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Technical Report XX-99

The Army Food and Nutrition Survey, 1995-97

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ABSTRACT

This technical report contains data on nutrition attitudes, nutrition knowledge, and dietary practices of over 3,000 Army soldiers. This survey included soldiers from 32 Army installations across the continental United States, Alaska, Hawaii, Germany, Hungary, Panama, and South Korea (Figure 2). The data were collected between May 1996 and July 1997. The data were collected by Army dietitians assigned to installations providing medical nutrition therapy services and other nutrition support services throughout Forces Command, Training and Doctrine Command, U.S. Army Pacific, U.S. Army Europe, and U.S. Forces Korea support area. Data are provided in ten sections covering the following topics: demographics, eating healthy, dietary supplements, food guide pyramid, buying food, food labels, food frequency, milk use, smoking history, and field feeding. Supplemental data are included on dietary attitudes and nutrient intakes related to the recommended servings of specified food groups, factors related to grocery shopping, and the relationship between health and diet.

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STO V: To identify nutritional strategies to maintain soldiers health and performance.

Task VC: To address the diet-health issue from the standpoint of assessing current dietary practices that may affect the health and performance of soldiers. This can be accomplished through nutrition assessment surveys.

INTRODUCTION

The Department of the Army health statistics identify heart disease as the second leading cause of death, after accidents, among the military population. An Army report on Combat Field Feeding-Force Development Test and Experimentation Test (1986) revealed approximately 40% of the 200 soldiers sampled had serum cholesterol levels greater than 200 mg/dL. This report and similar subsequent reports led to a comprehensive revision of the nutritional standards for Army dining facilities.

Initiatives outlined in Army Regulation 30-1, The Army Food Service Program, Appendix J (1986), have been designed by the Army to increase the soldiers' awareness of the importance of nutrition, to educate soldiers to make appropriate food choices, and to provide for them a variety of nutritious menu alternatives. The primary focus of this initiative was an attempt to decrease the soldiers' consumption of total fat, cholesterol, and sodium.

The *Surgeon General's Report on Nutrition and Health* points out that federally supported food assistance programs, such as military dining facilities, should be setting the right example by reflecting the very principles of good nutrition they advocate in their 1988 report. Military leaders in the area of health promotion and nutrition policy have

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adopted the "Dietary Guidelines for Americans" as the foundation for ongoing nutrition initiatives. Current nutrition efforts have been limited to assessing and making changes in the total fat, cholesterol, and sodium content within the military ration. Military service members who are restricted to eating in government operated dining facilities and desire to eat in accordance with published dietary recommendations should not be denied because the system does not make healthful foods available.

In the U.S. Army, information derived from nutrition monitoring systems should form the basis for policy decisions that affect the lives of all soldiers. These include decisions about menu modifications, recipe formulation, food procurement, food labeling, nutrition information and education programs, dining facility intervention programs, and fortification of operational rations. Nutrition monitoring research is assumed to be the methodological tool for the practice of Army dietetics. Methods for assessing dietary intake over short and extended periods of time, food composition data, and the reference standards that we use to evaluate individual soldiers and population groups are the products of nutrition monitoring research.

Military nutrition monitoring is the ongoing description of nutrition conditions in the Army, with particular attention to subgroups defined in military classification terms, for the purposes of planning, analyzing the effects of policies and programs on nutrition problems and predicting future trends. The purpose for conducting nutrition surveys and other activities included in nutrition monitoring is to provide information for the Army Surgeon General's nutrition planning and policy decisions, but the information is also useful for establishing research efforts and to make comparisons to the general U.S. population.

As defined by the Interagency Board on Nutrition Monitoring and Related Research (1), nutrition monitoring

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encompasses five types of measurements: health and nutritional status, food consumption, dietary knowledge and attitudes, food composition, and food supply measurements. These measurements are made at different points in a continuum from the production of food through consumption at the institutional dining facility, household, and individual levels, and eventually to the health status of individuals. Schematically, the continuum of measurements is represented in Figure 1, depicting the conceptual model of the relationships of food to health.

The content on nutrition monitoring has evolved with our growing understanding of how diet affects health. As described by Wotecki and Fanelli-Kuczmarski:

"The underlying objectives for collecting information on food consumption from World War I to the mid-1940's were primarily to meet the needs of food production and marketing and distribution programs, both public and private. Since World War II, strong demands for much more information (especially about nutritional status, individual intakes, and their relationship to health) have come from public and private agencies faced with making planning and policy decisions on food fortification, food safety, and health-services delivery programs. Secondly, the surveys provide a rich database for epidemiologists, economists, and other researchers." (2)

The current challenges for nutrition monitoring research arise from rapid changes in our food supply, and the changing demographic profile of the Army population. New ingredients, biotechnology-derived foods, and new processing technologies may revolutionize the food supply in the near future. The rapid introduction of new products will pose enormous challenges to the capabilities of our food composition databases to remain current and to survey respondents to be able to accurately describe the foods they have eaten so they can be accurately coded. Projections

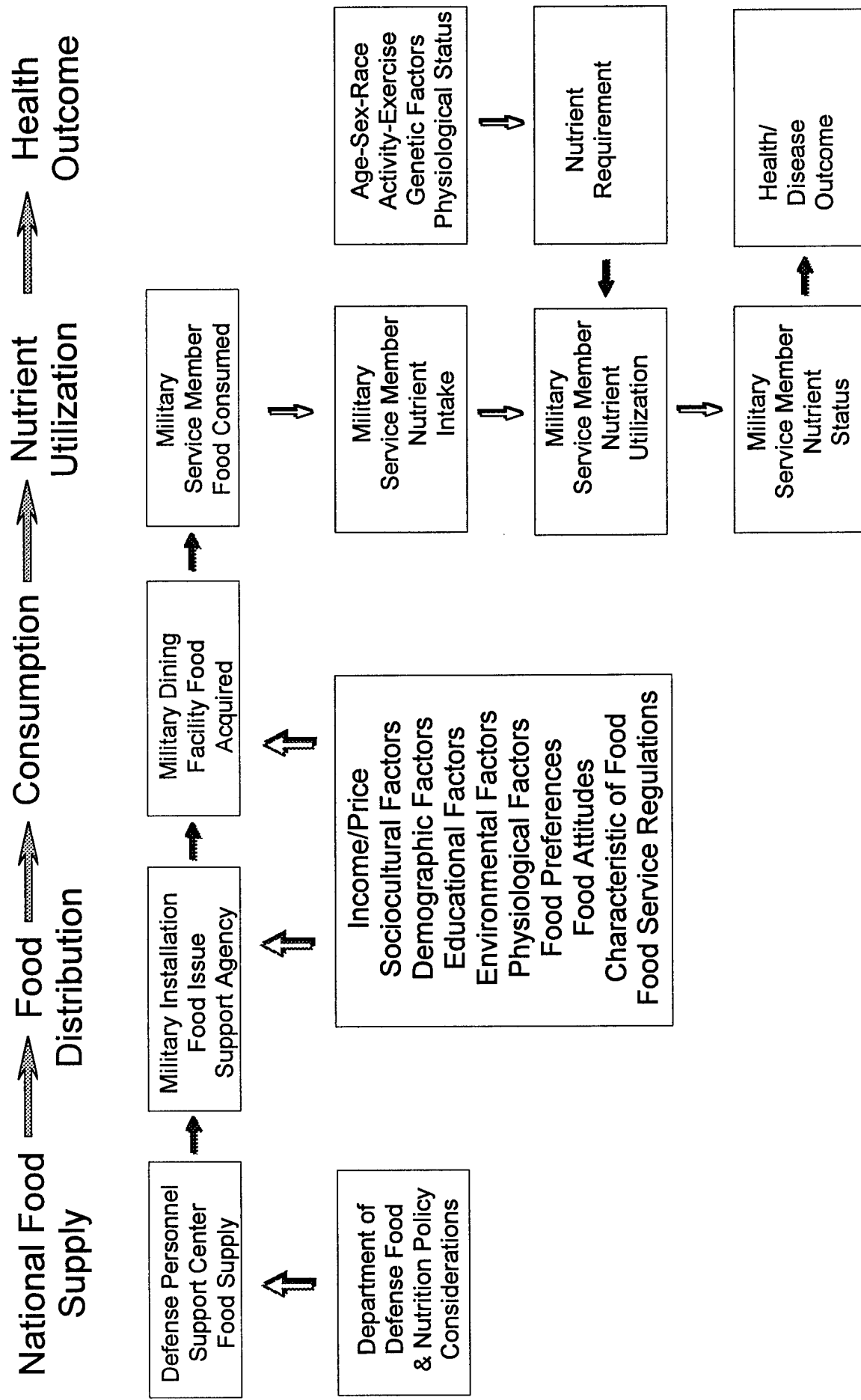


Figure 1. General conceptual model for military service member food choices, food intake, nutritional and health status (adapted from the Expert Panel on Nutrition Monitoring, Department of Health and Human Services, 1989) (32).

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for the demographic profile of the nation indicate that the Army will become more ethnically diverse in the future, as well as more women will be recruited for an ever expanding number of military occupational specialties. More meals will be eaten away from the dining facility and away from home for married soldiers. It is also predicted that the total food expenditures for food away from Army dining facilities and households will increase during the 1990's across racial, gender, rank, and Military Occupational Specialty (MOS) groups.

RESEARCH PROBLEM

Dietary factors are associated with 5 of the 10 leading causes of death and are associated with other conditions such as obesity (3). Deficiencies of nutrients and minerals, such as iron and calcium, remain a problem in selected population subgroups. Over-consumption of food components such as fat, cholesterol, and salt and under-consumption of fruits, vegetables, and whole-grain foods are significant problems in the general population. Measurement of nutrient intake is important in evaluating nutrition education and intervention programs aimed at improving the population's dietary intake. Some form of measurement of foods as they contribute to nutrient intake and as they comprise dietary patterns is important for evaluating and developing dietary guidance (4).

Limited nutrition data have been collected assessing the intake of active duty soldiers who subsist in garrison dining facilities and are inadequate to make generalizations regarding all soldiers who subsist in garrison dining facilities. Nutrition data of any kind are severely lacking on the vast majority of noncommissioned and commissioned officers who buy and prepare their own food. The Federal Government's National Nutrition Monitoring and Related Research Program (5) such as the National Health and Nutrition Examination Survey excludes individuals who subsist in institutional feeding programs, such as military garrison dining facilities, or families that reside in government quarters on

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military installations. The U.S. Army needs to survey a representative sample of soldiers to assess the nutritional and dietary habits of the many ethnic, rank, and gender groups that comprise the Army and which are not covered in current national nutrition monitoring surveys, as military populations are typically not included.

Data gathered to assess nutritional and dietary habits determining the kinds of food consumed can be very useful for researchers when assessing many of the new causative or protective dietary constituents being investigated such as carotenoids, nonessential nutrients (fiber and phytochemicals), and nonessential trace elements.

SURVEY INSTRUMENTS

The U.S. Department of Agriculture and the Department of Health and Human Services have developed a joint implementation plan for the National Nutrition Monitoring System. The implementation plan included a system that coordinated survey methods and reporting procedures. These agencies report on the dietary, nutritional, and health-related status of the people of the United States and the nutritional quality of food consumed in the United States at least once every five years.

Two of the primary nutrition monitoring programs are the National Health and Nutrition Examination Survey (NHANES) and the Diet and Health Knowledge Survey (DHKS). The NHANES and DHKS have been completed with national samples several times over the past 20 years. A more recent nutrition monitoring survey has been fielded through the National Cancer Institute, 5 A Day Baseline Survey, that addresses dietary habits, knowledge, attitudes and perceptions about fruit and vegetable intake. This was a result of previous NHANES studies that showed an enormous gap exists in the United States between recommendations and practices pertaining to fruits and vegetables. Brief

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description of the survey tools are presented:

National Health and Nutrition Examination Survey

NHANES data are used to track progress toward the Nation's health and nutrition objectives (3,6-7) for diet, serum cholesterol, hypertension, iron deficiency anemia, and overweight. NHANES provides reference data for nutrient intakes (8,9) which allows policymakers to set nutrition policy (3,4,6,10,11) and research agendas.

Prior NHANES conducted between 1971 and 1984 included food frequency components as part of the dietary interview (8,12). It was again the recommendation, based on the aims of the NHANES III nutrition component to use a food frequency questionnaire (FFQ) to supplement data from the 24 hour recall and to provide typical or qualitative data for ranking persons by intake of specific foods and food groups. The FFQ used a 1 month reference period and was not quantitative, i.e., did not collect portion sizes. It was not designed to produce population nutrient intake estimates, and so the conclusion was that use of food frequency data for this purpose is not appropriate (13-16).

The FFQ food list was developed to be comparable to food lists used in past NHANES for trend assessment but was expanded to capture more detailed intake of foods containing specific nutrients of interest. Foods containing nutrients related to risk for cancer, cardiovascular disease, and osteoporosis (17), such as vitamin A and C, caffeine, and calcium, respectively, were added to a general food list.

Osteoporosis is a debilitating disease of reduced bone mass that causes fractures of the vertebrae, hip, forearm, and other bones. Intake of calcium, phosphorus, vitamin D, protein, and alcohol, as well as sedentary lifestyle, may all be related to the development of osteoporosis (18). NHANES III measures the frequency of consumption of calcium-rich

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foods. In addition, a question on historical intake of milk was included in the interview to investigate the relationship between past calcium intake and current bone densitometry results. Interest in past consumption of dairy foods has been raised by findings suggesting that the level of calcium intake by young adults may be related to peak bone mass (19,20).

To complement the osteoporosis component, military adults were asked to report their milk consumption during four age periods rather than the five used in the NHANES III FFQ because of the lack of subjects that would make up the older age grouping within the active duty military population. The age groupings used in the military survey were restricted to the following: 5-12 years, 13-17 years, 18-35 years, and 35 years of age and over.

5-A-Day Baseline Survey

Evidence has been accumulating on the relation of fruit and vegetable consumption to health, as is reflected in the National Academy of Sciences recommendations to increase consumption of these foods. A number of studies suggests that we can help prevent several types of cancer by increasing our fruit and vegetable consumption (21-25) and may lower the risk for heart disease (17, 26-30). The antioxidant vitamins E, C, and beta carotene (a precursor of vitamin A) are found in plants. Physiologically active components known as phytochemicals (sulfuraphane, indoles isoflavones, genistein, polyphenols, flavonoids, and carotenoids) are found in fruit, vegetables, legumes, and whole-grain foods. However, the discrepancy between the American diet and the fruit, vegetable, and whole-grain food guidelines has been reported to be so enormous that some nutrition leaders feel the public is either unaware of the likely benefits of including these foods in the daily diet or, although aware, are unwilling or feel they cannot afford to follow the guidelines.

The Year 2000 Objectives for the Nation include a goal to increase consumption of fruits and vegetables to five or more servings each day (3). A question concerning soldiers behavior toward this goal is, "Do soldiers who subsist

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regularly in our institutional garrison dining facilities come closer to meeting the goal of 5-A-Day when compared to those soldiers who regularly eat outside of the institutional eating environment?"

Diet and Health Knowledge Survey, 1991

This survey was designed so that individuals attitudes and knowledge about healthy eating could be linked with food choices. USDA's surveys, NHANES and DHKS, are used to assess the nutritional content of diets for implications relating to food production and marketing, food safety, food assistance, health promotion, and nutrition education. These surveys are a major component of the National Nutrition Monitoring and Related Research Program, and are intended to provide information on the nutritional status of the U.S. population (31).

In the DHKS interview, respondents are asked about their knowledge and attitudes about healthy eating. The target population for the DHKS was main meal planners/preparers in 48 States and Washington, D.C. The interview was conducted by telephone or interviewed in-person. The interview covered such topics as:

- self-perceptions of the adequacy of intake levels of nutrients and other dietary components;
- awareness of relationships between diet and health;
- use of food labels;
- perceived importance of following dietary guidance for specific nutrients and other dietary components;
- beliefs about food safety;
- knowledge about food sources of energy, nutrients, and other dietary components; and
- self-perceptions about weight status.

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DHKS questions on knowledge and attitudes about food guidance were based on the Dietary Guidelines for Americans. The DHKS included 36 questions. The content of the questionnaire was governed by the need for data on knowledge and attitudes about the Dietary Guidelines for Americans and about food labeling and food safety issues. The USDA's nutrition education mission is to strive to achieve healthier diets for all Americans. The path toward accomplishing this mission involves gathering relevant information, such as that from the DHKS, to use in developing the research base for food guidance materials and in identifying appropriate strategies for targeting nutrition education efforts. Relevant questions from this survey could also be used to provide guidance in strategies to improve the U.S. Army nutrition education programs and healthier diets for all soldiers.

RESEARCH PURPOSE

The purpose of the study was to conduct a survey of the nutritional status and dietary habits of a representative sample from the total active duty Army population. This study complemented the Federal government's comprehensive plan to address dietary assessment in National Nutrition Monitoring and Related Research Program (NNMRRP). The sampling design from all previous NNMRRP surveys have excluded individuals living within military installations which includes all active duty personnel who subsist in a federal institutional feeding program. There are several military population subsets where comparisons can be made with the published results from previous national dietary assessments, such as the 5-A-Day for Better Health Survey (1993); Diet and Health Knowledge Survey (1991); and the Third National Health and Nutrition Examination Survey (1994). The data from these surveys will provide the information base for designing and evaluating Department of the Army sponsored nutrition intervention programs.

RESEARCH OBJECTIVES

The objectives of this study were:

- (1) to assess soldiers' nutritional knowledge.
- (2) to determine key factors that affect food selection of soldiers.
- (3) to determine the trends in usual dietary intake with food frequency data.
- (4) to compare dietary intake information from soldiers subsisting in Army institutional feeding programs with data collected nationwide from previous surveillance studies.
- (5) to assess relative fat intake and fat-related behaviors affecting fat consumption.
- (6) to assess nutrition related attitudes and perceptions.
- (7) to produce estimates of means and proportions with a reasonable level of precision for a broad range of nutritional variables by rank, sex, race, and subsistence category (rations-in-kind vs. non rations-in-kind) subgroups of the active duty U.S. military population.

A primary interest of the Army Food and Nutrition Survey I was to estimate with acceptable precision the nutritional status of specific active duty subgroups within the total Army population. The sub-domains for which separate analyses were carried out in AFNS I are as follows:

- | | |
|------------------------------|---|
| 1. Gender: | male and female |
| 2. Race: | white, black, Hispanic, and other |
| 3. Rank: | enlisted and officers |
| 4. Subsistence compensation: | rations-in-kind and Basic Allowance for Subsistence (BAS) |
| 5. MOS/SSI: | combat arms, combat support, and combat service support |

MILITARY RELEVANCE

Basic to the philosophy of the profession of Army dietitians is the premise that there is an established link between nutrition and health and performance. It is imperative that the Army Surgeon General's representatives for nutrition have available nutrition monitoring information basic to the understanding of how nutrition is being promoted, understood, and practiced within the ranks of the active Army forces. Nutrition monitoring will contribute enormously to our knowledge of the success of current nutrition policy and health of a representative sample of the total active Army force. This initial comprehensive nutrition survey will increase the Army Surgeon General's understanding of the existing eating habits and potential determinants of dietary intake so that this knowledge can be used to promote nutrition policy that supports more healthful eating behaviors. The descriptive information on nutrition obtained from this survey will aid in reviewing and improving the Department of the Army policies that directly and indirectly affect the availability of particular foods and the promotion of healthful dietary patterns.

Using the Army Food and Nutrition Survey I could help gain insight into future research to develop new food products and modify both the production and processing of traditional products to help soldiers to more easily meet dietary recommendations improving their health and performance. Since military installations are excluded from all other national nutrition monitoring studies, this survey will allow specific comparisons of the results from this study with data collected nationwide allowing us to examine if national dietary recommendations that we have adopted are appropriate for the active duty Army population.

DESIGN

The Army Food and Nutrition Survey was administered by interview in person based on questions developed by grantees for the National Cancer Institute's 5-A-Day for Better Health Survey Questionnaire, the USDA's Diet and Health Knowledge Survey Questionnaire, and the NHANES III Food Frequency Questionnaire. The major areas of dietary and nutritional inquiry included: (1) healthy eating habits, (2) use of dietary supplements, (3) general health, (4) the food guide pyramid, (5) body weight trends, (6) buying food, (7) food frequency, (8) use of tobacco products, and (9) field feeding.

Seven Army dietitians were used to assist in prioritizing the relative importance of survey questions from the previously discussed validated national nutrition survey tools. They were asked to verify accuracy and relevance of current information in the test items, and to determine that this was the kind of nutrition information needed to be obtained. They were also asked for additional questions that would address field feeding concerns. A questionnaire was developed from the focus meeting and criterion review of these seven dietitians.

This questionnaire was pilot tested by direct face to face interview of eight enlisted Army Human Research Volunteers assigned to Headquarters Company, Soldier Systems Command. This was done to examine individual questions to ensure the wording was satisfactory and they were understood by the respondents, and the assumption of knowledge, attitude and beliefs was possessed by the respondent. The instrument was also evaluated for average time to completion.

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DATA COLLECTION

The Army Food and Nutrition Survey I was sent by direct mail to Army dietitians world-wide. Accompanying the survey was a cover letter under the name of the senior military research dietitian assigned to the U.S. Army Research Institute of Environmental Medicine (USARIEM).

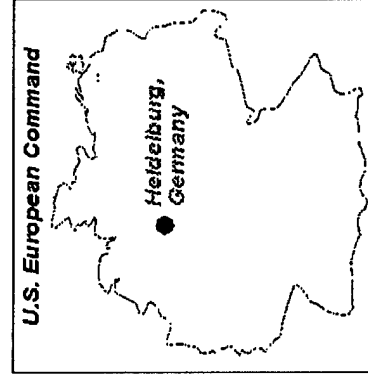
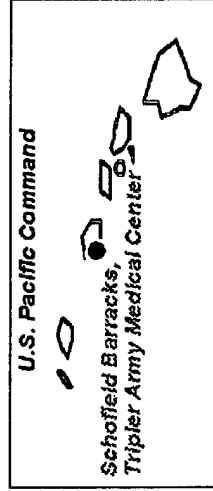
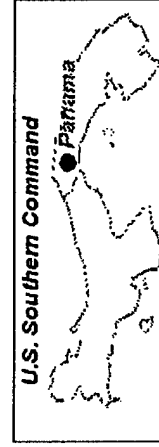
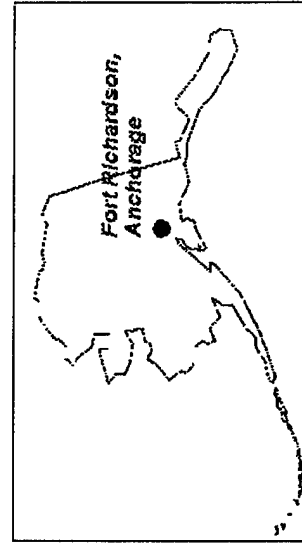
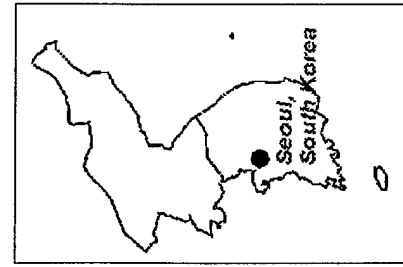
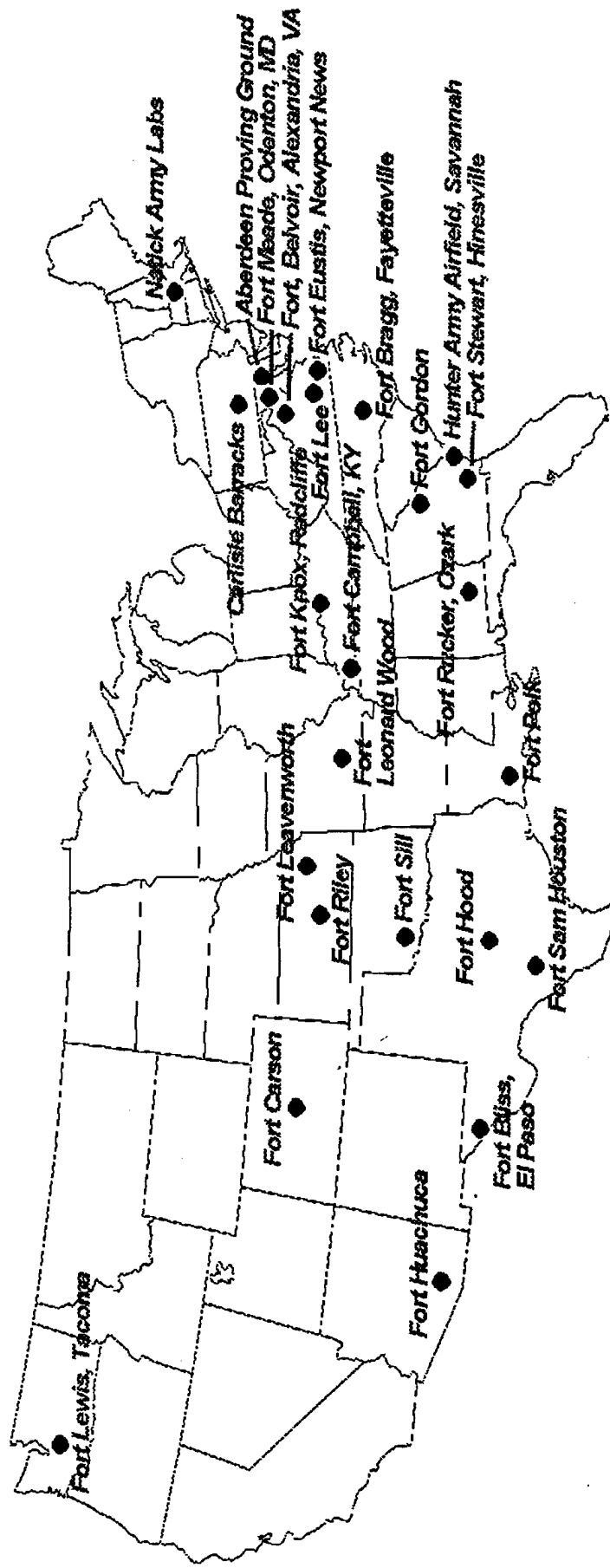
Dietitians assigned to installations providing medical nutrition services and other nutrition support services throughout Forces Command, Training and Doctrine Command, U.S. Army Pacific, U.S. Army Europe, U.S. Forces Korea administered the survey in their local support area (See Figure 2 for the listing of installations that returned completed questionnaires). The administration of the survey was monitored, so the findings can be assumed to be representative of the respondents' knowledge, attitude, beliefs, and habits. They were assured of confidentiality to relieve any anxiety about being tested. The questionnaire used did not require subjects to include their name disallowing researchers to identify subjects either directly or indirectly.

The respondents marked their answers on a survey network designed questionnaire that required penciling-in circles that corresponded to a respondent's answer. Questionnaires were returned to the Military Nutrition and Biochemistry Division, U.S. Army Research Institute of Environmental Medicine by the dietitians who administered the survey.

Although this was not a true random sample, efforts were made to receive responses from every installation where an Army dietitian was assigned. Every attempt was made to obtain samples that represent the force structure of the Army by race, gender, rank, and subsistence category (see below).

Figure 2.

U.S. Army Installations that participated in the "Army Food and Nutrition Survey"



Comparison between sample and target population

Category	Variable	Target ¹	Survey
Gender	Male	86.5%	83.1%
	Female	13.5%	16.1%
Race	White	61.9%	62.6%
	Black	27.1%	21.7%
	Hispanic	5.3%	9.8%
	Other	5.7%	4.7%
Rank	Enlisted	83.0%	77.1%
	Officer	17.0%	22.4%
Subsistence	Meal Card Holders	32.0%	24.0%
	Subsistence Allowance	68.0%	68.5%

¹Source: Washington HQ's Services, Director of Information, Operations and Reports, June 1996

SURVEY DESIGN

The current survey included questions from The National Cancer Institute's 5 A-Day for Better Health Survey, the USDA's Diet and Health Knowledge Survey, and the NHANES III Food Frequency Questionnaire. Although the format of specific items changed slightly to accommodate completion by individual soldiers (rather than administration by telephone or individual interview), the content of the items and options for answering remained the same in order to permit

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comparisons to results obtained previously with the general U.S. population. In addition to questions taken from the surveys mentioned above, items relevant to this population were incorporated including areas such as where soldiers eat, subsistence compensation, Physical Training (PT) scores, tobacco usage, and field feeding.

ADMINISTRATION AND DATA COLLECTION

Soldiers typically completed the survey within 40 minutes ($\pm$ 10 minutes) in groups under the direction of Army dietitians participating in this effort. The dietitians provided general instructions before soldiers began the survey and answered any questions which arose in the course of its administration. Completed surveys were mailed to USARIEM investigators for optical scanning and data analysis.

STUDY POPULATION

Given a goal of obtaining an overall sample representative of the Army, the current demographic breakdown of the Army was used to guide the collection process (see previous page). For each location, the local installation dietitian was given an approximate goal for participation by respondent rank, sex, and race. Because subsistence compensation is related to rank, it is unlikely that this variable can be employed in the selection process. For all locations combined, a minimum of 50 respondents were sought for each cell in the population breakdown. A minimum sample size of approximately 1,800 surveys was necessary to fill all the desired cells with the stated minimum of 50 respondents. We sent out over 4,000 surveys in hopes of meeting our target. USARIEM tracked questionnaire returns and as needed

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provided guidance for additional participant recruitment. To obtain responses from senior military personnel, questionnaires were obtained in the course of ongoing training of senior enlisted and officers at the U.S. Sergeant's Major Academy and the U.S. Army War College.

DATA MANAGEMENT AND ANALYSIS

Completed questionnaires were entered into a database by means of optical scanning. Standard descriptive statistics were computed and comparisons will be made among subgroups through analysis of variance with follow-up tests and non-parametric techniques (e.g. Chi Square) as appropriate to the scales used. Analyses were carried out without any weighing of responses to exactly match the current demographic breakdowns in the Army.

SUMMARY

This report contains data on the dietary attitudes and knowledge of a representative sample of U.S. Army active duty soldiers and their frequency of food intake. The information is derived from a number of valid nationwide surveys developed by the U.S. Department of Agriculture and the National Cancer Institute. These same surveys are a major component of the National Monitoring and Related Research Program, intended to provide information on the dietary and nutritional status of the U.S. population. This survey is the first time the military has collected a comprehensive set of nutrition information which allows the Army to make a comparison between itself and the national information on food intake, dietary attitudes, and knowledge about healthy eating.

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The Army Food and Nutrition Survey presents data on the dietary attitudes and knowledge of soldiers in ten sections. These sections include: eating healthy, dietary supplements, the food guide pyramid, buying foods, food labels, food frequency, and field feeding. Although not part of this report, the combined survey provides a wealth of information for exploring relationships between soldier's attitudes and knowledge about healthy eating, their food choices, and several demographic variables (body mass, smoking history, and fitness). The results provided in this report are solely descriptive in nature containing tables covering each question and the frequency by category for each response included on the survey. A copy of the survey tool can be found in Appendix A.

Table: 001

Question 1: What is your age?

SELECTED CHARACTERISTICS	Total N	N	Mean	Standard Error of the Mean	Median
Total Population	3065	3053	30.3	0.2	28.0
Age					
29 years and younger	1653	1653	23.6	0.1	23.0
30-39 years	846	846	34.5	0.1	35.0
40 years or older	554	554	44.4	0.2	44.0
Missing	12	0			
Sex					
Male	2547	2540	30.5	0.2	28.0
29 years and younger	1364	1364	23.6	0.1	24.0
30-39 years	691	691	34.6	0.1	35.0
40 years or older	485	485	44.3	0.2	44.0
Missing	7	0			
Female	494	493	29.5	0.4	28.0
29 years and younger	282	282	23.8	0.2	23.0
30-39 years	148	148	34.1	0.2	34.0
40 years or older	63	63	44.9	0.5	44.0
Missing	1	0			
29 years and younger	24	20	29.5	2.7	30.0
30-39 years	7	7	22.6	0.9	22.0
40 years or older	7	7	34.0	1.4	33.0
Missing	6	6	46.2	1.6	45.5
Ethnic Group					
White	1920	1914	30.4	0.2	28.0
Black	663	660	30.8	0.3	30.0
Hispanic/Spanish	300	298	28.6	0.5	26.0
Other	145	145	30.3	0.7	28.0
Missing	37	36	29.6	1.4	28.0
Rank					
Enlisted	2364	2355	29.2	0.2	27.0
Officer/WO	687	685	34.2	0.4	32.0
Missing	14	13	29.8	3.2	28.0
MOS/SSI					
Combat Arms	921	917	29.8	0.3	27.0
Combat Support	856	852	29.3	0.3	27.0
Combat Service Support	1274	1271	31.3	0.2	30.0
Missing	14	13	27.9	2.1	28.5
Substance Category					
BAS	2099	2093	32.3	0.2	31.0
Meal card holder	736	733	25.2	0.3	23.0
Missing	230	227	28.5	0.6	26.0
NOTES:					

Table: 002

Question 1: What is your age bracket?

SELECTED CHARACTERISTICS	Total N	N	0-29 years	30-39 years	40-highest	Missing
Total Population	3065	3053	53.9	27.6	18.1	0.4
Age						
29 years and younger	1653	1653	100.0			
30-39 years	846	846		100.0		
40 years or older	554	554			100.0	
Missing	12	0				100.0
Sex						
Male	2547	2540	53.6	27.1	19.0	0.3
29 years and younger	1364	1364	100.0			
30-39 years	691	691		100.0		
40 years or older	485	485			100.0	
Missing	7	0				100.0
Female	494	493	57.1	30.0	12.8	0.2
29 years and younger	282	282	100.0			
30-39 years	148	148		100.0		
40 years or older	63	63			100.0	
Missing	1	0				100.0
29 years and younger	24	20	29.2	29.2	25.0	16.7
30-39 years	7	7	100.0			
40 years or older	7	7		100.0		
Missing	6	6			100.0	
Ethnic Group						
White	1920	1914	54.7	26.0	19.0	0.3
Black	663	660	48.6	32.9	18.1	0.5
Hispanic/Spanish	300	298	60.3	25.7	13.3	0.7
Other	145	145	54.5	29.7	15.9	
Missing	37	36	56.8	21.6	18.9	2.7
Rank						
Enlisted	2364	2355	57.2	28.6	13.7	0.4
Officer/WO	687	685	42.6	24.2	32.9	0.3
Missing	14	13	50.0	21.4	21.4	7.1
MOS/SSI						
Combat Arms	921	917	53.6	27.9	18.0	0.4
Combat Support	856	852	61.6	23.4	14.6	0.5
Combat Service Support	1274	1271	49.1	30.0	20.6	0.2
Missing	14	13	42.9	50.0		7.1
Substance Category						
BAS	2099	2093	43.3	34.2	22.3	0.3
Meal card holder	736	733	82.2	9.6	7.7	0.4
Missing	230	227	60.9	25.2	12.6	1.3
NOTES:						

Table: 003

Question 2: What is your height in inches?

SELECTED CHARACTERISTICS	Total N	N	Mean	Standard Error of the Mean	Median
Total Population	3065	3058	69.1	0.1	69.0
Age					
29 years and younger	1653	1650	69.1	0.1	69.0
30-39 years	846	846	69.1	0.1	69.0
40 years or older	554	554	69.5	0.1	70.0
Missing	12	8	69.6	0.8	70.0
Sex					
Male	2547	2544	70.0	0.1	70.0
29 years and younger	1364	1361	69.9	0.1	70.0
30-39 years	691	691	69.9	0.1	70.0
40 years or older	485	485	70.1	0.1	70.0
Missing	7	7	70.3	0.6	71.0
Female	494	494	64.8	0.1	65.0
29 years and younger	282	282	64.8	0.2	65.0
30-39 years	148	148	65.0	0.2	65.0
40 years or older	63	63	64.4	0.3	65.0
Missing	1	1	65.0	*	65.0
29 years and younger	24	20	68.9	0.6	68.5
30-39 years	7	7	70.1	1.0	70.0
40 years or older	6	6	68.0	1.3	68.0
Missing	4	0	68.3	0.7	68.5
Ethnic Group					
White	1920	1917	69.5	0.1	70.0
Black	663	662	68.9	0.1	69.0
Hispanic/Spanish	300	299	67.9	0.2	68.0
Other	145	145	67.5	0.3	67.0
Missing	37	35	67.8	0.5	68.0
Rank					
Enlisted	2364	2360	69.1	0.1	69.0
Officer/WO	687	686	69.3	0.1	70.0
Missing	14	12	68.0	1.0	67.0
MOS/SSI					
Combat Arms	921	920	70.1	0.1	70.0
Combat Support	856	853	69.2	0.1	70.0
Combat Service Support	1274	1272	68.4	0.1	69.0
Missing	14	13	68.8	0.9	70.0
Subsistence Category					
BAS	2099	2093	69.1	0.1	69.0
Meal card holder	736	736	69.1	0.1	69.0
Missing	230	229	69.5	0.2	69.0
NOTES: * insufficient data					

Table: 004

Question 3: What is your current weight in pounds?

SELECTED CHARACTERISTICS	Total N	N	Mean	Standard Error of the Mean	Median
Total Population	3065	3043	171.2	0.5	170.0
Age					
29 years and younger	1653	1641	167.7	0.6	168.0
30-39 years	846	843	174.1	0.9	175.0
40 years or older	554	552	177.2	1.0	178.0
Missing	12	7	173.7	7.2	180.0
Sex					
Male	2547	2533	177.2	0.5	175.0
29 years and younger	1364	1354	173.8	0.6	171.0
30-39 years	691	690	180.7	0.9	180.0
40 years or older	485	483	181.7	0.9	180.0
Missing	7	6	174.7	8.4	183.0
Female	494	490	140.3	0.9	138.0
29 years and younger	282	280	138.4	1.2	135.0
30-39 years	148	146	142.9	1.8	140.0
40 years or older	63	63	142.8	2.1	143.0
Missing	1	1	168.0	*	168.0
29 years and younger	24	20	167.6	5.9	167.0
30-39 years	7	7	164.3	9.6	163.0
40 years or older	6	6	168.1	10.9	175.0
Missing	4	0	170.7	11.8	168.0
Ethnic Group					
White	1920	1908	172.3	0.6	173.5
Black	663	658	173.2	1.1	171.0
Hispanic/Spanish	300	297	165.8	1.4	165.0
Other	145	145	161.0	2.1	160.0
Missing	37	35	160.2	2.8	160.0
Rank					
Enlisted	2364	2346	171.3	0.5	170.0
Officer/WO	687	685	171.0	1.0	174.0
Missing	14	12	162.3	8.1	164.5
MOS/SSI					
Combat Arms	921	919	178.0	0.7	177.0
Combat Support	856	846	170.6	0.9	170.0
Combat Service Support	1274	1265	166.7	0.8	166.0
Missing	14	13	165.0	8.5	155.0
Subsistence Category					
BAS	2099	2086	172.6	0.6	172.0
Meal card holder	736	732	166.1	0.9	165.0
Missing	230	225	174.6	1.6	175.0
NOTES: * insufficient data					

Table: 005

Question 4: Are you currently trying to:

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Lose	Gain	Neither	
Total Population	3065	3036	40.7	11.0	47.4	0.9
Age						
29 years and younger	1653	1645	34.7	17.6	47.2	0.5
30-39 years	846	835	43.9	4.4	50.5	1.3
40 years or older	554	548	54.5	1.1	43.3	1.1
Missing	12	8	16.7	16.7	33.3	33.3
Sex						
Male	2547	2540	37.4	12.6	49.6	0.3
29 years and younger	1364	1362	30.8	20.4	48.6	0.1
30-39 years	691	686	40.1	5.2	54.0	0.7
40 years or older	485	485	52.6	1.2	46.2	
Missing	7	7	14.3	28.6	57.1	
Female	494	492	59.3	2.8	37.4	0.4
29 years and younger	282	281	53.9	4.6	41.1	0.4
30-39 years	148	148	63.5	0.7	35.8	
40 years or older	63	62	73.0		25.4	1.6
Missing	1	1	100.0			
Missing	24	4	8.3		8.3	83.3
29 years and younger	7	2	14.3		14.3	71.4
30-39 years	7	1			14.3	85.7
40 years or older	6	1	16.7			83.3
Missing	4	0				100.0
Ethnic Group						
White	1920	1908	39.4	11.0	49.0	0.6
Black	663	654	44.1	11.6	42.9	1.4
Hispanic/Spanish	300	294	44.0	9.3	44.7	2.0
Other	145	144	34.5	11.7	53.1	0.7
Missing	37	36	45.9	8.1	43.2	2.7
Rank						
Enlisted	2364	2336	40.0	12.2	46.6	1.2
Officer/WO	687	687	43.4	6.7	49.9	
Missing	14	13	28.6	7.1	57.1	7.1
MOS/SSI						
Combat Arms	921	913	33.2	15.7	50.2	0.9
Combat Support	856	846	37.2	10.9	50.8	1.2
Combat Service Support	1274	1264	48.5	7.5	43.2	0.8
Missing	14	13	42.9	14.3	35.7	7.1
Subsistence Category						
BAS	2099	2081	44.0	7.2	48.0	0.9
Meal card holder	736	732	33.3	20.4	45.8	0.5
Missing	230	223	35.2	15.2	46.5	3.0
NOTES:						

Table: 006

Question 5: What is your sex?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Male	Female	Missing
Total Population	3065	3041	83.1	16.1	0.8
Age					
29 years and younger	1653	1646	82.5	17.1	0.4
30-39 years	846	839	81.7	17.5	0.8
40 years or older	554	548	87.5	11.4	1.1
Missing	12	8	58.3	8.3	33.3
Sex					
Male	2547	2547	100.0		
29 years and younger	1364	1364	100.0		
30-39 years	691	691	100.0		
40 years or older	485	485	100.0		
Missing	7	7	100.0		
Female	494	494		100.0	
29 years and younger	282	282		100.0	
30-39 years	148	148		100.0	
40 years or older	63	63		100.0	
Missing	1	1		100.0	
Missing	24	0			100.0
29 years and younger	7	0			100.0
30-39 years	7	0			100.0
40 years or older	6	0			100.0
Missing	4	0			100.0
Ethnic Group					
White	1920	1909	86.0	13.4	0.6
Black	663	656	73.6	25.3	1.1
Hispanic/Spanish	300	295	86.7	11.7	1.7
Other	145	145	84.8	15.2	
Missing	37	36	64.9	32.4	2.7
Rank					
Enlisted	2364	2343	83.6	15.5	0.9
Officer/WO	687	685	81.7	18.0	0.3
Missing	14	13	64.3	28.6	7.1
MOS/SSI					
Combat Arms	921	913	98.9	0.2	0.9
Combat Support	856	847	84.8	14.1	1.1
Combat Service Support	1274	1268	70.6	29.0	0.5
Missing	14	13	78.6	14.3	7.1
Subsistence Category					
BAS	2099	2088	82.5	17.0	0.5
Meal card holder	736	732	84.2	15.2	0.5
Missing	230	221	85.2	10.9	3.9
NOTES:					

Table: 007
Question 6: What was your most recent total blood cholesterol level (mg/dl)?

