

## Healthy People 2010 Operational Definition

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### **19-8. Increase the proportion of persons aged 2 years and older who consume less than 10 percent of calories from saturated fat.**

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| <b>National Data Source</b>                                | Baseline: Continuing Survey of Food Intakes by Individuals (CSFII), Department of Agriculture (USDA). All other data years: National Health and Nutrition Examination Survey (NHANES): CDC, NCHS; USDA, ARS.  |
| <b>State Data Source</b>                                   | Not identified.   |
| <b>Healthy People 2000 Objective</b>                       | Adapted from 2.5 (Nutrition) (also 15.9 and 16.7)   |
| <b>Changes since the 2000 Publication</b>                  | None.   |
| <b>Measure</b>   | Percent (age adjusted-see Comments).  |
| <b>Baseline (Year)</b>                                     | 36 (1994-96)  |
| <b>Target</b>  | 75  |
| <b>Target-Setting Method</b>                               | Better than the best racial/ethnic subgroup.<br><br>For a discussion of target-setting methods, see Part A, section 4.  |
| <b>Numerator</b>   | Number of persons aged 2 years and older who report consuming less than 10.0 percent of calories from saturated fat (based on a 2-day average).   |
| <b>Denominator</b>   | Number of persons aged 2 years and older.   |
| <b>Population Targeted</b>                                 | U.S. civilian, noninstitutionalized population.   |
| <b>Questions Used to Obtain the National Baseline Data</b> | From the 1994-96 Continuing Survey of Food Intakes by Individuals:<br><br>The 1994-96 CSFII included the collection of 2 nonconsecutive days of dietary data through in-person 24-hour recalls. <sup>1</sup> Each respondent was asked to recall the kinds and amounts of foods eaten at home and away from home during the previous day. Amounts of foods reported in household measures were then converted to gram amounts, and saturated fat intake estimated with the use of food composition files. |

**Expected Periodicity**

Periodic.

**Comments**

This objective tracks the proportion of the population that meets recommendations for saturated fat consumption in the 2000 Dietary Guidelines for Americans.<sup>2</sup> Additional tracking of saturated fat intake expressed in grams may also help in interpreting how much progress has been made, since a decrease in saturated fat intake as a percentage of calories may not reflect a decrease in grams of saturated fat if, for example, carbohydrate intake has increased.

Pregnant or lactating women and breast-fed children are excluded from the numerator and denominator.

Data are age adjusted to the 2000 standard population using the age groups 2-5, 6-11, 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80 years and over. Age-adjusted rates are weighted sums of age-specific rates. For a discussion of age-adjustment, see Part A, section 7.

Although the CSFII was the baseline data source for this objective, that survey has been discontinued and tracking data are now obtained from the National Health and Nutrition Examination Survey.

This objective differs from Healthy People 2000 objective 2.5, which tracked the proportion of the population that consumed less than 10 percent of calories from saturated fat as well as the mean saturated fat intake of population groups. Also, the data used to track objective 2.5 were not age adjusted.

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.<sup>3</sup>

See Part C for a description of NHANES and Appendix A for focus area contact information.

## References

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1. Agricultural Research Service (ARS). Design and Operation: The Continuing Survey of Food Intakes by Individuals and the Diet and Health Knowledge Survey, 1994–96. NFS Report No. 96-1. Washington, DC: USDA, 1998.
2. Dietary Guidelines Advisory Committee. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000. Washington, DC. USDA. April 2000.
3. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.