

HEALTH POLL:

Diet & Nutrition

July 2016

SURVEY OVERVIEW

Every other month, the Truven Health Analytics™-NPR Health Poll surveys approximately 3,000 Americans to gauge attitudes and opinions on a wide range of healthcare issues. Poll results are reported by NPR on the health blog Shots (<http://www.npr.org/blogs/health/>) and on air.

The Truven Health Analytics-NPR Health Poll is powered by the Truven Health Analytics PULSE® Healthcare Survey, an independently funded multi-modal (land line, cell phone, internet) survey that collects information from approximately 80,000 U.S. households annually.

The results depicted here represent responses from 3,007 survey participants interviewed from May 1- 14, 2016. The margin of error is +/- 1.8 percentage points.

NPR's reports on the findings are archived here:
<http://www.npr.org/templates/search/index.php?searchinput=truven>

Executive Summary

The 2015-2020 Dietary Guidelines for Americans, issued by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, were updated in January 2016. These guidelines differ from previous guidelines in several ways, including removal of the previous limitation on dietary cholesterol. The PULSE survey asked Americans about their eating habits and about their awareness of updated guidelines. Some key findings include: 41 percent of respondents consider their eating habits to be very good or excellent, and 25 percent consider their eating habits to be fair or poor. Only 26 percent were aware of the change in dietary cholesterol recommendation, and more than a third are confused about what kinds of oils and fats should be consumed for a healthy diet.

Additional findings include:

- 64 percent of respondents aware of the guidelines say the guidelines have had no impact on the amount of food high in animal fat that they consume. This rate is highest among baby boomers at 85 percent and at 46 percent is lowest among respondents under the age of 35.
- 22 percent of respondents aware of the guidelines indicated they are eating more foods high in animal fat, a rate that tends to decrease with increasing age.
- 14 percent of respondents aware of the guidelines indicated they are eating less foods high in animal fat, a rate that tends to decrease with increasing levels of education.
- 26 percent of all respondents indicated that they eat no eggs or one egg per week; 20 percent of respondents eat seven or more eggs per week.
- 35 percent of all respondents say they are confused about the kind and amount of fat ideal for a healthy diet, a rate that tends to decrease with increasing age, level of education, and level of income.
- 27 percent of all respondents say they are eating more whole grains than they were six months ago, 11 percent are eating less, and 62 percent say they are eating about the same amount of whole grains as they were six months ago.

Survey Data

Responses in **Black Bold** indicate statistical significance.

Question 1

How healthy would you consider your eating habits to be? Would you say...

	Excellent	Very Good	Good	Fair	Poor	Excellent/ Very Good	Good	Fair/ Poor
Age								
<35	18.8%	29.7%	26.7%	21.4%	3.3%	48.5%	26.7%	24.8%
35 - 64	9.9%	26.2%	35.9%	23.9%	4.0%	36.1%	35.9%	28.0%
65+	12.9%	30.6%	37.5%	14.6%	4.4%	43.5%	37.5%	19.0%
Total	13.2%	28.2%	33.5%	21.2%	3.9%	41.4%	33.5%	25.1%
Education								
HS or Less	14.2%	27.4%	28.2%	23.1%	7.0%	41.7%	28.2%	30.1%
Some College/Assoc	5.7%	25.5%	33.9%	30.6%	4.4%	31.1%	33.9%	35.0%
College+	17.8%	30.5%	36.3%	13.7%	1.8%	48.3%	36.3%	15.4%
Total	13.2%	28.2%	33.5%	21.2%	3.9%	41.4%	33.5%	25.1%
Generation								
Silent Generation	17.3%	28.5%	35.4%	14.4%	4.4%	45.8%	35.4%	18.8%
Baby Boomers	7.4%	29.3%	38.2%	22.6%	2.6%	36.6%	38.2%	25.2%
Generation X	11.7%	25.7%	35.1%	22.0%	5.5%	37.4%	35.1%	27.5%
Millennials	18.8%	29.7%	26.7%	21.4%	3.3%	48.5%	26.7%	24.8%
Total	13.2%	28.2%	33.5%	21.2%	3.9%	41.4%	33.5%	25.1%
Income								
<\$25k	9.9%	23.6%	29.3%	30.5%	6.7%	33.4%	29.3%	37.2%
\$25k - \$49.9k	7.9%	20.6%	39.2%	25.8%	6.5%	28.5%	39.2%	32.3%
\$50k - \$99.9k	14.9%	31.0%	37.2%	15.5%	1.4%	45.9%	37.2%	16.9%
\$100k+	23.3%	34.2%	24.8%	16.6%	1.1%	57.5%	24.8%	17.8%
Total	13.2%	28.2%	33.5%	21.2%	3.9%	41.4%	33.5%	25.1%

Question 2

'Q2: Are you aware that the Federal Government's dietary guidelines no longer consider cholesterol a concern?