SELECTED CHARACTERISTICS	Total N	N	Percent						I don't know	Missing
			< 160	160-179	180-199	200-219	220-239	240 +		
Total Population	3065	3031	15.4	10.2	9.3	8.4	3.8	2.3	49.6	1.1
Age										
29 years and younger	1653	1637	16.2	7.4	6.1	3.7	1.3	0.8	63.5	1.0
30-39 years	846	836	16.3	11.1	11.0	10.9	4.5	3.7	41.4	1.2
40 years or older	554	547	11.6	17.3	16.1	18.4	10.1	4.9	20.4	1.3
Missing	12	11	8.3		16.7	8.3			58.3	8.3
Sex										
Male	2547	2524	14.8	10.0	9.1	8.4	4.0	2.3	50.5	0.9
29 years and younger	1364	1353	15.8	7.2	5.7	3.5	1.4	0.7	64.8	0.8
30-39 years	691	685	15.1	11.4	10.6	10.4	4.9	3.5	43.3	0.9
40 years or older	485	479	11.5	16.1	16.3	19.2	10.3	4.9	20.4	1.2
Missing	7	7	14.3		28.6				57.1	
Female	494	486	18.0	11.5	10.3	8.3	2.2	2.6	45.3	1.6
29 years and younger	282	277	18.1	8.5	7.4	5.0	0.7	1.1	57.4	1.8
30-39 years	148	145	21.6	10.1	13.5	12.2	2.7	4.7	33.1	2.0
40 years or older	63	63	9.5	28.6	15.9	14.3	7.9	4.8	19.0	
Missing	1	1							100.0	
Missing	24	21	20.8		8.3	12.5	4.2		41.7	12.5
29 years and younger	7	7	14.3		28.6				57.1	
30-39 years	7	6	28.6			28.6			28.6	14.3
40 years or older	6	5	33.3				16.7		33.3	16.7
Missing	4	3				25.0			50.0	25.0
Ethnic Group										
White	1920	1898	16.9	10.6	9.2	8.6	3.3	2.3	47.9	1.1
Black	663	656	13.4	11.3	7.5	8.1	4.5	3.3	50.8	1.1
Hispanic/Spanish	300	297	10.7	6.3	12.7	6.3	3.7	1.0	58.3	1.0
Other	145	144	14.5	7.6	11.0	9.0	6.9	1.4	49.0	0.7
Missing	37	36	10.8	10.8	10.8	13.5			51.4	2.7
Rank										
Enlisted	2364	2337	15.3	9.2	8.2	7.3	3.5	2.3	53.0	1.1
Officer/NO	687	681	15.3	13.7	12.7	12.4	4.7	2.3	38.1	0.9
Missing	14	13	21.4		28.6				42.9	7.1
MOS/SSI										
Combat Arms	921	911	14.1	9.2	7.8	5.4	3.6	2.1	56.7	1.1
Combat Support	856	849	14.4	9.2	7.4	8.4	3.2	2.5	54.3	0.8
Combat Service Support	1274	1258	16.9	11.5	11.6	10.5	4.2	2.4	41.6	1.3
Missing	14	13	21.4	7.1	14.3	7.1	7.1	7.1	28.6	7.1
Substance Category										
BAS	2099	2077	16.7	11.6	10.4	10.0	4.6	2.9	42.8	1.0
Meal card holder	736	731	11.7	7.3	6.4	4.3	1.9	1.1	66.6	0.7
Missing	230	223	15.2	6.1	8.3	6.1	2.2	1.3	57.8	3.0
NOTES:										

Table: 008
Question 7: What was your most recent high-density blood cholesterol (HDL) level?

SELECTED CHARACTERISTICS	Total N	N	Percent						I don't know	Missing
			< 35	35-44	45-54	55-64	65-74	75 +		
Total Population	3065	2997	2.5	3.0	3.0	1.3	1.6	1.2	85.2	2.2
Age										
29 years and younger	1653	1617	2.1	1.5	1.2	0.7	1.1	0.2	91.1	2.2
30-39 years	846	828	2.2	3.4	2.7	1.3	1.4	1.8	85.0	2.1
40 years or older	554	541	4.2	6.7	8.7	3.2	3.4	3.4	68.1	2.3
Missing	12	11		8.3					83.3	8.3
Sex										
Male	2547	2499	2.6	3.3	2.8	1.2	1.5	1.2	85.6	1.9
29 years and younger	1364	1339	2.3	1.6	1.2	0.7	1.0	0.2	91.2	1.8
30-39 years	691	680	2.3	3.6	2.2	0.9	1.3	1.6	86.5	1.6
40 years or older	485	473	4.1	7.2	8.2	3.1	3.3	3.3	68.2	2.5
Missing	7	7		14.3					85.7	
Female	494	477	1.8	1.8	3.6	2.0	2.2	1.4	83.6	3.4
29 years and younger	282	271	1.1	1.1	1.1	0.7	1.8		90.4	3.9
30-39 years	148	142	2.0	2.7	5.4	3.4	2.0	2.7	77.7	4.1
40 years or older	63	63	4.8	3.2	11.1	4.8	4.8	4.8	66.7	
Missing	1	1							100.0	12.5
Missing	24	21			4.2				83.3	
29 years and younger	7	7							100.0	
30-39 years	7	6							85.7	14.3
40 years or older	6	5			16.7				66.7	16.7
Missing	4	3							75.0	25.0
Ethnic Group										
White	1920	1874	2.7	3.3	3.5	1.5	1.6	0.9	84.1	2.4
Black	663	649	2.6	2.9	1.8	0.9	1.8	1.4	86.6	2.1
Hispanic/Spanish	300	295	1.0	1.7	1.7	0.7	0.7	2.0	90.7	1.7
Other	145	143	2.1	1.4	2.8	1.4	3.4	2.1	85.5	1.4
Missing	37	36	2.7	8.1	5.4	2.7		2.7	75.7	2.7
Rank										
Enlisted	2364	2313	2.3	2.6	2.2	1.0	1.4	1.2	87.2	2.2
Officer/WO	687	671	2.8	4.2	5.5	2.5	2.5	1.3	78.9	2.3
Missing	14	13	14.3	7.1	7.1				64.3	7.1
MOS/SSI										
Combat Arms	921	909	2.3	3.5	2.9	1.2	1.3	0.9	86.6	1.3
Combat Support	856	837	2.8	1.6	2.5	1.2	1.5	0.9	87.3	2.2
Combat Service Support	1274	1238	2.4	3.6	3.2	1.5	1.9	1.6	82.9	2.8
Missing	14	13			14.3				78.6	7.1
Subsistence Category										
BAS	2099	2049	2.9	3.5	3.5	1.3	1.7	1.4	83.4	2.4
Meal card holder	736	726	1.2	2.0	1.9	1.2	1.5	0.7	90.1	1.4
Missing	230	222	3.0	1.7	1.3	1.7	1.3	1.3	86.1	3.5
NOTES:										

Table: 009
Question 8: What was your most recent score on the Army Physical Fitness Test?

SELECTED CHARACTERISTICS	Total N	N	Percent										Take alternate test	Missing
			< 180	180-199	200-219	220-239	240-259	260-279	280-299	300				
Total Population	3065	3044	0.8	3.1	7.7	13.0	18.4	20.5	20.8	12.2			2.6	0.7
Age														
29 years and younger	1653	1644	1.1	3.7	9.9	15.0	19.3	21.9	20.3	6.8			1.3	0.5
30-39 years	846	840	0.6	2.2	4.1	9.5	18.1	18.9	23.3	20.0			2.6	0.7
40 years or older	554	549	0.4	2.7	6.9	12.8	16.2	18.8	18.2	16.4			6.7	0.9
Missing	12	11			8.3		16.7	25.0	25.0	16.7				8.3
Sex														
Male	2547	2532	0.6	2.9	7.4	12.4	18.4	20.6	22.1	12.6			2.3	0.6
29 years and younger	1364	1356	1.0	3.5	9.2	13.8	19.6	22.6	21.9	7.0			0.9	0.6
30-39 years	691	687	0.3	2.0	4.5	9.3	17.7	17.5	24.7	20.7			2.7	0.6
40 years or older	485	482	0.2	2.5	6.8	13.4	16.3	19.0	18.6	17.1			5.6	0.6
Missing	7	7					14.3	28.6	42.9	14.3				
Female	494	490	2.0	4.5	9.3	16.0	18.4	20.4	14.4	10.1			4.0	0.8
29 years and younger	282	281	2.1	5.0	13.5	20.6	18.1	18.1	12.8	6.4			3.2	0.4
30-39 years	148	146	2.0	3.4	2.7	10.8	19.6	25.7	16.9	16.2			1.4	1.4
40 years or older	63	62	1.6	4.8	6.3	7.9	15.9	19.0	15.9	12.7			14.3	1.6
Missing	1	1					100.0							
29 years and younger	24	22			8.3	12.5	16.7	20.8	12.5	12.5			8.3	8.3
30-39 years	7	7				28.6	14.3	42.9	14.3					
40 years or older	6	5			16.7	16.7	16.7	14.3	16.7	28.6			14.3	16.7
Missing	4	3			25.0			25.0		25.0			16.7	25.0
Ethnic Group														
White	1920	1909	0.7	2.9	7.7	12.4	18.1	20.4	21.2	13.2			2.9	0.6
Black	663	656	1.1	3.5	7.1	13.3	19.7	20.3	19.7	11.9			2.4	1.1
Hispanic/Spanish	300	299	1.7	4.0	9.3	15.3	20.0	20.7	19.0	8.3			1.3	0.3
Other	145	145	0.7	2.1	9.7	13.8	17.2	24.8	20.7	8.3			2.8	
Missing	37	35		8.1	2.7	16.2	5.4	16.2	32.4	13.5				5.4
Rank														
Enlisted	2364	2350	0.8	3.4	9.0	14.2	20.0	20.4	19.2	10.0			2.4	0.6
Officer/WO	687	681	0.9	2.2	3.3	9.2	13.4	20.5	26.2	20.1			3.3	0.9
Missing	14	13				7.1	7.1	42.9	28.6	7.1				7.1
MOS/SSI														
Combat Arms	921	917	0.3	1.5	4.7	8.0	17.3	19.2	28.7	18.0			1.8	0.4
Combat Support	856	852	1.1	3.2	8.5	14.7	17.5	21.9	20.1	10.0			2.6	0.5
Combat Service Support	1274	1263	1.1	4.3	9.5	15.4	20.0	20.6	15.8	9.5			3.0	0.9
Missing	14	12				21.4	7.1	21.4		14.3			21.4	14.3
Subsistence Category														
BAS	2099	2086	0.9	2.7	7.2	12.1	17.3	19.6	22.2	14.4			3.0	0.6
Meal card holder	736	731	1.1	4.1	9.4	14.7	21.3	23.6	16.6	6.9			1.6	0.7
Missing	230	227		4.3	7.4	15.7	19.6	19.1	20.9	9.6			2.2	1.3
NOTES:														

Table: 010
Question 9: How many push-ups did you perform?

SELECTED CHARACTERISTICS	Total N	N	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80-89	90-99	100+	Missing
Total Population	3065	3016	1.2	4.1	7.8	12.6	18.1	17.8	17.6	14.4	3.0	1.8	1.6
Age													
29 years and younger	1653	1641	0.7	4.1	5.3	9.6	17.5	19.8	17.8	18.0	4.1	2.5	0.7
30-39 years	846	833	1.1	4.3	6.9	13.1	18.9	15.7	20.8	13.9	2.5	1.3	1.5
40 years or older	554	532	2.9	3.8	17.0	20.9	19.1	15.0	12.1	4.3	0.4	0.5	4.0
Missing	12	10	8.3		8.3	8.3		16.7	16.7	25.0			16.7
Sex													
Male	2547	2511	0.1	0.4	4.4	11.2	18.4	20.4	20.7	17.3	3.5	2.1	1.4
29 years and younger	1364	1354	0.1	0.1	0.7	7.5	17.4	22.7	21.2	21.8	4.9	2.9	0.7
30-39 years	691	681			3.5	11.6	19.0	18.2	24.6	17.1	3.0	1.6	1.4
40 years or older	485	470	0.2	2.1	16.3	21.2	20.6	16.7	13.8	4.9	0.4	0.6	3.1
Missing	7	6						28.6	28.6	28.6			14.3
Female	494	485	6.9	23.1	25.3	19.8	17.2	4.5	1.2			0.2	1.8
29 years and younger	282	280	3.5	23.8	27.3	19.5	18.1	5.7	1.1			0.4	0.7
30-39 years	148	146	6.1	24.3	23.0	20.9	18.9	3.4	2.0				1.4
40 years or older	63	58	23.8	17.5	22.2	17.5	9.5	1.6					7.9
Missing	1	1				100.0							
Missing	24	20	4.2		8.3	12.5	8.3	16.7	20.8	4.2	4.2	4.2	16.7
29 years and younger	7	7				14.3	14.3	14.3	28.6		14.3	14.3	14.3
30-39 years	7	6					14.3	28.6	42.9				33.3
40 years or older	6	4			16.7	33.3		16.7		25.0			25.0
Missing	4	3	25.0		25.0								
Ethnic Group													
White	1920	1891	0.9	3.5	7.9	12.8	17.7	18.5	16.8	15.1	3.4	1.9	1.5
Black	663	650	2.0	5.9	9.9	13.0	20.0	13.3	18.8	12.3	1.8	1.1	2.0
Hispanic/Spanish	300	297	1.0	4.3	6.0	8.7	18.7	21.3	19.3	15.0	2.7	2.0	1.0
Other	145	142		2.1	2.1	17.2	15.9	22.1	20.0	12.4	2.8	3.4	2.1
Missing	37	36	10.8	8.1	5.4	10.8	10.8	13.5	10.8	18.9	5.4	2.7	2.7
Rank													
Enlisted	2384	2327	1.1	4.0	7.4	12.5	18.8	18.8	18.2	13.5	2.6	1.6	1.6
Officer/WO	687	677	1.7	4.4	9.5	12.8	15.7	14.3	15.9	17.3	4.2	2.8	1.5
Missing	14	12	7.1			14.3	28.6	14.3		21.4			14.3
MOS/SSI													
Combat Arms	921	911		0.2	3.1	7.8	14.4	20.1	23.3	20.8	5.8	3.3	1.1
Combat Support	856	847	0.5	3.3	7.0	13.3	20.5	18.4	17.2	14.5	2.3	2.0	1.1
Combat Service Support	1274	1246	2.6	7.5	11.8	15.5	19.2	15.5	13.9	9.7	1.4	0.7	2.2
Missing	14	12			7.1	14.3	21.4	28.6		14.3			14.3
Substance Category													
BAS	2099	2062	1.3	4.1	8.3	14.1	17.9	16.0	18.3	13.9	2.8	1.6	1.8
Meal card holder	736	732	1.1	4.5	7.5	8.8	18.3	22.7	14.1	16.2	3.7	2.6	0.5
Missing	230	222	0.9	2.2	4.3	10.9	19.6	18.7	22.2	13.9	2.6	1.3	3.5
NOTES:													

Table: 011

Question 10: How many sit-ups did you perform?

SELECTED CHARACTERISTICS	Total N	N	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80-89	90-99	100+	Missing
			Percent										
Total Population	3065	3022	0.2	0.3	2.6	5.7	15.8	23.7	25.0	16.9	6.2	2.1	1.4
Age													
29 years and younger	1653	1640	0.1	0.1	0.6	1.9	12.6	26.1	27.1	19.3	8.6	2.8	0.8
30-39 years	846	836	0.1	0.1	1.2	6.4	18.2	23.4	24.6	18.6	4.8	1.4	1.2
40 years or older	554	535	0.4	1.4	11.0	16.4	21.8	17.1	19.7	6.9	1.1	0.7	3.4
Missing	12	11					16.7	33.3	8.3	25.0	8.3		8.3
Sex													
Male	2547	2517	0.2	0.2	2.4	5.7	15.3	23.2	25.5	17.7	6.5	2.1	1.2
29 years and younger	1364	1355	0.1		0.5	1.4	11.7	26.0	27.5	19.7	9.3	3.0	0.7
30-39 years	691	684			0.9	6.4	18.1	21.4	25.5	20.7	4.8	1.3	1.0
40 years or older	485	471	0.4	1.0	10.1	16.9	21.6	17.5	20.0	7.6	1.0	0.8	2.9
Missing	7	7					14.3	28.6	14.3	42.9			
Female	494	485	0.2	1.0	3.4	6.3	18.4	26.5	22.9	12.6	5.1	1.8	1.8
29 years and younger	282	278		0.4	1.1	4.3	16.7	26.2	25.2	17.0	5.7	2.1	1.4
30-39 years	148	146	0.7	0.7	2.7	6.8	18.9	32.4	20.3	8.8	5.4	2.0	1.4
40 years or older	63	60		4.8	15.9	14.3	25.4	12.7	19.0	1.6	1.6		4.8
Missing	1	1						100.0					
29 years and younger	24	20			8.3		12.5	29.2	12.5	16.7	4.2		16.7
30-39 years	7	7					14.3	28.6	14.3	42.9			14.3
40 years or older	6	6			33.3		14.3	28.6	28.6	14.3			33.3
Missing	4	3					25.0	33.3		25.0			25.0
Ethnic Group													
White	1920	1891	0.2	0.4	2.9	6.1	15.2	22.2	24.7	16.9	7.2	2.8	1.5
Black	663	655	0.2	0.3	2.0	5.4	17.2	25.5	26.7	17.5	3.5	0.8	1.2
Hispanic/Spanish	300	298	0.3	0.3	2.7	4.0	18.0	27.7	23.3	16.3	6.3	0.3	0.7
Other	145	142				5.5	15.9	31.7	24.1	11.7	6.2	2.8	2.1
Missing	37	36			10.8	8.1	5.4	10.8	27.0	32.4	2.7		2.7
Rank													
Enlisted	2364	2332	0.2	0.3	1.8	5.1	17.0	26.3	26.2	15.8	4.7	1.3	1.4
Officer/WO	687	678		0.6	5.7	8.0	11.8	15.1	20.8	20.5	11.5	4.7	1.3
Missing	14	12					7.1	21.4	28.6	28.6			14.3
MOS/SSI													
Combat Arms	921	908	0.1		1.5	3.1	11.4	20.1	28.0	22.6	8.9	2.8	1.4
Combat Support	856	846		0.4	2.1	5.3	16.2	25.7	22.1	16.6	7.6	3.0	1.2
Combat Service Support	1274	1256	0.3	0.5	3.8	7.9	18.5	25.2	25.0	13.2	3.3	0.8	1.4
Missing	14	12				7.1	35.7	14.3	7.1		14.3	7.1	14.3
Substance Category													
BAS	2099	2069	0.1	0.5	3.1	6.6	16.1	22.8	24.7	16.7	6.0	1.9	1.4
Meal card holder	736	730	0.3		1.9	3.8	14.9	25.5	26.1	17.1	6.8	2.7	0.8
Missing	230	223			0.9	3.9	15.7	26.5	23.9	17.8	7.0	1.3	3.0

NOTES:

NOTES:

Table: 012

Question 11: What was the time on your two mile run?

SELECTED CHARACTERISTICS	Total N	N	Mean	Standard Error of the Mean	Median
Total Population	3085	2926	14.9	0.0	14.6
Age					
29 years and younger	1653	1603	14.4	0.0	14.1
30-39 years	846	811	15.2	0.1	14.8
40 years or older	554	502	16.0	0.1	15.8
Missing	12	10	14.3	0.9	12.7
Sex					
Male	2547	2462	14.4	0.0	14.3
29 years and younger	1364	1339	13.9	0.0	13.8
30-39 years	691	668	14.6	0.1	14.4
40 years or older	485	449	15.6	0.1	15.5
Missing	7	6	12.6	0.2	12.5
Female	494	444	17.8	0.1	17.6
29 years and younger	282	257	17.1	0.1	17.1
30-39 years	148	137	18.2	0.2	18.0
40 years or older	63	49	19.9	0.4	19.1
Missing	1	1	18.1	*	18.1
Missing	24	20	15.2	0.5	14.8
29 years and younger	7	7	13.7	0.3	13.8
30-39 years	7	6	14.6	0.9	15.3
40 years or older	6	4	17.9	0.3	17.9
Missing	4	3	16.4	2.1	17.8
Ethnic Group					
White	1920	1841	14.7	0.1	14.5
Black	663	620	15.4	0.1	14.9
Hispanic/Spanish	300	291	14.8	0.1	14.6
Other	145	139	15.2	0.2	15.0
Missing	37	35	15.4	0.5	15.0
Rank					
Enlisted	2364	2282	14.9	0.0	14.6
Officer/WO	687	653	15.0	0.1	14.6
Missing	14	11	15.3	0.5	15.2
MOS/SSI					
Combat Arms	921	897	13.8	0.1	13.5
Combat Support	856	822	14.9	0.1	14.7
Combat Service Support	1274	1195	15.7	0.1	15.5
Missing	14	12	14.4	0.6	14.8
Subsistence Category					
BAS	2099	1996	15.1	0.1	14.8
Meal card holder	736	717	14.4	0.1	14.0
Missing	230	213	14.6	0.1	14.5

NOTES: The seconds of the run time is reported in a fraction.
* insufficient data

Table: 013

Question 12: How many years did you serve in the service?

SELECTED CHARACTERISTICS	Total N	N	Mean	Standard Error of the Mean	Median
Total Population	3065	3050	9.7	0.1	7.0
Age					
29 years and younger	1653	1643	4.0	0.1	4.0
30-39 years	846	845	13.1	0.2	13.0
40 years or older	554	551	21.4	0.2	22.0
Missing	12	11	6.3	1.5	5.0
Sex					
Male	2547	2536	10.1	0.2	7.0
29 years and younger	1364	1356	4.1	0.1	4.0
30-39 years	691	690	13.6	0.2	14.0
40 years or older	485	483	21.8	0.2	22.0
Missing	7	7	4.7	1.2	5.0
Female	494	491	7.7	0.3	5.0
29 years and younger	282	280	3.8	0.2	3.0
30-39 years	148	148	10.9	0.4	11.0
40 years or older	63	62	17.8	0.7	19.0
Missing	1	1	5.0	*	5.0
Missing	24	23	11.4	1.8	10.0
29 years and younger	7	7	2.9	0.9	3.0
30-39 years	7	7	11.0	2.4	11.0
40 years or older	6	6	22.3	1.5	21.5
Missing	4	3	10.3	4.3	10.0
Ethnic Group					
White	1920	1916	9.7	0.2	7.0
Black	663	658	10.6	0.3	8.0
Hispanic/Spanish	300	295	8.0	0.4	5.0
Other	145	145	9.9	0.8	7.0
Missing	37	36	8.6	1.1	7.5
Rank					
Enlisted	2364	2353	9.1	0.2	7.0
Officer/WO	687	686	11.9	0.4	9.0
Missing	14	11	10.1	2.7	7.0
MOS/SSI					
Combat Arms	921	918	9.9	0.3	7.0
Combat Support	856	851	9.0	0.3	6.0
Combat Service Support	1274	1268	10.1	0.2	8.0
Missing	14	13	8.8	1.6	8.0
Subsistence Category					
BAS	2099	2093	11.5	0.2	10.0
Meal card holder	736	730	4.8	0.2	3.0
Missing	230	227	8.4	0.5	6.0

NOTES: * insufficient data

Table: 014
Question 13: What is your rank?

SELECTED CHARACTERISTICS	Total N	N	Percent		Missing
			Enlisted	Officer/WO	
Total Population	3065	3051	77.1	22.4	0.5
Age					
29 years and younger	1653	1646	81.9	17.7	0.4
30-39 years	846	843	80.0	19.6	0.4
40 years or older	554	551	58.7	40.8	0.5
Missing	12	11	75.0	16.7	8.3
Sex					
Male	2547	2538	77.6	22.0	0.4
29 years and younger	1364	1360	82.6	17.2	0.3
30-39 years	691	689	81.8	17.9	0.3
40 years or older	485	482	57.9	41.4	0.6
Missing	7	7	71.4	28.6	
Female	494	490	74.1	25.1	0.8
29 years and younger	282	279	78.0	20.9	1.1
30-39 years	148	147	71.6	27.7	0.7
40 years or older	63	63	61.9	38.1	
Missing	1	1	100.0		
29 years and younger	24	23	87.5	8.3	4.2
30-39 years	7	7	100.0		
40 years or older	6	6	83.3	16.7	
Missing	4	3	75.0		25.0
Ethnic Group					
White	1920	1913	70.7	28.9	0.4
Black	663	659	90.2	9.2	0.6
Hispanic/Spanish	300	299	89.3	10.3	0.3
Other	145	144	77.2	22.1	0.7
Missing	37	36	75.7	21.6	2.7
Rank					
Enlisted	2364	2364	100.0		
Officer/WO	687	687		100.0	
Missing	14	0			100.0
MOS/SSI					
Combat Arms	921	918	84.4	15.3	0.3
Combat Support	856	853	66.0	33.6	0.4
Combat Service Support	1274	1267	79.4	20.1	0.5
Missing	14	13	78.6	14.3	7.1
Subsistence Category					
BAS	2099	2091	76.1	23.5	0.4
Meal card holder	736	733	78.3	21.3	0.4
Missing	230	227	82.6	16.1	1.3
NOTES:					

Table: 015
Question 14: What is your current MOS/SSI?

SELECTED CHARACTERISTICS	Total N	N	Percent			
			Combat Arms	Combat Support	Combat Service Support	Missing
Total Population	3065	3051	30.0	27.9	41.6	0.5
Age						
29 years and younger	1653	1647	29.9	31.9	37.9	0.4
30-39 years	846	839	30.4	23.6	45.2	0.8
40 years or older	554	554	30.0	22.6	47.5	
Missing	12	11	33.3	33.3	25.0	8.3
Sex						
Male	2547	2536	35.8	28.5	35.3	0.4
29 years and younger	1364	1359	35.9	32.1	31.6	0.4
30-39 years	691	685	36.8	24.7	37.6	0.9
40 years or older	485	485	33.8	23.5	42.7	
Missing	7	7	42.9	42.9	14.3	
Female	494	492	0.4	24.5	74.7	0.4
29 years and younger	282	281	0.4	30.5	68.8	0.4
30-39 years	148	147	0.7	17.6	81.1	0.7
40 years or older	63	63		14.3	85.7	
Missing	1	1			100.0	
29 years and younger	24	23	33.3	37.5	25.0	4.2
30-39 years	7	7	42.9	42.9	14.3	
40 years or older	6	6	28.6	42.9	28.6	
Missing	4	3	33.3	33.3	33.3	25.0
Ethnic Group						
White	1920	1912	34.8	29.4	35.3	0.4
Black	663	661	19.3	23.7	56.7	0.3
Hispanic/Spanish	300	297	26.0	29.7	43.3	1.0
Other	145	145	26.2	28.3	45.5	
Missing	37	36	21.6	10.8	64.9	2.7
Rank						
Enlisted	2364	2353	32.9	23.9	42.8	0.5
Officer/WO	687	685	20.5	41.9	37.3	0.3
Missing	14	13	21.4	21.4	50.0	7.1
MOS/SSI						
Combat Arms	921	921	100.0			
Combat Support	856	856		100.0		
Combat Service Support	1274	1274			100.0	
Missing	14	0				100.0
Subsistence Category						
BAS	2099	2090	26.6	29.2	43.8	0.4
Meal card holder	736	732	39.0	24.5	36.0	0.5
Missing	230	229	33.0	27.8	38.7	0.4
NOTES:						

Table: 016
Question 15: Where do you live?

SELECTED CHARACTERISTICS	Total N	N	Percent			
			Barracks	Post family housing	BOQ	Off post
Total Population	3065	3055	24.9	24.1	5.1	45.6
Age						
29 years and younger	1653	1650	42.0	15.4	6.9	35.6
30-39 years	846	844	6.9	34.0	3.4	55.4
40 years or older	554	551	1.6	35.2	2.3	60.3
Missing	12	10	25.0	8.3		50.0
Sex						
Male	2547	2541	25.3	24.7	5.1	44.6
29 years and younger	1364	1363	43.2	15.2	7.0	34.5
30-39 years	691	689	6.9	34.2	3.3	55.3
40 years or older	485	483	0.8	38.4	2.5	57.9
Missing	7	6	42.9			14.3
Female	494	491	23.3	20.9	5.1	50.2
29 years and younger	282	280	35.8	16.0	6.4	41.1
30-39 years	148	148	6.1	32.4	4.1	57.4
40 years or older	63	62	7.9	14.3	1.6	74.6
Missing	1	1	100.0			1.6
Missing	24	23	20.8	20.8		54.2
29 years and younger	7	7	57.1	14.3		28.6
30-39 years	7	7	14.3	57.1		28.6
40 years or older	6	6				100.0
Missing	4	3				75.0
Ethnic Group						
White	1920	1915	23.3	22.5	5.6	48.3
Black	663	661	26.8	28.3	3.0	41.6
Hispanic/Spanish	300	300	28.7	26.0	4.0	41.3
Other	145	145	27.6	22.8	8.3	41.4
Missing	37	34	32.4	18.9	10.8	29.7
Rank						
Enlisted	2364	2357	31.5	24.4	0.7	43.1
Officer/WO	687	685	2.2	22.9	19.8	54.9
Missing	14	13	21.4	35.7	21.4	14.3
MOS/SSI						
Combat Arms	921	921	32.8	21.9	1.3	44.0
Combat Support	856	851	20.0	25.4	14.7	39.3
Combat Service Support	1274	1270	22.5	24.8	1.4	50.9
Missing	14	13	28.6	14.3		50.0
Subsistence Category						
BAS	2099	2095	7.6	30.4	5.1	56.7
Meal card holder	736	734	71.6	6.5	5.3	16.3
Missing	230	226	33.9	22.2	3.9	38.3

NOTES:

Table: 017
Question 16: What is your current marital status?

SELECTED CHARACTERISTICS	Total N	N	Single	Married	Remarried	Separated	Divorced	Missing
			Percent					
Total Population	3065	3053	28.4	49.2	12.1	3.3	6.6	0.4
Age								
29 years and younger	1653	1651	46.4	42.0	3.7	3.9	3.8	0.1
30-39 years	846	842	8.6	56.4	20.1	3.7	10.8	0.5
40 years or older	554	549	4.5	59.9	25.3	0.9	8.5	0.9
Missing	12	11	41.7	50.0				8.3
Sex								
Male	2547	2536	27.4	52.1	11.8	3.1	5.3	0.4
29 years and younger	1364	1362	46.7	43.4	3.3	3.4	3.0	0.1
30-39 years	891	887	6.9	60.5	19.7	3.8	8.5	0.6
40 years or older	485	480	1.6	64.5	24.7	1.0	7.0	1.0
Missing	7	7	57.1	42.9				
Female	494	494	34.4	34.8	13.4	4.5	13.0	
29 years and younger	282	282	45.0	35.1	5.7	6.4	7.8	
30-39 years	148	148	16.9	37.2	23.0	2.7	20.3	
40 years or older	63	63	27.0	28.6	25.4		19.0	
Missing	1	1	100.0					
29 years and younger	24	23	16.7	45.8	16.7	4.2	12.5	4.2
30-39 years	7	7	57.1	42.9				
40 years or older	6	6	16.7	57.1	66.7	14.3	28.6	
Missing	4	3	75.0				16.7	25.0
Ethnic Group								
White	1920	1916	28.1	50.7	12.0	3.0	5.9	0.2
Black	663	661	26.8	45.0	12.8	5.0	10.1	0.3
Hispanic/Spanish	300	297	29.0	52.0	11.7	1.7	4.7	1.0
Other	145	144	38.6	46.9	9.0	2.1	2.8	0.7
Missing	37	35	27.0	35.1	18.9	5.4	8.1	5.4
Rank								
Enlisted	2364	2354	29.1	46.8	12.8	3.9	7.0	0.4
Officer/WO	687	686	25.9	57.6	9.9	1.3	5.1	0.1
Missing	14	13	28.6	57.1	7.1			7.1
MOS/SSI								
Combat Arms	921	917	33.1	49.4	11.2	2.5	3.4	0.4
Combat Support	856	852	31.2	49.4	9.9	2.1	7.0	0.5
Combat Service Support	1274	1271	23.2	49.1	14.1	4.6	8.6	0.2
Missing	14	13	21.4	42.9	21.4	7.1		7.1
Substance Category								
BAS	2099	2092	13.1	60.6	15.3	3.5	7.1	0.3
Meal card holder	736	735	71.1	18.9	2.6	2.4	4.9	0.1
Missing	230	226	31.3	43.0	13.0	4.3	6.5	1.7
NOTES:								

Table: 018
Question 17: What are your current living arrangements?

SELECTED CHARACTERISTICS	Total N	N	Percent					Missing
			Alone	One roommate	Two roommates	More than two roommates	Spouse/Family	
Total Population	3065	3060	24.1	15.6	3.8	2.8	53.6	0.2
Age								
29 years and younger	1653	1650	25.8	22.9	6.0	3.5	41.7	0.2
30-39 years	846	846	22.2	7.4	1.2	1.8	67.4	0.2
40 years or older	554	553	22.0	6.1	1.1	2.2	68.4	0.2
Missing	12	11	25.0	25.0		8.3	33.3	8.3
Sex								
Male	2547	2546	22.7	15.8	4.3	2.7	54.5	0.0
29 years and younger	1364	1364	24.8	23.1	7.0	3.6	41.5	
30-39 years	691	691	21.0	8.0	1.3	1.3	68.5	
40 years or older	485	484	19.2	6.2	1.0	1.9	71.5	0.2
Missing	7	7	28.6	42.9		14.3	14.3	
Female	494	491	31.2	14.8	1.4	3.2	48.8	0.6
29 years and younger	282	279	30.1	21.6	1.8	3.2	42.2	1.1
30-39 years	148	148	28.4	5.4	0.7	3.4	62.2	
40 years or older	63	63	41.3	6.3	1.6	3.2	47.6	
Missing	1	1	100.0					
Missing	24	23	25.0	8.3		8.3	54.2	4.2
29 years and younger	7	7	28.6	28.6			42.9	
30-39 years	7	7	14.3			14.3	71.4	
40 years or older	6	6	50.0			16.7	33.3	
Missing	4	3					75.0	25.0
Ethnic Group								
White	1920	1919	22.1	15.9	3.8	2.6	55.6	0.1
Black	663	661	29.5	14.9	3.3	2.9	49.1	0.3
Hispanic/Spanish	300	300	22.0	14.7	6.3	2.7	54.3	
Other	145	145	29.0	15.9	2.1	4.1	49.0	
Missing	37	35	29.7	18.9		8.1	37.8	5.4
Rank								
Enlisted	2364	2360	21.8	18.3	4.4	3.0	52.4	0.2
Officer/WO	687	687	32.0	6.6	1.6	2.2	57.6	
Missing	14	13	28.6	7.1			50.0	7.1
MOS/SSI								
Combat Arms	921	921	19.4	19.4	6.1	3.3	51.8	
Combat Support	856	855	31.9	11.9	3.3	2.8	50.1	0.1
Combat Service Support	1274	1271	22.2	15.4	2.5	2.4	57.2	0.2
Missing	14	13	28.6	7.1		7.1	50.0	7.1
Substance Category								
BAS	2099	2097	20.9	8.4	1.5	1.8	67.3	0.1
Meal card holder	736	735	33.2	34.8	9.9	6.0	16.0	0.1
Missing	230	228	24.3	20.0	4.8	2.2	47.8	0.9
NOTES:								

Table: 019

Question 18: What is the number of children currently living with you?

SELECTED CHARACTERISTICS	Total N	N	Percent					Missing
			None	One	Two	Three	Four	Five or more
Total Population	3065	3058	56.9	17.3	17.0	6.6	1.7	0.3
Age								
29 years and younger	1653	1651	70.7	16.7	9.7	2.4	0.2	0.1
30-39 years	846	843	39.2	19.3	24.8	13.0	2.8	0.5
40 years or older	554	553	43.1	15.7	26.9	9.0	4.3	0.7
Missing	12	11	33.3	33.3	16.7	8.3		8.3
Sex								
Male	2547	2542	55.7	16.9	18.1	7.1	1.8	0.2
29 years and younger	1364	1363	70.5	16.3	10.0	2.8	0.2	0.1
30-39 years	691	688	38.1	18.7	26.2	13.3	2.9	0.4
40 years or older	485	484	39.0	16.1	29.3	10.1	4.5	0.2
Missing	7	7	57.1	14.3	14.3	14.3		
Female	494	493	64.4	19.6	10.7	3.6	1.2	0.2
29 years and younger	282	281	72.0	19.1	7.4	0.7	0.4	0.4
30-39 years	148	148	46.6	22.3	17.6	10.1	2.7	0.7
40 years or older	63	63	73.0	14.3	9.5	1.6	1.6	
Missing	1	1	100.0					
29 years and younger	24	23	33.3	12.5	33.3	12.5	4.2	4.2
30-39 years	7	7	57.1	14.3	42.9	42.9		
40 years or older	6	6	66.7	16.7	16.7		16.7	
Missing	4	3	50.0	25.0	25.0			25.0
Ethnic Group								
White	1920	1918	59.4	17.2	16.2	5.4	1.6	0.1
Black	663	660	50.9	18.1	19.4	8.6	2.0	0.6
Hispanic/Spanish	300	300	54.3	16.3	17.7	9.0	2.3	0.3
Other	145	145	57.2	15.9	15.9	9.7	1.4	
Missing	37	35	56.8	21.6	13.5		2.7	5.4
Rank								
Enlisted	2364	2360	56.3	17.9	17.0	6.7	1.6	0.2
Officer/WO	687	685	59.0	15.4	17.0	8.0	2.0	0.3
Missing	14	13	57.1	7.1	21.4	7.1		7.1
MOS/SSI								
Combat Arms	921	919	57.1	15.5	15.7	8.6	2.3	0.5
Combat Support	856	854	60.1	17.3	15.9	5.7	0.7	0.1
Combat Service Support	1274	1272	54.9	18.4	18.7	5.7	2.0	0.2
Missing	14	13	35.7	35.7	14.3	7.1		7.1
Subsistence Category								
BAS	2099	2096	45.9	21.9	21.6	8.2	2.0	0.3
Meal card holder	736	735	88.3	4.8	3.8	2.0	0.8	0.1
Missing	230	227	57.4	15.7	17.4	6.1	1.7	0.4

NOTES:

Table: 020
Question 19: Are you on separate rations for meals?

