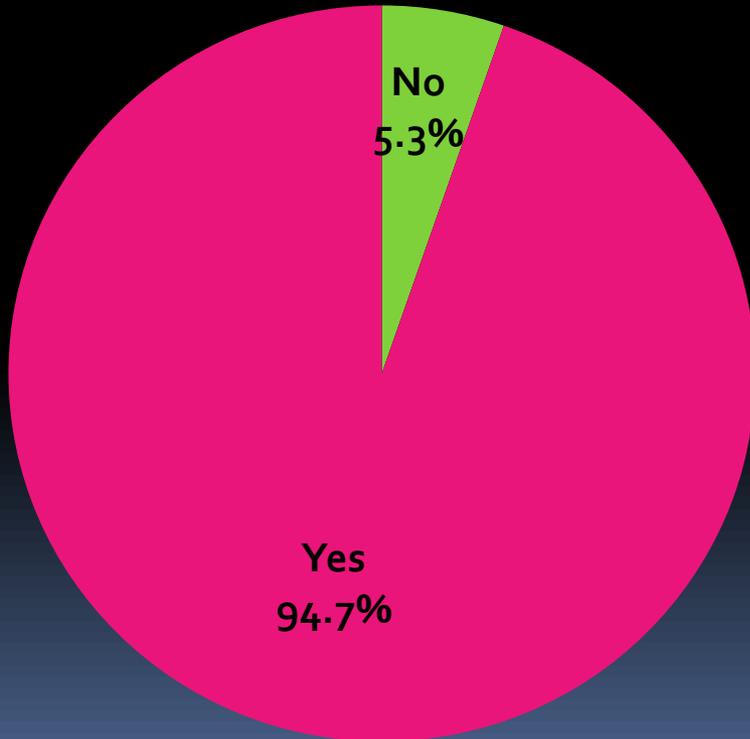
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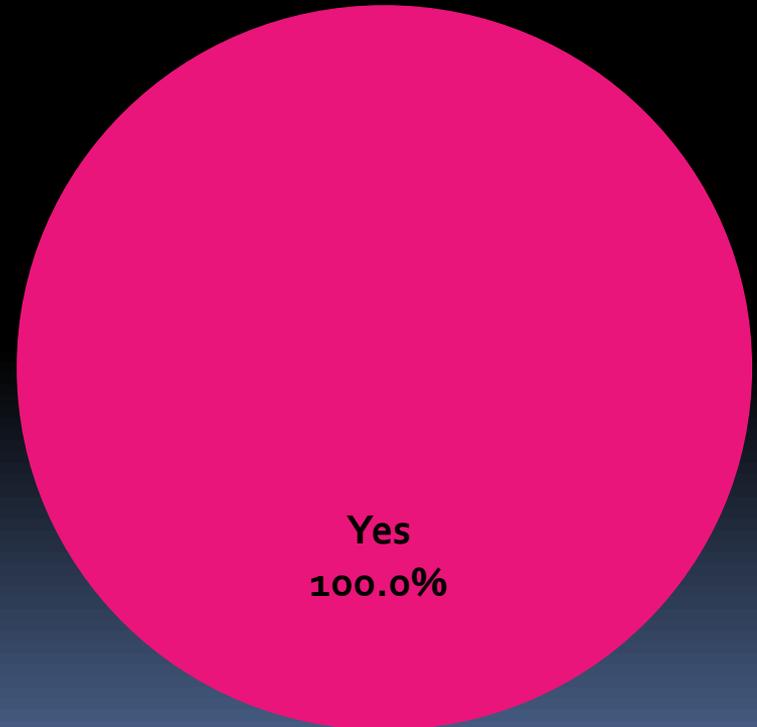
- This question changed for the better from pre-survey to post-survey
 - 'Yes' answer percent doubled
 - 'No' answer was eliminated in results

Does your child ask you to buy fruits or vegetables so he/she can eat them?

