

A Little Less Talk, A Lot More Action!

Are Americans digesting the health messages they know to be true? Not according to a new [Consumer Reports Survey](#). Though nearly 90% of Americans report that they eat healthy, only 30% actually do so when you look at the amounts of fruits and vegetables they consume. Just 13% step on the scale every morning, and a meager 8% monitor their daily calorie intake.

Many of the 1,234 people surveyed by telephone also see themselves as slimmer than they are. About a third of those who said they were a healthy weight actually had a body mass index (BMI) in the overweight or obese range (30% and 3%, respectively).

Aside from not eating their fruits and veggies -- only 58% get five servings every day or on most days -- about half of the population isn't careful about limiting unhealthy foods. Just 54% said they watch how many sweets they eat every day or on most days, while 51% said they limit fats. "People should be eating fruits, vegetables, whole grains, and low-fat or fat-free milk and dairy foods *every day*," says Keith Ayoob, EdD, RD, of Albert Einstein College of Medicine. He added that lowering consumption of sugar-sweetened beverages -- 43% of the survey respondents reported having at least one every day -- is "one of the easiest things to do because there are numerous alternatives."

Americans tend to be busy, but not necessarily active. Even though being active can also help keep the weight down, 60% of Americans report being sedentary. [Only one in seven Americans exercises enough and eats enough fruits and vegetables, and men are worse than women.](#) The Center for Disease Control (CDC) tracked the percentage of Americans who eat at least five servings of fruits and vegetables daily and engage in moderately intense exercise for at least 30 minutes five days per week or vigorous exercise for at least 20 minutes three days per week as recommended by the government.



Overall, 14.6 percent of Americans met both the dietary and exercise benchmarks, including 12.4 percent of men and 16.6 percent of women.

"People know that they need to be eating more fruits and vegetables and they know they need to be doing more physical activity. But we're not doing it," said Mary Kay Solera, head of the CDC's National Fruit and Vegetable Program and one of the report's authors.

Let's begin walking the talk so we can reap the benefits of health!

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Why Me?