SELECTED CHARACTERISTICS	Total N	N	Yes (BAS)	No (Meal card holder)	Missing
			Percent		
Total Population	3065	2835	68.5	24.0	7.5
Age					
29 years and younger	1653	1513	54.9	36.6	8.5
30-39 years	846	788	84.8	8.4	6.9
40 years or older	554	525	84.5	10.3	5.2
Missing	12	9	50.0	25.0	25.0
Sex					
Male	2547	2351	68.0	24.3	7.7
29 years and younger	1364	1243	53.5	37.6	8.9
30-39 years	691	643	85.2	7.8	6.9
40 years or older	485	460	84.5	10.3	5.2
Missing	7	5	28.6	42.9	28.6
Female	494	489	72.3	22.7	5.1
29 years and younger	282	264	62.1	31.6	6.4
30-39 years	148	143	85.8	10.8	3.4
40 years or older	63	61	85.7	11.1	3.2
Missing	1	1	100.0		
Missing	24	15	45.8	16.7	37.5
29 years and younger	7	6	42.9	42.9	14.3
30-39 years	7	2	14.3	14.3	71.4
40 years or older	6	4	66.7		33.3
Missing	4	3	75.0		25.0
Ethnic Group					
White	1920	1781	68.2	24.6	7.2
Black	663	607	71.2	20.4	8.4
Hispanic/Spanish	300	281	67.0	26.7	6.3
Other	145	138	68.3	26.9	4.8
Missing	37	28	48.6	27.0	24.3
Rank					
Enlisted	2364	2174	67.6	24.4	8.0
Officer/WO	687	650	71.8	22.9	5.4
Missing	14	11	57.1	21.4	21.4
MOS/SSI					
Combat Arms	921	845	60.6	31.2	8.3
Combat Support	856	792	71.5	21.0	7.5
Combat Service Support	1274	1185	72.2	20.8	7.0
Missing	14	13	64.3	28.6	7.1
Substance Category					
BAS	2099	2099	100.0		
Meal card holder	736	736		100.0	
Missing	230	0			100.0
NOTES:					

Table: 021
Question 20A: How often do you eat breakfast in the mess hall?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually		N	Never/ Seldom	Sometimes	Always/ Usually	
					Percent	Missing				Percent	Missing
Total Population	3065	2722	48.8	22.3	17.7	11.2	2501	68.2	10.2	3.1	18.4
Age											
29 years and younger	1653	1516	43.5	22.8	25.5	8.3	1388	65.5	14.1	4.4	16.1
30-39 years	846	751	51.7	25.7	11.5	11.2	685	72.3	6.5	2.1	19.0
40 years or older	554	446	60.8	15.2	4.5	19.5	420	70.4	4.3	1.1	24.2
Missing	12	9	25.0	50.0		25.0	8	50.0	16.7		33.3
Sex											
Male	2547	2270	46.9	23.0	19.2	10.9	2090	67.9	11.1	3.0	18.0
29 years and younger	1364	1258	40.3	23.6	28.4	7.8	1151	64.0	15.6	4.7	15.7
30-39 years	691	619	50.4	27.5	11.7	10.4	568	74.0	6.8	1.4	17.8
40 years or older	485	387	60.8	14.4	4.5	20.2	366	70.5	4.3	0.6	24.5
Missing	7	6	28.6	57.1		14.3	5	42.9	28.6		28.6
Female	494	432	58.9	18.2	10.3	12.6	394	70.2	5.9	3.6	20.2
29 years and younger	282	251	58.9	18.4	11.7	11.0	231	72.0	7.1	2.8	18.1
30-39 years	148	126	56.8	18.2	10.1	14.9	112	66.2	4.7	4.7	24.3
40 years or older	63	54	63.5	17.5	4.8	14.3	50	71.4	3.2	4.8	20.6
Missing	1	1	100.0				1	100.0			
Missing	24	20	41.7	33.3	8.3	16.7	17	58.3	8.3	4.2	29.2
29 years and younger	7	7	42.9	42.9	14.3		6	85.7			14.3
30-39 years	7	6	71.4		14.3	14.3	5	42.9	14.3	14.3	28.6
40 years or older	6	5	33.3	50.0		16.7	4	50.0	16.7		33.3
Missing	4	2		50.0		50.0	2	50.0			50.0
Ethnic Group											
White	1920	1715	51.7	19.4	18.2	10.7	1580	70.6	9.0	2.7	17.7
Black	663	584	43.8	29.1	15.2	11.9	536	63.7	13.4	3.6	19.3
Hispanic/Spanish	300	262	40.3	26.0	21.0	12.7	235	63.7	11.3	3.3	21.7
Other	145	130	49.7	22.8	17.2	10.3	124	68.7	9.7	6.2	14.5
Missing	37	31	51.4	18.9	13.5	16.2	26	56.8	10.8	2.7	29.7
Rank											
Enlisted	2364	2170	44.1	26.1	21.6	8.2	1978	67.3	12.8	3.6	16.4
Officer/WO	687	541	64.8	9.2	4.8	21.3	515	71.8	1.5	1.7	25.0
Missing	14	11	50.0	28.6		21.4	8	50.0	7.1		42.9
MOS/SSI											
Combat Arms	921	855	35.4	28.6	28.9	7.2	785	65.5	16.1	3.7	14.8
Combat Support	856	734	59.4	15.4	11.0	14.2	676	69.3	6.7	2.9	21.1
Combat Service Support	1274	1121	51.3	22.4	14.3	12.0	1030	69.5	8.4	2.9	19.2
Missing	14	12	50.0	28.6	7.1	14.3	10	57.1	14.3		28.6
Subsistence Category											
BAS	2099	1843	56.3	22.9	8.6	12.2	1697	75.0	4.0	1.7	19.2
Meal card holder	736	681	29.8	21.7	41.0	7.5	630	51.4	27.0	7.2	14.4
Missing	230	198	41.3	18.7	26.1	13.9	174	59.6	13.0	3.0	24.3

NOTES:

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Table: 022
Question 20B: How often do you eat fast food/vending for breakfast?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend						
		N	Never/ Seldom	Sometimes	Always/ Usually		Missing	N	Never/ Seldom	Sometimes	Always/ Usually		Missing
					Percent	Percent					Percent	Percent	
Total Population	3065	2565	46.3	34.0	3.3	16.3	2405	47.0	27.7	3.8	21.6		
Age													
29 years and younger	1653	1427	43.5	38.7	4.2	13.7	1324	43.4	30.9	5.7	20.0		
30-39 years	846	700	49.3	31.1	2.4	17.3	662	50.7	25.4	2.1	21.7		
40 years or older	554	431	50.9	24.5	2.3	22.2	413	52.5	21.5	0.5	25.5		
Missing	12	7	25.0	33.3		41.7	6	25.0	25.0		50.0		
Sex													
Male	2547	2141	46.6	34.5	2.9	15.9	2014	46.3	28.9	3.8	21.0		
29 years and younger	1364	1177	43.9	38.9	3.5	13.7	1097	42.8	31.8	5.8	19.6		
30-39 years	691	581	49.5	32.3	2.3	15.9	552	49.6	27.9	2.3	20.1		
40 years or older	485	379	50.5	25.4	2.3	21.9	362	51.8	22.3	0.6	25.4		
Missing	7	4	14.3	42.9		42.9	3	14.3	28.6		57.1		
Female	494	406	46.0	30.8	5.5	17.8	376	51.6	20.9	3.6	23.9		
29 years and younger	282	244	41.8	37.2	7.4	13.5	222	46.5	26.6	5.7	21.3		
30-39 years	148	114	50.0	24.3	2.7	23.0	106	56.8	13.5	1.4	28.4		
40 years or older	63	47	55.6	15.9	3.2	25.4	47	61.9	12.7		25.4		
Missing	1	1	100.0				1	100.0					
29 years and younger	24	18	29.2	45.8		25.0	15	29.2	33.3		37.5		
30-39 years	7	6	28.6	57.1		14.3	5	42.9	28.6		28.6		
40 years or older	6	5	14.3	57.1		28.6	4	28.6	28.6		42.9		
Missing	4	2	33.3	50.0		16.7	4	16.7	50.0		33.3		
			50.0			50.0	2	25.0	25.0		50.0		
Ethnic Group													
White	1920	1617	51.2	31.1	1.9	15.8	1528	49.8	26.9	2.9	20.4		
Black	663	554	33.9	42.9	6.8	16.4	508	40.1	30.6	5.9	23.5		
Hispanic/Spanish	300	241	44.7	31.3	4.3	19.7	227	45.0	25.0	5.7	24.3		
Other	145	123	41.4	39.3	4.1	15.2	118	44.8	33.1	3.4	18.6		
Missing	37	30	51.4	27.0	2.7	18.9	24	48.6	16.2		35.1		
Rank													
Enlisted	2364	2022	44.9	36.9	3.8	14.5	1888	45.8	29.3	4.8	20.2		
Officer/WO	687	532	52.3	23.3	1.9	22.6	509	51.7	22.0	0.4	25.9		
Missing	14	11	7.1	71.4		21.4	8	28.6	28.6		42.9		
MOS/SSI													
Combat Arms	921	789	48.2	34.6	2.8	14.3	746	45.1	31.3	4.7	19.0		
Combat Support	856	708	44.3	35.5	2.9	17.3	661	46.7	27.7	2.8	22.9		
Combat Service Support	1274	1056	46.3	32.7	3.9	17.1	989	48.7	25.2	3.8	22.4		
Missing	14	12	50.0	28.6	7.1	14.3	9	42.9	14.3	7.1	35.7		
Substance Category													
BAS	2099	1763	48.6	32.7	2.8	16.0	1658	51.5	24.8	2.6	21.0		
Meal card holder	736	616	43.1	36.1	4.5	16.3	581	36.5	34.9	7.5	21.1		
Missing	230	186	36.5	39.6	4.8	19.1	166	39.1	30.4	2.6	27.8		
NOTES:													

Table: 023
Question 20C: How often do you eat breakfast in a restaurant?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2503	52.0	27.9	1.8	18.3	2390	37.1	37.9	3.0	22.0
Age											
29 years and younger	1653	1400	54.5	28.1	2.1	15.3	1317	39.2	36.4	4.0	20.4
30-39 years	846	679	52.0	26.7	1.5	19.7	660	37.7	38.3	2.0	22.0
40 years or older	554	416	44.4	29.2	1.4	24.9	407	30.0	41.9	1.6	26.5
Missing	12	8	41.7	25.0		33.3	6	16.7	33.3		50.0
Sex											
Male	2547	2091	52.0	28.3	1.8	17.9	2002	36.8	38.9	2.8	21.4
29 years and younger	1364	1157	54.8	27.9	2.1	15.2	1093	39.0	37.3	3.8	19.9
30-39 years	691	563	52.7	27.5	1.3	18.5	548	37.3	39.9	2.0	20.7
40 years or older	485	366	43.7	30.3	1.4	24.5	358	30.5	42.1	1.2	26.2
Missing	7	5	28.6	42.9		28.6	3		42.9		57.1
Female	494	394	52.2	25.5	2.0	20.2	373	38.5	33.0	4.0	24.5
29 years and younger	282	237	53.2	29.1	1.8	16.0	219	40.1	32.6	5.0	22.3
30-39 years	148	111	50.7	21.6	2.7	25.0	108	39.9	31.1	2.0	27.0
40 years or older	63	45	50.8	19.0	1.6	28.6	45	27.0	39.7	4.8	28.6
Missing	1	1	100.0				1	100.0			
Missing	24	18	37.5	37.5		25.0	15	33.3	29.2		37.5
29 years and younger	7	6	57.1	28.6		14.3	5	57.1	14.3		28.6
30-39 years	7	5	14.3	57.1		28.6	4	28.6	28.6		42.9
40 years or older	6	5	33.3	50.0		16.7	4	16.7	50.0		33.3
Missing	4	2	50.0			50.0	2	25.0	25.0		50.0
Ethnic Group											
White	1920	1583	56.3	25.4	0.8	17.6	1524	38.8	38.4	2.2	20.6
Black	663	539	43.1	34.3	3.9	18.7	503	33.0	38.9	3.9	24.2
Hispanic/Spanish	300	235	48.3	27.7	2.3	21.7	225	37.0	32.7	5.3	25.0
Other	145	119	44.1	35.2	2.8	17.9	113	34.5	40.0	3.4	22.1
Missing	37	27	48.6	18.9	5.4	27.0	25	32.4	29.7	5.4	32.4
Rank											
Enlisted	2364	1966	51.3	30.0	1.9	16.8	1871	37.3	38.5	3.4	20.9
Officer/WO	687	527	55.0	20.4	1.3	23.3	511	36.8	35.8	1.7	25.6
Missing	14	10	14.3	50.0	7.1	28.6	8	14.3	42.9		42.9
MOS/SSI											
Combat Arms	921	781	53.3	30.1	1.4	15.2	741	38.2	38.7	3.6	19.5
Combat Support	856	685	52.5	26.5	1.1	20.0	655	35.8	39.1	1.5	23.6
Combat Service Support	1274	1026	50.7	27.2	2.6	19.5	984	37.0	36.6	3.6	22.8
Missing	14	11	42.9	35.7		21.4	10	35.7	35.7		28.6
Subsistence Category											
BAS	2099	1721	51.3	29.1	1.6	18.0	1652	37.1	39.3	2.2	21.3
Meal card holder	736	605	55.0	24.9	2.3	17.8	575	37.4	35.5	5.3	21.9
Missing	230	177	48.3	27.0	1.7	23.0	163	35.2	32.6	3.0	29.1
NOTES:											

Table: 024
Question 20D: How often do you eat breakfast at home/barracks?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2783	25.6	26.8	38.5	9.2	2692	16.9	26.0	44.9	12.2
Age											
29 years and younger	1653	1505	29.1	27.3	34.6	8.9	1429	22.7	25.7	38.0	13.6
30-39 years	846	769	23.3	25.9	41.7	9.1	755	10.8	25.9	52.6	10.8
40 years or older	554	500	18.2	27.1	44.9	9.7	499	9.2	26.7	54.2	9.9
Missing	12	9	33.3	8.3	33.3	25.0	9	8.3	33.3	33.3	25.0
Sex											
Male	2547	2318	26.6	26.8	37.6	9.0	2251	17.5	26.1	44.7	11.7
29 years and younger	1364	1237	30.7	26.6	33.4	9.3	1183	24.0	24.8	37.8	13.3
30-39 years	691	632	24.3	26.3	40.8	8.5	623	10.9	27.6	51.7	9.8
40 years or older	485	444	18.1	28.2	45.2	8.5	440	9.1	27.0	54.6	9.3
Missing	7	5	28.6	14.3	28.6	28.6	5	57.1	14.3	14.3	28.6
Female	494	445	20.4	26.5	43.1	9.9	424	14.0	25.5	46.4	14.2
29 years and younger	282	262	21.6	30.9	40.4	7.1	241	16.7	30.1	38.7	14.5
30-39 years	148	131	18.2	23.0	47.3	11.5	128	10.1	17.6	58.8	13.5
40 years or older	63	51	20.6	15.9	44.4	19.0	54	11.1	23.8	50.8	14.3
Missing	1	1	100.0		100.0		1	100.0		100.0	
Missing	24	20	25.0	29.2	29.2	16.7	17	12.5	20.8	37.5	29.2
29 years and younger	7	6	28.6	14.3	42.9	14.3	5	14.3	14.3	42.9	28.6
30-39 years	7	6	28.6	42.9	14.3	14.3	4	14.3	28.6	14.3	42.9
40 years or older	6	5	50.0	50.0	33.3	16.7	5	50.0	33.3	50.0	16.7
Missing	4	3	50.0		25.0	25.0	3	25.0		50.0	25.0
Ethnic Group											
White	1920	1761	25.8	24.4	41.6	8.3	1713	16.8	24.6	47.8	10.8
Black	663	597	25.0	32.8	32.2	9.9	571	15.4	30.6	40.1	14.0
Hispanic/Spanish	300	263	31.3	24.7	31.7	12.3	253	22.7	22.7	39.0	15.7
Other	145	132	15.9	33.8	41.4	9.0	128	14.5	31.0	42.8	11.7
Missing	37	30	16.2	32.4	32.4	18.9	27	16.2	18.9	37.8	27.0
Rank											
Enlisted	2364	2128	29.1	28.4	32.5	10.0	2046	19.8	27.2	39.5	13.5
Officer/WO	687	642	13.8	20.8	58.8	6.6	636	7.1	21.5	63.9	7.4
Missing	14	13	7.1	42.9	42.9	7.1	10	7.1	28.6	35.7	28.6
MOS/SSI											
Combat Arms	921	831	33.8	26.8	29.6	9.8	811	21.0	26.2	40.9	11.9
Combat Support	856	789	19.6	25.0	47.6	7.8	758	14.6	25.3	48.5	11.6
Combat Service Support	1274	1152	23.9	27.9	38.7	9.6	1113	15.7	26.3	45.4	12.6
Missing	14	11	7.1	35.7	35.7	21.4	10	7.1	21.4	42.9	28.6
Subsistence Category											
BAS	2099	1943	20.3	27.2	45.0	7.4	1895	10.6	26.6	53.0	9.8
Meal card holder	736	644	40.2	23.5	23.8	12.5	608	33.3	24.7	24.6	17.4
Missing	230	196	26.5	33.5	25.2	14.8	189	22.2	23.9	36.1	17.8

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Table: 025
Question 20E: How often do skip breakfast?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2532	29.2	38.4	15.1	17.4	2366	30.4	34.2	12.6	22.8
Age											
29 years and younger	1653	1389	29.7	40.6	13.8	16.0	1303	28.9	34.8	15.1	21.2
30-39 years	846	695	29.1	38.2	14.9	17.8	648	33.2	34.3	9.1	23.4
40 years or older	554	440	28.0	32.1	19.3	20.6	408	30.9	32.5	10.3	26.4
Missing	12	8	16.7	41.7	8.3	33.3	7	25.0	25.0	8.3	41.7
Sex											
Male	2547	2111	30.3	38.7	14.0	17.1	1976	30.9	34.4	12.2	22.4
29 years and younger	1364	1146	31.4	40.7	11.9	16.0	1078	29.6	34.9	14.4	21.0
30-39 years	691	576	29.4	39.2	14.8	16.6	537	33.6	35.0	9.1	22.3
40 years or older	485	384	28.5	32.2	18.6	20.8	357	31.1	32.2	10.3	26.4
Missing	7	5	28.6	28.6	14.3	28.6	4	14.3	28.6	14.3	42.9
Female	494	403	24.1	36.4	21.1	18.4	375	27.7	33.6	14.6	24.1
29 years and younger	282	237	21.6	39.4	23.0	16.0	220	25.2	34.4	18.4	22.0
30-39 years	148	115	28.4	33.8	15.5	22.3	108	32.4	31.1	9.5	27.0
40 years or older	63	50	25.4	28.6	25.4	20.6	46	28.6	34.9	9.5	27.0
Missing	1	1	100.0	100.0			1	100.0			
29 years and younger	24	18	16.7	50.0	8.3	25.0	15	33.3	20.8	8.3	37.5
30-39 years	7	6	28.6	57.1	14.3	14.3	5	42.9	14.3	14.3	28.6
40 years or older	7	4	14.3	28.6	14.3	42.9	3	14.3	28.6		57.1
Missing	6	6	16.7	66.7	16.7		5	33.3	33.3	16.7	16.7
	4	2	50.0	50.0		50.0	2	50.0			50.0
Ethnic Group											
White	1920	1615	31.6	37.4	15.2	15.9	1521	32.2	33.5	13.5	20.8
Black	663	534	22.9	41.6	16.1	19.4	493	25.6	37.5	11.1	25.8
Hispanic/Spanish	300	233	28.7	37.0	12.0	22.3	214	34.3	26.7	10.3	28.7
Other	145	121	29.0	40.0	14.5	16.6	115	24.8	42.8	11.7	20.7
Missing	37	29	21.6	37.8	18.9	21.6	23	16.2	37.8	8.1	37.8
Rank											
Enlisted	2364	1986	27.6	40.9	15.5	16.0	1854	28.5	36.5	13.4	21.6
Officer/WO	687	537	34.9	29.5	13.7	21.8	505	37.7	26.2	9.6	26.5
Missing	14	9	7.1	50.0	7.1	35.7	7	7.1	35.7	7.1	50.0
MOS/SSI											
Combat Arms	921	781	31.1	39.1	14.7	15.2	732	29.6	36.8	13.0	20.5
Combat Support	856	698	30.0	38.3	13.3	18.4	650	31.9	31.3	12.7	24.2
Combat Service Support	1274	1041	27.4	37.8	16.5	18.3	974	30.1	34.2	12.1	23.5
Missing	14	12	14.3	50.0	21.4	14.3	10	21.4	35.7	14.3	28.6
Substance Category											
BAS	2099	1749	29.2	37.8	16.3	16.7	1624	32.6	33.8	11.0	22.7
Meal card holder	736	599	29.9	39.9	11.5	18.6	575	24.7	36.5	16.8	21.9
Missing	230	184	26.1	38.7	15.2	20.0	167	29.1	30.0	13.5	27.4
NOTES:											

Table: 026

Question 20F: How often do have a morning snack?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2593	44.4	34.0	6.2	15.4	2455	43.5	31.0	5.6	19.9
Age											
29 years and younger	1653	1408	41.8	36.6	6.8	14.8	1330	40.6	33.5	6.3	19.6
30-39 years	846	706	46.3	31.2	5.9	16.5	669	44.7	29.3	5.1	20.9
40 years or older	554	470	49.3	30.3	5.2	15.2	448	50.4	26.4	4.2	19.1
Missing	12	9	33.3	41.7		25.0	8	41.7	25.0		33.3
Sex											
Male	2547	2160	45.8	33.4	5.7	15.2	2045	44.0	30.8	5.4	19.7
29 years and younger	1364	1159	42.8	36.2	6.0	15.0	1092	40.6	33.3	6.1	20.0
30-39 years	691	583	48.6	30.4	5.4	15.8	555	45.4	29.5	5.4	19.7
40 years or older	485	413	50.3	29.7	5.2	14.8	394	51.8	25.8	3.7	18.8
Missing	7	5	42.9	28.6		28.6	4	42.9	14.3		42.9
Female	494	417	37.7	37.2	9.5	15.6	396	41.1	32.4	6.7	19.8
29 years and younger	282	244	36.9	39.0	10.6	13.5	233	40.4	34.4	7.8	17.4
30-39 years	148	120	36.5	35.8	8.8	18.9	112	42.6	29.1	4.1	24.3
40 years or older	63	52	42.9	33.3	6.3	17.5	50	39.7	31.7	7.9	20.6
Missing	1	1	100.0				1	100.0			
29 years and younger	24	16	29.2	37.5		33.3	14	33.3	25.0		41.7
30-39 years	7	5	42.9	28.6		28.6	5	42.9	28.6		28.6
40 years or older	7	3	28.6	14.3		57.1	2	14.3	14.3		71.4
Missing	6	5	33.3	50.0		16.7	4	50.0	16.7		33.3
Ethnic Group											
White	1920	1673	47.2	33.3	6.6	12.9	1588	45.8	30.8	6.1	17.3
Black	663	534	35.4	38.6	6.6	19.4	504	36.7	33.4	5.7	24.1
Hispanic/Spanish	300	241	44.7	31.3	4.3	19.7	225	43.3	27.7	4.0	25.0
Other	145	119	48.3	29.7	4.1	17.9	116	46.2	32.4	1.4	20.0
Missing	37	26	37.8	27.0	5.4	29.7	22	32.4	21.6	5.4	40.5
Rank											
Enlisted	2364	1996	44.2	34.5	5.8	15.6	1878	41.9	31.8	5.7	20.6
Officer/WO	687	590	45.4	32.6	7.9	14.1	569	49.2	28.4	5.2	17.2
Missing	14	7	21.4	21.4	7.1	50.0	8	28.6	21.4	7.1	42.9
MOS/SSI											
Combat Arms	921	788	49.4	30.8	5.3	14.4	748	44.4	30.4	6.4	18.8
Combat Support	856	734	42.9	36.6	6.2	14.2	693	44.0	31.4	5.5	19.1
Combat Service Support	1274	1060	41.6	34.7	6.9	16.8	1006	42.6	31.3	5.0	21.0
Missing	14	11	50.0	21.4	7.1	21.4	8	28.6	21.4	7.1	42.9
Substance Category											
BAS	2099	1787	45.2	34.0	6.0	14.9	1694	44.4	30.9	5.3	19.3
Meal card holder	736	622	43.9	33.3	7.3	15.5	589	42.5	31.3	6.3	20.0
Missing	230	184	37.8	37.0	5.2	20.0	172	37.8	31.3	5.7	25.2

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Table: 027
Question 20G: How often do have a lunch in the mess hall?

SELECTED CHARACTERISTICS	Total N	During the week				N	During the weekend				
		Never/ Seldom	Sometimes	Always/ Usually			Never/ Seldom	Sometimes	Always/ Usually		
				Percent	Missing				Percent	Missing	
Total Population	3065	2690	42.1	24.8	20.9	12.2	2463	63.5	12.5	4.3	19.7
Age											
29 years and younger	1653	1495	38.3	24.1	28.0	9.6	1371	59.7	16.8	6.4	17.1
30-39 years	846	746	42.4	30.5	15.2	11.8	673	68.9	8.0	2.6	20.4
40 years or older	554	440	53.2	17.9	8.3	20.6	412	67.3	6.7	0.4	25.6
Missing	12	9	25.0	25.0	25.0	25.0	7	41.7	8.3	8.3	41.7
Sex											
Male	2547	2248	40.7	25.5	22.0	11.7	2061	62.7	13.7	4.4	19.1
29 years and younger	1364	1239	35.9	24.5	30.4	9.2	1137	57.4	18.8	7.0	16.7
30-39 years	691	619	41.7	32.6	15.3	10.4	559	69.9	8.7	2.3	19.1
40 years or older	485	384	53.2	18.1	7.8	20.8	361	67.6	6.6	0.2	25.6
Missing	7	6	28.6	28.6	28.6	14.3	4	42.9	14.3	42.9	42.9
Female	494	424	49.4	20.9	15.6	14.2	366	68.2	6.3	3.6	21.9
29 years and younger	282	249	50.0	21.6	16.7	11.7	228	70.2	7.1	3.5	19.1
30-39 years	148	122	45.3	21.6	15.5	17.6	110	65.5	4.7	4.1	25.7
40 years or older	63	52	55.6	15.9	11.1	17.5	47	66.7	6.3	1.6	25.4
Missing	1	1	100.0				1		100.0		33.3
29 years and younger	24	18	37.5	25.0	12.5	25.0	16	54.2	12.5		14.3
30-39 years	7	7	42.9	42.9	14.3		6	71.4	14.3		42.9
40 years or older	7	5	57.1	14.3		28.6	4	42.9	14.3		33.3
Missing	6	4	33.3	16.7	16.7	33.3	4	50.0	16.7		50.0
	4	2	25.0	25.0	25.0	50.0	2	50.0			
Ethnic Group											
White	1920	1701	44.6	21.9	22.1	11.4	1562	65.9	11.4	4.1	18.6
Black	663	571	37.8	30.4	17.9	13.9	520	60.1	14.9	3.3	21.7
Hispanic/Spanish	300	260	34.7	30.0	22.0	13.3	235	56.0	13.3	7.0	21.7
Other	145	128	44.1	25.5	18.6	11.7	122	62.8	16.6	4.8	15.9
Missing	37	30	43.2	27.0	10.8	18.9	24	51.4	8.1	5.4	35.1
Rank											
Enlisted	2364	2138	37.3	28.4	24.7	9.6	1940	61.5	15.3	5.2	18.0
Officer/WO	687	542	58.4	12.5	8.0	21.1	515	70.7	2.9	1.3	25.0
Missing	14	10	50.0	14.3	7.1	28.6	8	50.0	7.1		42.9
MOS/SSI											
Combat Arms	921	851	31.7	29.2	31.5	7.6	777	60.0	18.1	6.2	15.6
Combat Support	856	723	53.7	17.6	13.2	15.5	665	66.5	7.7	3.4	22.4
Combat Service Support	1274	1104	42.1	26.1	18.4	13.3	1010	64.1	11.6	3.5	20.7
Missing	14	12	21.4	42.9	21.4	14.3	11	57.1	21.4		21.4
Substance Category											
BAS	2099	1819	49.7	25.4	11.6	13.3	1678	71.8	6.3	1.8	20.1
Meal card holder	736	672	22.8	22.4	46.1	8.7	616	43.2	29.1	11.4	16.3
Missing	230	199	34.8	26.5	25.2	13.5	169	53.0	16.1	4.3	26.5
NOTES:											

Table: 028
Question 20H: How often do have fast food/vending for lunch?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2585	34.2	45.4	4.7	15.7	2412	34.2	39.6	4.9	21.3
Age											
29 years and younger	1653	1424	32.9	47.9	5.4	13.8	1333	30.4	43.0	7.2	19.4
30-39 years	846	711	34.3	45.6	4.1	16.0	660	37.6	37.7	2.7	22.0
40 years or older	554	442	38.3	37.7	3.8	20.2	413	40.4	32.5	1.6	25.5
Missing	12	8	33.3	33.3		33.3	6	25.0	25.0		50.0
Sex											
Male	2547	2164	35.6	45.4	4.0	15.0	2013	34.5	39.6	4.9	21.0
29 years and younger	1364	1182	34.4	47.5	4.8	13.3	1101	30.7	42.7	7.3	19.3
30-39 years	691	587	35.9	46.0	3.0	15.1	546	37.9	38.6	2.5	21.0
40 years or older	485	390	38.6	38.8	3.1	19.6	363	40.8	32.4	1.6	25.2
Missing	7	5	42.9	28.6		28.6	3	14.3	28.6		57.1
Female	494	404	27.7	45.3	8.7	18.2	384	32.8	39.5	5.5	22.3
29 years and younger	282	236	25.5	49.6	8.5	16.3	227	28.4	45.0	7.1	19.5
30-39 years	148	119	27.7	43.2	9.5	19.6	110	37.2	33.1	4.1	25.7
40 years or older	63	48	38.1	30.2	7.9	23.8	46	41.3	30.2	1.6	27.0
Missing	1	1	100.0				1	100.0			
Missing	24	17	20.8	45.8	4.2	29.2	15	25.0	37.5		37.5
29 years and younger	7	6	28.6	57.1		14.3	5	57.1	14.3		28.6
30-39 years	7	5	14.3	57.1		28.6	4	14.3	42.9		42.9
40 years or older	6	4	16.7	33.3	16.7	33.3	4	66.7	25.0		33.3
Missing	4	2	25.0	25.0		50.0	2	25.0	25.0		50.0
Ethnic Group											
White	1920	1634	37.0	44.1	4.0	14.9	1538	35.2	40.8	4.1	19.9
Black	663	557	26.8	50.8	6.5	16.0	508	32.1	37.3	7.1	23.5
Hispanic/Spanish	300	243	33.7	43.0	4.3	19.0	225	31.7	38.0	5.3	25.0
Other	145	124	32.4	45.5	7.6	14.5	119	35.2	40.0	6.9	17.9
Missing	37	27	37.8	32.4	2.7	27.0	22	35.1	24.3		40.5
Rank											
Enlisted	2364	2024	34.2	46.7	4.7	14.4	1885	33.9	40.0	5.8	20.3
Officer/WO	687	552	34.6	40.8	4.9	19.7	519	35.2	38.1	2.2	24.5
Missing	14	9	21.4	42.9		35.7	8	28.6	28.6		42.9
MOS/SSI											
Combat Arms	921	798	38.3	44.8	3.5	13.4	749	34.5	41.2	5.6	18.7
Combat Support	856	719	31.5	47.6	4.9	16.0	666	34.8	38.5	4.4	22.3
Combat Service Support	1274	1056	33.2	44.2	5.5	17.1	987	33.7	39.0	4.8	22.5
Missing	14	12	28.6	50.0	7.1	14.3	10	21.4	50.0		28.6
Subsistence Category											
BAS	2099	1785	34.3	45.7	5.0	15.0	1665	37.4	38.6	3.2	20.7
Meal card holder	736	616	34.8	44.3	4.6	16.3	584	26.2	43.5	9.6	20.7
Missing	230	184	32.2	45.7	2.2	20.0	163	30.0	35.7	5.2	29.1

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Table: 029
Question 20I: How often do have lunch in a restaurant?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2535	42.7	37.0	3.1	17.3	2415	27.9	47.3	3.6	21.2
Age											
29 years and younger	1653	1398	46.5	35.4	2.7	15.4	1328	27.1	48.1	5.0	19.8
30-39 years	846	692	41.3	38.7	1.9	18.2	670	30.7	46.5	2.0	20.8
40 years or older	554	437	33.6	39.4	6.0	21.1	412	26.4	46.0	2.0	25.6
Missing	12	8	33.3	33.3		33.3	7	16.7	41.7		41.7
Sex											
Male	2547	2127	43.6	37.1	2.9	16.5	2021	28.6	47.5	3.2	20.7
29 years and younger	1364	1161	47.8	34.9	2.4	14.9	1096	27.7	48.1	4.5	19.7
30-39 years	691	573	41.8	39.5	1.6	17.1	558	31.3	47.8	1.7	19.2
40 years or older	485	388	34.4	39.6	6.0	20.0	363	27.8	45.4	1.6	25.2
Missing	7	5	28.6	42.9		28.6	4		57.1		42.9
Female	494	393	38.9	36.6	4.0	20.4	378	24.7	46.0	5.9	23.5
29 years and younger	282	231	40.8	37.2	3.9	18.1	225	24.1	48.2	7.4	20.2
30-39 years	148	115	39.2	35.1	3.4	22.3	107	28.4	40.5	3.4	27.7
40 years or older	63	46	30.2	36.5	6.3	27.0	45	17.5	49.2	4.8	28.6
Missing	1	1		100.0			1	100.0			
29 years and younger	24	15	25.0	33.3	4.2	37.5	16	20.8	45.8		33.3
30-39 years	7	6	28.6	42.9	14.3	14.3	5	28.6	42.9		28.6
40 years or older	7	4	28.6	28.6		42.9	5	28.6	42.9		28.6
Missing	6	3		50.0		50.0	4		66.7		33.3
Ethnic Group											
White	1920	1608	44.2	36.9	2.7	16.3	1544	27.6	49.8	3.0	19.6
Black	663	539	38.6	38.3	4.5	18.7	506	28.2	43.2	4.8	23.8
Hispanic/Spanish	300	238	43.7	33.7	2.0	20.7	224	29.3	41.3	4.0	25.3
Other	145	120	39.3	40.0	3.4	17.2	116	30.3	44.1	5.5	20.0
Missing	37	30	43.2	35.1	2.7	18.9	25	18.9	45.9	2.7	32.4
Rank											
Enlisted	2364	1984	44.4	37.0	2.6	16.1	1886	28.9	46.9	3.9	20.3
Officer/WO	687	541	37.1	37.1	4.5	21.3	521	24.7	48.8	2.3	24.2
Missing	14	10	28.6	35.7	7.1	28.6	8	14.3	35.7	7.1	42.9
MOS/SSI											
Combat Arms	921	789	45.7	37.7	2.3	14.3	754	30.2	48.1	3.6	18.1
Combat Support	856	702	43.4	35.6	3.0	18.0	667	27.5	47.0	3.3	22.2
Combat Service Support	1274	1033	39.8	37.6	3.7	18.9	984	26.6	46.8	3.8	22.8
Missing	14	11	57.1	21.4		21.4	10	21.4	50.0		28.6
Subsistence Category											
BAS	2099	1748	40.0	40.3	3.0	16.7	1680	28.8	48.5	2.7	20.0
Meal card holder	736	607	50.4	28.9	3.1	17.5	576	25.3	47.0	6.0	21.7
Missing	230	180	42.2	32.6	3.5	21.7	159	28.7	36.5	3.9	30.9

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Table: 030
Question 20J: How often do have lunch at home/barracks?

SELECTED CHARACTERISTICS	Total N	During the week					N	During the weekend				
		Never/ Seldom	Sometimes	Percent	Always/ Usually	Missing		Never/ Seldom	Sometimes	Always/ Usually	Missing	
Total Population	3065	2691	31.2	29.0	27.6	12.2	2640	13.6	32.2	40.4	13.9	
Age												
29 years and younger	1653	1482	32.5	28.9	28.2	10.3	1421	18.0	31.6	36.3	14.1	
30-39 years	846	743	30.0	30.9	27.0	12.2	728	7.7	32.9	45.5	13.9	
40 years or older	554	457	28.2	28.5	26.7	17.5	482	9.4	32.7	44.9	13.0	
Missing	12	9	33.3	25.0	16.7	25.0	9	8.3	41.7	25.0	25.0	
Sex												
Male	2547	2254	31.7	29.2	27.6	11.5	2215	14.2	32.4	40.4	13.1	
29 years and younger	1364	1229	33.8	28.9	27.3	9.9	1175	19.2	31.1	35.8	13.9	
30-39 years	691	616	29.8	31.7	27.6	10.9	608	7.8	34.3	45.9	12.0	
40 years or older	485	404	28.5	26.4	28.5	16.7	427	9.1	33.0	46.0	12.0	
Missing	7	5	28.6	42.9	28.6	28.6	5	14.3	42.9	14.3	28.6	
Female	494	419	29.8	27.1	27.9	15.2	410	11.1	31.0	40.9	17.0	
29 years and younger	282	247	26.6	28.7	32.3	12.4	241	12.8	33.7	39.0	14.5	
30-39 years	148	122	32.4	25.7	24.3	17.6	117	7.4	26.4	45.3	20.9	
40 years or older	63	49	38.1	23.8	15.9	22.2	51	12.7	30.2	38.1	19.0	
Missing	1	1		100.0			1		100.0			
29 years and younger	24	18	12.5	41.7	20.8	25.0	15	33.3	29.2	37.5	37.5	
30-39 years	7	6	14.3	28.6	42.9	14.3	5	28.6	42.9	28.6	28.6	
40 years or older	6	5		57.1	14.3	28.6	3	28.6	14.3	57.1	57.1	
Missing	4	4	50.0	66.7		33.3	4	33.3	33.3	33.3	33.3	
Ethnic Group												
White	1920	1710	32.4	27.0	29.7	10.9	1697	12.9	30.9	44.6	11.6	
Black	663	572	30.6	33.3	22.4	13.7	552	15.4	36.1	31.6	16.9	
Hispanic/Spanish	300	252	28.0	29.7	26.3	16.0	240	15.3	28.0	36.7	20.0	
Other	145	127	24.8	35.9	26.9	12.4	127	10.3	40.7	36.6	12.4	
Missing	37	30	35.1	24.3	21.6	18.9	24	16.2	24.3	24.3	35.1	
Rank												
Enlisted	2364	2079	33.7	30.1	24.1	12.1	2013	15.9	32.6	36.6	14.9	
Officer/WO	687	602	23.0	24.7	39.9	12.4	617	5.7	30.1	54.0	10.2	
Missing	14	10	21.4	42.9	7.1	28.6	10	7.1	50.0	14.3	28.6	
MOS/SSI												
Combat Arms	921	812	36.7	29.4	22.0	11.8	794	18.2	31.4	36.6	13.8	
Combat Support	856	773	25.1	28.9	36.3	9.7	747	11.4	30.1	45.6	12.8	
Combat Service Support	1274	1094	31.6	28.6	25.6	14.1	1090	11.8	34.1	39.7	14.4	
Missing	14	12	14.3	35.7	35.7	14.3	9	35.7	28.6	35.7	35.7	
Substance Category												
BAS	2099	1869	27.0	29.7	32.4	11.0	1857	7.2	32.2	49.0	11.6	
Meal card holder	736	633	44.6	25.7	15.8	14.0	601	31.1	32.1	18.5	18.3	
Missing	230	189	27.4	33.5	21.3	17.8	182	15.2	32.2	31.7	20.9	

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Table: 031
Question 20K: How often do you skip lunch?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2476	40.0	34.9	5.9	19.2	2337	37.4	34.3	4.5	23.8
Age											
29 years and younger	1653	1361	43.8	34.2	4.4	17.7	1279	40.0	33.0	4.4	22.7
30-39 years	846	678	38.1	35.3	6.7	19.9	642	35.7	35.6	4.6	24.1
40 years or older	554	429	31.9	36.1	9.4	22.6	410	32.9	36.5	4.7	26.0
Missing	12	8	33.3	33.3		33.3	6	16.7	25.0	8.3	50.0
Sex											
Male	2547	2066	40.6	34.6	5.9	18.9	1952	38.0	34.4	4.2	23.4
29 years and younger	1364	1128	45.3	33.2	4.1	17.4	1059	40.7	32.9	4.0	22.4
30-39 years	691	561	38.1	35.9	7.2	18.8	533	36.2	36.6	4.3	22.9
40 years or older	485	374	31.1	36.9	9.1	22.9	356	33.0	35.9	4.5	26.6
Missing	7	5	42.9	28.6		28.6	4	28.6	14.3	14.3	42.9
Female	494	392	37.9	35.6	5.9	20.6	369	35.2	33.4	6.1	25.3
29 years and younger	282	230	37.2	38.7	5.7	18.4	215	36.5	33.3	6.4	23.8
30-39 years	148	112	39.2	32.4	4.1	24.3	105	34.5	31.1	5.4	29.1
40 years or older	63	49	38.1	28.6	11.1	22.2	49	31.7	39.7	6.3	22.2
Missing	1	1	100.0				0				100.0
29 years and younger	24	18	20.8	45.8	8.3	25.0	16	25.0	37.5	4.2	33.3
30-39 years	7	5	14.3	57.1		28.6	5	42.9	28.6		28.6
40 years or older	6	5	14.3	42.9	14.3	28.6	4	14.3	28.6	14.3	42.9
Missing	4	2	33.3	50.0	16.7		5	33.3	50.0		16.7
			25.0	25.0		50.0	2		50.0		50.0
Ethnic Group											
White	1920	1580	42.2	33.9	6.1	17.7	1490	39.7	33.5	4.3	22.4
Black	663	520	33.4	39.3	5.7	21.5	493	28.2	39.8	6.3	25.8
Hispanic/Spanish	300	231	38.3	33.7	5.0	23.0	219	39.3	30.0	3.7	27.0
Other	145	117	42.8	32.4	5.5	19.3	113	45.5	30.3	2.1	22.1
Missing	37	28	45.9	24.3	5.4	24.3	22	35.1	24.3		40.5
Rank											
Enlisted	2364	1944	38.9	37.4	6.0	17.8	1827	35.7	36.7	4.8	22.7
Officer/WO	687	525	44.3	26.3	5.8	23.6	503	43.7	25.9	3.6	26.8
Missing	14	7	28.6	21.4		50.0	7	21.4	28.6		50.0
MOS/SSI											
Combat Arms	921	766	38.5	38.1	6.5	16.8	728	35.8	38.0	5.2	21.0
Combat Support	856	684	42.9	32.0	5.0	20.1	636	40.1	30.5	3.6	25.8
Combat Service Support	1274	1013	39.2	34.3	6.0	20.5	963	36.7	34.1	4.7	24.4
Missing	14	13	35.7	50.0	7.1	7.1	10	35.7	35.7		28.6
Subsistence Category											
BAS	2099	1706	39.4	35.3	6.5	18.7	1622	38.7	34.5	4.1	22.8
Meal card holder	736	590	42.9	32.7	4.5	19.8	556	35.2	34.5	5.8	24.5
Missing	230	180	36.1	37.4	4.8	21.7	159	33.0	31.7	4.3	30.9

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Table: 032
Question 20L: How often do you have a midafternoon snack?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend						
		N	Never/ Seldom	Sometimes	Always/ Usually	Percent	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Percent	Missing
Total Population	3065	2569	42.4	35.6	5.7	16.2		2435	33.6	38.7	7.1		20.6
Age													
29 years and younger	1653	1389	38.3	39.0	6.7	16.0		1321	29.7	41.1	9.0		20.1
30-39 years	846	703	44.7	33.9	4.5	16.9		659	36.1	36.8	5.1		22.1
40 years or older	554	468	51.8	28.0	4.7	15.5		446	42.2	33.9	4.3		19.5
Missing	12	9	16.7	50.0	8.3	25.0		9		66.7	8.3		25.0
Sex													
Male	2547	2139	44.5	34.5	5.0	16.0		2030	35.1	38.0	6.6		20.3
29 years and younger	1364	1141	39.3	38.7	5.6	16.3		1086	30.3	40.8	8.4		20.4
30-39 years	691	579	47.8	32.1	3.9	16.2		546	38.4	36.2	4.5		21.0
40 years or older	485	413	54.6	26.0	4.5	14.8		393	44.5	32.2	4.3		19.0
Missing	7	6	14.3	57.1	14.3	14.3		5		71.4			28.6
Female	494	415	33.0	41.1	9.9	16.0		391	26.9	42.3	9.9		20.9
29 years and younger	282	243	33.7	40.4	12.1	13.8		230	27.3	42.2	12.1		18.4
30-39 years	148	121	31.8	42.6	7.4	18.2		111	26.4	40.5	8.1		25.0
40 years or older	63	51	33.3	41.3	6.3	19.0		49	27.0	46.0	4.8		22.2
Missing	1	0				100.0		1		100.0			
Missing	24	15	20.8	41.7		37.5		14	12.5	41.7	4.2		41.7
29 years and younger	7	5	26.6	42.9		28.6		5	14.3	57.1			28.6
30-39 years	7	3	14.3	28.6		57.1		2	14.3	14.3			71.4
40 years or older	6	4	16.7	50.0		33.3		4	16.7	50.0			33.3
Missing	4	3	25.0	50.0		25.0		3		50.0	25.0		25.0
Ethnic Group													
White	1920	1668	44.9	36.1	5.8	13.1		1596	35.8	39.9	7.4		16.9
Black	663	517	33.6	37.0	7.4	22.0		483	25.9	38.3	8.6		27.3
Hispanic/Spanish	300	241	45.0	32.7	2.7	19.7		226	36.3	34.3	4.7		24.7
Other	145	119	46.9	31.7	3.4	17.9		110	36.6	37.9	1.4		24.1
Missing	37	24	32.4	24.3	8.1	35.1		20	27.0	21.6	5.4		45.9
Rank													
Enlisted	2364	1969	42.4	35.3	5.5	16.7		1864	33.1	38.6	7.1		21.2
Officer/WO	687	593	43.1	36.7	6.6	13.7		564	35.8	39.3	7.0		17.9
Missing	14	7	14.3	35.7		50.0		7	14.3	35.7			50.0
MOS/SSI													
Combat Arms	921	774	44.6	34.0	5.4	16.0		737	33.3	38.4	8.3		20.0
Combat Support	856	730	38.9	41.1	5.4	14.7		692	33.0	41.2	6.5		19.3
Combat Service Support	1274	1053	43.1	33.4	6.2	17.3		996	34.2	37.3	6.7		21.8
Missing	14	12	57.1	21.4	7.1	14.3		10	35.7	35.7			28.6
Subsistence Category													
BAS	2099	1779	44.5	34.9	5.4	15.2		1693	34.8	38.8	6.6		19.9
Meal card holder	736	608	38.2	38.3	6.1	17.4		580	32.5	38.2	8.2		21.2
Missing	230	182	37.4	34.3	7.4	20.9		172	27.0	39.6	8.3		25.2

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Table: 033
Question 20M: How often do you have dinner in the mess hall?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Percent		Missing	N	Never/ Seldom	Percent		Missing
				Always/ Usually	Missing				Always/ Usually	Missing	
Total Population	3065	2610	60.6	12.1	12.5	14.8	2440	63.8	11.2	4.6	20.4
Age											
29 years and younger	1653	1468	53.6	15.4	19.8	11.2	1361	60.5	15.6	6.2	17.7
30-39 years	846	709	69.1	9.5	5.2	16.2	664	68.3	6.9	3.3	21.5
40 years or older	554	425	68.6	6.3	1.8	23.3	407	67.0	4.7	1.8	26.5
Missing	12	8	50.0	16.7		33.3	8	66.7			33.3
Sex											
Male	2547	2176	60.0	12.3	13.2	14.6	2042	63.4	12.1	4.6	19.9
29 years and younger	1364	1216	51.5	15.9	21.8	10.8	1128	58.5	17.7	6.5	17.4
30-39 years	691	584	70.5	9.4	4.6	15.5	552	69.9	7.1	2.9	20.1
40 years or older	485	371	69.1	6.0	1.4	23.5	357	68.0	3.7	1.9	26.4
Missing	7	5	42.9	28.6		28.6	5	71.4			28.6
Female	494	415	64.0	11.3	8.7	16.0	382	66.2	6.5	4.7	22.7
29 years and younger	282	245	63.1	13.1	10.6	13.1	227	69.5	6.0	5.0	19.5
30-39 years	148	119	64.2	8.8	7.4	19.6	108	62.2	5.4	5.4	27.0
40 years or older	63	50	66.7	9.5	3.2	20.6	46	60.3	11.1	1.6	27.0
Missing	1	1	100.0				1	100.0			33.3
29 years and younger	24	19	58.3	8.3	12.5	20.8	16	58.3	8.3		14.3
30-39 years	7	7	85.7		14.3		6	85.7			42.9
40 years or older	6	6	42.9	28.6	14.3	14.3	4	42.9	14.3		33.3
Missing	4	2	50.0		16.7	33.3	4	50.0	16.7		50.0
Ethnic Group											
White	1920	1646	63.0	10.2	12.6	14.3	1548	66.0	10.4	4.2	19.4
Black	663	559	58.7	15.1	10.5	15.7	516	59.9	13.0	4.8	22.3
Hispanic/Spanish	300	250	51.3	15.3	16.7	16.7	231	59.0	12.0	6.0	23.0
Other	145	126	56.6	17.2	13.1	13.1	121	66.2	11.0	6.2	16.6
Missing	37	29	59.5	13.5	5.4	21.6	24	48.6	10.8	5.4	35.1
Rank											
Enlisted	2364	2072	57.8	14.3	15.5	12.3	1919	61.9	13.7	5.5	18.9
Officer/WO	687	529	70.3	4.4	2.3	23.0	513	70.6	2.5	1.6	25.3
Missing	14	9	50.0	14.3		35.7	8	50.0	7.1		42.9
MOS/SSI											
Combat Arms	921	819	54.1	15.9	19.0	11.1	764	60.6	16.7	5.6	17.0
Combat Support	856	713	66.0	7.2	10.0	16.7	668	67.3	6.3	4.3	22.1
Combat Service Support	1274	1066	61.8	12.4	9.5	16.3	997	64.0	10.2	4.1	21.7
Missing	14	12	50.0	35.7		14.3	11	50.0	28.6		21.4
Subsistence Category											
BAS	2099	1760	73.6	7.0	3.2	16.1	1655	72.0	4.8	2.0	21.2
Meal card holder	736	663	28.1	24.5	37.5	9.9	615	44.0	27.7	11.8	16.4
Missing	230	187	46.1	18.7	16.5	18.7	170	52.2	16.5	5.2	26.1

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Table: 034
Question 20N: How often do you have fast food/vending for dinner?