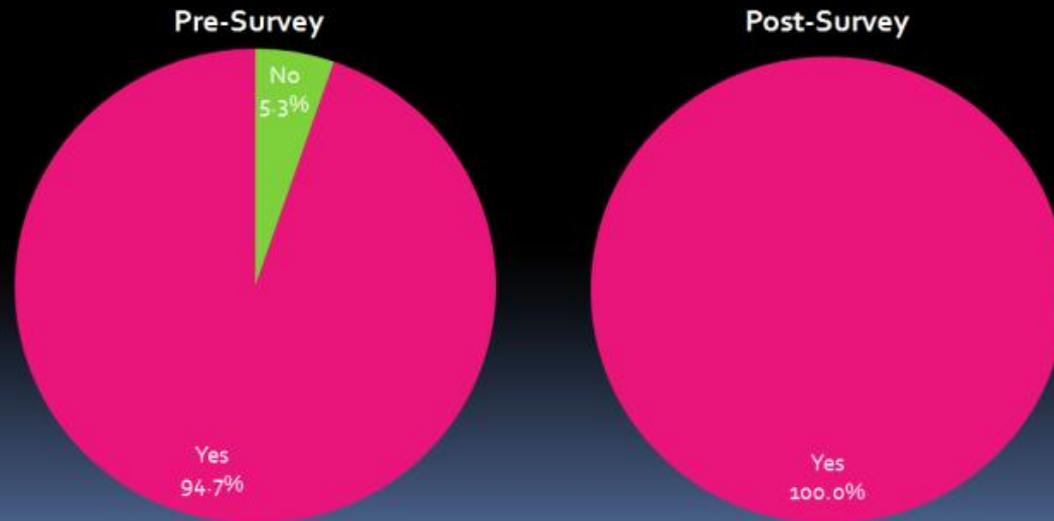
Pre-Survey



Post-Survey



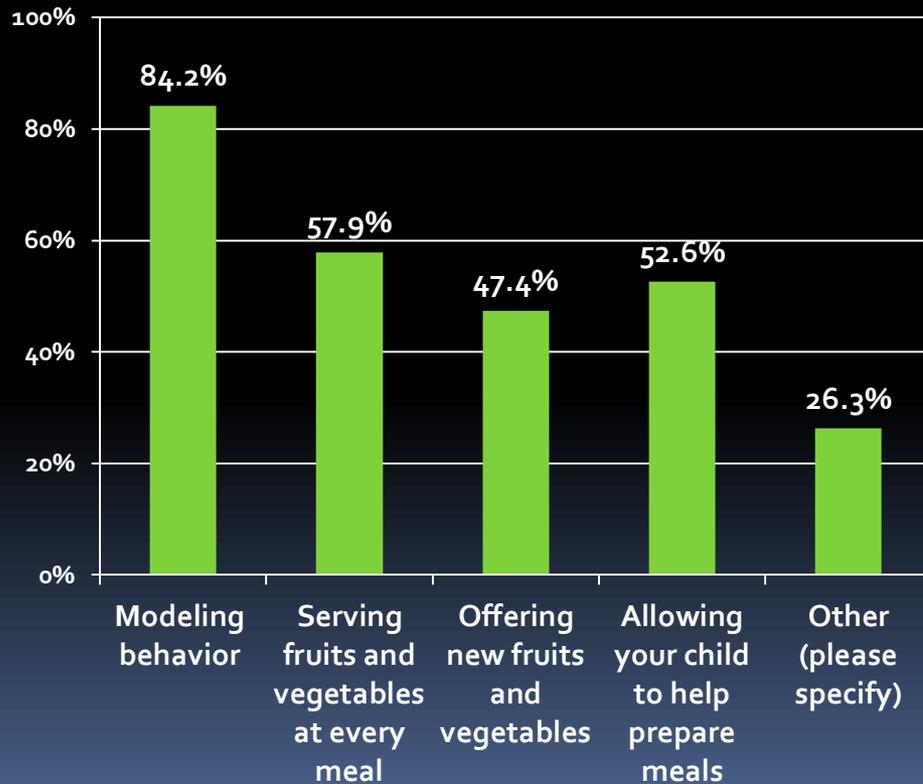
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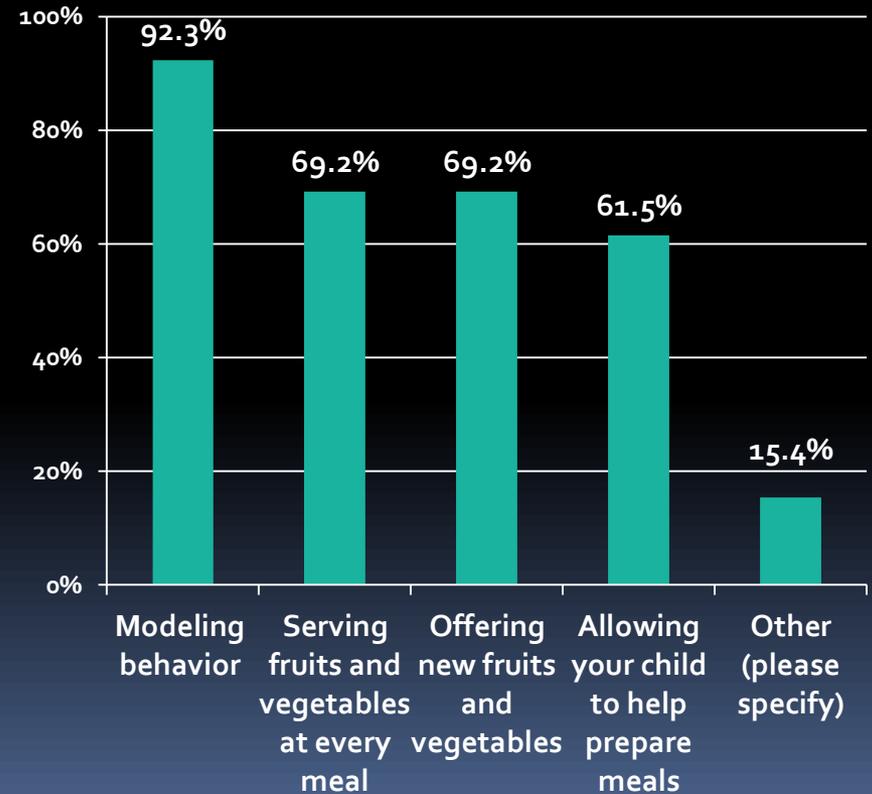
- These results were already positive, but post-survey showed 100% positive results

Do you use any of the following methods to try to encourage your child to eat fruits and vegetables? Select all that apply.

