Recommendations and findings regarding one intervention to promote good nutrition are provided in this fact sheet. They come from the *Guide to Community Preventive Services (Community Guide)* developed by the Task Force on Community Preventive Services (Task Force). With oversight from the Task Force, a team of experts led or supported by Community Guide scientists conducted a systematic review to evaluate scientific evidence and provide recommendations to policy makers on these interventions.

**BACKGROUND INFORMATION**

- Twenty-five percent of all calories consumed by Americans come from sweets, desserts, soft drinks and alcoholic beverages.  

- Healthy fruits and vegetables make up only 10 percent of caloric intake in the U.S. diet.

- Only about one-fourth of U.S. adults eat the recommended five or more servings of fruits and vegetables each day.

**SUMMARY OF TASK FORCE RECOMMENDATIONS AND FINDINGS**

*Interventions with Insufficient Evidence to Determine Effectiveness*

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Number of Studies that Qualified for Review</th>
<th>Selected Results</th>
<th>Community Guide Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multicomponent school-based nutrition programs</td>
<td>41</td>
<td>Wide variation in study design; self-reported data on dietary intake; questionable outcomes due to reporting bias</td>
<td><a href="http://www.thecommunityguide.org/nutrition/schoolprograms.html">www.thecommunityguide.org/nutrition/schoolprograms.html</a></td>
</tr>
</tbody>
</table>

*This finding does not mean that the intervention does not work. It means that when the review was conducted, there was not enough research available to determine whether or not the intervention works.*

**Online Resources**

- [The Guide to Community Preventive Services](http://www.thecommunityguide.org)
- [CDC, Division of Nutrition, Physical Activity and Obesity](http://www.cdc.gov/nccdphp/dnpao/index.html)
- [USDA, Center for Nutrition Policy and Promotion, Dietary Guidelines for Americans](http://www.cnpp.usda.gov/dietaryguidelines.htm)
- [CDC Fruits and Veggies – More Matters](http://www.fruitsandveggiesmatter.gov/)

*This fact sheet has been made possible by a cooperative agreement with CDC’s National Center for Health Marketing (Award No. U36/CCU325065-02). ASTHO is grateful for this support.*

---


2. Ibid

3. Ibid