SELECTED CHARACTERISTICS	Total N	During the week				During the weekend			
		N	Never/ Seldom	Sometimes	Always/ Usually Percent	N	Never/ Seldom	Sometimes	Always/ Usually Percent
Total Population	3065	2536	41.7	38.5	2.6	17.3	35.6	38.2	4.3
Age									
29 years and younger	1653	1407	37.2	44.3	3.6	14.9	31.2	42.3	6.6
30-39 years	846	697	47.6	32.9	1.9	17.6	40.2	35.2	1.7
40 years or older	554	424	46.2	29.8	0.5	23.5	42.1	30.3	1.4
Missing	12	8	33.3	33.3		33.3	25.0	33.3	41.7
Sex									
Male	2547	2118	41.9	38.8	2.5	16.8	35.5	38.7	4.5
29 years and younger	1364	1163	37.1	44.5	3.7	14.7	31.1	42.1	7.1
30-39 years	691	577	48.2	33.9	1.4	16.5	39.9	37.5	1.3
40 years or older	485	373	46.6	29.7	0.6	23.1	41.9	30.9	1.6
Missing	7	5	42.9	28.6		28.6	28.6	28.6	42.9
Female	494	400	40.9	36.8	3.2	19.0	36.4	36.0	3.2
29 years and younger	282	238	37.2	43.6	3.5	15.6	31.6	44.3	3.9
30-39 years	148	115	46.6	27.0	4.1	22.3	42.6	24.3	3.4
40 years or older	63	46	44.4	28.6		27.0	44.4	25.4	30.2
Missing	1	1		100.0			100.0		
Missing	24	18	33.3	41.7		25.0	29.2	29.2	4.2
29 years and younger	7	6	57.1	28.6		14.3	42.9	14.3	14.3
30-39 years	7	5	14.3	57.1		28.6	14.3	42.9	42.9
40 years or older	6	5	33.3	50.0		16.7	33.3	33.3	33.3
Missing	4	2	25.0	25.0		50.0	25.0	25.0	50.0
Ethnic Group									
White	1920	1612	44.0	38.3	1.6	16.0	38.2	37.9	3.4
Black	663	540	35.8	40.7	5.0	18.5	30.0	40.1	5.6
Hispanic/Spanish	300	237	40.0	36.3	2.7	21.0	31.3	37.3	7.0
Other	145	119	38.6	38.6	4.8	17.9	37.2	37.2	4.8
Missing	37	28	51.4	24.3		24.3	32.4	29.7	37.8
Rank									
Enlisted	2364	2002	40.7	40.9	3.1	15.3	34.6	39.4	5.3
Officer/WO	687	525	45.6	30.0	0.9	23.6	39.2	34.1	0.9
Missing	14	9	21.4	42.9		35.7	28.6	28.6	42.9
MOS/SSI									
Combat Arms	921	783	42.3	40.2	2.5	15.0	35.5	39.0	5.8
Combat Support	856	703	42.0	38.3	1.9	17.9	35.5	38.6	3.2
Combat Service Support	1274	1038	41.2	37.2	3.1	18.5	35.9	37.1	3.9
Missing	14	12	21.4	57.1	7.1	14.3	21.4	50.0	7.1
Subsistence Category									
BAS	2099	1745	45.3	36.1	1.7	16.9	40.0	36.5	2.1
Meal card holder	736	613	33.7	44.7	4.9	16.7	24.5	43.5	10.6
Missing	230	178	34.3	40.0	3.0	22.6	31.3	36.5	3.5

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Table: 035
Question 200: How often do you have dinner at a restaurant?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2539	27.5	52.8	2.5	17.2	2434	16.2	56.8	6.4	20.6
Age											
29 years and younger	1653	1406	28.4	52.4	3.3	14.9	1345	17.4	55.0	8.9	18.7
30-39 years	846	700	27.7	53.2	1.9	17.3	660	15.8	58.3	3.9	22.0
40 years or older	554	425	21.7	53.6	1.4	23.3	421	13.4	60.1	2.5	24.0
Missing	12	8	25.0	41.7		33.3	8	25.0	41.7		33.3
Sex											
Male	2547	2124	27.3	53.5	2.6	16.6	2033	16.1	57.4	6.4	20.2
29 years and younger	1364	1162	28.9	52.8	3.5	14.8	1111	17.1	55.2	9.2	18.6
30-39 years	691	580	27.4	55.0	1.6	16.1	546	15.6	59.6	3.8	21.0
40 years or older	485	377	23.1	53.4	1.2	22.3	371	13.6	60.6	2.3	23.5
Missing	7	5	14.3	57.1		28.6	5	28.6	42.9		28.6
Female	494	398	29.1	49.0	2.4	19.4	395	17.4	54.0	6.5	22.1
29 years and younger	282	238	32.3	50.4	1.8	15.6	229	18.4	54.6	8.2	18.8
30-39 years	148	115	29.7	44.6	3.4	22.3	109	16.9	52.7	4.1	26.4
40 years or older	63	44	12.7	54.0	3.2	30.2	46	12.7	55.6	4.8	27.0
Missing	1	1	100.0				1	100.0			
Missing	24	17	16.7	50.0	4.2	29.2	16	12.5	50.0	4.2	33.3
29 years and younger	7	6	28.6	42.9	14.3	14.3	5	28.6	42.9		28.6
30-39 years	7	5	14.3	57.1		28.6	5	14.3	42.9	14.3	28.6
40 years or older	6	4		66.7		33.3	4		66.7		33.3
Missing	4	2	25.0	25.0		50.0	2		50.0		50.0
Ethnic Group											
White	1920	1618	26.9	55.4	2.0	15.7	1561	14.8	60.3	6.2	18.7
Black	663	535	26.7	50.2	3.9	19.3	501	18.4	51.2	5.9	24.5
Hispanic/Spanish	300	237	30.7	45.7	2.7	21.0	228	20.7	47.0	8.3	24.0
Other	145	120	31.7	47.6	3.4	17.2	120	17.2	57.2	8.3	17.2
Missing	37	29	35.1	43.2		21.6	24	10.8	54.1		35.1
Rank											
Enlisted	2364	1992	28.2	53.1	3.0	15.7	1891	17.5	55.7	6.7	20.0
Officer/WO	687	537	25.2	52.0	1.0	21.8	535	11.6	61.0	5.2	22.1
Missing	14	10	28.6	35.7	7.1	28.6	8	21.4	28.6	7.1	42.9
MOS/SSI											
Combat Arms	921	792	29.0	54.3	2.7	14.0	750	17.2	57.1	7.2	18.6
Combat Support	856	703	27.3	52.4	2.5	17.9	673	16.3	56.4	5.8	21.5
Combat Service Support	1274	1033	26.7	51.9	2.5	18.9	1001	15.6	56.8	6.2	21.4
Missing	14	11	21.4	57.1		21.4	10	7.1	64.3		28.6
Substance Category											
BAS	2099	1750	25.7	55.5	2.2	16.6	1690	14.9	60.7	5.0	19.5
Meal card holder	736	611	32.1	47.8	3.1	17.0	581	19.0	49.6	10.3	21.1
Missing	230	178	30.0	43.9	3.5	22.6	163	20.0	44.3	6.5	29.1
NOTES:											

Table: 036

Question 20P: How often do you have dinner at home/barracks?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2850	13.3	22.5	57.2	7.0	2662	10.6	26.3	50.0	13.2
Age											
29 years and younger	1653	1512	20.2	23.8	47.5	8.5	1414	15.9	28.7	40.9	14.5
30-39 years	846	797	5.0	22.9	66.3	5.8	734	5.0	24.6	57.2	13.2
40 years or older	554	531	5.2	17.9	72.7	4.2	506	3.6	21.5	66.2	8.7
Missing	12	10	16.7	16.7	50.0	16.7	8		25.0	41.7	33.3
Sex											
Male	2547	2382	14.3	21.6	57.7	6.5	2234	11.2	26.0	50.5	12.3
29 years and younger	1364	1251	22.3	23.4	46.0	8.3	1170	17.2	28.4	40.1	14.3
30-39 years	691	658	4.8	22.1	68.3	4.8	612	5.4	24.5	58.8	11.4
40 years or older	485	467	4.9	15.7	75.7	3.7	448	2.9	21.0	68.5	7.6
Missing	7	6	28.6	28.6	28.6	14.3	4		42.9	14.3	42.9
Female	494	449	8.3	27.1	55.5	9.1	413	7.7	27.9	48.0	16.4
29 years and younger	282	255	9.9	26.6	53.9	9.6	240	9.9	30.5	44.7	14.9
30-39 years	148	134	6.1	25.7	58.8	9.5	118	3.4	24.3	52.0	20.3
40 years or older	63	59	6.3	33.3	54.0	6.3	54	7.9	25.4	52.4	14.3
Missing	1	1			100.0		1			100.0	
Missing	24	19	8.3	20.8	50.0	20.8	15	4.2	20.8	37.5	37.5
29 years and younger	7	6	14.3		71.4	14.3	4		14.3	42.9	42.9
30-39 years	7	5		42.9	28.6	28.6	4		42.9	14.3	42.9
40 years or older	6	5	16.7	33.3	33.3	16.7	4	16.7	16.7	33.3	33.3
Missing	4	3			75.0	25.0	3			75.0	25.0
Ethnic Group											
White	1920	1812	13.0	20.7	60.7	5.6	1702	9.8	26.1	52.8	11.4
Black	663	603	12.3	28.0	50.6	9.0	556	11.0	27.6	45.2	16.3
Hispanic/Spanish	300	271	16.7	20.3	53.3	9.7	250	14.3	23.3	45.7	16.7
Other	145	134	12.4	24.8	55.2	7.6	128	9.7	29.0	49.7	11.7
Missing	37	30	21.6	21.6	37.8	18.9	26	18.9	24.3	27.0	29.7
Rank											
Enlisted	2364	2187	16.2	24.1	52.2	7.5	2023	13.0	26.6	46.0	14.5
Officer/WO	687	652	3.1	16.7	75.1	5.1	629	2.5	24.9	64.2	8.4
Missing	14	11	14.3	35.7	28.6	21.4	10	7.1	42.9	21.4	28.6
MOS/SSI											
Combat Arms	921	851	19.5	20.6	52.2	7.6	795	14.0	26.5	45.8	13.7
Combat Support	856	800	9.9	22.2	61.4	6.5	749	8.1	25.6	53.8	12.6
Combat Service Support	1274	1188	11.1	23.9	58.2	6.8	1108	9.9	26.6	50.5	13.0
Missing	14	11		28.6	50.0	21.4	10	7.1	21.4	42.9	28.6
Subsistence Category											
BAS	2099	1998	5.3	20.6	69.2	4.8	1872	4.1	23.9	61.1	10.9
Meal card holder	736	642	35.1	26.0	26.2	12.8	602	28.0	32.3	21.5	18.2
Missing	230	210	16.1	28.3	47.0	8.7	188	13.9	28.3	39.6	18.3

NOTES:

NOTES:

Table: 037
Question 20Q: How often do you skip dinner?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend						
		N	Never/ Seldom	Sometimes	Always/ Usually		Missing	N	Never/ Seldom	Sometimes	Always/ Usually		Missing
					Percent	Percent					Percent	Percent	
Total Population	3065	2436	55.7	21.0	2.7	20.5	2300	51.2	21.3	2.5	25.0		
Age													
29 years and younger	1653	1362	56.2	23.3	2.8	17.6	1270	50.6	23.9	2.3	23.2		
30-39 years	846	654	56.4	19.1	1.8	22.7	625	53.2	18.3	2.4	26.1		
40 years or older	554	412	53.6	17.1	3.6	25.6	399	50.5	18.2	3.2	28.0		
Missing	12	8	41.7	16.7	8.3	33.3	6	33.3	8.3	8.3	50.0		
Sex													
Male	2547	2032	57.8	19.5	2.5	20.2	1924	52.6	20.7	2.2	24.5		
29 years and younger	1364	1122	58.1	21.8	2.3	17.7	1049	51.7	23.3	1.8	23.2		
30-39 years	691	543	59.8	17.1	1.7	21.4	521	55.6	17.8	2.0	24.6		
40 years or older	485	362	54.6	16.3	3.7	25.4	350	50.9	17.7	3.5	27.8		
Missing	7	5	42.9	14.3	14.3	28.6	4	42.9	14.3	14.3	42.9		
Female	494	388	45.7	28.7	4.0	21.5	365	45.5	24.3	4.0	26.1		
29 years and younger	282	234	47.2	30.5	5.3	17.0	217	45.4	27.0	4.6	23.0		
30-39 years	148	107	42.6	27.7	2.0	27.7	101	43.9	20.3	4.1	31.8		
40 years or older	63	46	47.6	22.2	3.2	27.0	46	50.8	20.6	1.6	27.0		
Missing	1	1	100.0				1		100.0				
Missing	24	16	37.5	29.2		33.3	11	25.0	20.8		54.2		
29 years and younger	7	6	57.1	28.6		14.3	4	42.9	14.3		42.9		
30-39 years	7	4	14.3	42.9		42.9	3	14.3	28.6		57.1		
40 years or older	6	4	33.3	33.3		33.3	3	16.7	33.3		50.0		
Missing	4	2	50.0			50.0	1	25.0			75.0		
Ethnic Group													
White	1920	1559	60.3	18.9	2.0	18.8	1466	55.2	19.1	2.1	23.6		
Black	663	510	45.2	27.4	4.4	23.0	484	41.9	26.5	4.5	27.1		
Hispanic/Spanish	300	223	52.0	19.0	3.3	25.7	213	48.7	21.3	1.0	29.0		
Other	145	116	55.2	22.8	2.1	20.0	113	52.4	24.1	1.4	22.1		
Missing	37	28	40.5	27.0	8.1	24.3	24	29.7	29.7	5.4	35.1		
Rank													
Enlisted	2364	1916	53.7	24.2	3.2	18.9	1791	48.2	24.8	2.7	24.3		
Officer/WO	687	512	63.5	9.9	1.2	25.5	502	62.4	8.9	1.7	26.9		
Missing	14	8	21.4	35.7		42.9	7	21.4	28.6		50.0		
MOS/SSI													
Combat Arms	921	758	58.2	21.7	2.4	17.7	714	53.4	22.0	2.1	22.5		
Combat Support	856	671	59.0	16.7	2.7	21.6	631	54.0	17.0	2.6	26.4		
Combat Service Support	1274	995	51.6	23.5	3.0	21.9	945	47.7	23.6	2.8	25.8		
Missing	14	12	64.3	21.4		14.3	10	57.1	14.3		28.6		
Substance Category													
BAS	2099	1678	58.0	19.4	2.5	20.0	1590	54.4	19.1	2.2	24.3		
Meal card holder	736	587	51.4	25.4	3.0	20.2	553	45.2	26.2	3.7	24.9		
Missing	230	171	48.7	22.2	3.5	25.7	157	41.7	24.8	1.7	31.7		
NOTES:													

Table: 038
Question 20R: How often do you have a midevening snack?

SELECTED CHARACTERISTICS	Total N	During the week					During the weekend				
		N	Never/ Seldom	Sometimes	Always/ Usually	Missing	N	Never/ Seldom	Sometimes	Always/ Usually	Missing
Total Population	3065	2790	35.7	44.7	10.5	9.0	2636	29.4	45.6	11.0	14.0
Age											
29 years and younger	1653	1508	33.9	44.4	12.9	8.8	1429	28.0	45.4	13.0	13.6
30-39 years	846	767	37.1	46.0	7.6	9.3	710	29.7	45.4	8.9	16.1
40 years or older	554	505	39.5	44.0	7.6	8.8	488	33.2	46.9	7.9	11.9
Missing	12	10	25.0	33.3	25.0	16.7	9	25.0	25.0	25.0	25.0
Sex											
Male	2547	2325	35.2	45.4	10.7	8.7	2202	28.9	46.4	11.1	13.6
29 years and younger	1364	1243	32.8	44.8	13.6	8.9	1180	27.3	45.6	13.6	13.6
30-39 years	691	632	37.2	47.2	7.1	8.5	587	29.1	47.3	8.5	15.1
40 years or older	485	444	39.2	44.7	7.6	8.5	430	33.4	47.4	7.8	11.3
Missing	7	6	28.6	42.9	14.3	14.3	5	28.6	28.6	14.3	28.6
Female	494	447	39.5	41.1	9.9	9.5	418	32.6	41.7	10.3	15.4
29 years and younger	282	259	39.4	42.2	10.3	8.2	244	32.3	43.6	10.6	13.5
30-39 years	148	130	37.2	40.5	10.1	12.2	119	32.4	37.2	10.8	19.6
40 years or older	63	57	44.4	38.1	7.9	9.5	54	33.3	44.4	7.9	14.3
Missing	1	1	100.0				1	100.0			
29 years and younger	24	18	16.7	50.0	8.3	25.0	16	12.5	41.7	12.5	33.3
30-39 years	7	6	14.3	71.4		14.3	5		71.4		28.6
40 years or older	6	5	28.6	42.9		28.6	4	28.6	28.6		42.9
Missing	4	3	16.7	50.0	50.0	33.3	4	16.7	33.3	16.7	33.3
				25.0		25.0	3		25.0	50.0	25.0
Ethnic Group											
White	1920	1777	36.3	44.7	11.6	7.4	1692	30.0	45.8	12.3	11.9
Black	663	586	30.6	49.1	8.7	11.6	546	25.3	47.1	9.8	17.8
Hispanic/Spanish	300	267	42.7	37.3	9.0	11.0	250	35.3	40.0	8.0	16.7
Other	145	132	39.3	44.1	7.6	9.0	125	31.0	49.0	6.2	13.8
Missing	37	28	32.4	29.7	13.5	24.3	23	16.2	40.5	5.4	37.8
Rank											
Enlisted	2364	2154	35.4	45.4	10.3	8.9	2021	28.7	45.7	11.1	14.5
Officer/NO	687	626	37.1	42.6	11.4	8.9	606	31.9	45.6	10.8	11.8
Missing	14	10	28.6	35.7	7.1	28.6	9	21.4	35.7	7.1	35.7
MOS/SSI											
Combat Arms	921	845	34.1	46.1	11.5	8.3	800	26.9	46.8	13.1	13.1
Combat Support	856	780	37.9	42.9	10.3	8.9	746	33.1	42.9	11.0	13.0
Combat Service Support	1274	1152	35.6	44.7	10.0	9.6	1081	28.8	46.5	9.5	15.1
Missing	14	13	21.4	64.3	7.1	7.1	9	14.3	42.9	7.1	35.7
Subsistence Category											
BAS	2099	1934	37.4	45.5	9.2	7.9	1831	30.5	46.6	10.0	12.8
Meal card holder	736	657	31.9	43.3	14.0	10.7	625	27.2	43.8	14.0	15.1
Missing	230	199	33.0	42.2	11.3	13.5	180	26.1	42.2	10.0	21.7

NOTES:

Table: 039

Question 21: Are you most responsible for preparing the meals?

SELECTED CHARACTERISTICS	Total N	N	Percent		Missing
			Yes	No	
Total Population	3065	2501	40.1	41.5	18.4
Age					
29 years and younger	1653	1334	42.4	38.3	19.3
30-39 years	846	685	39.8	41.1	19.0
40 years or older	554	476	33.9	52.0	14.1
Missing	12	6	25.0	25.0	50.0
Sex					
Male	2547	2057	34.2	46.5	19.2
29 years and younger	1364	1088	36.9	42.9	20.2
30-39 years	691	550	32.4	47.2	20.4
40 years or older	485	415	29.3	56.3	14.4
Missing	7	4	28.6	28.6	42.9
Female	494	429	70.9	16.0	13.2
29 years and younger	282	241	69.1	16.3	14.5
30-39 years	148	130	74.3	13.5	12.2
40 years or older	63	58	71.4	20.6	7.9
Missing	1	0			100.0
29 years and younger	24	15	29.2	33.3	37.5
30-39 years	7	5	28.6	42.9	28.6
40 years or older	7	5	42.9	28.6	28.6
Missing	6	3	16.7	33.3	50.0
Missing	4	2	25.0	25.0	50.0
Ethnic Group					
White	1920	1596	39.6	43.5	16.9
Black	663	527	43.5	36.0	20.5
Hispanic/Spanish	300	237	36.7	42.3	21.0
Other	145	114	38.6	40.0	21.4
Missing	37	27	37.8	35.1	27.0
Rank					
Enlisted	2364	1915	38.1	42.9	19.0
Officer/WO	687	576	46.7	37.1	16.2
Missing	14	10	42.9	28.6	28.6
MOS/SSI					
Combat Arms	921	762	32.4	50.4	17.3
Combat Support	856	693	42.0	39.0	19.0
Combat Service Support	1274	1035	44.3	37.0	18.8
Missing	14	11	50.0	28.6	21.4
Subsistence Category					
BAS	2099	1747	41.9	41.4	16.8
Meal card holder	736	600	38.0	43.5	18.5
Missing	230	154	30.4	36.5	33.0
NOTES:					

Table: 040

Question 22: Which ethnic/racial group do you belong to?

SELECTED CHARACTERISTICS	Total N	N	Percent			
			White	Black	Hispanic/ Spanish	Other
Total Population	3065	3028	62.6	21.6	9.8	4.7
Age						
29 years and younger	1653	1632	63.5	19.5	10.9	4.8
30-39 years	846	838	59.1	25.8	9.1	5.1
40 years or older	554	547	65.7	21.7	7.2	4.2
Missing	12	11	50.0	25.0	16.7	8.3
Sex						
Male	2547	2523	64.9	19.2	10.2	4.8
29 years and younger	1364	1350	66.4	16.4	11.2	4.9
30-39 years	691	687	60.8	23.4	10.0	5.2
40 years or older	485	479	66.4	20.6	7.6	4.1
Missing	7	7	57.1	28.6	14.3	1.2
Female	494	482	52.0	34.0	7.1	4.5
29 years and younger	282	275	50.7	33.0	9.6	4.3
30-39 years	148	144	51.4	37.2	4.1	4.7
40 years or older	63	62	60.3	30.2	3.2	4.8
Missing	1	1	100.0			
29 years and younger	24	23	45.8	29.2	20.8	4.2
30-39 years	7	7	14.3	71.4	14.3	
40 years or older	7	7	57.1	14.3	28.6	
Missing	6	6	66.7	16.7	16.7	
Missing	4	3	50.0		25.0	25.0
Ethnic Group						
White	1920	1920	100.0			
Black	663	663		100.0		
Hispanic/Spanish	300	300			100.0	
Other	145	145				100.0
Missing	37	0				100.0
Rank						
Enlisted	2364	2336	57.4	25.3	11.3	4.7
Officer/WO	687	679	80.8	8.9	4.5	4.7
Missing	14	13	50.0	28.6	7.1	7.1
MOS/SSI						
Combat Arms	921	913	72.6	13.9	8.5	4.1
Combat Support	856	852	66.0	18.3	10.4	4.8
Combat Service Support	1274	1250	53.2	29.5	10.2	5.2
Missing	14	13	57.1	14.3	21.4	7.1
Subsistence Category						
BAS	2099	2081	62.4	22.5	9.6	4.7
Meal card holder	736	726	64.1	18.3	10.9	5.3
Missing	230	221	60.4	24.3	8.3	3.0
NOTES:						

Table: 041
Question 23: What part of the country did you live the longest during your school years (grades 1-12) ?

SELECTED CHARACTERISTICS	Total N	N	Percent										Other	Missing
			New England	Middle Atlantic	East North Central	West North Central	South Atlantic	East So. Central	West So. Central	Mountain	Pacific			
Total Population	3065	3046	3.9	12.9	13.5	6.5	20.5	7.5	11.2	5.7	11.6	6.0	0.6	
Age														
29 years and younger	1653	1643	4.2	12.6	13.9	6.3	20.5	6.7	12.6	6.7	12.0	4.0	0.6	
30-39 years	846	841	4.4	13.1	13.2	6.3	21.3	7.4	9.9	4.3	11.6	7.9	0.6	
40 years or older	554	551	2.3	13.5	12.5	7.4	19.7	9.9	9.0	5.1	10.8	9.2	0.5	
Missing	12	11		25.0	25.0		16.7	16.7		8.3			8.3	
Sex														
Male	2547	2535	4.0	12.8	13.3	6.3	20.2	7.7	11.5	5.9	11.7	6.0	0.5	
29 years and younger	1364	1358	4.3	12.6	13.7	6.4	19.4	6.7	13.2	6.9	12.3	4.0	0.4	
30-39 years	691	688	4.6	12.6	13.0	6.1	21.6	7.5	10.1	4.6	11.1	8.2	0.4	
40 years or older	485	482	2.3	13.4	12.6	6.4	20.6	10.5	9.1	5.2	10.7	8.7	0.6	
Missing	7	7		42.9	14.3		14.3	28.6						
Female	494	488	3.0	13.8	15.0	6.9	22.3	6.7	9.7	4.5	11.5	5.5	1.2	
29 years and younger	282	278	3.5	12.4	15.2	5.7	24.8	6.7	10.3	5.7	10.6	3.5	1.4	
30-39 years	148	146	3.4	16.2	14.9	6.1	20.9	6.8	8.8	2.7	12.8	6.1	1.4	
40 years or older	63	63		14.3	12.7	14.3	14.3	6.3	9.5	3.2	12.7	12.7		
Missing	1	1			100.0									
Missing	24	23	8.3	8.3	4.2	16.7	20.8	4.2	4.2	8.3	8.3	12.5	4.2	
29 years and younger	7	7		14.3		14.3	57.1		14.3		28.6	14.3		
30-39 years	7	7				28.6		14.3		16.7		14.3		
40 years or older	6	6	33.3	16.7		16.7	25.0			25.0		16.7	25.0	
Missing	4	3			25.0									
Ethnic Group														
White	1920	1915	5.3	14.4	17.2	9.0	16.6	6.1	9.6	6.8	12.0	2.8	0.3	
Black	663	660	1.2	11.3	9.8	1.7	40.4	15.1	11.3	0.6	4.2	4.1	0.5	
Hispanic/Spanish	300	296	3.0	10.0	3.7	1.7	8.3	1.3	22.0	10.0	15.0	23.7	1.3	
Other	145	145	0.7	9.7	2.8	4.8	11.7	2.1	9.7	6.2	33.1	19.3		
Missing	37	30		5.4	10.8	5.4	5.4	16.2	10.8	2.7	10.8	13.5	18.9	
Rank														
Enlisted	2364	2348	3.6	12.2	13.9	5.8	21.0	7.1	12.0	5.6	12.1	5.9	0.7	
Officer/WO	687	685	4.7	15.7	11.9	8.6	18.6	9.0	8.4	6.1	10.3	6.3	0.3	
Missing	14	13	7.1	7.1	21.4	7.1	35.7		7.1			7.1	7.1	
MOS/SSI														
Combat Arms	921	917	4.6	12.3	14.1	6.6	21.7	6.3	11.4	5.5	11.7	5.3	0.4	
Combat Support	856	852	4.2	12.8	12.5	8.4	18.2	8.1	10.4	7.6	12.1	5.3	0.5	
Combat Service Support	1274	1265	3.1	13.5	13.8	5.0	21.3	8.1	11.6	4.6	11.1	7.1	0.7	
Missing	14	12	7.1	14.3	7.1	7.1	21.4	7.1	7.1		14.3		14.3	
Subsistence Category														
BAS	2099	2089	3.5	13.1	13.1	6.2	20.9	8.5	11.1	5.6	10.9	6.6	0.5	
Meal card holder	736	733	5.3	12.8	13.9	6.8	17.8	5.4	11.8	6.4	14.4	5.0	0.4	
Missing	230	224	3.0	11.7	16.1	7.4	26.1	5.7	9.6	4.8	9.1	3.9	2.6	

NOTES:

NOTES:

Table: 042
Question 24: Indicate the number of years of education you have completed.

SELECTED CHARACTERISTICS	Total N	N	Percent						missing
			Some high school	HS graduate/ GED	Some college	Two-year associate	Four-year degree	Graduate credit or degree	
Total Population	3065	3053	0.2	23.9	35.7	12.4	13.2	14.2	0.4
Age									
29 years and younger	1653	1646	0.2	37.4	36.1	7.0	14.1	4.8	0.4
30-39 years	846	845	0.4	11.2	40.4	20.0	13.7	14.2	0.1
40 years or older	554	552		3.1	27.1	17.1	9.9	42.4	0.4
Missing	12	10		16.7	41.7	8.3	16.7		16.7
Sex									
Male	2547	2539	0.2	25.2	35.8	12.0	12.8	13.7	0.3
29 years and younger	1364	1359	0.1	39.5	35.2	6.5	13.7	4.5	0.4
30-39 years	691	691	0.3	12.7	42.0	19.8	12.9	12.3	
40 years or older	485	483		3.3	28.0	16.7	9.9	41.6	0.4
Missing	7	6			57.1		28.6		14.3
Female	494	491	0.4	16.2	35.4	14.2	16.0	17.2	0.6
29 years and younger	282	280	0.4	26.6	40.4	9.2	16.3	6.4	0.7
30-39 years	148	147	0.7	3.4	33.8	20.3	18.2	23.0	0.7
40 years or older	63	63			15.9	22.2	9.5	52.4	
Missing	1	1			100.0				
Missing	24	23		41.7	33.3	12.5	4.2	4.2	4.2
29 years and younger	7	7		71.4	28.6				
30-39 years	7	7		28.6	28.6	28.6	16.7	14.3	
40 years or older	6	6		16.7	66.7				
Missing	4	3		50.0		25.0			25.0
Ethnic Group									
White	1920	1918	0.1	24.0	30.8	11.1	15.4	18.5	0.1
Black	663	662	0.3	21.7	47.7	16.4	8.0	5.7	0.2
Hispanic/Spanish	300	298	0.3	31.3	39.0	12.0	10.7	6.0	0.7
Other	145	145	1.4	20.0	37.9	13.1	13.8	13.8	
Missing	37	30		13.5	35.1	8.1	13.5	10.8	18.9
Rank									
Enlisted	2364	2354	0.2	30.4	44.9	15.1	6.1	2.9	0.4
Officer/WO	687	686	0.3	1.6	4.4	2.9	37.8	52.8	0.1
Missing	14	13		28.6	21.4	14.3	7.1	21.4	7.1
MOS/SSI									
Combat Arms	921	919	0.2	34.1	35.9	10.9	9.2	9.4	0.2
Combat Support	856	854		18.3	32.3	12.0	22.5	14.6	0.2
Combat Service Support	1274	1267	0.3	20.3	37.8	13.7	10.0	17.3	0.5
Missing	14	13		28.6	35.7	14.3		14.3	7.1
Substance Category									
BAS	2099	2095	0.1	16.8	37.3	15.8	14.2	15.6	0.2
Meal card holder	736	734	0.4	41.0	30.8	3.7	12.1	11.7	0.3
Missing	230	224		34.3	36.1	9.6	7.8	9.6	2.6
NOTES:									

Table: 043
Question 25A: How many servings from the fruit group would you say a person of your age and sex SHOULD eat daily for good health?

SELECTED CHARACTERISTICS	Total N	N	Percent												
			0 Servings	1 Servings	2 Servings	3 Servings	4 Servings	5 Servings	6 Servings	7 Servings	8 Servings	9 Servings	10 Servings	11 or more Servings	Missing Servings
Total Population	3065	3036	0.5	7.4	24.4	30.9	18.9	9.8	4.5	0.8	0.9	0.1	0.2	0.7	0.9
Age															
29 years and younger	1653	1639	0.5	5.8	23.6	30.2	20.4	10.3	4.9	1.1	0.9	0.1	0.3	0.9	0.8
30-39 years	846	836	0.5	8.6	24.0	31.9	19.1	8.7	4.0	0.7	0.9	0.1	0.1	0.9	1.2
40 years or older	554	551	0.2	10.1	27.6	31.9	13.4	9.9	3.8	0.2	1.1	0.2	0.2	0.9	0.5
Missing	12	10		8.3	16.7	8.3	33.3	8.3	8.3						16.7
Sex															
Male	2547	2524	0.5	7.8	25.9	31.2	17.0	9.7	4.2	0.9	1.0	0.2	0.2	0.7	0.9
29 years and younger	1364	1353	0.6	6.1	24.5	30.3	18.9	10.4	4.9	1.2	1.0	0.1	0.3	1.0	0.8
30-39 years	691	683	0.4	9.4	25.6	32.9	16.8	8.2	3.5	0.7	1.0	0.1	0.1	0.9	1.2
40 years or older	485	482	0.2	10.3	29.9	31.5	12.0	9.5	3.5	0.2	1.0	0.2	0.2	0.8	0.6
Missing	7	6		14.3	28.6	14.3	14.3	14.3							14.3
Female	494	489	0.2	4.9	17.2	29.8	28.1	10.7	5.7	0.8	0.8		0.2	0.6	1.0
29 years and younger	282	279		4.6	19.1	29.4	28.4	9.6	5.0	1.1	0.7		0.4	0.7	1.1
30-39 years	148	146	0.7	4.7	16.2	28.4	29.1	11.5	6.8	0.7	0.7			1.1	1.4
40 years or older	63	63		6.3	11.1	34.9	23.8	14.3	6.3		1.6			1.6	
Missing	1	1				100.0									
29 years and younger	24	23	4.2	12.5	16.7	29.2	25.0	4.2	4.2						4.2
30-39 years	7	7	14.3	14.3	14.3	57.1	14.3	14.3							
40 years or older	6	6		33.3	16.7	33.3	42.9	16.7							
Missing	4	3				50.0			25.0						25.0
Ethnic Group															
White	1920	1909	0.4	6.9	24.4	30.7	19.9	10.1	4.5	0.9	0.8	0.2	0.2	0.4	0.6
Black	663	654	0.5	7.7	24.8	31.3	18.5	8.4	3.6	0.8	1.4		0.3	1.4	1.4
Hispanic/Spanish	300	295		8.7	25.0	32.0	13.3	11.0	6.0	0.7	1.0		0.3	0.3	1.7
Other	145	144	2.1	9.0	20.7	31.0	19.3	9.7	3.4	0.7	1.4		0.7	1.4	0.7
Missing	37	34	2.7	10.8	24.3	24.3	10.8	8.1	10.8						8.1
Rank															
Enlisted	2364	2342	0.5	7.2	24.5	31.3	18.3	9.7	4.5	0.8	1.1	0.1	0.2	0.8	0.9
Officer/WO	687	681	0.1	8.2	23.6	29.7	20.8	10.3	4.4	0.9	0.6	0.1	0.3	0.1	0.9
Missing	14	13			42.9	21.4	21.4		7.1						7.1
MOS/SSI															
Combat Arms	921	914	0.4	8.3	25.3	32.7	16.1	8.7	4.9	0.5	1.1	0.4	0.2	0.7	0.8
Combat Support	856	849	0.5	8.1	26.1	30.0	18.4	9.6	4.6	0.9	0.5		0.4	0.2	0.8
Combat Service Support	1274	1260	0.5	6.4	22.7	30.4	20.9	10.7	4.2	1.0	1.2		0.2	0.9	1.1
Missing	14	13			14.3	21.4	42.9	14.3							7.1
Substance Category															
BAS	2099	2084	0.5	8.1	25.0	30.1	19.5	9.5	4.0	0.7	0.9	0.1	0.1	0.5	0.7
Meal card holder	736	727	0.3	5.8	22.7	32.7	17.4	10.9	4.9	1.4	1.1		0.4	1.2	1.2
Missing	230	225	0.9	5.2	24.3	32.2	17.4	8.7	7.0	0.4	0.9	0.4	0.4		2.2
NOTES:															

Table: 044

Question 25B: How many servings from the vegetable group would you say a person of your age and sex SHOULD eat daily for good health?