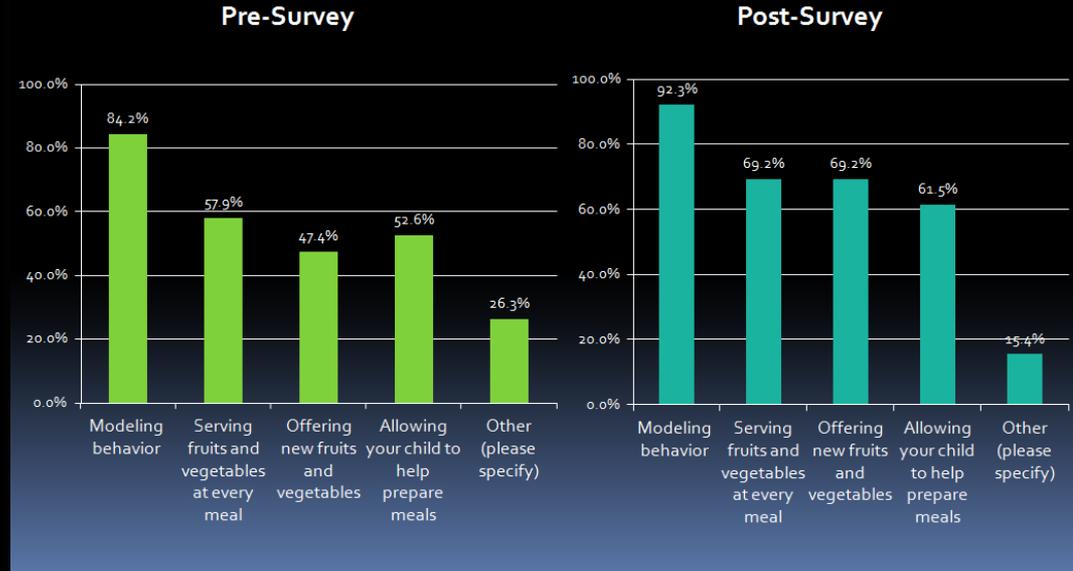
Pre-Survey



Post-Survey



Do you use any of the following methods to try to encourage your child to eat fruits and vegetables? Select all that apply.



- In the post-survey, all of the encouragement methods had increased from the pre-survey, with the exception of the 'other' category, showing that people had become aware of these methods and that they could be used for encouraging fruit and vegetable intake.

Name a new fruit or vegetable
that your child has tried
in the past 6 months

Pre-Survey

Responses included:

kiwi
avocado
brussel sprouts
zucchini
lemon
jeruselum artichokes
broccoli
pomegranate
radish
squash
honeydew melon
mushrooms
starfruit

Post-Survey

Responses included:

rhubarb
mango

Name a new fruit or vegetable that
your child has tried in the past 6
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Pre-Survey

Responses included:

kiwi
avocado
brussel sprouts
zucchini
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Post-Survey

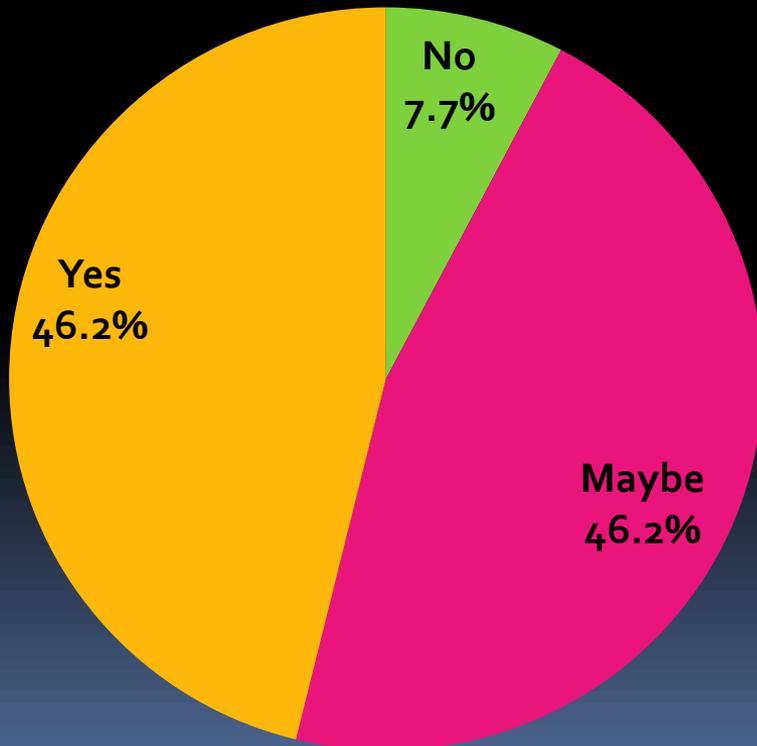
Responses included:

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mango

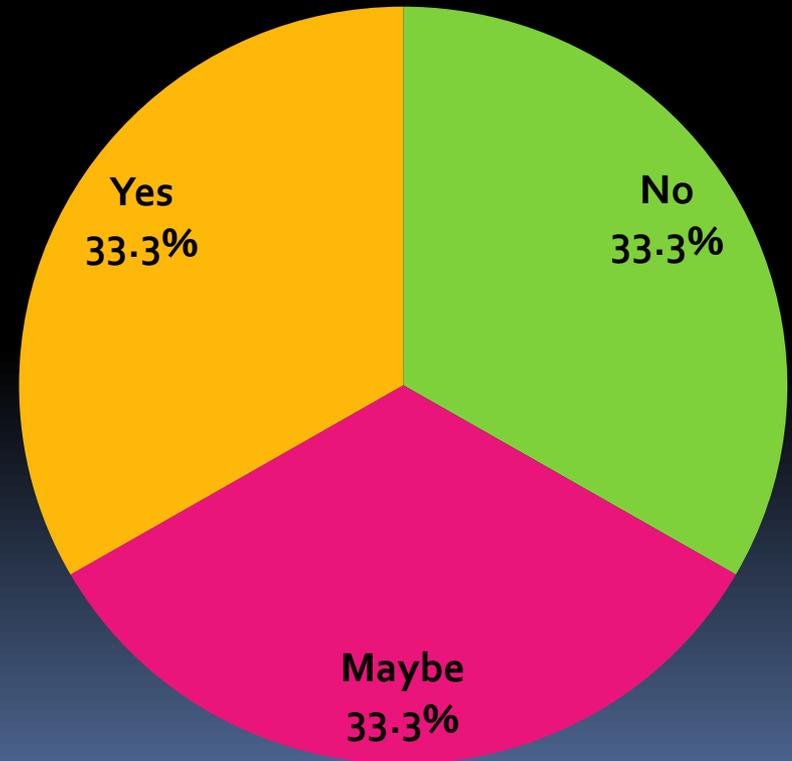
- From this information, it seems that parents had already begun to introduce new fruits and vegetables to their children. Even though there isn't a increase on the post-survey side, we are happy to see children trying new foods

Would your child eat this new fruit or vegetable again?

