

State Indicator Report on Fruits and Vegetables, 2013



North Dakota Action Guide

This North Dakota Action Guide accompanies the *State Indicator Report on Fruits and Vegetables, 2013* and provides potential actions that state leaders, public health professionals, coalitions, and community-based organizations can take to improve the food environment in support of individuals' and families' increased consumption of fruits and vegetables. For the full report visit <http://www.cdc.gov/nutrition/professionals/data>.

U.S. Fruit and Vegetable Consumption

The *Dietary Guidelines for Americans, 2010* recommends that Americans eat more fruits and vegetables as part of a healthy diet. Fruits and vegetables have important nutrients for the human body. Eating fruits and vegetables lowers the risk of developing many chronic diseases and can also help with weight management.

The *State Indicator Report on Fruits and Vegetables, 2013* shows that overall consumption of fruits and vegetables in the United States is low; adults consume fruit about 1.1 times per day; vegetable consumption is about 1.6 times per day. In North Dakota, adults consume fruit about 1.1 times per day; vegetable consumption is about 1.4 times per day.



Policies and Environments to Increase Fruit and Vegetable Consumption

Many states are attempting to increase fruit and vegetable consumption by improving access and establishing policies that make it easier to get fruits and vegetables in communities, schools, and child care.

Improve Opportunities to Purchase Fruits & Vegetables

Strategies to improve the food retail environment can increase fruit and vegetable availability and affordability in states.

Indicator	North Dakota	U.S.
Census tracts that have at least one healthier food retailer located within the tract or within 1/2 mile of tract boundaries	49.8%	69.5%
State has enacted at least one state-level healthier food retail policy (2001-2011)	No	10 states
Number of farmers markets per 100,000 state residents	9.5	2.5
Percentage of farmers markets that accept Supplemental Nutrition Assistance Program (SNAP) benefits	1.5%	21.0%
Percentage of farmers markets that accept WIC* Farmers Market Nutrition Program (FMNP) coupons	NA ¹	25.8%
State authorizes farmers to accept WIC* Cash Value Vouchers	No	19 states

*Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

¹Indicates states that did not receive WIC FMNP grants in FY2012.

Potential Actions

- Work with stakeholders to conduct assessments that identify communities without retail outlets selling healthier food and develop initiatives to improve the food environment in those areas.¹⁻³
- Consider improvements in fruit and vegetable access that can be made in existing retail venues.²
- Work with groups trying to bring new retail outlets to neighborhoods to ensure that public health goals, including the sale and promotion of fruits and vegetables, are addressed and evaluated.¹⁻³
- Work with stakeholders to increase the number of farmers/farmers markets that accept nutrition assistance program benefits and to increase use of the benefits. This includes supporting the use of wireless electronic benefit transfer (EBT) devices for acceptance of SNAP benefits and implementing awareness campaigns.^{2,4}

National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity



Increase Availability of Fruits & Vegetables in Schools, Child Care, and Early Education Programs

Schools, child care, and early education programs are uniquely positioned to model and reinforce healthful eating behaviors. Offering fruits and vegetables when food is served at meals, activities, and special events is one way of doing this.

Indicator	North Dakota	U.S.
Percentage of middle and high schools that offer fruits or non-fried vegetables at school celebrations*	28.9%	33.6%**
State child care regulations align with national standards for serving fruits	No	10 states
State child care regulations align with national standards for serving vegetables	No	4 states
State has enacted at least one state-level farm to school/preschool policy (2001-2011)	No	28 states

*Among schools that offer foods or beverages at school celebrations.

** Median across states.

Potential Actions

- Educate partners on the importance of nutrition standards and initiatives as part of child care licensing, child care training and certification, and school wellness policies, including requirements for fruit and vegetable availability whenever food is offered to students.^{1,5,6}
- Educate schools, child care, and early education administrators and practitioners on the tools they can use to conduct self-assessments and help kids eat more fruits and vegetables (tools available at [HealthierUS Schools Challenge](#), [CDC's School Health Index](#), and [Let's Move Child Care](#)).
- Promote access to and student participation in the National School Lunch and School Breakfast Programs, which provide nutrient-dense meals that emphasize fruits, vegetables, and whole grains.
- Support farm to school/preschool activities, such as the purchasing of food from local farms, and provide opportunities for agriculture, nutrition, and gardening education.²



Encourage Food System Support

The food system includes the many factors involved in getting fruits and vegetables from the farm to the consumer (e.g., production, processing, distribution) and the participants in that system, including farmers, processors, retailers, communities, and consumers.

Indicator	North Dakota	U.S.
Number of food hubs in each state	0	213
Percentage of U.S. cropland acreage harvested for fruits and vegetables	0.4%	2.5%
State-level food policy council	No	27 states
Number of local food policy councils in each state	1	150

Potential Actions

- Work with partners to organize a food hub (a business or organization that manages the collection, distribution, and marketing of locally and regionally grown food), or facilitate communication between established food hubs and potential buyers (e.g., educational institutions, food retailers, health care providers).⁷
- Leverage traditional and nontraditional partnerships through food policy councils or similar coalitions to improve the food system and create supportive environments for fruit and vegetable access.² The topics in this guide can be addressed by food policy councils.

For more information, visit <http://www.cdc.gov/nutrition/professionals/data> or contact fvreport@cdc.gov.

Resources — Numbers in the text indicate either data sources for the action step or resources that provide additional information about the topic.

1. IOM's Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation <http://www.iom.edu/Reports/2012/Accelerating-Progress-in-Obesity-Prevention.aspx>
2. The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables <http://www.cdc.gov/obesity/resources/recommendations.html>
3. State Initiatives Supporting Healthier Food Retail: An Overview of the National Landscape <http://www.cdc.gov/obesity/stateprograms/resources.html>
4. Supplemental Nutrition Assistance Program (SNAP) at Farmers Markets: A How-To Handbook <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5085298>
5. CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6005a1.htm>
6. Caring for Our Children: Preventing Childhood Obesity in Early Care and Education Programs http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf
7. The Regional Food Hub Resource Guide from the United States Department of Agriculture <http://www.ams.usda.gov/AMSV1.0/foodhubs>

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