SELECTED CHARACTERISTICS	Total N	N	0	1	2	3	4	5	6	7	8	9	10	11 or more	Missing
			Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	
Total Population	3085	3021	0.5	4.8	21.4	31.2	20.1	10.7	5.7	1.5	1.2	0.3	0.3	0.7	1.4
Age															
29 years and younger	1653	1627	0.6	4.8	20.2	29.5	21.2	11.4	6.0	1.8	1.5	0.3	0.2	0.8	1.6
30-39 years	846	836	0.6	4.0	22.9	31.7	21.0	9.8	5.4	1.8	0.9	0.1	0.4	0.1	1.2
40 years or older	554	548	0.2	6.0	22.9	36.1	15.2	9.9	5.2	0.5	0.9	0.7	0.2	1.1	1.1
Missing	12	10		8.3	16.7		41.7	16.7							16.7
Sex															
Male	2547	2512	0.5	4.9	22.5	32.8	18.1	10.1	5.5	1.4	1.3	0.4	0.3	0.7	1.4
29 years and younger	1364	1344	0.6	4.8	21.0	30.6	19.6	11.0	6.2	1.6	1.5	0.4	0.3	1.0	1.5
30-39 years	691	683	0.6	4.2	25.2	33.7	18.2	8.5	4.9	1.6	1.2	0.1	0.4	0.1	1.2
40 years or older	485	479	0.2	6.2	22.9	38.1	13.6	9.7	4.5	0.6	0.8	0.8	0.2	1.0	1.2
Missing	7	6		14.3	28.6		28.6	14.3							14.3
Female	494	486	0.6	4.3	15.4	23.1	30.2	14.4	6.9	2.2	1.0			0.4	1.6
29 years and younger	282	276	0.7	5.0	16.3	24.1	28.4	13.8	5.3	2.5	1.4			0.4	2.1
30-39 years	148	146	0.7	2.7	11.5	22.3	34.5	16.2	8.1	2.7				0.4	1.4
40 years or older	63	63		4.8	20.6	20.6	27.0	12.7	11.1		1.6			1.6	
Missing	1	1					100.0								
Missing	24	23		4.2	33.3	25.0	25.0	4.2	4.2						4.2
29 years and younger	7	7			28.6	28.6	28.6		14.3						
30-39 years	7	7		14.3	42.9	28.6	14.3								
40 years or older	6	6			50.0	33.3	16.7								
Missing	4	3					50.0	25.0							25.0
Ethnic Group															
White	1920	1902	0.4	3.8	20.3	31.3	21.4	11.6	6.5	1.4	1.3	0.3	0.4	0.6	0.9
Black	663	651	0.6	6.6	24.4	30.9	19.0	8.3	4.4	1.7	1.1	0.5		0.9	1.8
Hispanic/Spanish	300	293	1.3	7.0	23.0	32.0	15.7	10.0	5.3	1.3	1.0	0.3		0.7	2.3
Other	145	144	0.7	3.4	21.4	30.3	19.3	13.8	2.1	3.4	2.1	0.7	0.7	1.4	0.7
Missing	37	31		13.5	16.2	27.0	13.5	5.4	5.4	2.7					16.2
Rank															
Enlisted	2384	2329	0.6	5.0	21.5	32.0	19.6	9.8	5.8	1.6	1.2	0.4	0.3	0.8	1.5
Officer/WO	687	680		4.2	21.3	28.5	22.0	14.0	5.4	1.3	1.5	0.1	0.3	0.4	1.0
Missing	14	12	7.1		14.3	28.6	21.4	7.1	7.1						14.3
MOS/SSI															
Combat Arms	921	911	0.4	5.2	23.5	34.5	16.8	9.8	4.8	1.1	1.2	0.5	0.3	0.8	1.1
Combat Support	856	842	0.4	3.9	23.6	29.4	20.1	10.6	6.3	1.9	1.3	0.1	0.5	0.5	1.6
Combat Service Support	1274	1255	0.7	5.3	18.5	30.1	22.5	11.5	5.9	1.6	1.3	0.3	0.1	0.8	1.5
Missing	14	13			21.4	21.4	21.4	14.3	14.3						7.1
Subsistence Category															
BAS	2099	2074	0.5	4.2	22.0	30.9	21.0	11.2	5.4	1.6	0.9	0.4	0.2	0.6	1.2
Meal card holder	736	725	0.1	6.5	19.0	33.3	17.5	10.3	5.8	1.8	2.2	0.3	0.4	1.2	1.5
Missing	230	222	1.7	5.2	23.9	27.4	20.4	7.4	8.3	0.4	1.7				3.5
NOTES:															

Table: 045
Question 25C: How many servings from the dairy group would you say a person of your age and sex SHOULD eat daily for good health?

SELECTED CHARACTERISTICS	Total N	N	0	1	2	3	4	5	6	7	8	9	10	11 or more	Missing
			Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings	Servings
Total Population	3065	3010	1.3	14.3	28.0	30.0	13.4	5.8	2.8	0.9	1.0	0.2	0.2	0.4	1.8
Age															
29 years and younger	1653	1626	0.8	8.9	24.9	31.4	15.9	8.5	3.9	1.4	1.6	0.2	0.2	0.5	1.6
30-39 years	846	831	0.8	18.9	29.4	30.5	12.9	2.8	1.8	0.5	0.2	0.2	0.4	0.5	1.8
40 years or older	554	542	3.4	23.1	35.2	24.9	6.7	2.2	0.9	0.4	0.2	0.2	0.2	0.5	2.2
Missing	12	11		8.3	25.0	33.3	8.3	8.3			8.3				8.3
Sex															
Male	2547	2505	1.2	15.5	28.2	29.9	12.4	5.7	2.6	1.1	1.1	0.1	0.2	0.4	1.6
29 years and younger	1364	1340	0.7	9.5	25.1	31.1	15.4	8.5	3.7	1.6	1.8	0.1	0.1	0.5	1.8
30-39 years	691	679	0.7	21.1	29.7	30.8	10.7	2.3	1.7	0.6	0.3	0.3	0.3	0.5	1.7
40 years or older	485	479	3.3	24.1	35.1	25.2	6.6	2.3	0.8	0.4	0.2	0.2	0.2	0.4	1.2
Missing	7	7		14.3	14.3	28.6	14.3	14.3			14.3				
Female	494	483	1.6	7.9	27.1	30.8	17.8	6.9	3.6	0.2	0.6	0.4	0.4	0.4	2.2
29 years and younger	282	279	1.1	6.0	24.5	33.0	17.7	8.9	5.0	0.4	1.1	0.7	0.4	0.4	1.1
30-39 years	148	145	1.4	9.5	28.4	28.4	22.3	5.4	2.0	0.4	1.1	0.7	0.4	0.4	2.0
40 years or older	63	58	4.8	12.7	36.5	25.4	7.9	1.6	1.6				0.7	1.6	7.9
Missing	1	1				100.0									
29 years and younger	24	22		16.7	29.2	25.0	20.8								8.3
30-39 years	7	7		14.3	14.3	28.6	42.9								
40 years or older	6	5		50.0	33.3	42.9	28.6								16.7
Missing	4	3			50.0	25.0									25.0
Ethnic Group															
White	1920	1892	1.0	11.6	28.9	31.7	14.2	6.0	2.7	1.0	0.9	0.1	0.2	0.3	1.5
Black	663	650	1.2	20.9	24.7	27.6	12.8	5.7	2.4	0.3	1.4	0.2	0.2	0.8	2.0
Hispanic/Spanish	300	291	1.0	14.7	29.3	24.7	14.7	6.7	3.0	1.0	1.0	0.3	0.7	0.3	3.0
Other	145	143	2.8	17.2	31.7	31.7	4.8	2.8	4.1	2.1	0.7	0.7	0.7	1.4	8.1
Missing	37	34	10.8	18.9	18.9	24.3	5.4		8.1	2.7			2.7		
Rank															
Enlisted	2364	2322	1.1	14.0	25.9	30.2	14.4	6.4	3.2	1.0	1.1	0.2	0.3	0.4	1.8
Officer/WO	687	676	1.9	15.3	35.5	29.4	9.8	3.5	1.5	0.7	0.7		7.1	0.1	1.6
Missing	14	12		7.1	14.3	28.6	14.3	14.3							14.3
MOS/SSI															
Combat Arms	921	908	2.1	17.4	25.6	28.8	13.0	6.1	2.7	1.0	1.1	0.2	0.5	0.1	1.4
Combat Support	856	843	0.9	13.8	27.9	30.5	14.2	6.3	2.1	1.4	1.1	0.2	0.1	0.2	1.5
Combat Service Support	1274	1246	0.9	12.5	29.7	30.5	13.0	5.3	3.3	0.6	0.9	0.2	0.1	0.6	2.2
Missing	14	13			35.7	42.9	14.3								7.1
Subsistence Category															
BAS	2099	2065	1.2	15.7	28.5	29.7	12.8	5.3	2.3	0.7	0.6	0.2	0.2	0.2	1.6
Meal card holder	736	724	1.2	12.0	25.1	30.4	14.8	6.8	3.0	1.8	2.0		0.3	1.0	1.6
Missing	230	221	2.2	8.7	23.5	31.7	14.3	7.0	6.5	0.4	1.7				3.9

NOTES:

Table: 046
Question 25D: How many servings from the bread group would you say a person of your age and sex SHOULD eat daily for good health?

SELECTED CHARACTERISTICS	Total N	N	0 Servings	1 Servings	2 Servings	3 Servings	4 Servings	5 Servings	6 Servings	7 Servings	8 Servings	9 Servings	10 Servings	11 or more Servings	Missing Servings
Total Population	3065	3012	0.2	7.8	16.8	28.1	17.2	8.6	8.0	3.1	3.7	1.0	1.6	2.1	1.7
Age															
29 years and younger	1653	1623	0.2	6.2	14.3	25.5	19.3	10.1	8.7	3.9	4.5	1.1	2.1	2.2	1.8
30-39 years	846	831	0.4	9.7	17.0	29.3	16.9	7.3	7.1	2.4	3.3	1.2	1.5	2.1	1.8
40 years or older	554	548	0.2	9.9	23.8	34.3	11.2	6.3	6.9	2.2	1.8	0.5	0.4	1.4	1.1
Missing	12	10			16.7	16.7	16.7	8.3	25.0						16.7
Sex															
Male	2547	2507	0.2	8.3	16.2	29.9	16.8	8.7	7.1	3.0	3.3	1.1	1.6	2.2	1.6
29 years and younger	1364	1340	0.1	6.7	13.2	26.6	19.4	10.2	8.1	3.8	4.3	1.4	2.1	2.5	1.8
30-39 years	691	680	0.4	10.1	17.5	32.1	15.6	7.1	5.8	2.2	2.6	1.3	1.4	2.2	1.6
40 years or older	485	481	0.2	10.3	22.9	36.1	11.3	6.8	6.0	2.1	1.4	0.2	0.4	1.4	0.8
Missing	7	6			14.3	28.6	14.3	14.3	14.3						14.3
Female	494	482	0.4	5.7	18.2	19.4	19.0	8.3	13.0	3.8	5.7	0.6	2.0	1.4	2.4
29 years and younger	282	276	0.7	4.3	18.4	20.9	18.8	9.6	12.1	4.3	5.3		2.5	1.1	2.1
30-39 years	148	144		8.1	14.2	15.5	23.0	8.1	13.5	3.4	6.8	0.7	2.0	2.0	2.7
40 years or older	63	61		6.3	27.0	22.2	11.1	3.2	14.3	3.2	4.8	3.2		1.6	3.2
Missing	1	1							100.0						
29 years and younger	24	23		4.2	50.0	16.7	12.5	8.3	4.2					4.2	
30-39 years	7	7			71.4	14.3	14.3	14.3							
40 years or older	7	7			28.6	42.9	14.3	14.3							
Missing	6	6		16.7	66.7	16.7			25.0						25.0
Ethnic Group															
White	1920	1893	0.2	6.1	15.0	27.8	18.0	8.6	8.6	3.5	4.6	1.5	2.0	2.6	1.4
Black	663	646	0.2	12.0	20.0	29.1	15.5	8.9	5.7	2.4	1.8	0.5	0.5	0.9	2.8
Hispanic/Spanish	300	295	0.3	8.0	20.7	28.0	17.0	9.3	7.0	1.7	2.3	0.3	2.0	1.7	1.7
Other	145	144	1.4	9.7	17.9	27.6	15.9	6.9	9.7	4.1	2.8		1.4	2.1	0.7
Missing	37	34		10.8	16.2	29.7	8.1	8.1	16.2	2.7					8.1
Rank															
Enlisted	2364	2322	0.3	8.3	17.3	29.0	17.3	8.8	7.2	2.9	3.0	0.6	1.5	2.0	1.8
Officer/WO	687	678		6.1	15.0	25.6	16.9	8.0	10.6	4.1	5.7	2.5	2.0	2.2	1.3
Missing	14	12		14.3	21.4	7.1		14.3	14.3		7.1		7.1		14.3
MOS/SSI															
Combat Arms	921	908	0.2	9.9	17.5	30.5	18.1	8.0	6.6	2.0	2.8	0.8	1.3	0.9	1.4
Combat Support	856	839	0.2	6.3	16.0	28.4	17.0	8.9	7.8	4.1	3.4	0.9	2.3	2.7	2.0
Combat Service Support	1274	1252	0.2	7.5	16.9	26.3	16.4	8.9	9.0	3.3	4.5	1.3	1.4	2.5	1.7
Missing	14	13			14.3	21.4	28.6	7.1	14.3	7.1					7.1
Substance Category															
BAS	2099	2068	0.3	8.0	17.0	28.3	17.1	8.1	8.2	3.3	3.4	1.0	1.5	2.2	1.5
Meal card holder	736	722	0.1	7.7	15.1	27.6	17.5	10.3	6.5	3.4	4.8	1.4	2.2	1.5	1.9
Missing	230	222		6.5	20.0	27.8	16.5	8.3	10.4	0.9	2.2	0.4	1.3	2.2	3.5
NOTES:															

Table: 047

Question 25E: How many servings from the meat group would you say a person of your age and sex SHOULD eat daily for good health?

SELECTED CHARACTERISTICS	Total N	N	Percent												
			0 Servings	1 Servings	2 Servings	3 Servings	4 Servings	5 Servings	6 Servings	7 Servings	8 Servings	9 Servings	10 Servings	11 or more Servings	Missing Servings
Total Population	3065	3032	0.6	13.9	31.5	30.7	11.5	4.5	2.8	1.1	0.9	0.5	0.4	0.5	1.1
Age															
29 years and younger	1653	1633	0.5	9.5	28.1	30.8	14.8	6.3	3.9	1.5	1.1	0.7	0.7	0.9	1.2
30-39 years	846	838	0.8	15.8	33.8	33.6	9.0	2.8	1.3	0.4	0.9	0.4	0.1	0.1	0.9
40 years or older	554	551	0.7	24.2	37.7	26.2	5.8	1.8	1.6	0.9	0.4		0.2	0.5	0.5
Missing	12	10			50.0	25.0	8.3								16.7
Sex															
Male	2547	2522	0.5	13.7	30.2	31.6	11.6	4.8	2.8	1.2	1.0	0.5	0.5	0.6	1.0
29 years and younger	1364	1349	0.4	8.9	26.1	31.5	15.3	7.0	4.2	1.7	1.2	0.7	0.7	1.0	1.1
30-39 years	691	685	0.6	16.2	33.4	34.6	8.8	2.6	0.9	0.4	0.9	0.4	0.1	0.1	0.9
40 years or older	485	482	0.8	23.7	36.9	27.6	4.9	1.9	1.9	1.0	0.4		0.2	0.6	0.6
Missing	7	6			42.9	28.6	14.3								14.3
Female	494	487	1.0	14.4	38.1	26.3	11.5	3.0	2.6	0.2	0.8	0.2	0.2	0.2	1.4
29 years and younger	282	277	0.7	12.1	37.6	27.7	12.4	2.8	2.8	0.4	0.7	0.4	0.4	0.4	1.8
30-39 years	148	146	2.0	14.2	36.5	27.7	9.5	4.1	3.4		1.4				1.4
40 years or older	63	63		25.4	44.4	15.9	12.7	1.6							
Missing	1	1				100.0									
29 years and younger	24	23		20.8	33.3	29.2	8.3			4.2					4.2
30-39 years	7	7		14.3	28.6	28.6	14.3			14.3					
40 years or older	6	6		14.3	14.3	57.1	14.3								
Missing	4	3		50.0	33.3	16.7									25.0
Ethnic Group															
White	1920	1904	0.8	13.3	33.2	31.1	11.5	4.0	2.6	0.9	0.7	0.4	0.2	0.5	0.8
Black	663	655	0.2	15.2	27.1	31.6	11.9	5.3	2.9	1.5	1.5	0.3	0.8	0.6	1.2
Hispanic/Spanish	300	296	0.7	14.7	29.7	27.3	12.3	6.3	4.0	1.3	0.7	0.7	0.7	0.3	1.3
Other	145	143	0.7	13.1	34.5	29.0	7.6	4.8	2.8	0.7	1.4	1.4	1.4	1.4	1.4
Missing	37	34		16.2	24.3	27.0	16.2	2.7			2.7	2.7			8.1
Rank															
Enlisted	2364	2341	0.5	12.6	28.9	32.0	12.5	5.0	3.3	1.3	1.2	0.6	0.5	0.6	1.0
Officer/WO	687	679	1.0	18.3	40.2	26.8	8.3	2.3	1.2	0.3	0.1			0.3	1.2
Missing	14	12		7.1	35.7	7.1	7.1	21.4					7.1		14.3
MOS/SSI															
Combat Arms	921	913	0.7	13.8	28.6	31.7	11.9	4.9	3.5	1.2	1.1	0.9	0.3	0.7	0.9
Combat Support	856	847	0.5	13.4	33.0	30.6	11.4	5.0	2.0	0.8	0.9	0.4	0.5	0.5	1.1
Combat Service Support	1274	1259	0.7	14.3	32.3	30.1	11.5	3.8	2.8	1.2	0.9	0.2	0.5	0.5	1.2
Missing	14	13		7.1	50.0	28.6		7.1							7.1
Substance Category															
BAS	2099	2083	0.7	15.0	33.8	30.6	10.4	4.0	2.2	0.9	1.0	0.2	0.2	0.2	0.8
Meal card holder	736	726	0.3	12.0	26.6	30.7	13.5	6.3	3.7	1.5	0.7	1.2	1.1	1.2	1.4
Missing	230	223	0.9	9.6	25.7	32.2	15.7	3.9	4.8	1.7	0.9		0.4	1.3	3.0
NOTES:															

Table: 048

Question 26A: Choosing a healthy diet is just a matter of knowing what foods are good and what foods are bad.

SELECTED CHARACTERISTICS	Total N	N	Strongly Disagree	Percent		Strongly Agree	Missing
				Somewhat Disagree	Somewhat Agree		
Total Population	3065	3041	9.0	16.2	51.7	22.4	0.8
Age							
29 years and younger	1653	1640	8.5	14.8	55.6	20.4	0.8
30-39 years	846	838	9.9	16.7	47.4	25.1	0.9
40 years or older	554	553	9.2	20.0	46.4	24.2	0.2
Missing	12	10	8.3		58.3	16.7	16.7
Sex							
Male	2547	2527	9.1	16.2	52.4	21.4	0.8
29 years and younger	1364	1352	8.4	14.7	56.0	20.0	0.9
30-39 years	691	685	10.3	16.4	48.9	23.6	0.9
40 years or older	485	484	9.7	20.8	46.8	22.7	0.2
Missing	7	6			85.7	14.3	
Female	494	491	8.5	16.2	48.4	26.3	0.6
29 years and younger	282	281	8.9	15.6	53.2	22.0	0.4
30-39 years	148	146	8.8	17.6	40.5	31.8	1.4
40 years or older	63	63	6.3	15.9	46.0	31.7	
Missing	1	1			100.0		
29 years and younger	24	23	4.2	12.5	37.5	41.7	4.2
30-39 years	7	7			57.1	42.9	
40 years or older	6	6			42.9	28.6	
Missing	4	3	25.0	16.7	16.7	66.7	25.0
Ethnic Group							
White	1920	1908	9.5	19.0	53.4	17.5	0.6
Black	663	659	8.7	12.5	48.0	30.1	0.6
Hispanic/Spanish	300	296	7.0	8.7	51.0	32.0	1.3
Other	145	144	8.3	11.0	51.0	29.0	0.7
Missing	37	34	8.1	16.2	35.1	32.4	8.1
Rank							
Enlisted	2364	2347	7.9	14.6	51.8	25.0	0.7
Officer/WO	687	682	12.8	21.4	51.7	13.4	0.7
Missing	14	12	7.1	21.4	35.7	21.4	14.3
MOS/SSI							
Combat Arms	921	914	7.5	14.3	55.9	21.5	0.8
Combat Support	856	849	9.2	17.2	52.2	20.7	0.8
Combat Service Support	1274	1265	9.8	16.8	48.7	24.0	0.7
Missing	14	13	21.4	21.4	14.3	35.7	7.1
Substance Category							
BAS	2099	2089	9.1	16.5	51.1	22.8	0.5
Meal card holder	736	727	8.3	15.9	53.3	21.3	1.2
Missing	230	225	10.0	14.3	51.7	21.7	2.2
NOTES:							

Table: 049

Question 26B: Eating a variety of foods each day probably gives you all the vitamins/minerals you need.

SELECTED CHARACTERISTICS	Total N	N	Strongly Disagree	Percent		Strongly Agree	Missing
				Somewhat Disagree	Somewhat Agree		
Total Population	3065	3043	6.8	20.7	50.2	21.6	0.7
Age							
29 years and younger	1653	1641	6.7	22.8	49.8	20.0	0.7
30-39 years	846	839	6.7	16.9	51.8	23.8	0.8
40 years or older	554	553	7.2	20.4	49.3	22.9	0.2
Missing	12	10	16.7	16.7	33.3	16.7	16.7
Sex							
Male	2547	2529	6.9	21.2	50.7	20.5	0.7
29 years and younger	1364	1353	6.9	22.7	50.5	19.1	0.8
30-39 years	691	686	7.1	17.7	52.0	22.6	0.7
40 years or older	485	484	6.6	22.1	49.5	21.6	0.2
Missing	7	6	14.3	14.3	42.9	14.3	14.3
Female	494	491	6.5	18.2	47.6	27.1	0.6
29 years and younger	282	281	5.7	23.0	46.5	24.5	0.4
30-39 years	148	146	5.4	12.8	50.0	30.4	1.4
40 years or older	63	63	12.7	7.9	47.6	31.7	
Missing	1	1		100.0			
29 years and younger	24	23	4.2	20.8	54.2	16.7	4.2
30-39 years	7	7		28.6	57.1	14.3	
40 years or older	6	6		28.6	71.4		
Missing	4	3	25.0	16.7	50.0	33.3	25.0
Ethnic Group							
White	1920	1910	6.7	20.0	51.7	21.1	0.5
Black	663	659	8.1	21.2	49.2	20.8	0.6
Hispanic/Spanish	300	296	6.3	21.7	45.7	25.0	1.3
Other	145	144	4.8	22.8	48.3	23.4	0.7
Missing	37	34	2.7	32.4	32.4	24.3	8.1
Rank							
Enlisted	2364	2349	6.8	21.0	50.8	20.7	0.6
Officer/WO	687	682	6.7	19.5	48.6	24.5	0.7
Missing	14	12	7.1	28.6	28.6	21.4	14.3
MOS/SSI							
Combat Arms	921	915	7.5	22.0	50.5	19.3	0.7
Combat Support	856	850	6.5	22.9	49.4	20.5	0.7
Combat Service Support	1274	1265	6.5	18.0	50.9	23.9	0.7
Missing	14	13	7.1	50.0	21.4	14.3	7.1
Substance Category							
BAS	2099	2090	6.7	19.8	50.7	22.4	0.4
Meal card holder	736	726	6.0	24.6	49.9	18.2	1.4
Missing	230	227	10.9	17.0	46.5	24.3	1.3
NOTES:							

Table: 050

Question 26C: Some people are born to be fat and some thin; there is not much you can do to change this.

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree	
Total Population	3065	3034	35.5	35.2	23.5	4.8	1.0
Age							
29 years and younger	1653	1634	34.9	33.8	24.0	6.1	1.1
30-39 years	846	838	37.2	35.0	22.8	4.0	0.9
40 years or older	554	552	34.8	39.9	22.6	2.3	0.4
Missing	12	10	16.7	33.3	33.3		16.7
Sex							
Male	2547	2522	35.3	34.9	23.8	5.0	1.0
29 years and younger	1364	1348	34.8	32.7	24.8	6.5	1.2
30-39 years	691	685	37.6	35.7	21.6	4.2	0.9
40 years or older	485	483	34.0	39.8	23.9	1.9	0.4
Missing	7	6	42.9	42.9	14.3		14.3
Female	494	489	37.0	36.8	21.1	4.0	1.0
29 years and younger	282	279	36.2	39.0	19.9	3.9	1.1
30-39 years	148	146	36.5	31.1	27.7	3.4	1.4
40 years or older	63	63	41.3	41.3	11.1	6.3	
Missing	1	1	100.0				
29 years and younger	24	23	20.8	37.5	33.3	4.2	4.2
30-39 years	7	7	14.3	42.9	28.6	14.3	
40 years or older	6	6	33.3	33.3	33.3		25.0
Missing	4	3	25.0	25.0	25.0		
Ethnic Group							
White	1920	1903	34.7	36.4	24.0	4.0	0.9
Black	663	657	35.2	34.6	21.7	7.5	0.9
Hispanic/Spanish	300	297	44.0	29.7	20.7	4.7	1.0
Other	145	144	29.0	35.2	31.0	4.1	0.7
Missing	37	33	35.1	29.7	21.6	2.7	10.8
Rank							
Enlisted	2364	2341	36.3	33.8	23.8	5.1	1.0
Officer/WO	687	681	32.2	40.5	22.4	4.1	0.9
Missing	14	12	57.1	14.3	14.3		14.3
MOS/SSI							
Combat Arms	921	913	36.5	32.1	24.6	5.9	0.9
Combat Support	856	848	32.4	38.2	24.3	4.2	0.9
Combat Service Support	1274	1260	36.8	35.6	22.0	4.5	1.1
Missing	14	13	35.7	21.4	28.6	7.1	7.1
Substance Category							
BAS	2099	2083	36.6	36.1	22.0	4.5	0.8
Meal card holder	736	726	33.8	32.3	28.8	5.7	1.4
Missing	230	225	30.4	36.1	26.1	5.2	2.2

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 27.9% "strongly disagree" that you are born to be fat or thin and there's not much you can do to change this.

Table: 051
Question 26D: Starchy foods make you fat.

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree	
Total Population	3065	3014	33.8	40.6	20.1	3.9	1.7
Age							
29 years and younger	1653	1623	34.0	40.9	19.2	4.1	1.8
30-39 years	846	833	34.9	39.2	20.3	4.0	1.5
40 years or older	554	548	31.4	42.4	21.8	3.2	1.1
Missing	12	10	25.0	16.7	33.3	8.3	16.7
Sex							
Male	2547	2509	33.5	41.3	19.9	3.8	1.5
29 years and younger	1364	1341	34.4	41.5	18.6	3.9	1.7
30-39 years	691	681	34.9	39.5	20.0	4.2	1.4
40 years or older	485	481	29.3	43.7	23.3	2.9	0.8
Missing	7	6	28.6	14.3	42.9		14.3
Female	494	482	36.2	36.8	20.4	4.0	2.4
29 years and younger	282	275	33.0	37.9	22.3	4.3	2.5
30-39 years	148	145	36.5	37.2	20.9	3.4	2.0
40 years or older	63	61	50.8	31.7	11.1	3.2	3.2
Missing	1	1	100.0				
29 years and younger	24	23	8.3	45.8	25.0	16.7	4.2
30-39 years	7	7	14.3	42.9	14.3	28.6	
40 years or older	6	6		57.1	42.9		
Missing	4	3	25.0	50.0	16.7	33.3	25.0
Ethnic Group							
White	1920	1892	36.9	41.5	17.4	2.8	1.5
Black	663	650	24.8	38.3	28.0	6.9	2.0
Hispanic/Spanish	300	295	31.7	42.3	19.7	4.7	1.7
Other	145	144	34.5	40.7	20.0	4.1	0.7
Missing	37	33	45.9	21.6	18.9	2.7	10.8
Rank							
Enlisted	2364	2326	32.3	40.6	21.1	4.4	1.6
Officer/WO	687	676	38.1	41.0	16.7	2.5	1.6
Missing	14	12	57.1	14.3	14.3		14.3
MOS/SSI							
Combat Arms	921	908	33.9	39.6	20.4	4.7	1.4
Combat Support	856	843	32.9	42.0	20.2	3.4	1.5
Combat Service Support	1274	1250	34.2	40.3	19.8	3.8	1.9
Missing	14	13	35.7	42.9	14.3		7.1
Substance Category							
BAS	2099	2070	34.0	40.8	20.0	3.9	1.4
Meal card holder	736	720	34.2	41.8	17.9	3.8	2.2
Missing	230	224	30.0	34.8	27.8	4.8	2.6

NOTES:

Table: 052

Question 26E: There are so many recommendations about healthy ways to eat, it's hard to know what to believe.

SELECTED CHARACTERISTICS	Total N	N	Percent			
			Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
Total Population	3065	3041	10.7	21.7	49.4	17.5
Age						0.8
29 years and younger	1653	1641	9.4	20.9	50.3	18.6
30-39 years	846	837	12.9	22.8	47.4	15.8
40 years or older	554	553	10.8	22.6	49.8	16.6
Missing	12	10	16.7	8.3	41.7	16.7
Sex						
Male	2547	2527	10.6	21.9	49.3	17.3
29 years and younger	1364	1353	9.4	21.2	50.3	18.3
30-39 years	691	684	13.2	23.2	47.2	15.5
40 years or older	485	484	10.5	22.3	49.5	17.5
Missing	7	6	14.3	14.3	57.1	14.3
Female	494	491	11.1	20.0	50.0	18.2
29 years and younger	282	281	9.9	18.8	50.7	20.2
30-39 years	148	146	12.2	20.9	48.0	17.6
40 years or older	63	63	14.3	23.8	52.4	9.5
Missing	1	1				100.0
29 years and younger	24	23	4.2	33.3	41.7	16.7
30-39 years	7	7		57.1	28.6	14.3
40 years or older	6	6		28.6	57.1	14.3
Missing	4	3	25.0	33.3	50.0	16.7
Ethnic Group						25.0
White	1920	1910	11.2	23.5	49.1	15.7
Black	663	656	9.5	17.0	50.3	22.1
Hispanic/Spanish	300	297	9.3	19.7	50.0	20.0
Other	145	144	9.7	24.8	50.3	14.5
Missing	37	34	18.9	16.2	40.5	16.2
Rank						8.1
Enlisted	2364	2348	9.4	19.7	51.0	19.3
Officer/WO	687	681	14.6	28.3	44.1	11.6
Missing	14	12	35.7	7.1	42.9	14.3
MOS/SSI						
Combat Arms	921	917	11.3	21.3	49.6	17.4
Combat Support	856	848	10.6	24.5	48.5	15.4
Combat Service Support	1274	1263	10.3	20.3	49.7	18.9
Missing	14	13	7.1	7.1	57.1	21.4
Substance Category						7.1
BAS	2099	2089	10.5	22.8	49.5	16.7
Meal card holder	736	727	10.9	20.1	48.5	19.3
Missing	230	225	11.3	16.5	50.9	19.1

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 41.8% "strongly agreed" with the question.

Table: 053

Question 26F: What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer.

SELECTED CHARACTERISTICS	Total N	N	Percent			
			Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
Total Population	3065	3036	3.0	8.2	39.5	48.4
Age						0.9
29 years and younger	1653	1634	3.4	9.8	40.4	45.2
30-39 years	846	839	3.1	7.4	40.7	48.0
40 years or older	554	553	1.8	4.7	34.8	58.5
Missing	12	10			33.3	50.0
Sex						16.7
Male	2547	2524	2.9	8.3	39.9	48.0
29 years and younger	1364	1347	3.4	10.3	40.6	44.5
30-39 years	691	687	2.7	7.2	41.5	47.9
40 years or older	485	484	1.6	4.5	35.7	57.9
Missing	7	6			42.9	42.9
Female	494	489	3.8	7.7	37.4	50.0
29 years and younger	282	280	3.9	7.8	39.7	47.9
30-39 years	148	145	4.7	8.1	36.5	48.6
40 years or older	63	63	1.6	6.3	28.6	63.5
Missing	1	1			100.0	
29 years and younger	24	23	4.2	4.2	33.3	54.2
30-39 years	7	7			42.9	57.1
40 years or older	6	6		14.3	42.9	42.9
Missing	4	3	16.7		33.3	50.0
Ethnic Group						75.0
White	1920	1905	2.7	7.9	40.7	47.9
Black	663	657	3.5	9.0	39.0	47.6
Hispanic/Spanish	300	297	4.0	6.7	32.3	56.0
Other	145	144	2.1	9.7	43.4	44.1
Missing	37	33	8.1	13.5	27.0	40.5
Rank						10.8
Enlisted	2364	2343	3.5	9.0	40.0	46.6
Officer/WO	687	681	1.5	5.2	37.8	54.6
Missing	14	12	7.1	7.1	35.7	35.7
MOS/SSI						14.3
Combat Arms	921	912	2.8	8.7	40.6	46.9
Combat Support	856	849	2.7	7.7	41.8	47.0
Combat Service Support	1274	1262	3.4	8.1	36.9	50.7
Missing	14	13	7.1	14.3	57.1	14.3
Substance Category						7.1
BAS	2099	2089	2.6	6.9	39.2	50.9
Meal card holder	736	722	4.2	11.7	38.7	43.5
Missing	230	225	3.5	9.1	43.9	41.3

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 56.3% "strongly agreed" that what you eat can make a difference in your chances of getting a disease.

Table: 054

Question 26C: The things I eat and drink now are healthy so there is no reason for me to make changes.

SELECTED CHARACTERISTICS	Total N	N	Percent			Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree	Missing
			Strongly Disagree	Somewhat Disagree	Somewhat Agree					
Total Population	3065	3041	14.9	44.7	35.4	4.3	0.8			
Age										
29 years and younger	1653	1640	16.0	44.9	33.4	4.9	0.8			
30-39 years	846	838	14.5	43.4	38.2	3.0	0.9			
40 years or older	554	553	12.1	46.2	37.2	4.3	0.2			
Missing	12	10	16.7	33.3	16.7	16.7	16.7			
Sex										
Male	2547	2527	13.6	45.9	35.3	4.5	0.8			
29 years and younger	1364	1352	14.4	46.2	33.3	5.3	0.9			
30-39 years	691	685	13.6	44.4	38.1	3.0	0.9			
40 years or older	485	484	11.3	47.4	37.1	3.9	0.2			
Missing	7	6	14.3	14.3	28.6	28.6	14.3			
Female	494	491	22.1	38.9	34.8	3.6	0.6			
29 years and younger	282	281	24.1	38.7	32.7	3.2	0.4			
30-39 years	148	146	19.6	38.5	37.8	2.7	1.4			
40 years or older	63	63	19.0	39.7	33.3	7.9				
Missing	1	1	100.0							
Missing	24	23	8.3	33.3	54.2		4.2			
29 years and younger	7	7	14.3	28.6	57.1					
30-39 years	7	7		42.9	57.1					
40 years or older	6	6		16.7	83.3					
Missing	4	3	25.0	50.0			25.0			
Ethnic Group										
White	1920	1908	13.5	45.2	36.0	4.7	0.6			
Black	663	658	18.4	42.0	35.4	3.5	0.8			
Hispanic/Spanish	300	297	16.0	48.0	31.7	3.3	1.0			
Other	145	144	15.2	42.8	36.6	4.8	0.7			
Missing	37	34	13.5	45.9	27.0	5.4	8.1			
Rank										
Enlisted	2364	2348	15.6	45.5	34.0	4.1	0.7			
Officer/NO	687	681	12.5	42.1	39.6	4.9	0.9			
Missing	14	12	14.3	21.4	50.0		14.3			
MOS/SSI										
Combat Arms	921	915	13.4	46.1	35.2	4.7	0.7			
Combat Support	856	848	16.5	43.5	34.5	4.6	0.9			
Combat Service Support	1274	1265	14.8	44.3	36.2	3.9	0.7			
Missing	14	13	28.6	42.9	21.4		7.1			
Substance Category										
BAS	2099	2089	13.3	45.1	36.8	4.3	0.5			
Meal card holder	736	726	19.2	45.2	30.2	4.1	1.4			
Missing	230	226	15.7	38.3	39.1	5.2	1.7			

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 12.6% "strongly disagreed" with the question.

Table: 055

Question 27A: Compared to what is healthy, do you think your diet is too low, too high, or just about right for calories?

SELECTED CHARACTERISTICS	Total N	N	Percent			Too low	About right	Too high	Missing
			Too low	About right	Too high				
Total Population	3065	3031	6.3	58.6	34.0				1.1
Age									
29 years and younger	1653	1639	8.5	58.0	32.7				0.8
30-39 years	846	834	5.0	62.1	31.6				1.4
40 years or older	554	548	2.2	54.9	41.9				1.1
Missing	12	10		66.7	16.7				16.7
Sex									
Male	2547	2522	6.8	60.4	31.8				1.0
29 years and younger	1364	1353	9.5	59.9	29.8				0.8
30-39 years	691	683	5.2	64.1	29.5				1.2
40 years or older	485	480	1.9	56.1	41.0				1.0
Missing	7	6		85.7					14.3
Female	494	486	3.2	49.6	45.5				1.6
29 years and younger	282	279	3.2	48.9	46.8				1.1
30-39 years	148	144	3.4	53.4	40.5				2.7
40 years or older	63	62	3.2	44.4	50.8				1.6
Missing	1	1		100.0					
Missing	24	23	16.7	50.0	29.2				4.2
29 years and younger	7	7	28.6	42.9	28.6				
30-39 years	7	7	14.3	42.9	42.9				
40 years or older	6	6	16.7	66.7	16.7				25.0
Missing	4	3		50.0	25.0				
Ethnic Group									
White	1920	1908	5.9	59.8	33.6				0.6
Black	663	651	7.8	55.1	35.2				1.8
Hispanic/Spanish	300	295	5.0	59.3	34.0				1.7
Other	145	144	7.6	57.2	34.5				0.7
Missing	37	33	5.4	56.8	27.0				10.8
Rank									
Enlisted	2364	2340	6.9	58.8	33.3				1.0
Officer/NO	687	678	4.4	57.5	36.8				1.3
Missing	14	13		78.6	14.3				7.1
MOS/SSI									
Combat Arms	921	916	7.8	62.2	29.4				0.5
Combat Support	856	845	6.8	59.3	32.7				1.3
Combat Service Support	1274	1257	4.9	55.8	38.0				1.3
Missing	14	13	14.3	28.6	50.0				7.1
Substance Category									
BAS	2099	2080	5.3	59.5	34.3				0.9
Meal card holder	736	726	9.4	56.7	32.6				1.4
Missing	230	225	5.7	56.5	35.7				2.2

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 47.1% rated their calories should be lower (i.e., currently too high).

Table: 056

Question 27B: Compared to what is healthy, do you think your diet is too low, too high, or just about right for calcium?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3033	33.1	64.6	1.3	1.0
Age						
29 years and younger	1653	1636	35.5	62.3	1.2	1.0
30-39 years	846	837	31.4	65.8	1.7	1.1
40 years or older	554	549	28.2	70.2	0.7	0.9
Missing	12	11	50.0	33.3	8.3	8.3
Sex						
Male	2547	2519	29.7	67.9	1.3	1.1
29 years and younger	1364	1347	32.3	65.2	1.2	1.2
30-39 years	691	684	26.3	70.9	1.7	1.0
40 years or older	485	481	27.2	71.1	0.8	0.8
Missing	7	7	42.9	57.1		
Female	494	491	50.6	48.0	0.8	0.6
29 years and younger	282	282	51.1	47.9	1.1	
30-39 years	148	146	56.1	41.9	0.7	1.4
40 years or older	63	62	34.9	63.5		1.6
Missing	1	1	100.0			
Missing	24	23	29.2	58.3	8.3	4.2
29 years and younger	7	7	28.6	71.4		
30-39 years	7	7	14.3	71.4	14.3	
40 years or older	6	6	33.3	66.7		
Missing	4	3	50.0		25.0	25.0
Ethnic Group						
White	1920	1909	31.3	67.3	0.9	0.6
Black	663	651	34.8	61.6	1.8	1.8
Hispanic/Spanish	300	296	34.7	61.7	2.3	1.3
Other	145	143	44.1	53.1	1.4	1.4
Missing	37	34	43.2	45.9	2.7	8.1
Rank						
Enlisted	2364	2340	34.2	63.5	1.4	1.0
Officer/WO	687	680	29.8	68.1	1.0	1.0
Missing	14	13	14.3	78.6		7.1
MOS/SSI						
Combat Arms	921	914	28.9	69.2	1.2	0.8
Combat Support	856	849	34.0	63.9	1.3	0.8
Combat Service Support	1274	1257	35.5	61.9	1.3	1.3
Missing	14	13	42.9	42.9	7.1	7.1
Subsistence Category						
BAS	2099	2084	32.4	65.8	1.1	0.7
Meal card holder	736	725	34.4	62.6	1.5	1.5
Missing	230	224	35.7	59.6	2.2	2.6

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 37.6% (40.7% of all females) thought their diet should be higher for calcium (i.e., currently too low).

Table: 057

Question 27C: Compared to what is healthy, do you think your diet is too low, too high, or just about right for iron?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3023	25.1	72.6	0.9	1.4
Age						
29 years and younger	1653	1636	26.3	71.5	1.2	1.0
30-39 years	846	828	26.5	70.8	0.6	2.1
40 years or older	554	549	19.7	78.9	0.5	0.9
Missing	12	10	16.7	66.7		16.7
Sex						
Male	2547	2510	19.8	77.8	1.0	1.5
29 years and younger	1364	1348	20.2	77.3	1.3	1.2
30-39 years	691	676	20.7	76.4	0.7	2.2
40 years or older	485	480	17.5	81.0	0.4	1.0
Missing	7	6		85.7		14.3
Female	494	491	53.2	45.5	0.6	0.6
29 years and younger	282	281	55.7	43.3	0.7	0.4
30-39 years	148	146	54.7	43.9		1.4
40 years or older	63	63	38.1	60.3	1.6	
Missing	1	1	100.0			
Missing	24	22	12.5	79.2		8.3
29 years and younger	7	7	28.6	71.4		
30-39 years	7	6		85.7		14.3
40 years or older	6	6		100.0		
Missing	4	3	25.0	50.0		25.0
Ethnic Group						
White	1920	1902	22.1	76.1	0.8	0.9
Black	663	648	33.4	63.6	0.8	2.3
Hispanic/Spanish	300	296	24.0	73.0	1.7	1.3
Other	145	143	26.2	71.7	0.7	1.4
Missing	37	34	35.1	51.4	5.4	8.1
Rank						
Enlisted	2364	2332	26.6	71.2	0.9	1.4
Officer/WO	687	678	20.7	77.1	0.9	1.3
Missing	14	13		92.9		7.1
MOS/SSI						
Combat Arms	921	912	19.9	78.1	1.1	1.0
Combat Support	856	843	22.6	74.9	0.9	1.5
Combat Service Support	1274	1255	30.5	67.2	0.8	1.5
Missing	14	13	28.6	64.3		7.1
Subsistence Category						
BAS	2099	2074	25.5	72.4	0.9	1.2
Meal card holder	736	727	25.5	72.3	1.0	1.2
Missing	230	222	20.0	75.7	0.9	3.5

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 34.0% (36.6% of all females) thought their diet should be higher for iron (i.e., currently too low).