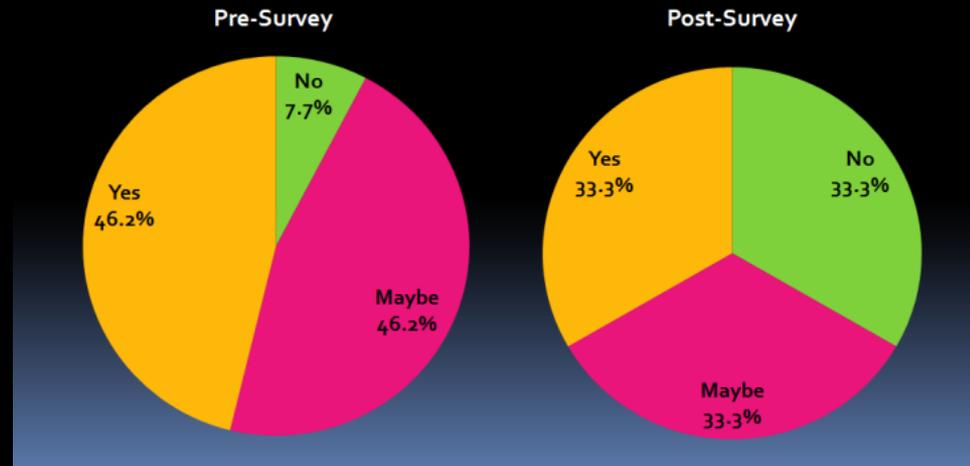
Pre-Survey



Post-Survey



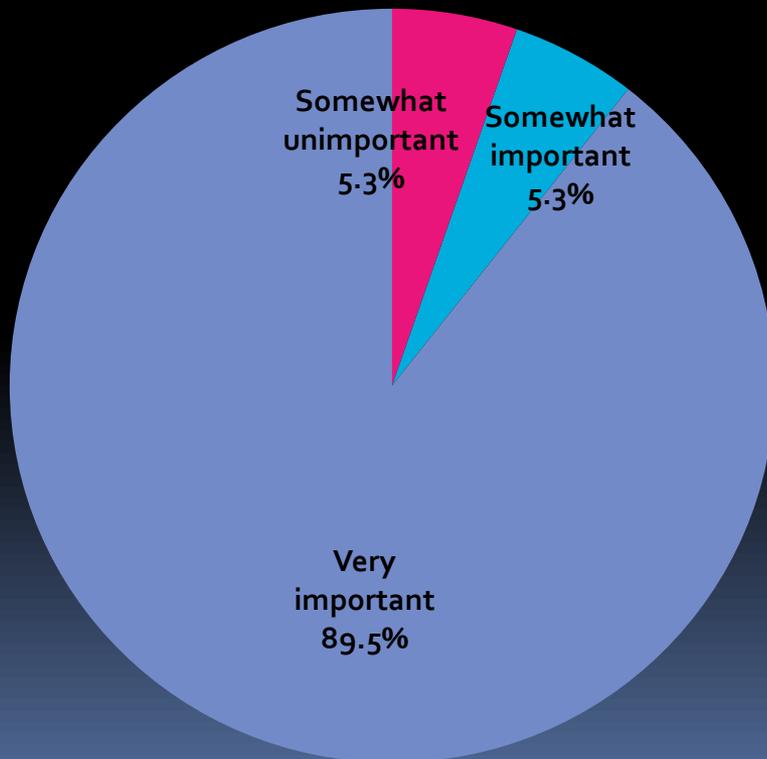
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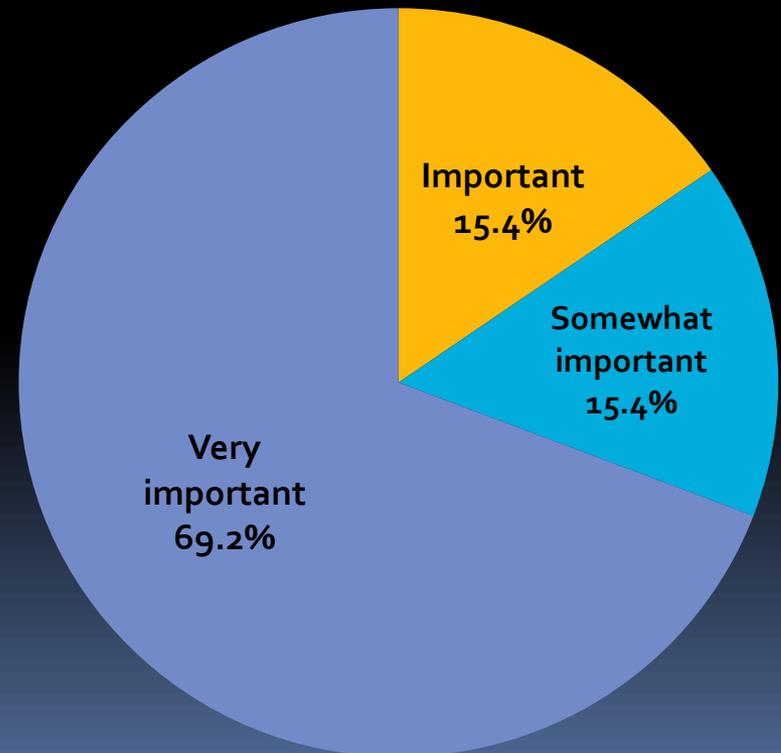
- These results may be somewhat hindered by the fact that there were not many children who had tried new foods.
- It is a good sign that about half of the kids who had tried something new before the pre-survey would eat it again.