	Yes	No
Age		
<35	28.5%	71.5%
35 - 64	22.2%	77.8%
65+	29.2%	70.8%
Total	25.6%	74.4%

Education		
HS or Less	22.5%	77.5%
Some College/Assoc	21.9%	78.1%
College+	29.8%	70.2%
Total	25.6%	74.4%

Generation		
Silent Generation	24.6%	75.4%
Baby Boomers	25.9%	74.1%
Generation X	22.9%	77.1%
Millennials	28.5%	71.5%
Total	25.6%	74.4%

Income		
<\$25k	21.9%	78.1%
\$25k - \$49.9k	18.2%	81.8%
\$50k - \$99.9k	27.1%	72.9%
\$100k+	37.6%	62.4%
Total	25.6%	74.4%

Question 3

Has this information resulted in you eating more, less, or about the same amount of foods high in animal fat such as cheese, meat, and eggs?

	More	Less	About Same
Age			
<35	37.7%	16.6%	45.7%
35 - 64	21.0%	11.4%	67.7%
65+	3.0%	14.2%	82.8%
Total	22.0%	13.8%	64.2%

Education			
HS or Less	21.5%	20.0%	58.5%
Some College/Assoc	12.7%	13.6%	73.7%
College+	26.9%	11.2%	62.0%
Total	22.0%	13.8%	64.2%

Generation			
Silent Generation	2.8%	22.2%	74.9%
Baby Boomers	3.5%	11.8%	84.7%
Generation X	29.7%	9.4%	60.9%
Millennials	37.7%	16.6%	45.7%
Total	22.0%	13.8%	64.2%

Income			
<\$25k	12.1%	15.3%	72.6%
\$25k - \$49.9k	10.1%	20.3%	69.6%
\$50k - \$99.9k	28.0%	15.1%	56.9%
\$100k+	37.3%	6.7%	56.0%
Total	22.0%	13.8%	64.2%

Question 4

On average, how many eggs do you eat per week in egg dishes only, such as omelets, fried eggs, etc.?

	0	1	2 - 6	7+
Age				
<35	14.3%	7.2%	45.7%	32.9%
35 - 64	16.7%	13.0%	53.4%	16.8%
65+	13.8%	10.2%	65.9%	10.1%
Total	15.4%	10.7%	53.9%	20.1%
Education				
HS or Less	16.9%	10.4%	51.2%	21.5%
Some College/Assoc	16.5%	10.5%	56.2%	16.8%
College+	13.8%	11.0%	53.8%	21.4%
Total	15.4%	10.7%	53.9%	20.1%
Generation				
Silent Generation	16.7%	9.5%	66.7%	7.2%
Baby Boomers	16.9%	12.8%	55.2%	15.2%
Generation X	14.6%	12.5%	56.0%	16.9%
Millennials	14.3%	7.2%	45.7%	32.9%
Total	15.4%	10.7%	53.9%	20.1%
Income				
<\$25k	17.1%	10.8%	53.6%	18.4%
\$25k - \$49.9k	19.2%	13.8%	50.7%	16.3%
\$50k - \$99.9k	10.8%	6.6%	59.6%	22.9%
\$100k+	13.5%	12.4%	55.2%	19.0%
Total	15.4%	10.7%	53.9%	20.1%

Question 5

In general, are you confused about how much of what kinds of fats are ideal for a healthy diet?

	Yes	No
Age		
<35	44.9%	55.1%
35 - 64	33.1%	66.9%
65+	26.9%	73.1%
Total	35.3%	64.7%
Education		
HS or Less	40.5%	59.5%
Some College/Assoc	34.8%	65.2%
College+	32.6%	67.4%
Total	35.3%	64.7%
Generation		
Silent Generation	26.7%	73.3%
Baby Boomers	25.8%	74.2%
Generation X	37.5%	62.5%
Millennials	44.9%	55.1%
Total	35.3%	64.7%
Income		
<\$25k	44.1%	55.9%
\$25k - \$49.9k	35.8%	64.2%
\$50k - \$99.9k	35.2%	64.8%
\$100k+	33.5%	66.5%
Total	35.3%	64.7%

Question 6

Thinking about whole grains, would you say that you are eating more, less, or about the same amount as you were 6 months ago?

	More	Less	About Same
Age			
<35	37.8%	15.0%	47.2%
35 - 64	24.2%	11.3%	64.6%
65+	20.1%	5.2%	74.7%
Total	27.4%	11.1%	61.5%

Education			
HS or Less	24.4%	13.2%	62.4%
Some College/Assoc	26.3%	11.5%	62.3%
College+	29.9%	9.6%	60.5%
Total	27.4%	11.1%	61.5%

Generation			
Silent Generation	14.1%	4.7%	81.2%
Baby Boomers	17.2%	7.8%	75.0%
Generation X	31.1%	12.5%	56.5%
Millennials	37.8%	15.0%	47.2%
Total	27.4%	11.1%	61.5%

Income			
<\$25k	22.9%	16.9%	60.2%
\$25k - \$49.9k	27.0%	10.9%	62.1%
\$50k - \$99.9k	29.6%	9.4%	61.0%
\$100k+	34.6%	8.8%	56.6%
Total	27.4%	11.1%	61.5%