Table: 058

Question 27D: Compared to what is healthy, do you think your diet is too low, too high, or just about right for vitamin C?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3032	29.0	68.2	1.8	1.1
Age						
29 years and younger	1653	1636	29.1	67.6	2.3	1.0
30-39 years	846	835	29.4	67.6	1.7	1.3
40 years or older	554	551	28.0	70.9	0.5	0.5
Missing	12	10	25.0	58.3		16.7
Sex						
Male	2547	2517	27.7	69.3	1.8	1.2
29 years and younger	1364	1347	27.5	68.9	2.3	1.2
30-39 years	691	682	28.2	68.7	1.7	1.3
40 years or older	485	482	27.6	71.1	0.6	0.6
Missing	7	6	14.3	71.4		14.3
Female	494	492	35.2	62.8	1.6	0.4
29 years and younger	282	282	36.2	61.7	2.1	
30-39 years	148	146	34.5	62.8	1.4	1.4
40 years or older	63	63	31.7	68.3		
Missing	1	1	100.0			
Missing	24	23	33.3	62.5		4.2
29 years and younger	7	7	42.9	57.1		
30-39 years	7	7	42.9	57.1		
40 years or older	6	6	16.7	83.3		
Missing	4	3	25.0	50.0		25.0
Ethnic Group						
White	1920	1905	29.0	68.9	1.4	0.8
Black	663	652	28.9	66.9	2.6	1.7
Hispanic/Spanish	300	297	25.3	71.7	2.0	1.0
Other	145	144	33.1	62.8	3.4	0.7
Missing	37	34	43.2	48.6		8.1
Rank						
Enlisted	2364	2340	30.7	66.4	1.9	1.0
Officer/WO	687	679	23.3	73.9	1.6	1.2
Missing	14	13	14.3	78.6		7.1
MOS/SSI						
Combat Arms	921	910	28.6	68.3	2.0	1.2
Combat Support	856	848	26.8	70.5	1.8	0.9
Combat Service Support	1274	1261	30.6	66.6	1.7	1.0
Missing	14	13	35.7	57.1		7.1
Substance Category						
BAS	2099	2082	29.4	68.2	1.6	0.8
Meal card holder	736	726	27.4	69.0	2.2	1.4
Missing	230	224	30.0	65.2	2.2	2.6

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 60.9% felt their intake of Vit C was "about right."

Table: 059

Question 27E: Compared to what is healthy, do you think your diet is too low, too high, or just about right for protein?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3027	12.3	76.6	9.9	1.2
Age						
29 years and younger	1653	1634	14.3	75.8	8.7	1.1
30-39 years	846	832	11.6	76.1	10.6	1.7
40 years or older	554	551	7.2	79.8	12.5	0.5
Missing	12	10	8.3	66.7	8.3	16.7
Sex						
Male	2547	2516	10.7	77.6	10.5	1.2
29 years and younger	1364	1348	12.3	77.4	9.2	1.2
30-39 years	691	680	10.0	76.4	12.0	1.6
40 years or older	485	482	7.4	79.6	12.4	0.6
Missing	7	6		85.7		14.3
Female	494	488	19.6	72.5	6.7	1.2
29 years and younger	282	279	23.4	69.1	6.4	1.1
30-39 years	148	145	18.9	75.0	4.1	2.0
40 years or older	63	63	4.8	81.0	14.3	
Missing	1	1	100.0			
Missing	24	23	25.0	58.3	12.5	4.2
29 years and younger	7	7	42.9	42.9	14.3	
30-39 years	7	7	14.3	71.4	14.3	
40 years or older	6	6	16.7	83.3		
Missing	4	3	25.0	25.0	25.0	25.0
Ethnic Group						
White	1920	1907	11.3	77.3	10.7	0.7
Black	663	646	14.5	76.1	6.9	2.6
Hispanic/Spanish	300	296	12.0	77.3	9.3	1.3
Other	145	144	14.5	71.0	13.8	0.7
Missing	37	34	16.2	64.9	10.8	8.1
Rank						
Enlisted	2364	2335	13.4	76.7	8.7	1.2
Officer/WO	687	679	8.4	76.3	14.1	1.2
Missing	14	13	7.1	78.6	7.1	7.1
MOS/SSI						
Combat Arms	921	915	11.8	78.4	9.3	0.7
Combat Support	856	844	11.0	77.5	10.2	1.4
Combat Service Support	1274	1255	13.7	74.7	10.1	1.5
Missing	14	13	7.1	71.4	14.3	7.1
Substance Category						
BAS	2099	2078	11.4	77.1	10.5	1.0
Meal card holder	736	726	15.4	75.0	8.3	1.4
Missing	230	223	10.0	77.0	10.0	3.0

NOTES: Of those responding to the USDA Diet and Health Knowledge Survey and CSFII, 75.6% (73.2% of all males) thought their diet to be just about right for protein.

Table: 060

Question 27F: Compared to what is healthy, do you think your diet is too low, too high, or just about right for fat?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3037	3.9	43.9	51.2	0.9
Age						
29 years and younger	1653	1638	4.7	44.4	50.1	0.9
30-39 years	846	836	3.5	43.5	51.8	1.2
40 years or older	554	552	2.0	43.0	54.7	0.4
Missing	12	11	16.7	58.3	16.7	8.3
Sex						
Male	2547	2523	3.9	44.6	50.5	0.9
29 years and younger	1364	1349	4.6	45.8	48.5	1.1
30-39 years	691	684	3.5	43.3	52.2	1.0
40 years or older	485	483	2.1	42.9	54.6	0.4
Missing	7	7	28.6	71.4		
Female	494	491	4.0	40.5	54.9	0.6
29 years and younger	282	282	4.6	37.9	57.4	
30-39 years	148	145	4.1	45.3	48.6	2.0
40 years or older	63	63	1.6	41.3	57.1	
Missing	1	1			100.0	
Missing	24	23	4.2	41.7	50.0	4.2
29 years and younger	7	7	14.3	28.6	57.1	
30-39 years	7	7		28.6	71.4	
40 years or older	6	6		66.7	33.3	
Missing	4	3		50.0	25.0	25.0
Ethnic Group						
White	1920	1907	2.8	44.4	52.1	0.7
Black	663	654	5.0	43.5	50.2	1.4
Hispanic/Spanish	300	299	6.7	43.3	49.7	0.3
Other	145	144	6.9	42.8	49.7	0.7
Missing	37	33	8.1	35.1	45.9	10.8
Rank						
Enlisted	2364	2344	4.5	43.8	50.8	0.8
Officer/WO	687	680	1.7	44.0	53.3	1.0
Missing	14	13	7.1	64.3	21.4	7.1
MOS/SSI						
Combat Arms	921	913	4.0	44.0	51.1	0.9
Combat Support	856	849	3.3	47.8	48.1	0.8
Combat Service Support	1274	1262	4.2	41.4	53.4	0.9
Missing	14	13	7.1	28.6	57.1	7.1
Substance Category						
BAS	2099	2084	3.5	43.7	52.1	0.7
Meal card holder	736	728	5.3	44.0	49.6	1.1
Missing	230	225	3.0	46.1	48.7	2.2

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 54.3% thought their diet should be lower for fat (i.e., currently too high).

Table: 061

Question 27G: Compared to what is healthy, do you think your diet is too low, too high, or just about right for saturated fat?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3030	4.6	48.6	45.7	1.1
Age						
29 years and younger	1653	1634	5.3	48.5	45.1	1.1
30-39 years	846	837	4.0	48.3	46.6	1.1
40 years or older	554	550	3.6	49.6	46.0	0.7
Missing	12	9		33.3	41.7	25.0
Sex						
Male	2547	2515	4.6	49.1	45.1	1.3
29 years and younger	1364	1345	5.3	49.1	44.2	1.4
30-39 years	691	684	3.9	48.8	46.3	1.0
40 years or older	485	481	3.5	49.7	46.0	0.8
Missing	7	5		42.9	28.6	28.6
Female	494	492	5.1	46.0	48.6	0.4
29 years and younger	282	282	5.3	45.0	49.6	
30-39 years	148	146	4.7	48.0	45.9	1.4
40 years or older	63	63	4.8	46.0	49.2	
Missing	1	1			100.0	
Missing	24	23		50.0	45.8	4.2
29 years and younger	7	7		71.4	28.6	
30-39 years	7	7		14.3	85.7	
40 years or older	6	6		83.3	16.7	
Missing	4	3		25.0	50.0	25.0
Ethnic Group						
White	1920	1906	3.1	48.9	47.3	0.7
Black	663	651	4.5	49.2	44.4	1.8
Hispanic/Spanish	300	296	11.3	47.0	40.3	1.3
Other	145	143	9.0	48.3	41.4	1.4
Missing	37	34	13.5	35.1	43.2	8.1
Rank						
Enlisted	2364	2341	5.3	48.1	45.6	1.0
Officer/WO	687	677	2.0	50.1	46.4	1.5
Missing	14	12	7.1	64.3	14.3	14.3
MOS/SSI						
Combat Arms	921	910	4.9	48.2	45.7	1.2
Combat Support	856	845	3.4	50.4	44.9	1.3
Combat Service Support	1274	1262	5.0	47.8	46.2	0.9
Missing	14	13	21.4	35.7	35.7	7.1
Substance Category						
BAS	2099	2083	4.2	49.4	45.6	0.8
Meal card holder	736	722	5.6	47.3	45.2	1.9
Missing	230	225	5.2	45.2	47.4	2.2

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 44.1% thought their diet should be lower for saturated fat (i.e., currently too high).

Table: 062

Question 27H: Compared to what is healthy, do you think your diet is too low, too high, or just about right for cholesterol?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3035	3.4	60.0	35.6	1.0
Age						
29 years and younger	1653	1637	4.2	58.8	36.0	1.0
30-39 years	846	837	3.0	60.4	35.6	1.1
40 years or older	554	551	1.6	62.8	35.0	0.5
Missing	12	10		66.7	16.7	16.7
Sex						
Male	2547	2520	3.3	58.9	36.7	1.1
29 years and younger	1364	1348	4.2	57.8	36.8	1.2
30-39 years	691	684	2.7	58.9	37.3	1.0
40 years or older	485	482	1.4	62.1	35.9	0.6
Missing	7	6		71.4	14.3	14.3
Female	494	492	3.8	65.4	30.4	0.4
29 years and younger	282	282	4.6	62.8	32.6	
30-39 years	148	146	3.4	68.2	27.0	1.4
40 years or older	63	63	1.6	71.4	27.0	
Missing	1	1		100.0		
Missing	24	23	8.3	58.3	29.2	4.2
29 years and younger	7	7		85.7	14.3	
30-39 years	7	7	14.3	42.9	42.9	
40 years or older	6	6	16.7	33.3	50.0	
Missing	4	3		75.0		25.0
Ethnic Group						
White	1920	1908	2.3	61.8	35.3	0.6
Black	663	651	2.6	58.1	37.5	1.8
Hispanic/Spanish	300	298	10.3	56.0	33.0	0.7
Other	145	144	4.8	57.2	37.2	0.7
Missing	37	34	10.8	43.2	37.8	8.1
Rank						
Enlisted	2364	2343	3.7	59.0	36.4	0.9
Officer/WO	687	679	2.2	63.0	33.6	1.2
Missing	14	13	7.1	78.6	7.1	7.1
MOS/SSI						
Combat Arms	921	912	3.9	57.2	37.9	1.0
Combat Support	856	845	2.8	61.8	34.1	1.3
Combat Service Support	1274	1265	3.2	60.9	35.2	0.7
Missing	14	13	21.4	42.9	28.6	7.1
Substance Category						
BAS	2099	2087	2.8	62.0	34.7	0.6
Meal card holder	736	725	5.0	56.1	37.4	1.5
Missing	230	223	3.9	54.3	38.7	3.0

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 41.0% thought their diet should be lower for cholesterol (i.e., currently too high).

Table: 063

Question 27I: Compared to what is healthy, do you think your diet is too low, too high, or just about right for salt or sodium?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3032	7.2	65.9	25.8	1.1
Age						
29 years and younger	1653	1638	8.5	62.6	27.9	0.9
30-39 years	846	836	5.7	69.5	23.6	1.2
40 years or older	554	548	5.8	70.2	22.9	1.1
Missing	12	10		66.7	16.7	16.7
Sex						
Male	2547	2519	7.1	66.9	24.9	1.1
29 years and younger	1364	1351	8.5	64.0	26.5	1.0
30-39 years	691	683	5.2	70.8	22.9	1.2
40 years or older	485	479	5.8	69.5	23.5	1.2
Missing	7	6		71.4	14.3	14.3
Female	494	490	7.7	61.3	30.2	0.8
29 years and younger	282	280	8.5	56.0	34.8	0.7
30-39 years	148	146	7.4	64.2	27.0	1.4
40 years or older	63	63	4.8	79.4	15.9	
Missing	1	1		100.0		
Missing	24	23	12.5	54.2	29.2	4.2
29 years and younger	7	7	14.3	57.1	28.6	
30-39 years	7	7	14.3	57.1	28.6	
40 years or older	6	6	16.7	33.3	50.0	
Missing	4	3		75.0		25.0
Ethnic Group						
White	1920	1906	6.4	66.8	26.0	0.7
Black	663	651	6.8	65.8	25.6	1.8
Hispanic/Spanish	300	298	12.7	64.0	22.7	0.7
Other	145	144	8.3	59.3	31.7	0.7
Missing	37	33	8.1	62.2	18.9	10.8
Rank						
Enlisted	2364	2340	8.3	65.1	25.6	1.0
Officer/WO	687	679	3.5	68.4	26.9	1.2
Missing	14	13	7.1	78.6	7.1	7.1
MOS/SSI						
Combat Arms	921	910	8.1	67.4	23.2	1.2
Combat Support	856	846	5.7	67.6	25.6	1.2
Combat Service Support	1274	1263	7.3	64.2	27.6	0.9
Missing	14	13	28.6	21.4	42.9	7.1
Substance Category						
BAS	2099	2082	6.4	66.7	26.1	0.8
Meal card holder	736	726	8.6	64.5	25.5	1.4
Missing	230	224	10.4	63.5	23.5	2.6

Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 32.5% thought their diet should be lower for sodium or salt (i.e., currently too high).

Table: 064

Question 27J: Compared to what is healthy, do you think your diet is too low, too high, or just about right for fiber?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3031	35.4	61.8	1.8	1.1
Age						
29 years and younger	1653	1636	33.9	63.1	1.9	1.0
30-39 years	846	834	36.6	60.3	1.7	1.4
40 years or older	554	551	37.9	60.3	1.3	0.5
Missing	12	10	25.0	50.0	8.3	16.7
Sex						
Male	2547	2517	33.9	63.1	1.8	1.2
29 years and younger	1364	1347	31.9	64.9	1.9	1.2
30-39 years	691	682	35.0	61.6	2.0	1.3
40 years or older	485	482	37.9	60.0	1.4	0.6
Missing	7	6	28.6	57.1	14.3	14.3
Female	494	491	43.3	54.7	1.4	0.6
29 years and younger	282	282	43.3	54.6	2.1	2.0
30-39 years	148	145	45.3	52.7		
40 years or older	63	63	39.7	60.3		
Missing	1	1			100.0	
29 years and younger	24	23	25.0	70.8		4.2
30-39 years	7	7	42.9	57.1		
40 years or older	6	6	16.7	83.3		
Missing	4	3	25.0	50.0		25.0
Ethnic Group						
White	1920	1906	34.7	63.1	1.4	0.7
Black	663	651	38.1	57.8	2.3	1.8
Hispanic/Spanish	300	297	33.3	63.0	2.7	1.0
Other	145	143	35.9	60.7	2.1	1.4
Missing	37	34	32.4	56.8	2.7	8.1
Rank						
Enlisted	2364	2338	35.2	61.7	1.9	1.1
Officer/WO	687	680	36.2	61.7	1.0	1.0
Missing	14	13	14.3	71.4	7.1	7.1
MOS/SSI						
Combat Arms	921	911	32.8	64.1	2.1	1.1
Combat Support	856	847	35.6	62.1	1.3	1.1
Combat Service Support	1274	1260	37.1	59.9	1.9	1.1
Missing	14	13	28.6	64.3		7.1
Substance Category						
BAS	2099	2080	34.8	62.8	1.6	0.9
Meal card holder	736	728	39.4	57.7	1.8	1.1
Missing	230	223	27.8	65.7	3.5	3.0

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 39.0% thought their diet should be higher for fiber (i.e., currently too low).

Table: 065

Question 27K: Compared to what is healthy, do you think your diet is too low, too high, or just about right for sugar?

SELECTED CHARACTERISTICS	Total N	N	Percent			Missing
			Too low	About right	Too high	
Total Population	3065	3036	6.9	56.5	35.6	0.9
Age						
29 years and younger	1653	1639	7.4	54.7	37.1	0.8
30-39 years	846	836	7.3	59.0	33.5	1.2
40 years or older	554	551	5.1	58.6	34.8	0.5
Missing	12	10	8.3	50.0	25.0	16.7
Sex						
Male	2547	2521	7.1	58.6	33.3	1.0
29 years and younger	1364	1350	7.8	57.2	33.9	1.0
30-39 years	691	683	7.1	61.4	30.4	1.2
40 years or older	485	482	4.9	58.6	35.9	0.6
Missing	7	6		71.4	14.3	14.3
Female	494	492	6.5	44.7	48.4	0.4
29 years and younger	282	282	5.3	41.5	53.2	1.4
30-39 years	148	146	8.8	43.2	46.6	1.4
40 years or older	63	63	6.3	63.5		
Missing	1	1			100.0	
29 years and younger	24	23	4.2	66.7	25.0	4.2
30-39 years	7	7		85.7	14.3	
40 years or older	6	6		100.0	57.1	
Missing	4	3	25.0	25.0	25.0	25.0
Ethnic Group						
White	1920	1906	5.6	57.7	36.0	0.7
Black	663	654	6.6	55.9	36.1	1.4
Hispanic/Spanish	300	298	12.7	54.3	32.3	0.7
Other	145	144	11.0	52.4	35.9	0.7
Missing	37	34	21.6	35.1	35.1	8.1
Rank						
Enlisted	2364	2344	8.2	57.0	34.0	0.8
Officer/WO	687	680	2.9	54.6	41.5	1.0
Missing	14	12		64.3	21.4	14.3
MOS/SSI						
Combat Arms	921	912	6.9	61.0	31.1	1.0
Combat Support	856	848	5.7	57.3	36.1	0.9
Combat Service Support	1274	1263	7.7	52.9	38.5	0.9
Missing	14	13	14.3	28.6	50.0	7.1
Substance Category						
BAS	2099	2084	6.6	56.5	36.2	0.7
Meal card holder	736	728	7.2	55.8	35.9	1.1
Missing	230	224	9.6	57.8	30.0	2.6

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 48.6% thought their diet should be lower for sugar (i.e., currently too high).

Table: 066

Question 28A: In regards to YOU PERSONALLY, how important do you think it is to use salt in moderation?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not at all important	Not too important	Somewhat important	Very important	
Total Population	3065	3046	5.4	16.2	41.9	35.8	0.6
Age							
29 years and younger	1653	1643	6.7	20.3	43.0	29.4	0.6
30-39 years	846	841	4.0	13.1	42.0	40.3	0.6
40 years or older	554	552	3.6	8.8	38.3	48.9	0.4
Missing	12	10	8.3	25.0	41.7	8.3	16.7
Sex							
Male	2547	2532	5.4	16.6	42.7	34.7	0.6
29 years and younger	1364	1355	6.9	21.0	43.7	27.7	0.7
30-39 years	691	688	3.8	13.0	43.4	39.4	0.4
40 years or older	485	483	3.7	9.1	39.0	47.8	0.4
Missing	7	6	28.6	28.6	42.9	14.3	14.3
Female	494	491	5.3	14.0	37.7	42.5	0.6
29 years and younger	282	281	5.7	16.7	39.7	37.6	0.4
30-39 years	148	146	5.4	12.2	35.1	45.9	1.4
40 years or older	63	63	1.6	6.3	34.9	57.1	
Missing	1	1	100.0				
Missing	24	23	8.3	25.0	37.5	25.0	4.2
29 years and younger	7	7	14.3	14.3	42.9	28.6	
30-39 years	7	7		42.9	42.9	14.3	
40 years or older	6	6	16.7	16.7	16.7	50.0	
Missing	4	3		25.0	50.0		25.0
Ethnic Group							
White	1920	1913	5.9	18.3	44.6	30.8	0.4
Black	663	656	3.5	12.0	33.9	49.5	1.1
Hispanic/Spanish	300	299	7.3	12.0	40.7	39.7	0.3
Other	145	144	4.1	18.6	48.3	28.3	0.7
Missing	37	34	5.4	8.1	29.7	48.6	8.1
Rank							
Enlisted	2364	2353	5.9	16.3	40.4	37.0	0.5
Officer/WO	687	680	3.8	16.3	46.7	32.2	1.0
Missing	14	13	7.1		57.1	28.6	7.1
MOS/SSI							
Combat Arms	921	919	6.2	19.3	43.5	30.7	0.2
Combat Support	856	849	4.3	16.6	43.9	34.4	0.8
Combat Service Support	1274	1265	5.7	14.0	39.3	40.3	0.7
Missing	14	13			42.9	50.0	7.1
Subsistence Category							
BAS	2099	2092	4.9	14.1	42.0	38.7	0.3
Meal card holder	736	730	7.1	21.2	41.6	29.3	0.8
Missing	230	224	5.2	20.0	41.7	30.4	2.6

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 62.2% rated this question "Very important."

Table: 067

Question 28B: In regards to YOU PERSONALLY, how important do you think it is to have a diet low in saturated fat?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not at all important	Not too important	Somewhat important	Very important	
Total Population	3065	3041	3.4	12.9	37.2	45.7	0.8
Age							
29 years and younger	1653	1643	4.7	17.9	37.7	39.1	0.6
30-39 years	846	836	2.1	7.6	39.7	49.4	1.2
40 years or older	554	552	1.4	6.1	31.6	60.5	0.4
Missing	12	10		8.3	50.0	25.0	16.7
Sex							
Male	2547	2528	3.6	13.7	38.0	43.9	0.7
29 years and younger	1364	1355	4.8	19.2	38.6	36.7	0.7
30-39 years	691	684	2.5	8.0	41.0	47.6	1.0
40 years or older	485	483	1.6	6.6	32.2	59.2	0.4
Missing	7	6		14.3	42.9	28.6	14.3
Female	494	490	2.6	8.5	31.8	56.3	0.8
29 years and younger	282	281	4.3	11.7	32.3	51.4	0.4
30-39 years	148	145	0.7	4.7	33.1	59.5	2.0
40 years or older	63	63		3.2	25.4	71.4	
Missing	1	1			100.0		
Missing	24	23		12.5	62.5	20.8	4.2
29 years and younger	7	7		14.3	85.7		
30-39 years	7	7		28.6	57.1	14.3	
40 years or older	6	6			50.0	50.0	
Missing	4	3			50.0	25.0	25.0
Ethnic Group							
White	1920	1909	3.3	14.0	38.3	43.8	0.6
Black	663	655	3.3	11.3	34.9	49.2	1.2
Hispanic/Spanish	300	299	3.0	12.0	33.0	51.7	0.3
Other	145	144	3.4	9.0	40.0	46.9	0.7
Missing	37	34	10.8	5.4	43.2	32.4	8.1
Rank							
Enlisted	2364	2349	3.9	14.1	36.8	44.6	0.6
Officer/WO	687	679	1.5	8.7	38.7	49.9	1.2
Missing	14	13	7.1	14.3	35.7	35.7	7.1
MOS/SSI							
Combat Arms	921	918	4.0	16.1	40.5	39.1	0.3
Combat Support	856	847	3.7	12.6	38.2	44.5	1.1
Combat Service Support	1274	1263	2.7	10.8	34.2	51.3	0.9
Missing	14	13		7.1	35.7	50.0	7.1
Subsistence Category							
BAS	2099	2084	3.2	10.1	37.1	48.8	0.7
Meal card holder	736	731	3.9	19.6	36.4	39.4	0.7
Missing	230	226	3.0	16.5	40.4	38.3	1.7

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 66.9% rated this question "Very important."

Table: 068

Question 28C: In regards to YOU PERSONALLY, how important do you think it is to have a diet with plenty of fruit and vegetables?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not at all important	Not too important	Somewhat important	Very important	
Total Population	3065	3040	1.7	9.8	36.6	51.1	0.8
Age							
29 years and younger	1653	1640	2.3	12.7	39.8	44.4	0.8
30-39 years	846	840	1.2	7.9	33.2	57.0	0.7
40 years or older	554	550	0.7	4.2	32.1	62.3	0.7
Missing	12	10		8.3	25.0	50.0	16.7
Sex							
Male	2547	2529	1.8	10.7	38.6	48.2	0.7
29 years and younger	1364	1352	2.4	14.0	41.6	41.1	0.9
30-39 years	691	688	1.3	8.4	36.2	53.7	0.4
40 years or older	485	483	0.8	4.7	33.4	60.6	0.4
Missing	7	6		14.3	42.9	28.6	14.3
Female	494	488	1.2	4.9	26.7	66.0	1.2
29 years and younger	282	281	1.8	6.4	31.6	59.9	0.4
30-39 years	148	145	0.7	4.1	18.9	74.3	2.0
40 years or older	63	61			23.8	73.0	3.2
Missing	1	1			100.0		
Missing	24	23		16.7	25.0	54.2	4.2
29 years and younger	7	7		14.3	28.6	57.1	
30-39 years	7	7		42.9	42.9	14.3	
40 years or older	6	6			16.7	83.3	
Missing	4	3				75.0	25.0
Ethnic Group							
White	1920	1909	1.7	10.7	38.1	48.9	0.6
Black	663	655	1.7	8.6	33.3	55.3	1.2
Hispanic/Spanish	300	298	1.7	8.0	34.0	55.7	0.7
Other	145	144	1.4	7.6	37.9	52.4	0.7
Missing	37	34	2.7	10.8	29.7	48.6	8.1
Rank							
Enlisted	2364	2349	2.1	10.4	36.4	50.5	0.6
Officer/WO	687	678	0.4	7.7	37.4	53.1	1.3
Missing	14	13		14.3	21.4	57.1	7.1
MOS/SSI							
Combat Arms	921	918	1.4	10.9	40.9	46.5	0.3
Combat Support	856	848	2.3	9.6	37.7	49.5	0.9
Combat Service Support	1274	1261	1.5	9.3	32.8	55.4	1.0
Missing	14	13		7.1	21.4	64.3	7.1
Subsistence Category							
BAS	2099	2085	1.6	8.7	36.7	52.4	0.7
Meal card holder	736	729	1.9	12.1	36.7	48.4	1.0
Missing	230	226	2.2	13.0	34.8	48.3	1.7

NOTES:

Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 59.4% rated this question "Very important."

Table: 069

Question 28D: In regards to YOU PERSONALLY, how important do you think it is to use sugar in moderation?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not at all important	Not too important	Somewhat important	Very important	
Total Population	3065	3038	3.1	18.9	47.2	29.8	0.9
Age							
29 years and younger	1653	1639	4.4	23.9	47.8	23.0	0.8
30-39 years	846	837	1.4	15.2	47.0	35.2	1.1
40 years or older	554	552	2.0	9.7	46.0	41.9	0.4
Missing	12	10	8.3	16.7	33.3	25.0	16.7
Sex							
Male	2547	2525	3.3	19.6	47.9	28.3	0.9
29 years and younger	1364	1350	4.6	25.3	47.5	21.5	1.0
30-39 years	691	686	1.7	15.2	48.5	33.9	0.7
40 years or older	485	483	2.1	9.9	48.0	39.6	0.4
Missing	7	6		28.6	42.9	14.3	14.3
Female	494	490	2.2	15.0	44.1	37.9	0.8
29 years and younger	282	282	3.2	17.0	48.9	30.9	
30-39 years	148	144		14.2	40.5	42.6	2.7
40 years or older	63	63	1.6	7.9	31.7	58.7	
Missing	1	1	100.0				
Missing	24	23		29.2	41.7	25.0	4.2
29 years and younger	7	7		42.9	57.1		
30-39 years	7	7		42.9	42.9	14.3	
40 years or older	6	6		16.7	33.3	50.0	
Missing	4	3			25.0	50.0	25.0
Ethnic Group							
White	1920	1909	3.4	21.4	48.2	26.4	0.6
Black	663	652	2.6	14.8	43.7	37.3	1.7
Hispanic/Spanish	300	299	3.0	13.7	46.7	36.3	0.3
Other	145	144	2.8	17.9	51.7	26.9	0.7
Missing	37	34	2.7	13.5	45.9	29.7	8.1
Rank							
Enlisted	2364	2346	3.6	18.9	46.2	30.6	0.8
Officer/WO	687	679	1.6	19.7	50.5	27.1	1.2
Missing	14	13			57.1	35.7	7.1
MOS/SSI							
Combat Arms	921	918	3.7	21.7	49.1	25.2	0.3
Combat Support	856	847	3.2	20.4	46.7	28.7	1.1
Combat Service Support	1274	1260	2.7	16.1	46.2	33.9	1.1
Missing	14	13		7.1	57.1	28.6	7.1
Subsistence Category							
BAS	2099	2084	2.5	17.3	47.5	32.0	0.7
Meal card holder	736	730	4.9	23.0	47.3	24.0	0.8
Missing	230	224	3.5	21.3	44.3	28.3	2.6

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 59.4% rated this question "Very important."

Table: 070

Question 28E: In regards to YOU PERSONALLY, how important do you think it is to have a diet with adequate fiber?

SELECTED CHARACTERISTICS	Total N	N	Percent			
			Not at all important	Not too important	Somewhat important	Very important
Total Population	3065	3030	3.0	17.0	42.8	38.3
Age						1.1
29 years and younger	1653	1636	4.2	23.0	45.0	26.7
30-39 years	846	833	1.7	11.9	42.1	42.8
40 years or older	554	551	1.3	6.7	36.6	54.9
Missing	12	10	8.3	25.0	16.7	33.3
Sex						1.1
Male	2547	2520	3.1	17.7	43.8	34.4
29 years and younger	1364	1350	4.3	24.5	45.6	24.5
30-39 years	691	682	1.9	12.0	44.4	40.4
40 years or older	485	482	1.2	6.6	37.9	53.6
Missing	7	6	28.6	14.3	42.9	14.3
Female	494	487	2.8	13.2	36.2	46.4
29 years and younger	282	279	3.9	15.6	41.5	37.9
30-39 years	148	144	0.7	10.8	30.4	55.4
40 years or older	63	63	1.6	7.9	27.0	63.5
Missing	1	1	100.0			
Missing	24	23		16.7	50.0	29.2
29 years and younger	7	7		14.3	71.4	14.3
30-39 years	7	7		28.6	57.1	14.3
40 years or older	6	6			33.3	66.7
Missing	4	3		25.0	25.0	25.0
Ethnic Group						0.7
White	1920	1906	3.0	18.4	44.2	33.6
Black	663	650	3.3	15.2	36.0	43.5
Hispanic/Spanish	300	298	2.0	13.7	44.0	39.7
Other	145	144	2.1	14.5	49.7	33.1
Missing	37	32	8.1	13.5	37.8	27.0
Rank						1.1
Enlisted	2364	2337	3.6	17.4	42.0	35.9
Officer/WO	687	680	1.2	15.7	44.7	37.4
Missing	14	13		14.3	35.7	42.9
MOS/SSI						0.4
Combat Arms	921	917	3.3	20.1	44.7	31.5
Combat Support	856	845	2.6	17.3	44.7	34.2
Combat Service Support	1274	1255	3.1	14.7	39.7	41.0
Missing	14	13		7.1	35.7	50.0
Substance Category						7.1
BAS	2099	2077	2.6	15.3	42.4	38.7
Meal card holder	736	729	4.8	21.2	44.0	29.1
Missing	230	224	1.3	19.1	40.0	37.0

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 63.2% rated this question "Very important."

Table: 071

Question 28F: In regards to YOU PERSONALLY, how important do you think it is to eat a variety of food?

SELECTED CHARACTERISTICS	Total N	N	Percent			
			Not at all important	Not too important	Somewhat important	Very important
Total Population	3065	3033	1.6	10.2	42.1	45.1
Age						1.0
29 years and younger	1653	1634	1.9	13.4	44.0	39.6
30-39 years	846	837	1.2	7.2	40.3	50.2
40 years or older	554	553	1.3	4.9	39.5	54.2
Missing	12	9		16.7	41.7	16.7
Sex						25.0
Male	2547	2521	1.5	10.4	43.6	43.5
29 years and younger	1364	1347	1.8	13.8	45.1	38.2
30-39 years	691	685	1.2	7.4	42.8	47.8
40 years or older	485	484	1.2	5.2	40.6	52.8
Missing	7	5		14.3	42.9	14.3
Female	494	489	2.0	8.9	33.6	54.5
29 years and younger	282	280	2.5	12.1	37.6	47.2
30-39 years	148	145	1.4	5.4	27.7	63.5
40 years or older	63	63	1.6	3.2	30.2	65.1
Missing	1	1			100.0	
Missing	24	23		12.5	62.5	20.8
29 years and younger	7	7			85.7	14.3
30-39 years	7	7		28.6	57.1	14.3
40 years or older	6	6			50.0	50.0
Missing	4	3		25.0	50.0	25.0
Ethnic Group						0.8
White	1920	1904	1.5	10.3	43.6	43.8
Black	663	655	2.0	10.8	38.6	47.4
Hispanic/Spanish	300	297	1.0	10.3	39.7	48.0
Other	145	144	1.4	6.2	45.5	46.2
Missing	37	33	5.4	5.4	37.8	40.5
Rank						10.8
Enlisted	2364	2342	1.9	10.9	41.8	44.5
Officer/WO	687	678	0.4	7.7	43.5	47.0
Missing	14	13		7.1	35.7	50.0
MOS/SSI						0.5
Combat Arms	921	916	1.3	11.6	46.0	40.5
Combat Support	856	844	2.0	10.3	42.2	44.1
Combat Service Support	1274	1260	1.5	9.2	39.2	49.0
Missing	14	13			42.9	50.0
Substance Category						7.1
BAS	2099	2082	1.3	9.8	41.7	46.5
Meal card holder	736	727	1.9	11.5	43.1	42.3
Missing	230	224	3.0	9.6	43.5	41.3

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 74.0% rated this question "Very important."

Table: 072

Question 28G: In regards to YOU PERSONALLY, how important do you think it is to maintain a healthy weight?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not at all important	Not too important	Somewhat important	Very important	
Total Population	3065	3031	0.9	3.9	25.8	68.3	1.1
Age							
29 years and younger	1653	1634	1.3	5.1	28.5	63.9	1.1
30-39 years	846	837	0.4	2.7	24.6	71.3	1.1
40 years or older	554	550	0.4	1.8	20.0	77.1	0.7
Missing	12	10		8.3	16.7	58.3	16.7
Sex							
Male	2547	2519	0.9	4.1	27.7	66.2	1.1
29 years and younger	1364	1345	1.3	5.6	30.3	61.5	1.4
30-39 years	691	686	0.4	2.7	27.8	68.3	0.7
40 years or older	485	482	0.2	1.9	20.8	76.5	0.6
Missing	7	6		14.3	14.3	57.1	14.3
Female	494	489	0.8	2.4	15.2	80.6	1.0
29 years and younger	282	282	1.4	3.2	19.1	76.2	2.7
30-39 years	148	144		1.4	8.8	87.2	2.7
40 years or older	63	62		1.6	12.7	84.1	1.6
Missing	1	1				100.0	
29 years and younger	24	23	4.2	8.3	41.7	41.7	4.2
30-39 years	7	7			57.1	42.9	
40 years or older	6	7	16.7	28.6	42.9	28.6	
Missing	4	3			33.3	50.0	
Ethnic Group							
White	1920	1904	0.9	3.8	28.7	65.8	0.8
Black	663	653	0.8	3.9	20.2	73.6	1.5
Hispanic/Spanish	300	298	0.7	4.0	22.0	72.7	0.7
Other	145	143	0.7	4.1	25.5	68.3	1.4
Missing	37	33	2.7	8.1	10.8	67.6	10.8
Rank							
Enlisted	2364	2339	1.1	4.2	26.8	66.9	1.1
Officer/WO	687	679	0.3	2.9	22.3	73.4	1.2
Missing	14	13			35.7	57.1	7.1
MOS/SSI							
Combat Arms	921	919	1.6	3.6	28.6	66.0	0.2
Combat Support	856	841	0.9	4.4	26.5	66.4	1.8
Combat Service Support	1274	1258	0.3	3.8	23.5	71.1	1.3
Missing	14	13			14.3	78.6	7.1
Subsistence Category							
BAS	2099	2079	0.6	3.3	25.1	70.0	1.0
Meal card holder	736	726	1.6	4.5	27.0	65.5	1.4
Missing	230	226	0.9	7.4	28.3	61.7	1.7

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 77.5% rated this question "Very important."

Table: 073

Question 28H: In regards to YOU PERSONALLY, how important do you think it is to have a diet low in fat?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not at all important	Not too important	Somewhat important	Very important	
Total Population	3065	3038	2.8	12.3	35.0	49.1	0.9
Age							
29 years and younger	1653	1641	4.1	16.3	36.4	42.6	0.7
30-39 years	846	834	1.4	8.5	35.9	52.7	1.4
40 years or older	554	553	1.3	6.1	29.6	62.8	0.2
Missing	12	10		16.7	16.7	50.0	16.7
Sex							
Male	2547	2525	3.1	13.1	37.0	46.0	0.9
29 years and younger	1364	1353	4.4	17.7	37.7	39.4	0.8
30-39 years	691	682	1.6	9.1	39.7	48.3	1.3
40 years or older	485	484	1.4	6.2	31.1	61.0	0.2
Missing	7	6		14.3	28.6	42.9	14.3
Female	494	490	1.6	7.3	24.5	65.8	0.8
29 years and younger	282	281	2.5	9.2	29.1	58.9	0.4
30-39 years	148	145	0.7	4.1	18.9	74.3	2.0
40 years or older	63	63		6.3	17.5	76.2	
Missing	1	1				100.0	
29 years and younger	24	23		25.0	37.5	33.3	4.2
30-39 years	7	7		28.6	71.4		
40 years or older	6	6		42.9	28.6	28.6	
Missing	4	3			33.3	66.7	
Ethnic Group							
White	1920	1904	3.0	13.4	36.7	46.0	0.8
Black	663	657	2.3	9.6	32.8	54.4	0.9
Hispanic/Spanish	300	299	1.0	10.7	30.0	58.0	0.3
Other	145	144	4.1	11.0	35.9	48.3	0.7
Missing	37	34	10.8	18.9	18.9	43.2	8.1
Rank							
Enlisted	2364	2345	3.2	13.3	34.9	47.8	0.8
Officer/WO	687	680	1.5	8.9	35.4	53.3	1.0
Missing	14	13		14.3	28.6	50.0	7.1
MOS/SSI							
Combat Arms	921	916	3.6	14.1	39.1	42.7	0.5
Combat Support	856	846	2.9	12.8	35.6	47.5	1.2
Combat Service Support	1274	1263	2.2	10.8	31.6	54.6	0.9
Missing	14	13			28.6	64.3	7.1
Subsistence Category							
BAS	2099	2083	2.4	10.0	34.8	52.0	0.8
Meal card holder	736	730	3.8	18.1	34.2	43.1	0.8
Missing	230	225	3.5	14.3	38.7	41.3	2.2

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 63.4% rated this question "Very important."

Table: 074

Question 28I: In regards to YOU PERSONALLY, how important do you think it is to have a diet low in cholesterol?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not at all important	Not too important	Somewhat important	Very important	
Total Population	3065	3014	3.0	12.0	37.0	48.4	1.7
Age							
29 years and younger	1653	1624	4.1	15.4	38.5	40.3	1.8
30-39 years	846	831	1.8	8.5	37.2	50.7	1.8
40 years or older	554	549	1.4	6.7	32.3	58.7	0.9
Missing	12	10		25.0	33.3	25.0	16.7
Sex							
Male	2547	2507	3.1	12.4	38.3	44.7	1.6
29 years and younger	1364	1342	4.2	16.4	39.7	38.1	1.6
30-39 years	691	678	2.0	8.1	40.1	47.9	1.9
40 years or older	485	481	1.6	7.0	32.0	58.6	0.8
Missing	7	6		14.3	28.6	42.9	14.3
Female	494	484	2.4	9.5	30.0	56.1	2.0
29 years and younger	282	275	3.9	10.8	31.6	51.4	2.5
30-39 years	148	146	0.7	8.8	24.3	64.9	1.4
40 years or older	63	62		4.8	36.5	57.1	1.6
Missing	1	1		100.0			
29 years and younger	24	23		20.8	41.7	33.3	4.2
30-39 years	7	7		14.3	71.4	14.3	
40 years or older	6	6		42.9	28.6	28.6	
Missing	4	3		25.0	50.0	83.3	25.0
Ethnic Group							
White	1920	1896	3.3	14.1	39.9	41.5	1.3
Black	663	647	2.3	7.1	33.6	54.7	2.4
Hispanic/Spanish	300	294	1.0	10.0	27.0	60.0	2.0
Other	145	144	2.8	12.4	35.2	49.0	0.7
Missing	37	33	16.2	5.4	32.4	35.1	10.8
Rank							
Enlisted	2364	2325	3.2	12.0	36.2	47.1	1.6
Officer/WO	687	676	2.2	12.1	40.2	44.0	1.6
Missing	14	13	7.1	7.1	21.4	57.1	7.1
MOS/SSI							
Combat Arms	921	908	2.9	13.0	40.1	42.6	1.4
Combat Support	856	845	3.6	11.7	37.9	45.5	1.3
Combat Service Support	1274	1248	2.6	11.5	34.2	49.6	2.0
Missing	14	13			28.6	64.3	7.1
Substance Category							
BAS	2099	2070	2.5	10.8	35.8	49.5	1.4
Meal card holder	736	721	4.2	15.1	39.0	39.7	2.0
Missing	230	223	3.5	12.6	41.3	39.6	3.0

NOTES:

Table: 075

Question 28J: In regards to YOU PERSONALLY, how important do you think it is to have a diet with plenty of breads, cereals, rice, and pasta?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not at all important	Not too important	Somewhat important	Very important	
Total Population	3065	3041	2.2	15.4	47.7	34.0	0.8
Age							
29 years and younger	1653	1641	2.8	17.0	46.6	32.8	0.7
30-39 years	846	837	1.3	13.2	47.2	37.2	1.1
40 years or older	554	553	1.4	13.7	51.8	32.9	0.2
Missing	12	10		25.0	41.7	16.7	16.7
Sex							
Male	2547	2526	2.3	15.6	48.5	32.8	0.8
29 years and younger	1364	1352	3.0	17.2	47.0	31.9	0.9
30-39 years	691	684	1.3	13.2	48.8	35.7	1.0
40 years or older	485	484	1.6	14.4	52.4	31.3	0.2
Missing	7	6		14.3	42.9	28.6	14.3
Female	494	492	1.6	14.6	42.9	40.5	0.4
29 years and younger	282	282	2.1	16.7	44.0	37.2	1.4
30-39 years	148	146	1.4	12.8	39.2	45.3	
40 years or older	63	63		7.9	47.6	44.4	
Missing	1	1		100.0			
29 years and younger	24	23		16.7	58.3	20.8	4.2
30-39 years	7	7		28.6	57.1	14.3	
40 years or older	6	6		16.7	50.0	33.3	
Missing	4	3		25.0	50.0		25.0
Ethnic Group							
White	1920	1908	2.3	15.5	47.6	34.0	0.6
Black	663	657	1.7	17.5	47.1	32.8	0.9
Hispanic/Spanish	300	298	1.3	13.0	48.3	36.7	0.7
Other	145	144	2.8	8.3	54.5	33.8	0.7
Missing	37	34	8.1	24.3	27.0	32.4	8.1
Rank							
Enlisted	2364	2348	2.5	16.3	47.3	33.3	0.7
Officer/WO	687	680	1.2	12.7	48.9	36.2	1.0
Missing	14	13			50.0	42.9	7.1
MOS/SSI							
Combat Arms	921	917	2.1	17.7	49.4	30.4	0.4
Combat Support	856	847	2.7	14.1	47.7	34.4	1.1
Combat Service Support	1274	1264	1.9	14.8	46.5	36.0	0.8
Missing	14	13			35.7	57.1	7.1
Substance Category							
BAS	2099	2086	1.9	14.6	48.1	34.8	0.6
Meal card holder	736	731	3.0	17.1	46.5	32.7	0.7
Missing	230	224	2.2	17.4	47.4	30.4	2.6

NOTES:

Table: 076

Question 28K: In regards to YOU PERSONALLY, how important do you think it is to eat at least two servings of dairy products daily?