How important is it for your child to participate in sports?

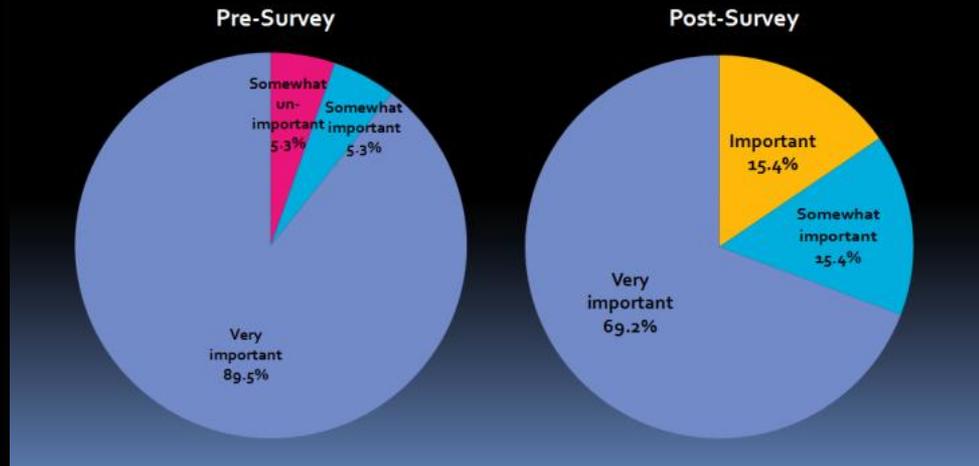
Pre-Survey



Post-Survey



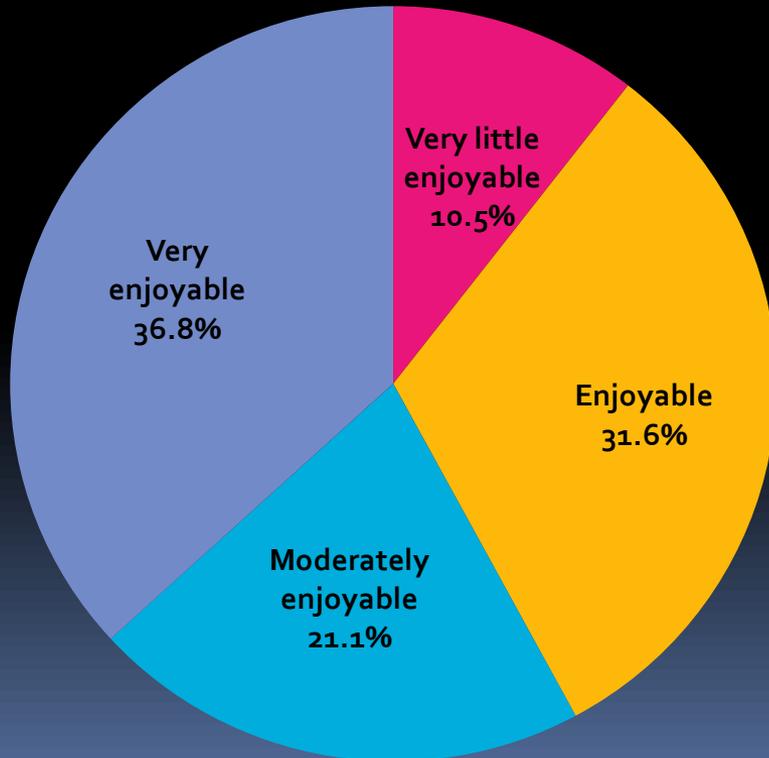
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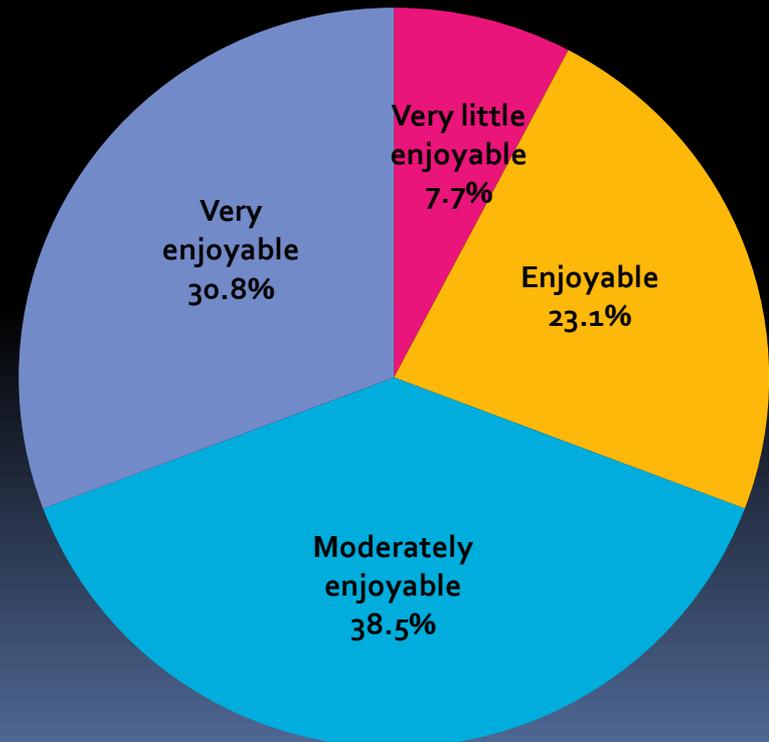
- While the portion of people who answered 'very important' did decrease in this instance, the post-survey also showed no more 'somewhat unimportant' answers
- Everyone agreed in the post-survey that it was at least 'important'

How much do you enjoy participating in physical activities or exercise?

