



Participant Demographics & Preliminary Pre-Program Survey Results - 2012

Total number of enrolled participants = 527

Gender (n=518)

Female 73%

Male 27%

Race/ethnicity (n=513)

African American/black 30%

Latino/Hispanic or Spanish origin 6%

Caucasian/white 56%

Asian/Asian American 1%

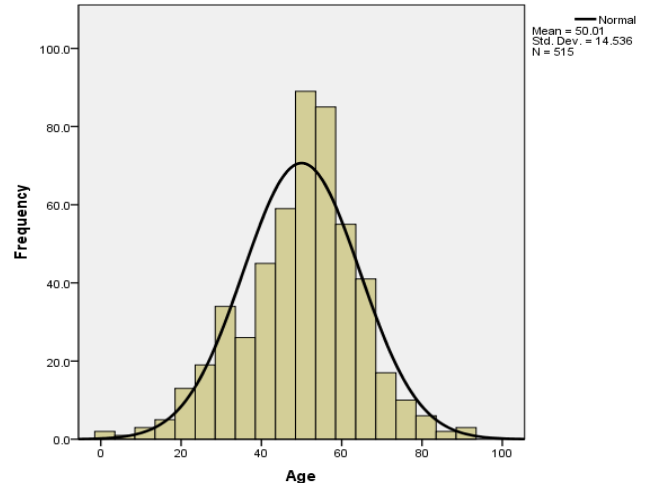
Other race or ethnicity 2%

Two or more races/ethnicities 5%

Age (n=515)

Average age 50 years

Range 1 year through 93 years



Household Composition

35% reported living alone

34% reported at least one child living in household

Average number of children living in household = 1, range 0 to 8

Income-Total Household (n=516)

58% of participants reported a household income of less than \$15,000 per year

58% reported skipping meals during the past year because there wasn't enough money for food

Bridge Card/EBT ("food stamps") (n=520)

54% reported current Bridge Card use

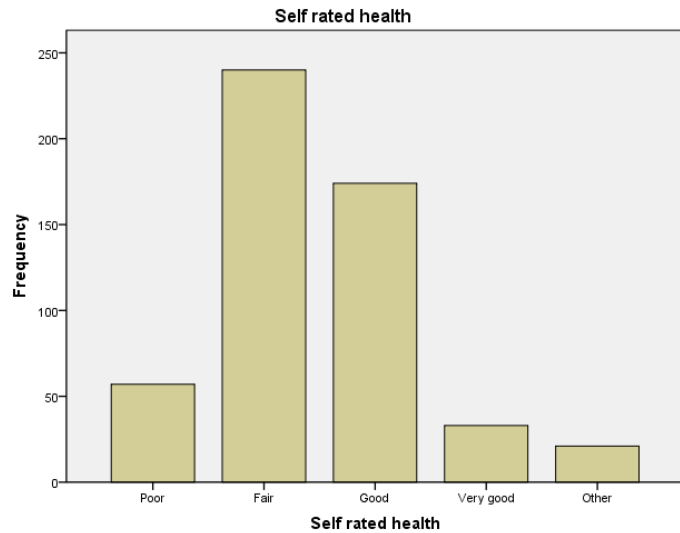
Residency

42% of participants reported living in Ypsilanti zip codes (48197 and 48198)

10% cited Chelsea zip code (48118)

Health

58% rated their health as “poor” or “fair”



Percent reporting having been diagnosed with the following conditions:

- **Diabetes** 27%
- **Heart disease or high blood pressure** 51%
- **High cholesterol** 24%
- **Overweight/obesity** 57%
- **Underweight** 4%

Health Knowledge (n=525)

97% agreed that eating more fruits and vegetables helps people manage chronic health issues better

Farmers' Markets

40% of participants reported not having shopped at a farmers' market before
68% said they did not know that EBT/Bridge Cards (“food stamps”) could be used at many local farmers' markets

Fruit and Vegetable Intake

Mean daily fruit and vegetable intake was 1.5 cups