SELECTED CHARACTERISTICS	Total N	N	Percent			
			Not at all important	Not too important	Somewhat important	Very important
Total Population	3065	3043	4.0	22.3	44.0	28.9
Age						
29 years and younger	1653	1640	4.3	20.0	42.4	32.5
30-39 years	846	841	3.2	23.3	45.4	27.5
40 years or older	554	552	4.7	27.4	46.6	20.9
Missing	12	10	41.7	41.7	41.7	16.7
Sex						
Male	2547	2528	4.3	23.6	44.2	27.2
29 years and younger	1364	1351	4.6	20.8	42.3	31.4
30-39 years	691	688	3.5	25.3	45.9	24.9
40 years or older	485	483	4.5	29.1	46.8	19.2
Missing	7	6	28.6	57.1	57.1	14.3
Female	494	492	3.0	16.0	42.1	38.5
29 years and younger	282	282	2.8	16.7	41.5	39.0
30-39 years	148	146	2.0	13.5	42.6	40.5
40 years or older	63	63	6.3	17.5	44.4	31.7
Missing	1	1	100.0	100.0	100.0	100.0
Missing	24	23	16.7	16.7	62.5	16.7
29 years and younger	7	7	100.0	100.0	100.0	100.0
30-39 years	7	7	100.0	100.0	100.0	100.0
40 years or older	6	6	50.0	50.0	50.0	50.0
Missing	4	3	50.0	50.0	25.0	25.0
Ethnic Group						
White	1920	1909	3.9	22.8	44.7	28.0
Black	663	657	4.4	22.0	42.3	30.4
Hispanic/Spanish	300	299	3.7	20.0	42.3	33.7
Other	145	144	2.8	26.9	48.3	21.4
Missing	37	34	13.5	5.4	32.4	40.5
Rank						
Enlisted	2384	2352	4.1	21.7	43.4	30.4
Officer/WO	687	678	4.1	24.7	46.0	23.9
Missing	14	13	14.3	14.3	42.9	35.7
MOS/SSI						
Combat Arms	921	918	4.7	22.8	44.1	28.1
Combat Support	856	846	4.0	23.2	44.6	27.1
Combat Service Support	1274	1266	3.7	21.6	43.6	30.5
Missing	14	13	7.1	7.1	35.7	50.0
Substance Category						
BAS	2099	2089	4.0	22.7	44.7	28.1
Meal card holder	736	729	4.2	22.6	42.4	29.9
Missing	230	225	3.5	18.7	42.6	33.0
NOTES:						

Table: 077

Question 29A: Have you heard of any health problems linked to eating too much fat?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2977	85.0	12.1	2.9
Age					
29 years and younger	1653	1609	82.3	14.9	2.7
30-39 years	846	818	86.8	9.9	3.3
40 years or older	554	541	90.8	6.9	2.3
Missing	12	9	50.0	25.0	25.0
Sex					
Male	2547	2479	84.5	12.8	2.7
29 years and younger	1364	1326	81.2	15.9	2.9
30-39 years	691	675	86.8	10.9	2.3
40 years or older	485	472	90.5	6.8	2.7
Missing	7	6	57.1	28.6	14.3
Female	494	476	88.1	8.3	3.6
29 years and younger	282	276	87.2	10.6	2.1
30-39 years	148	136	86.5	5.4	8.1
40 years or older	63	63	96.8	3.2	3.2
Missing	1	1	100.0	100.0	100.0
Missing	24	22	75.0	16.7	8.3
29 years and younger	7	7	100.0	100.0	100.0
30-39 years	7	7	85.7	14.3	14.3
40 years or older	6	6	50.0	50.0	50.0
Missing	4	2	50.0	50.0	50.0
Ethnic Group					
White	1920	1876	87.1	10.6	2.3
Black	663	640	81.2	15.2	3.6
Hispanic/Spanish	300	289	84.0	12.3	3.7
Other	145	142	83.4	14.5	2.1
Missing	37	30	54.1	27.0	18.9
Rank					
Enlisted	2384	2301	83.4	13.9	2.7
Officer/WO	687	663	90.8	5.7	3.5
Missing	14	13	57.1	35.7	7.1
MOS/SSI					
Combat Arms	921	901	84.7	13.1	2.2
Combat Support	856	831	84.2	12.7	3.0
Combat Service Support	1274	1232	85.6	11.1	3.3
Missing	14	13	85.7	7.1	7.1
Substance Category					
BAS	2099	2046	87.3	10.1	2.6
Meal card holder	736	714	82.1	14.9	3.0
Missing	230	217	73.0	21.3	5.7
NOTES:					

Table: 078
Question 29A1-4: Eating too much fat is linked to..

SELECTED CHARACTERISTICS	Total N	Constipation			Water Retention			Osteoporosis			Clogged Arteries		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3065	72	2.3	97.7	88	2.9	97.1	25	0.8	99.2	1930	62.9	37.1
Age													
29 years and younger	1653	38	2.3	97.7	60	3.6	96.4	13	0.8	99.2	955	57.7	42.3
30-39 years	846	16	1.9	98.1	14	1.7	98.3	6	0.7	99.3	560	66.2	33.8
40 years or older	554	18	3.2	96.8	14	2.5	97.5	6	1.1	98.9	410	74.0	26.0
Missing	12	0		100.0	0		100.0	0		100.0	5	41.7	58.3
Sex													
Male	2547	59	2.3	97.7	72	2.8	97.2	23	0.9	99.1	1598	62.7	37.3
29 years and younger	1364	30	2.2	97.8	49	3.6	96.4	12	0.9	99.1	784	57.4	42.6
30-39 years	691	12	1.7	98.3	12	1.7	98.3	6	0.9	99.1	455	65.8	34.2
40 years or older	485	17	3.5	96.5	11	2.3	97.7	5	1.0	99.0	357	73.6	26.4
Missing	7	0		100.0	0		100.0	0		100.0	2	28.6	71.4
Female	494	13	2.6	97.4	14	2.8	97.2	2	0.4	99.6	318	64.4	35.6
29 years and younger	282	8	2.8	97.2	11	3.9	96.1	1	0.4	99.6	166	58.9	41.1
30-39 years	148	4	2.7	97.3	2	1.4	98.6	0		100.0	102	68.9	31.1
40 years or older	63	1	1.6	98.4	1	1.6	98.4	1	1.6	98.4	50	79.4	20.6
Missing	1	0		100.0	0		100.0	0		100.0	0	100.0	0
Missing	24	0		100.0	2	8.3	91.7	0		100.0	14	58.3	41.7
29 years and younger	7	0		100.0	0		100.0	0		100.0	5	71.4	28.6
30-39 years	7	0		100.0	0		100.0	0		100.0	3	42.9	57.1
40 years or older	6	0		100.0	2	33.3	66.7	0		100.0	3	50.0	50.0
Missing	4	0		100.0	0		100.0	0		100.0	3	75.0	25.0
Ethnic Group													
White	1920	40	2.1	97.9	59	3.1	96.9	13	0.7	99.3	1297	67.6	32.4
Black	663	20	3.0	97.0	21	3.2	96.8	10	1.5	98.5	353	53.2	46.8
Hispanic/Spanish	300	10	3.3	96.7	4	1.3	98.7	1	0.3	99.7	183	61.0	39.0
Other	145	1	0.7	99.3	2	1.4	98.6	1	0.7	99.3	83	57.2	42.8
Missing	37	1	2.7	97.3	2	5.4	94.6	0		100.0	14	37.8	62.2
Rank													
Enlisted	2364	59	2.5	97.5	70	3.0	97.0	17	0.7	99.3	1397	59.1	40.9
Officer/WO	687	13	1.9	98.1	17	2.5	97.5	8	1.2	98.8	525	76.4	23.6
Missing	14	0		100.0	1	7.1	92.9	0		100.0	8	57.1	42.9
MOS/SSI													
Combat Arms	921	16	1.7	98.3	30	3.3	96.7	9	1.0	99.0	546	59.3	40.7
Combat Support	856	13	1.5	98.5	24	2.8	97.2	7	0.8	99.2	557	65.0	35.0
Combat Service Support	1274	42	3.3	96.7	34	2.7	97.3	9	0.7	99.3	819	64.3	35.7
Missing	14	1	7.1	92.9	0		100.0	0		100.0	8	57.1	42.9
Substance Category													
BAS	2099	51	2.4	97.6	59	2.8	97.2	19	0.9	99.1	1399	66.6	33.4
Meal card holder	736	18	2.4	97.6	24	3.3	96.7	5	0.7	99.3	416	56.5	43.5
Missing	230	3	1.3	98.7	5	2.2	97.8	1	0.4	99.6	115	50.0	50.0

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 079
Question 29A5-7: Eating too much fat is linked to:

SELECTED CHARACTERISTICS	Total N	Diabetes		High Blood Cholesterol		High Blood Pressure	
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
Total Population	3065	194	6.4	1528	49.8	1247	40.7
Age							
29 years and younger	1653	74	4.5	719	43.5	639	38.6
30-39 years	846	69	8.2	467	55.2	357	42.2
40 years or older	554	51	9.2	338	61.0	249	44.9
Missing	12	0	100.0	4	33.3	2	16.7
Sex							
Male	2547	160	6.3	1257	49.3	1062	41.7
29 years and younger	1364	60	4.5	575	42.1	533	39.0
30-39 years	691	53	7.7	383	55.4	306	44.3
40 years or older	485	47	9.7	298	61.4	223	46.0
Missing	7	0	100.0	1	14.3	0	100.0
Female	494	34	6.9	258	52.2	174	35.2
29 years and younger	282	14	5.0	139	49.3	103	36.5
30-39 years	148	16	10.8	81	54.7	49	33.1
40 years or older	63	4	6.3	38	60.3	22	34.9
Missing	1	0	100.0	0	100.0	0	100.0
29 years and younger	24	0	100.0	13	54.2	11	45.8
30-39 years	7	0	100.0	5	71.4	3	42.9
40 years or older	6	0	100.0	3	42.9	2	28.6
Missing	4	0	100.0	2	33.3	4	66.7
Ethnic Group							
White	1920	133	6.9	1022	53.2	814	42.4
Black	663	34	5.3	268	40.4	235	35.4
Hispanic/Spanish	300	18	6.0	150	50.0	123	41.0
Other	145	8	5.5	74	51.0	63	43.4
Missing	37	1	2.7	14	37.8	12	32.4
Rank							
Enlisted	2364	132	5.6	1099	46.5	914	38.6
Officer/WO	687	60	8.7	425	61.9	329	47.9
Missing	14	2	14.3	4	28.6	4	28.6
MOS/SSI							
Combat Arms	921	53	5.8	441	47.9	386	41.9
Combat Support	856	53	6.3	427	49.8	357	41.7
Combat Service Support	1274	88	6.9	652	51.2	499	39.2
Missing	14	0	100.0	8	57.1	5	35.7
Subsistence Category							
BAS	2099	150	7.2	1120	53.3	917	43.7
Meal card holder	736	33	4.5	318	43.2	261	35.5
Missing	230	11	4.8	90	39.1	69	30.0

NOTES: N is the number of respondents that answered "YES" to the question.

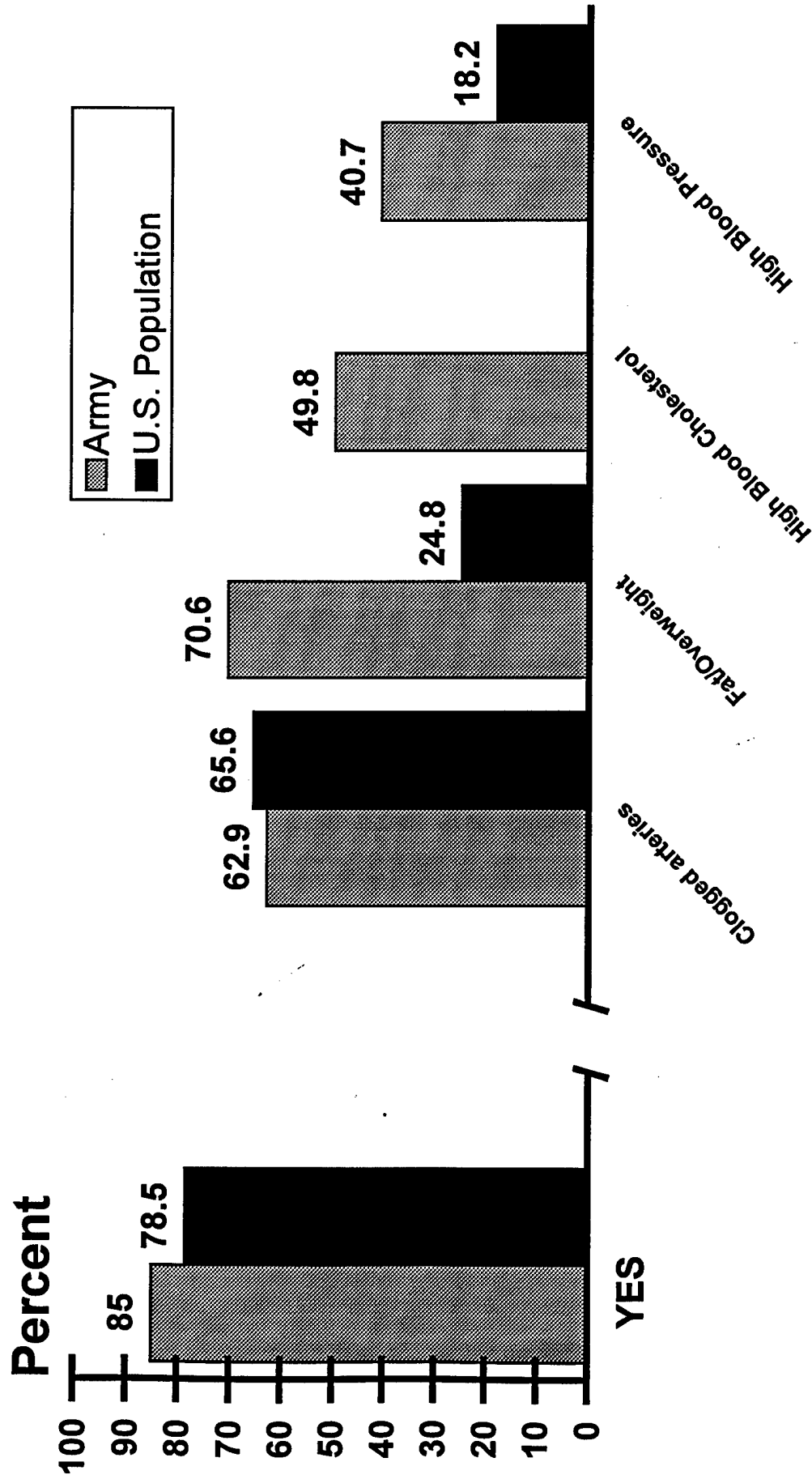
Table: 080
Question 29A8-10: Eating too much fat is linked to:

SELECTED CHARACTERISTICS	Total N	Cavities			Fat/Overweight			Cancer		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent	
Total Population	3065	41	1.3	98.7	2166	70.6	29.4	373	12.2	87.8
Age										
29 years and younger	1653	27	1.6	98.4	1110	67.1	32.9	114	6.9	93.1
30-39 years	846	8	0.9	99.1	607	71.7	28.3	125	14.8	85.2
40 years or older	554	6	1.1	98.9	442	79.8	20.2	134	24.2	75.8
Missing	12	0		100.0	7	58.3	41.7	0		100.0
Sex										
Male	2547	31	1.2	98.8	1775	69.7	30.3	298	11.7	88.3
29 years and younger	1364	20	1.5	98.5	899	65.9	34.1	89	6.5	93.5
30-39 years	691	5	0.7	99.3	487	70.5	29.5	89	12.9	87.1
40 years or older	485	6	1.2	98.8	385	79.4	20.6	120	24.7	75.3
Missing	7	0		100.0	4	57.1	42.9	0		100.0
Female	494	10	2.0	98.0	377	76.3	23.7	74	15.0	85.0
29 years and younger	282	7	2.5	97.5	207	73.4	26.6	24	8.5	91.5
30-39 years	148	3	2.0	98.0	116	78.4	21.6	36	24.3	75.7
40 years or older	63	0		100.0	54	85.7	14.3	14	22.2	77.8
Missing	1	0		100.0	0		100.0	0		100.0
29 years and younger	24	0		100.0	14	58.3	41.7	1	4.2	95.8
30-39 years	7	0		100.0	4	57.1	42.9	1	14.3	85.7
40 years or older	6	0		100.0	3	50.0	50.0	0		100.0
Missing	4	0		100.0	3	75.0	25.0	0		100.0
Ethnic Group										
White	1920	26	1.4	98.6	1446	75.3	24.7	280	14.6	85.4
Black	663	6	0.9	99.1	384	57.8	42.2	46	6.9	93.1
Hispanic/Spanish	300	6	2.0	98.0	212	70.7	29.3	19	6.3	93.7
Other	145	2	1.4	98.6	102	70.3	29.7	25	17.2	82.8
Missing	37	1	2.7	97.3	22	59.5	40.5	3	8.1	91.9
Rank										
Enlisted	2364	30	1.3	98.7	1574	66.6	33.4	186	7.9	92.1
Officer/WO	687	11	1.6	98.4	585	85.2	14.8	184	26.8	73.2
Missing	14	0		100.0	7	50.0	50.0	3	21.4	78.6
MOS/SSI										
Combat Arms	921	9	1.0	99.0	627	68.1	31.9	83	9.0	91.0
Combat Support	856	14	1.6	98.4	617	72.0	28.0	103	12.0	88.0
Combat Service Support	1274	18	1.4	98.6	915	71.8	28.2	185	14.5	85.5
Missing	14	0		100.0	7	50.0	50.0	2	14.3	85.7
Subsistence Category										
BAS	2099	27	1.3	98.7	1536	73.1	26.9	281	13.4	86.6
Meal card holder	736	12	1.6	98.4	499	67.8	32.2	74	10.1	89.9
Missing	230	2	0.9	99.1	131	57.0	43.0	18	7.8	92.2

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Figure 3. Health Problems Mentioned by Soldiers as Related to Eating Too Much Fat, 1996 -1997 (N = 2,977)



Health Problems

Table: 081
Question 29B: Have you heard of any health problems linked to not eating enough fiber?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2931	67.5	28.0	4.4
Age					
29 years and younger	1653	1597	62.2	34.3	3.4
30-39 years	846	797	71.0	23.2	5.8
40 years or older	554	527	79.1	16.1	4.9
Missing	12	10	25.0	58.3	16.7
Sex					
Male	2547	2440	65.8	29.9	4.2
29 years and younger	1364	1319	60.1	36.6	3.4
30-39 years	691	656	69.8	25.2	5.1
40 years or older	485	459	76.9	17.7	5.4
Missing	7	6	28.6	57.1	14.3
Female	494	469	76.5	18.4	5.1
29 years and younger	282	271	72.3	23.8	3.9
30-39 years	148	135	77.7	13.5	8.8
40 years or older	63	62	93.7	4.8	1.6
Missing	1	1	100.0		
Missing	24	22	66.7	25.0	8.3
29 years and younger	7	7	71.4	28.6	
30-39 years	7	6	57.1	28.6	14.3
40 years or older	6	6	100.0		
Missing	4	3	25.0	50.0	25.0
Ethnic Group					
White	1920	1857	72.9	23.8	3.3
Black	663	623	57.5	36.3	6.2
Hispanic/Spanish	300	283	59.0	35.3	5.7
Other	145	140	64.8	31.7	3.4
Missing	37	28	48.6	27.0	24.3
Rank					
Enlisted	2364	2264	63.8	31.9	4.3
Officer/WO	687	654	80.5	14.7	4.8
Missing	14	13	57.1	35.7	7.1
MOS/SSI					
Combat Arms	921	888	63.0	33.4	3.6
Combat Support	856	822	68.8	27.1	4.1
Combat Service Support	1274	1209	69.9	25.0	5.1
Missing	14	12	71.4	14.3	14.3
Subsistence Category					
BAS	2099	2011	71.0	24.8	4.2
Meal card holder	736	704	60.9	34.8	4.3
Missing	230	216	57.4	36.5	6.1
NOTES:					

Table: 082

Question 29B1-4: Not eating enough fiber is linked to:

SELECTED CHARACTERISTICS	Total N	Constipation			Water Retention			Osteoporosis			Clogged Arteries		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3065	1849	60.3	39.7	102	3.3	96.7	40	1.3	98.7	113	3.7	96.3
Age													
29 years and younger	1653	925	55.9	44.1	61	3.7	96.3	27	1.6	98.4	32	1.9	98.1
30-39 years	846	531	62.8	37.2	23	2.7	97.3	12	1.4	98.6	40	4.7	95.3
40 years or older	554	390	70.4	29.6	18	3.2	96.8	1	0.2	99.8	41	7.4	92.6
Missing	12	3	25.0	75.0	0		100.0	0		100.0	0		100.0
Sex													
Male	2547	1474	57.8	42.2	85	3.3	96.7	35	1.4	98.6	95	3.7	96.3
29 years and younger	1364	725	53.1	46.9	51	3.7	96.3	24	1.8	98.2	25	1.8	98.2
30-39 years	691	419	60.6	39.4	19	2.7	97.3	11	1.6	98.4	32	4.6	95.4
40 years or older	485	328	67.6	32.4	15	3.1	96.9	0		100.0	38	7.8	92.2
Missing	7	2	28.6	71.4	0		100.0	0		100.0	0		100.0
Female	494	364	73.7	26.3	16	3.2	96.8	5	1.0	99.0	18	3.6	96.4
29 years and younger	282	197	69.9	30.1	9	3.2	96.8	3	1.1	98.9	7	2.5	97.5
30-39 years	148	108	73.0	27.0	4	2.7	97.3	1	0.7	99.3	8	5.4	94.6
40 years or older	63	59	93.7	6.3	3	4.8	95.2	1	1.6	98.4	3	4.8	95.2
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
29 years and younger	24	11	45.8	54.2	1	4.2	95.8	0		100.0	0		100.0
30-39 years	7	3	42.9	57.1	1	14.3	85.7	0		100.0	0		100.0
40 years or older	6	3	50.0	50.0	0		100.0	0		100.0	0		100.0
Missing	4	1	25.0	75.0	0		100.0	0		100.0	0		100.0
Ethnic Group													
White	1920	1274	66.4	33.6	67	3.5	96.5	22	1.1	98.9	78	4.1	95.9
Black	663	318	47.9	52.1	25	3.8	96.2	10	1.5	98.5	21	3.2	96.8
Hispanic/Spanish	300	157	52.3	47.7	8	2.7	97.3	4	1.3	98.7	8	2.7	97.3
Other	145	83	57.2	42.8	2	1.4	98.6	2	1.4	98.6	5	3.4	96.6
Missing	37	17	45.9	54.1	0		100.0	2	5.4	94.6	1	2.7	97.3
Rank													
Enlisted	2364	1353	57.2	42.8	79	3.3	96.7	33	1.4	98.6	75	3.2	96.8
Officer/WO	687	488	71.0	29.0	23	3.3	96.7	7	1.0	99.0	38	5.5	94.5
Missing	14	8	57.1	42.9	0		100.0	0		100.0	0		100.0
MOS/SSI													
Combat Arms	921	513	55.7	44.3	31	3.4	96.6	12	1.3	98.7	35	3.8	96.2
Combat Support	856	521	60.8	39.2	25	2.9	97.1	13	1.5	98.5	32	3.7	96.3
Combat Service Support	1274	808	63.4	36.6	46	3.6	96.4	14	1.1	98.9	46	3.6	96.4
Missing	14	7	50.0	50.0	0		100.0	1	7.1	92.9	0		100.0
Subsistence Category													
BAS	2099	1347	64.1	35.9	65	3.1	96.9	25	1.2	98.8	82	3.9	96.1
Meal card holder	736	394	53.5	46.5	28	3.8	96.2	8	1.1	98.9	23	3.1	96.9
Missing	230	108	47.0	53.0	9	3.9	96.1	7	3.0	97.0	8	3.5	96.5

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 083
Question 29B5-7: Not eating enough fiber is linked to:

SELECTED CHARACTERISTICS	Total N	Diabetes		High Blood Cholesterol		High Blood Pressure	
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
Total Population	3065	31	1.0	159	5.2	75	2.4
Age							
29 years and younger	1653	10	0.6	48	2.9	26	1.6
30-39 years	846	13	1.5	64	7.6	31	3.7
40 years or older	554	8	1.4	46	8.3	18	3.2
Missing	12	0	100.0	1	8.3	0	100.0
Sex							
Male	2547	26	1.0	130	5.1	64	2.5
29 years and younger	1364	10	0.7	40	2.9	21	1.5
30-39 years	691	8	1.2	49	7.1	27	3.9
40 years or older	485	8	1.6	40	8.2	16	3.3
Missing	7	0	100.0	1	14.3	0	100.0
Female	494	5	1.0	27	5.5	10	2.0
29 years and younger	282	0	100.0	8	2.8	5	1.8
30-39 years	148	5	3.4	15	10.1	4	2.7
40 years or older	63	0	100.0	4	6.3	1	1.6
Missing	1	0	100.0	0	100.0	0	100.0
29 years and younger	24	0	100.0	2	8.3	1	4.2
30-39 years	7	0	100.0	0	100.0	0	100.0
40 years or older	6	0	100.0	2	33.3	1	16.7
Missing	4	0	100.0	0	100.0	0	100.0
Ethnic Group							
White	1920	21	1.1	111	5.8	45	2.3
Black	663	5	0.8	30	4.5	22	3.3
Hispanic/Spanish	300	2	0.7	9	3.0	4	1.3
Other	145	2	1.4	6	4.1	3	2.1
Missing	37	1	2.7	3	8.1	1	2.7
Rank							
Enlisted	2364	23	1.0	101	4.3	56	2.4
Officer/WO	687	8	1.2	56	8.2	19	2.8
Missing	14	0	100.0	2	14.3	0	100.0
MOS/SSI							
Combat Arms	921	9	1.0	45	4.9	25	2.7
Combat Support	856	6	0.7	40	4.7	26	3.0
Combat Service Support	1274	16	1.3	73	5.7	22	1.7
Missing	14	0	100.0	1	7.1	2	14.3
Substance Category							
BAS	2099	21	1.0	120	5.7	51	2.4
Meal card holder	736	6	0.8	28	3.8	19	2.6
Missing	230	4	1.7	11	4.8	5	2.2

NOTES: N is the number of respondents that answered "YES" to the question.

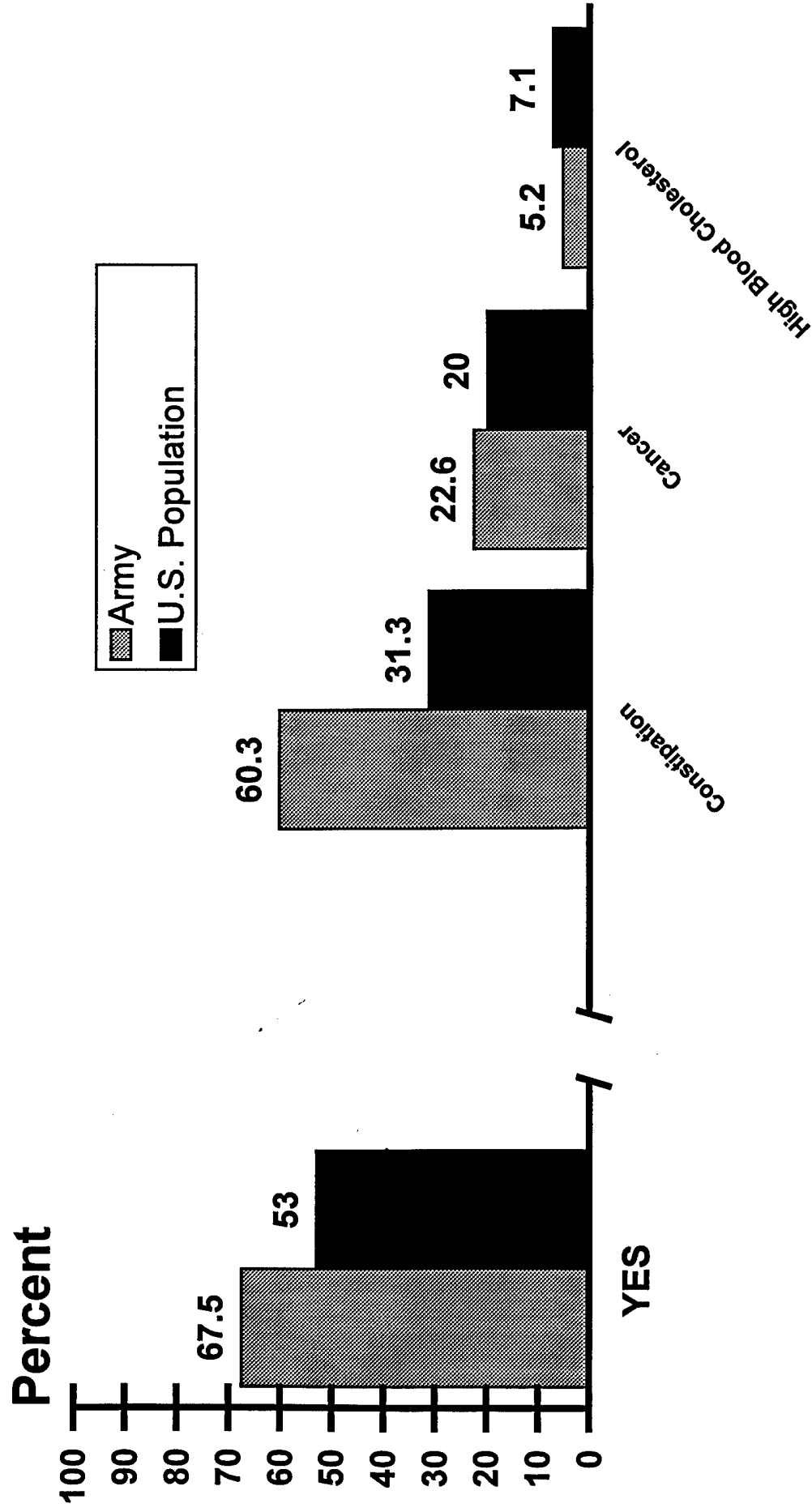
Table: 084

Question 29B8-10: Not eating enough fiber is linked to:

SELECTED CHARACTERISTICS	Total N	Cavities		Fat/Overweight		Cancer	
		N _{yes}	Yes	N _{yes}	Yes	N _{yes}	Percent
Total Population	3065	12	0.4	127	4.1	693	22.6
Age							77.4
29 years and younger	1653	9	0.5	34	2.1	216	13.1
30-39 years	846	2	0.2	45	5.3	239	28.3
40 years or older	554	1	0.2	48	8.7	237	42.8
Missing	12	0		0		1	8.3
Sex							91.7
Male	2547	12	0.5	100	3.9	569	22.3
29 years and younger	1364	9	0.7	27	2.0	170	12.5
30-39 years	691	2	0.3	33	4.8	188	27.2
40 years or older	485	1	0.2	40	8.2	211	43.5
Missing	7	0		0		0	56.5
Female	494	0		28	5.3	119	100.0
29 years and younger	282	0		7	2.5	45	24.1
30-39 years	148	0		12	8.1	49	16.0
40 years or older	63	0		7	11.1	25	33.1
Missing	1	0		0		0	66.9
29 years and younger	24	0		1	4.2	5	39.7
30-39 years	7	0		0		2	100.0
40 years or older	6	0		1	16.7	1	20.8
Missing	4	0		0		1	14.3
Ethnic Group							85.7
White	1920	10	0.5	95	4.9	547	28.6
Black	663	1	0.2	17	2.6	71	10.7
Hispanic/Spanish	300	1	0.3	10	3.3	41	13.7
Other	145	0		5	3.4	29	86.3
Missing	37	0		0		5	20.0
Rank							80.0
Enlisted	2364	11	0.5	75	3.2	389	13.5
Officer/WO	687	1	0.1	52	7.6	300	86.5
Missing	14	0		0		4	
MOS/SSI							71.4
Combat Arms	921	6	0.7	28	3.0	199	21.6
Combat Support	856	6	0.7	29	3.4	178	20.8
Combat Service Support	1274	0		69	5.4	312	24.5
Missing	14	0		1	7.1	4	75.5
Subsistence Category							71.4
BAS	2099	6	0.3	102	4.9	541	25.8
Meal card holder	736	5	0.7	17	2.3	114	15.5
Missing	230	1	0.4	8	3.5	38	84.5

NOTES: N is the number of respondents that answered "YES" to the question.

Figure 4. Health Problems Mentioned by Soldiers as Related to Fiber Intake, 1996 -1997 (N = 2,931)



Health Problems

Table: 085
Question 29C: Have you heard of any health problems due to too much salt or sodium?

SELECTED CHARACTERISTICS	Total N	N	Percent	
			Yes	No
Total Population	3065	2910	78.7	16.2
Age				5.1
29 years and younger	1585		75.3	20.6
30-39 years	846		81.1	12.6
40 years or older	554		86.1	8.3
Missing	12	9	41.7	33.3
Sex				
Male	2547	2424	77.7	17.5
29 years and younger	1364	1310	74.0	22.0
30-39 years	691	653	80.2	14.3
40 years or older	485	455	85.2	8.7
Missing	7	6	28.6	57.1
Female	494	486	84.6	9.7
29 years and younger	282	268	80.9	14.2
30-39 years	148	135	87.8	3.4
40 years or older	63	62	93.7	4.8
Missing	1	1	100.0	1.6
29 years and younger	24	20	66.7	16.7
30-39 years	7	7	100.0	
40 years or older	6	6	83.3	16.7
Missing	4	2	50.0	50.0
Ethnic Group				
White	1920	1841	81.1	14.7
Black	663	621	76.2	17.3
Hispanic/Spanish	300	281	74.3	19.3
Other	145	138	75.2	20.0
Missing	37	29	45.9	32.4
Rank				
Enlisted	2364	2249	76.8	18.3
Officer/WO	687	649	85.9	8.6
Missing	14	12	50.0	35.7
MOS/SSI				
Combat Arms	921	884	76.7	19.3
Combat Support	856	813	78.4	16.5
Combat Service Support	1274	1200	80.3	13.9
Missing	14	13	85.7	7.1
Subsistence Category				
BAS	2099	1992	81.8	13.0
Meal card holder	736	704	74.2	21.5
Missing	230	214	64.8	28.3

NOTES:

Table: 086
Question 29C1-4: Eating too much salt or sodium is linked to:

SELECTED CHARACTERISTICS	Total N	Constipation			Water Retention			Osteoporosis			Clogged Arteries		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3065	25	0.8	99.2	1181	38.5	61.5	26	0.8	99.2	156	5.1	94.9
Age													
29 years and younger	1653	13	0.8	99.2	520	31.4	68.6	18	1.1	98.9	86	5.2	94.8
30-39 years	846	7	0.8	99.2	363	42.9	57.1	7	0.8	99.2	43	5.1	94.9
40 years or older	554	5	0.9	99.1	292	52.7	47.3	1	0.2	99.8	26	4.7	95.3
Missing	12	0		100.0	6	50.0	50.0	0		100.0	1	8.3	91.7
Sex													
Male	2547	21	0.8	99.2	902	35.4	64.6	21	0.8	99.2	129	5.1	94.9
29 years and younger	1364	11	0.8	99.2	384	28.1	71.9	16	1.2	98.8	70	5.1	94.9
30-39 years	691	6	0.9	99.1	273	39.5	60.5	4	0.6	99.4	36	5.2	94.8
40 years or older	485	4	0.8	99.2	243	50.1	49.9	1	0.2	99.8	23	4.7	95.3
Missing	7	0		100.0	2	28.6	71.4	0		100.0	0		100.0
Female	494	4	0.8	99.2	272	55.1	44.9	5	1.0	99.0	26	5.3	94.7
29 years and younger	282	2	0.7	99.3	135	47.9	52.1	2	0.7	99.3	16	5.7	94.3
30-39 years	148	1	0.7	99.3	88	59.5	40.5	3	2.0	98.0	7	4.7	95.3
40 years or older	63	1	1.6	98.4	48	76.2	23.8	0		100.0	3	4.8	95.2
Missing	1	0		100.0	1	100.0		0		100.0	0		100.0
Missing	24	0		100.0	7	29.2	70.8	0		100.0	1	4.2	95.8
29 years and younger	7	0		100.0	1	14.3	85.7	0		100.0	0		100.0
30-39 years	7	0		100.0	2	28.6	71.4	0		100.0	0		100.0
40 years or older	6	0		100.0	1	16.7	83.3	0		100.0	0		100.0
Missing	4	0		100.0	3	75.0	25.0	0		100.0	1	25.0	75.0
Ethnic Group													
White	1920	20	1.0	99.0	836	43.5	56.5	17	0.9	99.1	108	5.6	94.4
Black	663	2	0.3	99.7	169	25.5	74.5	7	1.1	98.9	29	4.4	95.6
Hispanic/Spanish	300	2	0.7	99.3	109	36.3	63.7	1	0.3	99.7	8	2.7	97.3
Other	145	1	0.7	99.3	54	37.2	62.8	0		100.0	8	5.5	94.5
Missing	37	0		100.0	13	35.1	64.9	1	2.7	97.3	3	8.1	91.9
Rank													
Enlisted	2364	21	0.9	99.1	825	34.9	65.1	21	0.9	99.1	122	5.2	94.8
Officer/WO	687	4	0.6	99.4	355	51.7	48.3	5	0.7	99.3	34	4.9	95.1
Missing	14	0		100.0	1	7.1	92.9	0		100.0	0		100.0
MOS/SSI													
Combat Arms	921	10	1.1	98.9	297	32.2	67.8	10	1.1	98.9	56	6.1	93.9
Combat Support	856	6	0.7	99.3	327	38.2	61.8	8	0.9	99.1	34	4.0	96.0
Combat Service Support	1274	9	0.7	99.3	553	43.4	56.6	8	0.6	99.4	65	5.1	94.9
Missing	14	0		100.0	4	28.6	71.4	0		100.0	1	7.1	92.9
Subsistence Category													
BAS	2099	12	0.6	99.4	884	42.1	57.9	12	0.6	99.4	97	4.6	95.4
Meal card holder	736	9	1.2	98.8	231	31.4	68.6	9	1.2	98.8	52	7.1	92.9
Missing	230	4	1.7	98.3	66	28.7	71.3	5	2.2	97.8	7	3.0	97.0

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 087
Question 29C5-7: Eating too much salt or sodium is linked to:

SELECTED CHARACTERISTICS	Total N	Diabetes		High Blood Cholesterol		High Blood Pressure	
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
Total Population	3065	115	3.8	501	16.3	1920	62.6
Age							
29 years and younger	1653	78	4.7	280	16.9	926	56.0
30-39 years	846	20	2.4	144	17.0	586	69.3
40 years or older	554	17	3.1	76	13.7	403	72.7
Missing	12	0	100.0	1	8.3	5	41.7
Sex							
Male	2547	95	3.7	422	16.6	1572	61.7
29 years and younger	1364	62	4.5	236	17.3	747	54.7
30-39 years	691	17	2.5	118	17.1	468	67.7
40 years or older	485	16	3.3	68	14.0	355	73.2
Missing	7	0	100.0	0	100.0	2	28.6
Female	494	20	4.0	73	14.8	334	67.6
29 years and younger	282	16	5.7	41	14.5	174	61.7
30-39 years	148	3	2.0	25	16.9	116	78.4
40 years or older	63	1	1.6	7	11.1	44	69.8
Missing	1	0	100.0	0	100.0	0	100.0
Missing	24	0	100.0	6	25.0	14	58.3
29 years and younger	7	0	100.0	3	42.9	5	71.4
30-39 years	7	0	100.0	1	14.3	2	28.6
40 years or older	6	0	100.0	1	16.7	4	66.7
Missing	4	0	100.0	1	25.0	3	75.0
Ethnic Group							
White	1920	66	3.4	302	15.7	1256	65.4
Black	663	29	4.4	131	19.7	413	62.2
Hispanic/Spanish	300	15	5.0	46	15.3	151	50.3
Other	145	4	2.8	19	13.1	85	58.6
Missing	37	1	2.7	3	8.1	15	40.5
Rank							
Enlisted	2364	95	4.0	411	17.4	1402	59.3
Officer/WO	687	20	2.9	87	12.7	513	74.7
Missing	14	0	100.0	3	21.4	5	35.7
MOS/SSI							
Combat Arms	921	41	4.5	155	16.8	548	59.5
Combat Support	866	32	3.7	146	17.0	532	62.1
Combat Service Support	1274	41	3.2	198	15.5	832	65.3
Missing	14	1	7.1	2	14.3	8	57.1
Subsistence Category							
BAS	2099	71	3.4	341	16.2	1388	66.1
Meal card holder	736	28	3.8	126	17.1	417	56.7
Missing	230	16	7.0	34	14.8	115	50.0

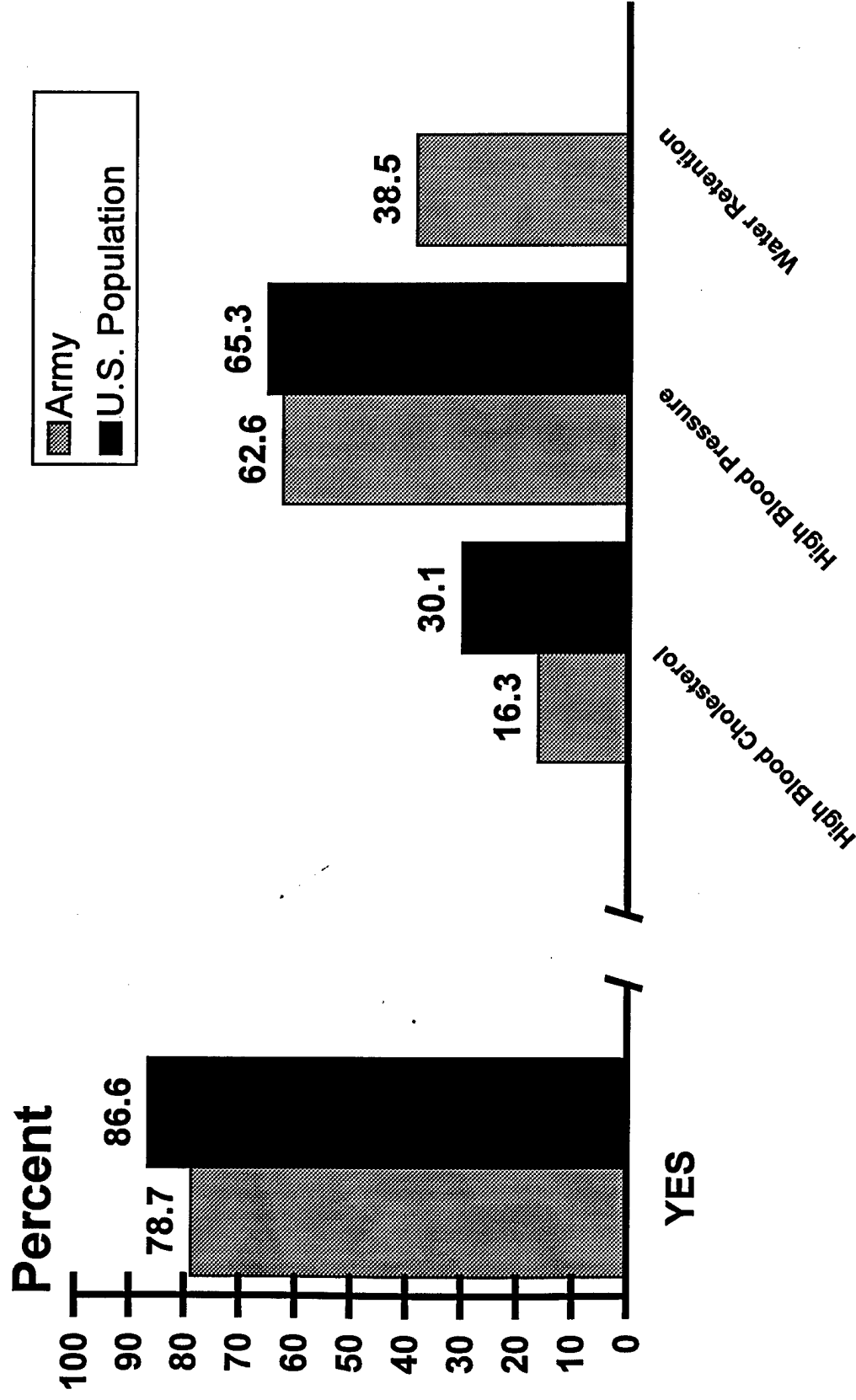
NOTES: N is the number of respondents that answered "YES" to the question.