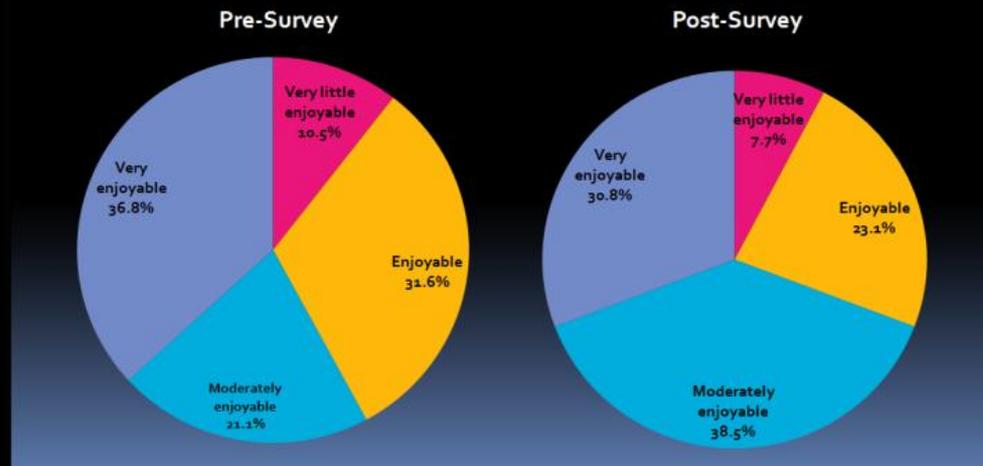
Pre-Survey



Post-Survey



How much do you enjoy participating in physical activities or exercise?



- The biggest accomplishment shown in these two pie charts is the decrease in the response 'very little enjoyable'. The rest of the answers fluctuated a little bit, but there came to be a greater number of people who agreed that physical activities are at least 'enjoyable'.

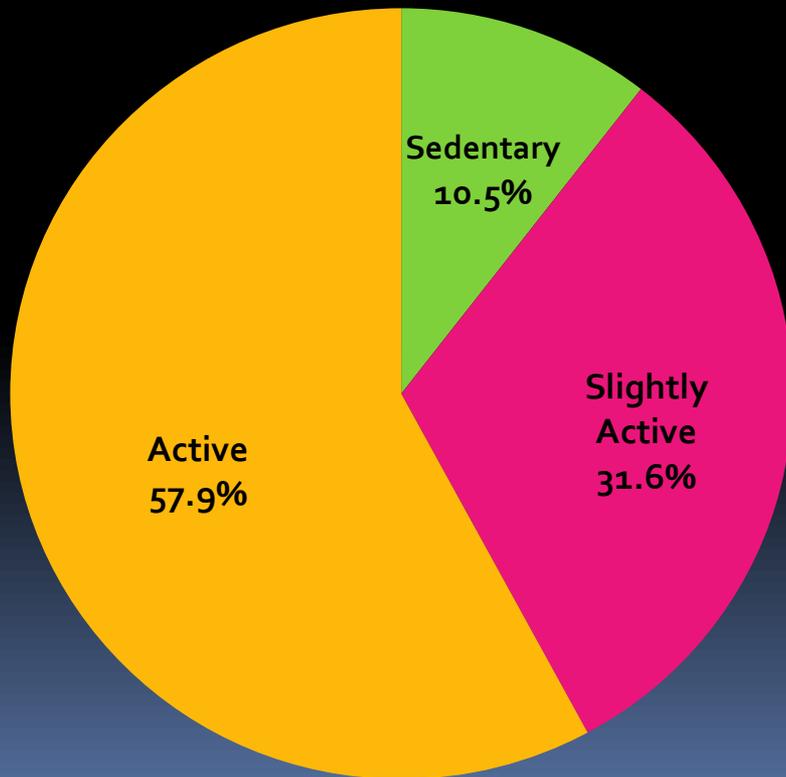
How would you classify your child's current level of activity?

Sedentary — Gets very little exercise (spends most of his/her free time sitting, watching television, or reading)

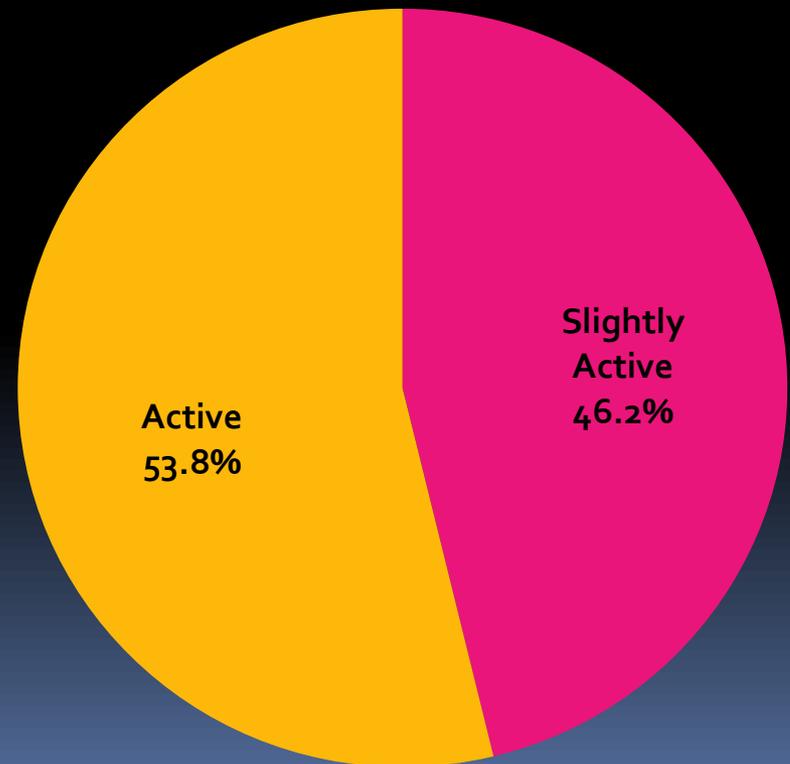
Slightly Active — Gets some exercise (spends more of time in active play sedentary)

