

NUTRITION SECURITY: SOURCES OF UNHEALTHY AND HEALTHY FOOD

Percentage of Poor Nutritional Quality Food, by source

RESTAURANTS



79.6%
BY CHILDREN

65.2%
BY ADULTS

ENTERTAINMENT VENUES & FOOD TRUCKS



51.7%
BY CHILDREN

43.8%
BY ADULTS

WORKPLACES



50.7%
BY ADULTS

GROCERY STORES



45.1%
BY CHILDREN

32.9%
BY ADULTS

SCHOOLS



24.4%
BY CHILDREN

SCHOOLS: THE HEALTHIEST SOURCE OF FOOD IN THE UNITED STATES



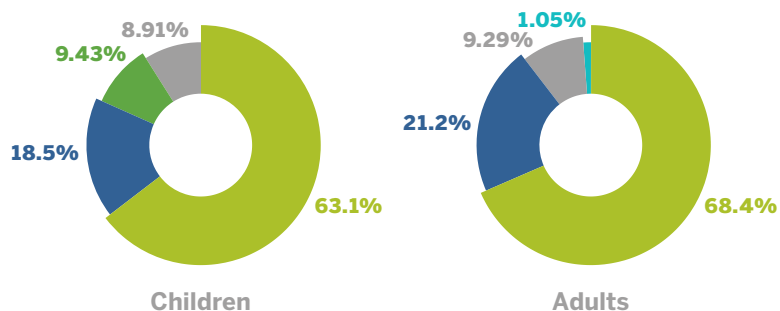
The nutritional improvements in foods obtained at school came from kids eating more of what's good for them, such as whole grains, total fruits, greens and beans, and less of what's harmful, such as sugary drinks, refined grains, and foods with added sugar.

Junxiu Liu, Assistant Professor
Icahn School of Medicine, Mount Sinai

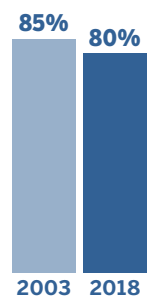
Primary Sources of Food

(Percentages of the Average Diet, 2015–2016)

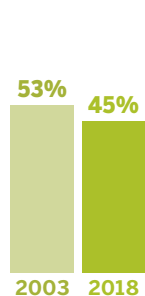
- Grocery Stores
- Restaurants
- Other Sources
- Schools
- Workplaces



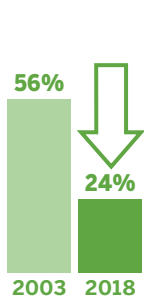
Consumption of Nutritionally Poor Quality Food in Children and Adults



Restaurants



Grocery Stores

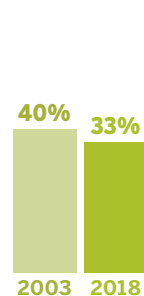


Schools

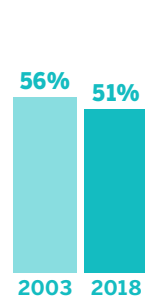
Nutritionally poor quality food consumption decreased, significantly in schools.



Restaurants



Grocery Stores



Workplaces

*Side-by-side comparison of percentages at the beginning and end of the 16-year period.

SCHOOLS: THE HEALTHIEST SOURCE OF FOOD IN THE UNITED STATES

EQUITABLE IMPROVEMENTS IN NUTRITION FOR ALL

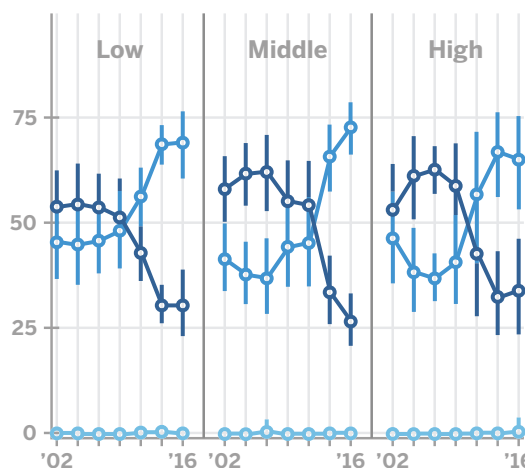


Our results underscore that nutritional quality of much of the meals, snacks, and drinks consumed in the US remain poor, but that there are also important differences by where the food is obtained. Improvement in schools were especially striking, large, and also equitable across population subgroups. These appeared linked to the Healthy, Hunger-Free Kids Act (HHFKA).

Dariush Mozaffarian

Dean, Friedman School of Nutrition Science & Policy

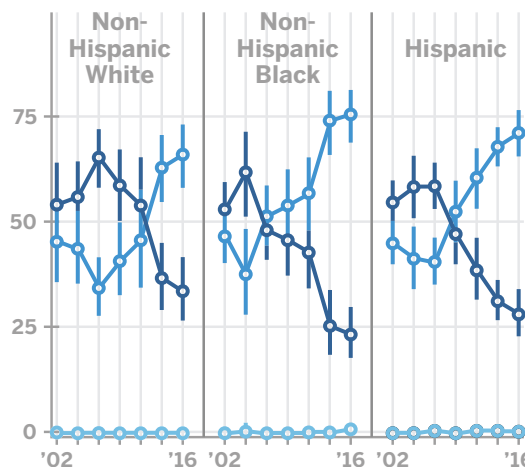
SCHOOL FOOD QUALITY BY HOUSEHOLD INCOME



Among youths (95% CI), across the span of 14 years (2002–2016):

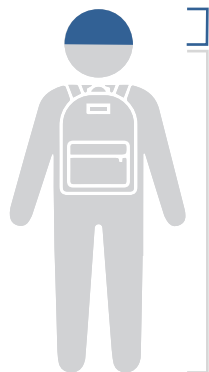
Poor Diet Quality
Intermediate Diet
Ideal Diet

SCHOOL FOOD QUALITY BY RACE/ETHNICITY



Among youths (95% CI), across the span of 14 years (2002–2016):

Poor Diet Quality
Intermediate Diet
Ideal Diet



10%

SCHOOL MEALS ONLY PROVIDE 10% OF CALORIES FOR CHILDREN OVER THE COURSE OF A WHOLE YEAR. WHILE THE REMAINING 90% OF CALORIES COME FROM SOURCES WITH WORSE NUTRITIONAL QUALITY.

The researchers used data from seven cycles of the National Health and Nutrition Examination Survey (NHANES), between 2003 and 2016.

In addition to the American Heart Association (AHA) diet score, the Healthy Eating Index (HEI-2015), which measures adherence to the 2015-2020 Dietary Guidelines for Americans.