Active — Is involved in programmed exercise two or three times per week

Pre-Survey



Post-Survey

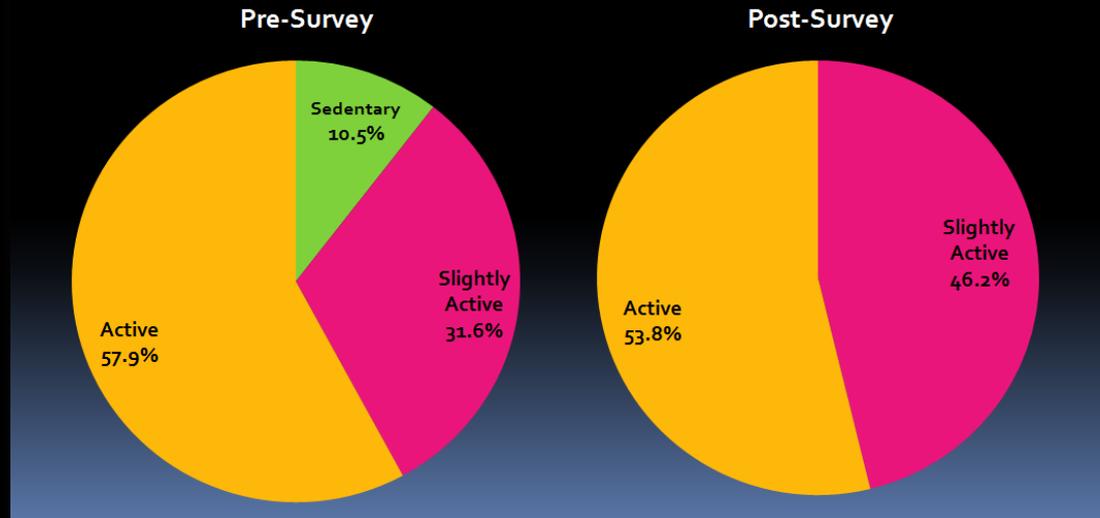


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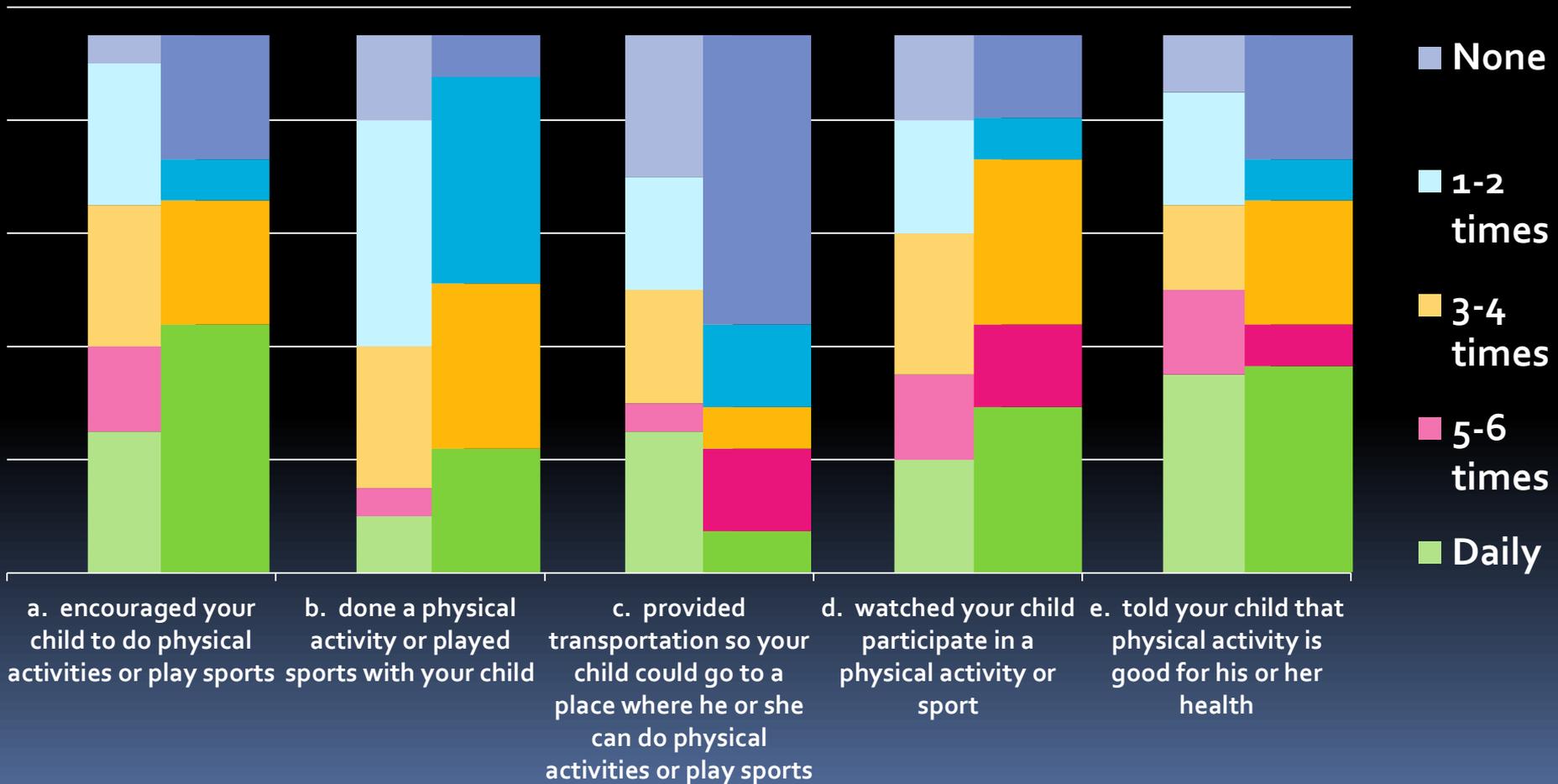
Active — Is involved in programmed exercise two or three times per week



- This slide shows a great example of the positive results. There were no 'sedentary' responses in the post-survey as there were in the pre-survey.

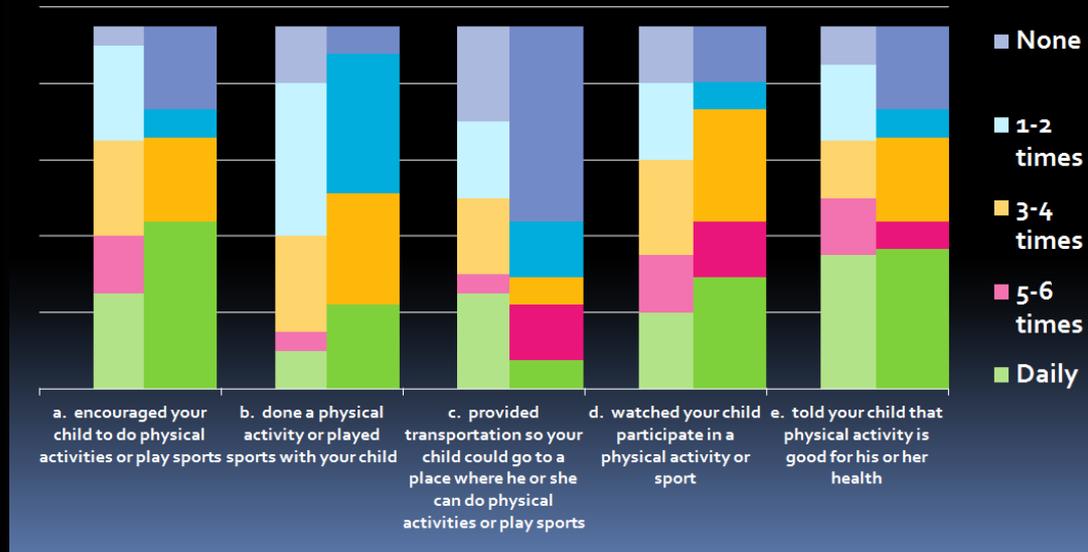
Answer the following by rating the statement: How many days a week have you...

*Lighter shaded columns indicate Pre-Survey results, Bold colors indicate Post-Survey results



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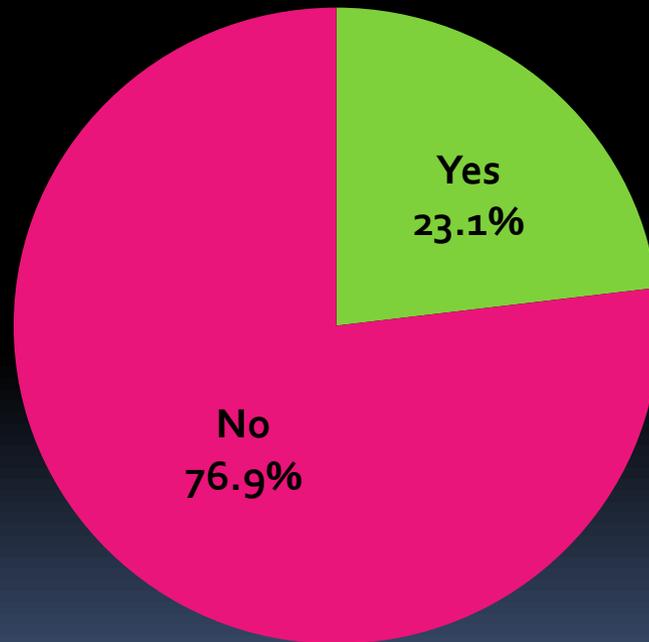
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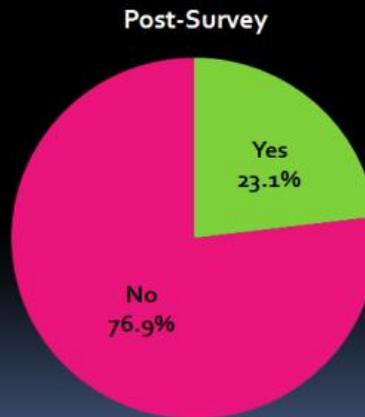
- These responses tend towards more encouragement and physical activity participation with the child, especially at the daily level.
- The large increase in no parents providing transportation might be the result of time of year.
- There was not a steady increase, but it appears these changes are happening slowly.

Have you noticed a change in your child's level of physical activity within the past 6 months?

Post-Survey



Have you noticed a change in your child's level of physical activity within the past 6 months?



- Even a small increase in physical activity is encouraging, as big changes often must happen slowly