Table: 088
Question 29C8-10: Eating too much salt or sodium is linked to:

SELECTED CHARACTERISTICS	Total N	Cavities		Fat/Overweight		Cancer	
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
		Yes	No	Yes	No	Yes	No
Total Population	3065	14	99.5	122	96.0	52	98.3
Age							
29 years and younger	1653	12	0.7	58	3.5	33	2.0
30-39 years	846	1	0.1	31	3.7	11	1.3
40 years or older	554	1	0.2	33	6.0	8	1.4
Missing	12	0	100.0	0	100.0	0	100.0
Sex							
Male	2547	14	0.5	95	3.7	46	1.8
29 years and younger	1364	12	0.9	42	3.1	29	2.1
30-39 years	691	1	0.1	24	3.5	10	1.4
40 years or older	485	1	0.2	29	6.0	7	1.4
Missing	7	0	100.0	0	100.0	0	100.0
Female	494	0	100.0	28	5.3	5	1.0
29 years and younger	282	0	100.0	15	5.3	3	1.1
30-39 years	148	0	100.0	7	4.7	1	0.7
40 years or older	63	0	100.0	4	6.3	1	1.6
Missing	1	0	100.0	0	100.0	0	100.0
Missing	24	0	100.0	1	4.2	1	4.2
29 years and younger	7	0	100.0	1	14.3	1	14.3
30-39 years	7	0	100.0	0	100.0	0	100.0
40 years or older	6	0	100.0	0	100.0	0	100.0
Missing	4	0	100.0	0	100.0	0	100.0
Ethnic Group							
White	1920	12	0.6	73	3.8	34	1.8
Black	663	2	0.3	27	4.1	8	1.2
Hispanic/Spanish	300	0	100.0	17	5.7	6	2.0
Other	145	0	100.0	4	2.8	4	2.8
Missing	37	0	100.0	1	2.7	0	100.0
Rank							
Enlisted	2364	14	0.6	91	3.8	40	1.7
Officer/WO	687	0	100.0	31	4.5	12	1.7
Missing	14	0	100.0	0	100.0	0	100.0
MOS/SSI							
Combat Arms	921	9	1.0	31	3.4	15	1.6
Combat Support	856	4	0.5	30	3.5	13	1.5
Combat Service Support	1274	1	0.1	61	4.8	23	1.8
Missing	14	0	100.0	0	100.0	1	7.1
Subsistence Category							
BAS	2099	4	0.2	87	4.1	35	1.7
Meal card holder	736	10	1.4	30	4.1	13	1.8
Missing	230	0	100.0	5	2.2	4	1.7

NOTES: N is the number of respondents that answered "YES" to the question.

Figure 5. Health Problems Mentioned by Soldiers as Related to Salt or Sodium Intake, 1996 -1997 (N = 2,910)



Health Problems

Table: 089
Question 29D: Have you heard of any health problems due to not enough calcium?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2897	67.5	27.0	5.5
Age					
29 years and younger	1653	1582	65.2	30.4	4.4
30-39 years	846	786	68.9	24.0	7.1
40 years or older	554	520	72.7	21.1	6.1
Missing	12	9	33.3	41.7	25.0
Sex					
Male	2547	2411	65.0	29.7	5.4
29 years and younger	1364	1305	62.3	33.3	4.4
30-39 years	691	648	66.7	27.1	6.2
40 years or older	485	452	70.3	22.9	6.8
Missing	7	6	28.6	57.1	14.3
Female	494	466	81.4	13.0	5.7
29 years and younger	282	270	79.4	16.3	4.3
30-39 years	148	133	79.7	10.1	10.1
40 years or older	63	62	93.7	4.8	1.6
Missing	1	1	100.0		
Missing	24	20	50.0	33.3	16.7
29 years and younger	7	7	57.1	42.9	
30-39 years	7	5	57.1	14.3	28.6
40 years or older	6	6	50.0	50.0	
Missing	4	2	25.0	25.0	50.0
Ethnic Group					
White	1920	1843	73.1	22.9	4.0
Black	663	611	55.6	36.4	8.0
Hispanic/Spanish	300	277	61.0	31.3	7.7
Other	145	138	66.9	28.3	4.8
Missing	37	28	43.2	32.4	24.3
Rank					
Enlisted	2364	2239	63.3	31.4	5.3
Officer/WO	687	646	82.2	11.8	6.0
Missing	14	12	50.0	35.7	14.3
MOS/SSI					
Combat Arms	921	878	62.5	32.8	4.7
Combat Support	856	809	68.4	26.0	5.6
Combat Service Support	1274	1198	70.4	23.6	6.0
Missing	14	12	71.4	14.3	14.3
Subsistence Category					
BAS	2099	1985	70.2	24.3	5.5
Meal card holder	736	700	62.9	32.2	4.9
Missing	230	212	57.0	35.2	7.8
NOTES:					

Table: 090
Question 29D1-4: Not eating enough calcium is linked to:

SELECTED CHARACTERISTICS	Total N	Constipation			Water Retention			Osteoporosis			Clogged Arteries		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent				
Total Population	3065	20	0.7	99.3	13	0.4	99.6	1746	56.9	43.1	18	0.6	99.4
Age													
29 years and younger	1653	14	0.8	99.2	7	0.4	99.6	866	52.4	47.6	7	0.4	99.6
30-39 years	846	1	0.1	99.9	4	0.5	99.5	511	60.4	39.6	5	0.6	99.4
40 years or older	554	5	0.9	99.1	2	0.4	99.6	365	65.9	34.1	5	0.9	99.1
Missing	12	0		100.0	0		100.0	4	33.3	66.7	1	8.3	91.7
Sex													
Male	2547	17	0.7	99.3	13	0.5	99.5	1360	53.4	46.6	17	0.7	99.3
29 years and younger	1364	12	0.9	99.1	7	0.5	99.5	659	48.3	51.7	7	0.5	99.5
30-39 years	691	1	0.1	99.9	4	0.6	99.4	392	56.7	43.3	4	0.6	99.4
40 years or older	485	4	0.8	99.2	2	0.4	99.6	307	63.3	36.7	5	1.0	99.0
Missing	7	0		100.0	0		100.0	2	28.6	71.4	1	14.3	85.7
Female	494	2	0.4	99.6	0		100.0	377	76.3	23.7	1	0.2	99.8
29 years and younger	282	2	0.7	99.3	0		100.0	204	72.3	27.7	0		100.0
30-39 years	148	0		100.0	0		100.0	116	78.4	21.6	1	0.7	99.3
40 years or older	63	0		100.0	0		100.0	57	90.5	9.5	0		100.0
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
29 years and younger	24	1	4.2	95.8	0		100.0	9	37.5	62.5	0		100.0
30-39 years	7	0		100.0	0		100.0	3	42.9	57.1	0		100.0
40 years or older	7	0		100.0	0		100.0	3	42.9	57.1	0		100.0
Missing	6	1	16.7	83.3	0		100.0	1	16.7	83.3	0		100.0
	4	0		100.0	0		100.0	2	50.0	50.0	0		100.0
Ethnic Group													
White	1920	14	0.7	99.3	7	0.4	99.6	1231	64.1	35.9	5	0.3	99.7
Black	663	4	0.6	99.4	2	0.3	99.7	268	40.4	59.6	8	1.2	98.8
Hispanic/Spanish	300	0		100.0	2	0.7	99.3	145	48.3	51.7	3	1.0	99.0
Other	145	2	1.4	98.6	1	0.7	99.3	83	57.2	42.8	2	1.4	98.6
Missing	37	0		100.0	1	2.7	97.3	19	51.4	48.6	0		100.0
Rank													
Enlisted	2364	18	0.8	99.2	11	0.5	99.5	1206	51.0	49.0	15	0.6	99.4
Officer/WO	687	2	0.3	99.7	2	0.3	99.7	536	78.0	22.0	3	0.4	99.6
Missing	14	0		100.0	0		100.0	4	28.6	71.4	0		100.0
MOS/SSI													
Combat Arms	921	9	1.0	99.0	7	0.8	99.2	468	50.8	49.2	10	1.1	98.9
Combat Support	856	1	0.1	99.9	3	0.4	99.6	498	58.1	41.9	3	0.4	99.6
Combat Service Support	1274	10	0.8	99.2	2	0.2	99.8	772	60.6	39.4	5	0.4	99.6
Missing	14	0		100.0	1	7.1	92.9	8	57.1	42.9	0		100.0
Subsistence Category													
BAS	2099	11	0.5	99.5	9	0.4	99.6	1277	60.8	39.2	14	0.7	99.3
Meal card holder	736	8	1.1	98.9	3	0.4	99.6	362	49.2	50.8	2	0.3	99.7
Missing	230	1	0.4	99.6	1	0.4	99.6	107	46.5	53.5	2	0.9	99.1

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 091

Question 29D5-7: Not eating enough calcium is linked to:

SELECTED CHARACTERISTICS	Total N	Diabetes		High Blood Cholesterol		High Blood Pressure	
		Yes	No	Yes	No	Yes	No
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
Total Population	3065	19	0.6	21	0.7	34	1.1
Age							
29 years and younger	1653	9	0.5	6	0.4	15	0.9
30-39 years	846	7	0.8	12	1.4	11	1.3
40 years or older	554	3	0.5	2	0.4	8	1.4
Missing	12	0	100.0	1	8.3	0	100.0
Sex							
Male	2547	15	0.6	15	0.6	26	1.0
29 years and younger	1384	6	0.4	4	0.3	13	1.0
30-39 years	891	6	0.9	8	1.2	6	0.9
40 years or older	485	3	0.6	2	0.4	7	1.4
Missing	7	0	100.0	1	14.3	0	100.0
Female	494	4	0.8	6	1.2	8	1.6
29 years and younger	282	3	1.1	2	0.7	2	0.7
30-39 years	148	1	0.7	4	2.7	5	3.4
40 years or older	63	0	100.0	0	100.0	1	1.6
Missing	1	0	100.0	0	100.0	0	100.0
29 years and younger	24	0	100.0	0	100.0	0	100.0
30-39 years	7	0	100.0	0	100.0	0	100.0
40 years or older	6	0	100.0	0	100.0	0	100.0
Missing	4	0	100.0	0	100.0	0	100.0
Ethnic Group							
White	1920	7	0.4	13	0.7	23	1.2
Black	663	7	1.1	3	0.5	4	0.6
Hispanic/Spanish	300	4	1.3	3	1.0	6	2.0
Other	145	0	100.0	2	1.4	1	0.7
Missing	37	1	2.7	0	100.0	0	100.0
Rank							
Enlisted	2364	17	0.7	15	0.6	24	1.0
Officer/WO	687	2	0.3	6	0.9	10	1.5
Missing	14	0	100.0	0	100.0	0	100.0
MOS/SSI							
Combat Arms	921	9	1.0	11	1.2	9	1.0
Combat Support	856	6	0.7	2	0.2	6	0.7
Combat Service Support	1274	4	0.3	8	0.6	19	1.5
Missing	14	0	100.0	0	100.0	0	100.0
Substance Category							
BAS	2099	14	0.7	14	0.7	23	1.1
Meal card holder	736	4	0.5	5	0.7	7	1.0
Missing	230	1	0.4	2	0.9	4	1.7

NOTES: N is the number of respondents that answered "YES" to the question.

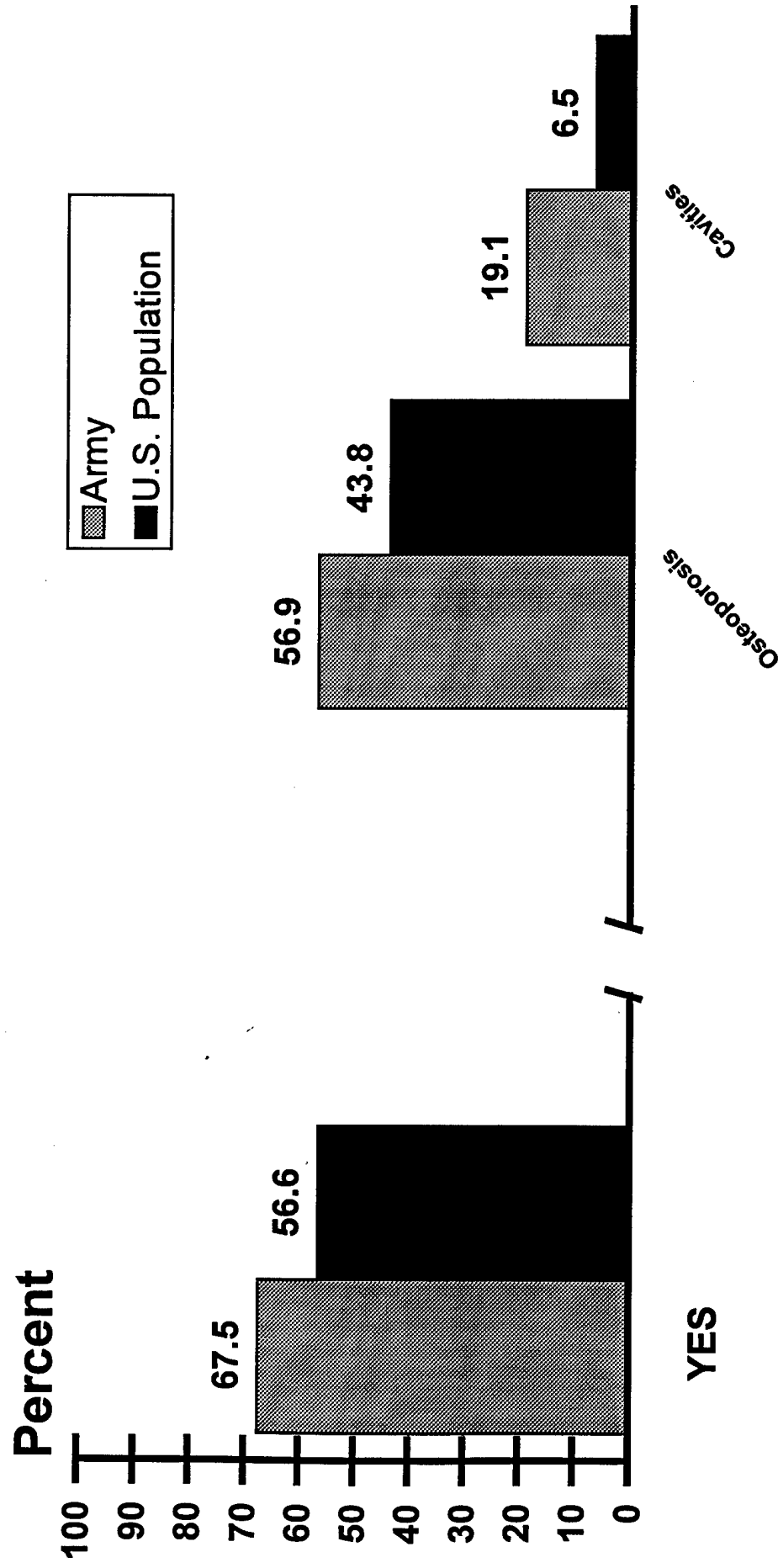
Table: 092
Question 29D8-10: Not eating enough calcium is linked to:

SELECTED CHARACTERISTICS	Total N	Cavities			Fat/Overweight			Cancer		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent	
Total Population	3065	585	19.1	80.9	13	0.4	99.6	62	2.0	98.0
Age										
28 years and younger	1653	300	18.1	81.9	8	0.5	99.5	36	2.2	97.8
30-39 years	846	171	20.2	79.8	3	0.4	99.6	20	2.4	97.6
40 years or older	554	114	20.6	79.4	2	0.4	99.6	6	1.1	98.9
Missing	12	0		100.0	0		100.0	0		100.0
Sex										
Male	2547	500	19.6	80.4	11	0.4	99.6	49	1.9	98.1
28 years and younger	1364	256	18.8	81.2	6	0.4	99.6	26	1.9	98.1
30-39 years	691	144	20.8	79.2	3	0.4	99.6	17	2.5	97.5
40 years or older	485	100	20.6	79.4	2	0.4	99.6	6	1.2	98.8
Missing	7	0		100.0	0		100.0	0		100.0
Female	494	81	16.4	83.6	2	0.4	99.6	12	2.4	97.6
28 years and younger	282	43	15.2	84.8	2	0.7	99.3	9	3.2	96.8
30-39 years	148	27	18.2	81.8	0		100.0	3	2.0	98.0
40 years or older	63	11	17.5	82.5	0		100.0	0		100.0
Missing	1	0		100.0	0		100.0	0		100.0
Missing	24	4	16.7	83.3	0		100.0	0	4.2	95.8
28 years and younger	7	1	14.3	85.7	0		100.0	1	14.3	85.7
30-39 years	7	0		100.0	0		100.0	0		100.0
40 years or older	6	3	50.0	50.0	0		100.0	0		100.0
Missing	4	0		100.0	0		100.0	0		100.0
Ethnic Group										
White	1920	359	18.7	81.3	8	0.4	99.6	41	2.1	97.9
Black	663	120	18.1	81.9	2	0.3	99.7	14	2.1	97.9
Hispanic/Spanish	300	74	24.7	75.3	3	1.0	99.0	4	1.3	98.7
Other	145	30	20.7	79.3	0		100.0	3	2.1	97.9
Missing	37	2	5.4	94.6	0		100.0	0		100.0
Rank										
Enlisted	2364	465	19.7	80.3	11	0.5	99.5	53	2.2	97.8
Officer/WO	687	118	17.2	82.8	2	0.3	99.7	9	1.3	98.7
Missing	14	2	14.3	85.7	0		100.0	0		100.0
MOS/SSI										
Combat Arms	921	166	18.0	82.0	6	0.7	99.3	23	2.5	97.5
Combat Support	856	177	20.7	79.3	2	0.2	99.8	13	1.5	98.5
Combat Service Support	1274	241	18.9	81.1	5	0.4	99.6	26	2.0	98.0
Missing	14	1	7.1	92.9	0		100.0	0		100.0
Substance Category										
BAS	2099	403	19.2	80.8	7	0.3	99.7	46	2.2	97.8
Meal card holder	736	145	19.7	80.3	6	0.8	99.2	13	1.8	98.2
Missing	230	37	16.1	83.9	0		100.0	3	1.3	98.7

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Figure 6. Health Problems Mentioned by Soldiers as Related to Calcium Intake, 1996 -1997 (N = 2,897)



Health Problems

Table: 093
Question 29E: Have you heard of any health problems due to too much cholesterol?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2887	79.4	14.7	5.8
Age					
29 years and younger	1653	1576	77.8	17.5	4.7
30-39 years	846	789	80.5	12.8	6.7
40 years or older	554	513	83.8	8.8	7.4
Missing	12	9	33.3	41.7	25.0
Sex					
Male	2547	2405	79.0	15.3	5.6
29 years and younger	1364	1302	77.1	18.2	4.6
30-39 years	691	649	80.0	13.9	6.1
40 years or older	485	448	83.7	8.7	7.6
Missing	7	6	28.6	57.1	14.3
Female	494	461	81.6	11.7	6.7
29 years and younger	282	267	80.1	14.5	5.3
30-39 years	148	134	83.1	7.4	9.5
40 years or older	63	59	85.7	7.9	6.3
Missing	1	1	100.0		
Missing	24	21	75.0	12.5	12.5
29 years and younger	7	7	100.0		
30-39 years	7	6	71.4	14.3	14.3
40 years or older	6	6	66.7	33.3	
Missing	4	2	50.0		50.0
Ethnic Group					
White	1920	1830	82.7	12.6	4.7
Black	663	612	73.3	18.8	7.8
Hispanic/Spanish	300	280	77.3	16.0	6.7
Other	145	137	77.9	16.6	5.5
Missing	37	28	40.5	35.1	24.3
Rank					
Enlisted	2364	2229	77.3	17.0	5.8
Officer/NO	687	646	87.5	6.6	6.0
Missing	14	12	42.9	42.9	14.3
MOS/SSI					
Combat Arms	921	877	77.7	17.5	4.8
Combat Support	856	815	80.9	14.2	4.9
Combat Service Support	1274	1183	79.7	13.1	7.1
Missing	14	12	71.4	14.3	14.3
Subsistence Category					
BAS	2099	1979	81.3	13.0	5.8
Meal card holder	736	698	77.3	17.5	5.2
Missing	230	210	69.1	22.2	8.7
NOTES:					

Table: 094
Question 29E1-4: Eating too much cholesterol is linked to:

SELECTED CHARACTERISTICS	Total N	Constipation			Water Retention			Osteoporosis			Clogged Arteries		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3065	26	0.8	99.2	17	0.6	99.4	19	0.6	99.4	1636	53.4	46.6
Age													
29 years and younger	1653	16	1.0	99.0	9	0.5	99.5	11	0.7	99.3	829	50.1	49.9
30-39 years	846	5	0.6	99.4	6	0.7	99.3	4	0.5	99.5	453	53.5	46.5
40 years or older	554	5	0.9	99.1	2	0.4	99.6	4	0.7	99.3	350	63.2	36.8
Missing	12	0		100.0	0		100.0	0		100.0	4	33.3	66.7
Sex													
Male	2547	22	0.9	99.1	16	0.6	99.4	17	0.7	99.3	1345	52.8	47.2
29 years and younger	1364	13	1.0	99.0	8	0.6	99.4	11	0.8	99.2	673	49.3	50.7
30-39 years	691	4	0.6	99.4	6	0.9	99.1	4	0.6	99.4	364	52.7	47.3
40 years or older	485	5	1.0	99.0	2	0.4	99.6	2	0.4	99.6	307	63.3	36.7
Missing	7	0		100.0	0		100.0	0		100.0	1	14.3	85.7
Female	494	4	0.8	99.2	1	0.2	99.8	1	0.2	99.8	279	56.5	43.5
29 years and younger	282	3	1.1	98.9	1	0.4	99.6	0		100.0	152	53.9	46.1
30-39 years	148	1	0.7	99.3	0		100.0	0		100.0	87	58.8	41.2
40 years or older	63	0		100.0	0		100.0	1	1.6	98.4	40	63.5	36.5
Missing	1	0		100.0	0		100.0	0		100.0	0	100.0	
29 years and younger	24	0		100.0	0		100.0	1	4.2	95.8	12	50.0	50.0
30-39 years	7	0		100.0	0		100.0	0		100.0	4	57.1	42.9
40 years or older	6	0		100.0	0		100.0	0		100.0	2	28.6	71.4
Missing	4	0		100.0	0		100.0	1	16.7	83.3	3	50.0	50.0
								0		100.0	3	75.0	25.0
Ethnic Group													
White	1920	13	0.7	99.3	12	0.6	99.4	8	0.4	99.6	1105	57.6	42.4
Black	663	10	1.5	98.5	5	0.8	99.2	9	1.4	98.6	281	42.3	57.7
Hispanic/Spanish	300	2	0.7	99.3	0		100.0	1	0.3	99.7	164	54.7	45.3
Other	145	1	0.7	99.3	0		100.0	0		100.0	73	50.3	49.7
Missing	37	0		100.0	0		100.0	1	2.7	97.3	13	35.1	64.9
Rank													
Enlisted	2364	23	1.0	99.0	14	0.6	99.4	15	0.6	99.4	1170	49.5	50.5
Officer/WO	687	3	0.4	99.6	3	0.4	99.6	4	0.6	99.4	462	67.2	32.8
Missing	14	0		100.0	0		100.0	0		100.0	4	28.6	71.4
MOS/SSI													
Combat Arms	921	7	0.8	99.2	6	0.7	99.3	7	0.8	99.2	464	50.4	49.6
Combat Support	856	6	0.7	99.3	4	0.5	99.5	5	0.6	99.4	481	56.1	43.9
Combat Service Support	1274	13	1.0	99.0	7	0.5	99.5	7	0.5	99.5	687	53.9	46.1
Missing	14	0		100.0	0		100.0	0		100.0	4	28.6	71.4
Substance Category													
BAS	2099	14	0.7	99.3	12	0.6	99.4	14	0.7	99.3	1177	56.0	44.0
Meal card holder	736	8	1.1	98.9	3	0.4	99.6	2	0.3	99.7	359	48.8	51.2
Missing	230	4	1.7	98.3	2	0.9	98.1	3	1.3	98.7	100	43.5	56.5

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 095
Question 29E5-7: Eating too much cholesterol is linked to:

SELECTED CHARACTERISTICS	Total N	Diabetes		High Blood Cholesterol		High Blood Pressure	
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
Total Population	3065	76	2.5	1935	63.1	1001	32.6
Age							
29 years and younger	1653	34	2.1	996	60.2	525	31.7
30-39 years	846	26	3.1	549	64.9	298	35.2
40 years or older	554	15	2.7	385	69.5	176	31.8
Missing	12	1	8.3	5	41.7	2	16.7
Sex							
Male	2547	61	2.4	1587	62.3	847	33.2
29 years and younger	1364	27	2.0	808	59.2	440	32.2
30-39 years	691	20	2.9	441	63.8	249	36.0
40 years or older	485	14	2.9	336	69.3	158	32.6
Missing	7	0	100.0	2	28.6	0	100.0
Female	494	14	2.8	332	67.2	146	29.6
29 years and younger	282	7	2.5	182	64.5	81	28.7
30-39 years	148	6	4.1	104	70.3	48	32.4
40 years or older	63	1	1.6	46	73.0	17	27.0
Missing	1	0	100.0	0	100.0	0	100.0
Missing	24	1	4.2	16	66.7	8	33.3
29 years and younger	7	0	100.0	6	85.7	4	57.1
30-39 years	7	0	100.0	4	57.1	1	14.3
40 years or older	6	0	100.0	3	50.0	1	16.7
Missing	4	1	25.0	3	75.0	2	50.0
Ethnic Group							
White	1920	44	2.3	1322	68.9	673	35.1
Black	663	18	2.7	342	51.5	163	24.5
Hispanic/Spanish	300	9	3.0	172	57.3	114	38.0
Other	145	4	2.8	86	59.3	42	29.0
Missing	37	1	2.7	13	35.1	9	24.3
Rank							
Enlisted	2364	52	2.2	1400	59.2	762	32.2
Officer/WO	687	24	3.5	529	77.0	237	34.5
Missing	14	0	100.0	6	42.9	2	14.3
MOS/SSI							
Combat Arms	921	21	2.3	556	60.4	301	32.7
Combat Support	856	28	3.3	564	65.8	289	33.7
Combat Service Support	1274	27	2.1	806	63.3	407	31.9
Missing	14	0	100.0	9	64.3	4	28.6
Substance Category							
BAS	2099	55	2.6	1384	65.9	722	34.4
Meal card holder	736	12	1.6	435	59.1	217	29.5
Missing	230	9	3.9	116	50.4	62	27.0

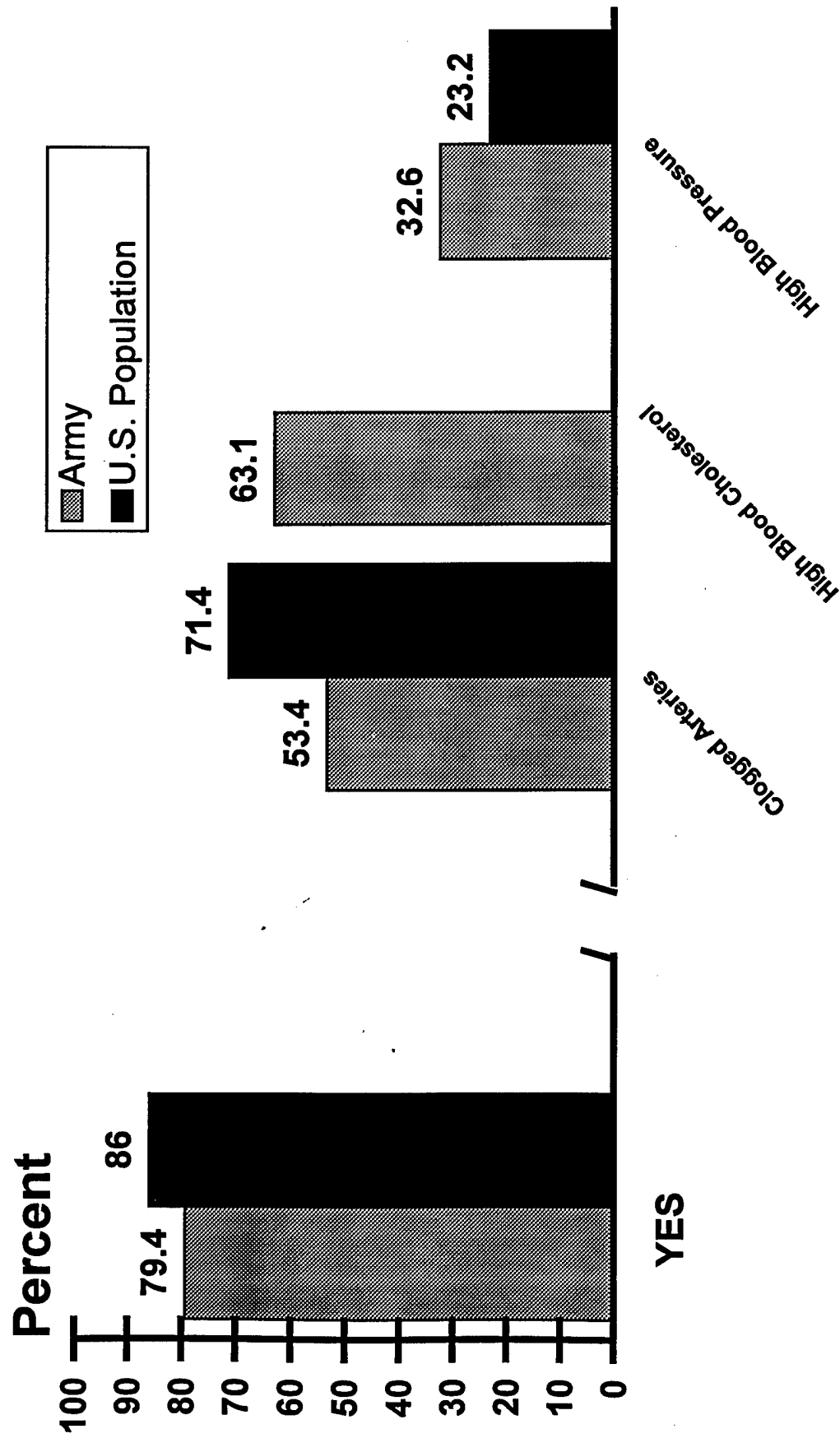
NOTES: N is the number of respondents that answered "YES" to the question.

Table: 096
Question 29E8-10: Eating too much cholesterol is linked to:

SELECTED CHARACTERISTICS	Total N	Cavities		Fat/Overweight		Cancer	
		N _{Yes}	Percent	N _{Yes}	Percent	N _{Yes}	Percent
Total Population	3065	11	0.4	699	22.8	187	6.1
Age							
29 years and younger	1653	7	0.4	351	21.2	88	5.3
30-39 years	846	4	0.5	197	23.3	52	6.1
40 years or older	554	0		149	26.9	47	8.5
Missing	12	0		2	16.7	0	100.0
Sex							
Male	2547	9	0.4	579	22.7	160	6.3
29 years and younger	1364	7	0.5	286	21.0	74	5.4
30-39 years	691	2	0.3	158	22.9	41	5.9
40 years or older	485	0		135	27.8	45	9.3
Missing	7	0		0	100.0	0	100.0
Female	494	2	0.4	110	22.3	26	5.3
29 years and younger	282	0		60	21.3	13	4.6
30-39 years	148	2	1.4	37	25.0	11	7.4
40 years or older	63	0		13	20.6	2	3.2
Missing	1	0		0	100.0	0	100.0
Missing	24	0		10	41.7	1	4.2
29 years and younger	7	0		5	71.4	1	14.3
30-39 years	7	0		2	28.6	0	100.0
40 years or older	6	0		1	16.7	0	100.0
Missing	4	0		2	50.0	0	100.0
Ethnic Group							
White	1920	8	0.4	458	23.9	134	7.0
Black	663	1	0.2	118	17.8	29	4.4
Hispanic/Spanish	300	2	0.7	80	26.7	12	4.0
Other	145	0		39	26.9	11	7.6
Missing	37	0		4	10.8	1	2.7
Rank							
Enlisted	2364	9	0.4	497	21.0	132	5.6
Officer/WO	687	2	0.3	200	29.1	54	7.9
Missing	14	0		2	14.3	1	7.1
MOS/SSI							
Combat Arms	921	5	0.5	192	20.8	54	5.9
Combat Support	856	2	0.2	191	22.3	45	5.3
Combat Service Support	1274	4	0.3	313	24.6	86	6.8
Missing	14	0		3	21.4	2	14.3
Substance Category							
BAS	2099	3	0.1	491	23.4	136	6.5
Meal card holder	736	6	0.8	168	22.8	42	5.7
Missing	230	2	0.9	40	17.4	9	3.9

NOTES: N is the number of respondents that answered "YES" to the question.

Figure 7. Health Problems Mentioned by Soldiers as Related to Cholesterol Intake, 1996 -1997 (N = 2,887)



Health Problems

Table: 097

Question 29F: Have you heard of any health problems due to too much sugar?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2887	78.1	16.1	5.8
Age					
29 years and younger	1653	1575	75.8	19.4	4.8
30-39 years	846	785	79.1	13.7	7.2
40 years or older	554	518	83.6	9.9	6.5
Missing	12	9	66.7	8.3	25.0
Sex					
Male	2547	2398	76.7	17.4	5.9
29 years and younger	1364	1298	74.4	20.7	4.9
30-39 years	691	644	77.4	15.8	6.8
40 years or older	485	450	82.3	10.5	7.2
Missing	7	6	71.4	14.3	14.3
Female	494	468	85.2	9.5	5.3
29 years and younger	282	270	82.3	13.5	4.3
30-39 years	148	135	86.5	4.7	8.8
40 years or older	63	62	95.2	3.2	1.6
Missing	1	1	100.0		
Missing	24	21	79.2	8.3	12.5
29 years and younger	7	7	100.0		
30-39 years	7	6	85.7		14.3
40 years or older	6	6	66.7	33.3	
Missing	4	2	50.0		50.0
Ethnic Group					
White	1920	1833	80.2	15.3	4.5
Black	663	611	74.2	17.8	8.0
Hispanic/Spanish	300	278	76.3	16.3	7.3
Other	145	137	77.9	16.6	5.5
Missing	37	28	51.4	24.3	24.3
Rank					
Enlisted	2364	2229	76.5	17.8	5.8
Officer/NO	687	646	84.1	9.9	6.0
Missing	14	12	50.0	35.7	14.3
MOS/SSI					
Combat Arms	921	877	77.2	18.0	4.8
Combat Support	856	809	76.3	18.1	5.6
Combat Service Support	1274	1189	79.9	13.4	6.7
Missing	14	12	78.6	7.1	14.3
Subsistence Category					
BAS	2099	1976	79.1	15.0	5.9
Meal card holder	736	700	78.1	17.0	4.9
Missing	230	211	68.3	23.5	8.3
NOTES:					

Table: 098
Question 29F1-4: Eating too much sugar is linked to:

SELECTED CHARACTERISTICS	Total N	Constipation			Water Retention			Osteoporosis			Clogged Arteries		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3065	25	0.8	99.2	27	0.9	99.1	9	0.3	99.7	69	2.3	97.7
Age													
29 years and younger	1653	15	0.9	99.1	13	0.8	99.2	8	0.5	99.5	30	1.8	98.2
30-39 years	846	5	0.6	99.4	4	0.5	99.5	1	0.1	99.9	11	1.3	98.7
40 years or older	554	5	0.9	99.1	10	1.8	98.2	0		100.0	28	5.1	94.9
Missing	12	0		100.0	0		100.0	0		100.0	0		100.0
Sex													
Male	2547	18	0.7	99.3	25	1.0	99.0	9	0.4	99.6	63	2.5	97.5
29 years and younger	1364	10	0.7	99.3	12	0.9	99.1	8	0.6	99.4	28	2.1	97.9
30-39 years	691	4	0.6	99.4	4	0.6	99.4	1	0.1	99.9	8	1.2	98.8
40 years or older	485	4	0.8	99.2	9	1.9	98.1	0		100.0	27	5.6	94.4
Missing	7	0		100.0	0		100.0	0		100.0	0		100.0
Female	494	7	1.4	98.6	1	0.2	99.8	0		100.0	6	1.2	98.8
29 years and younger	282	5	1.8	98.2	1	0.4	99.6	0		100.0	2	0.7	99.3
30-39 years	148	1	0.7	99.3	0		100.0	0		100.0	3	2.0	98.0
40 years or older	63	1	1.6	98.4	0		100.0	0		100.0	1	1.6	98.4
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
29 years and younger	24	0		100.0	1	4.2	95.8	0		100.0	0		100.0
30-39 years	7	0		100.0	0		100.0	0		100.0	0		100.0
40 years or older	6	0		100.0	1	16.7	83.3	0		100.0	0		100.0
Missing	4	0		100.0	0		100.0	0		100.0	0		100.0
Ethnic Group													
White	1920	16	0.8	98.2	11	0.6	99.4	6	0.3	99.7	44	2.3	97.7
Black	663	5	0.8	99.2	10	1.5	98.5	0		100.0	12	1.8	98.2
Hispanic/Spanish	300	3	1.0	99.0	4	1.3	98.7	2	0.7	99.3	8	2.7	97.3
Other	145	1	0.7	99.3	2	1.4	98.6	1	0.7	99.3	3	2.1	97.9
Missing	37	0		100.0	0		100.0	0		100.0	2	5.4	94.6
Rank													
Enlisted	2364	20	0.8	99.2	24	1.0	99.0	7	0.3	99.7	58	2.5	97.5
Officer/WO	687	5	0.7	99.3	3	0.4	99.6	2	0.3	99.7	11	1.6	98.4
Missing	14	0		100.0	0		100.0	0		100.0	0		100.0
MOS/SSI													
Combat Arms	921	8	0.9	99.1	9	1.0	99.0	4	0.4	99.6	21	2.3	97.7
Combat Support	856	7	0.8	99.2	3	0.4	99.6	2	0.2	99.8	17	2.0	98.0
Combat Service Support	1274	10	0.8	99.2	15	1.2	98.8	3	0.2	99.8	31	2.4	97.6
Missing	14	0		100.0	0		100.0	0		100.0	0		100.0
Substance Category													
BAS	2099	16	0.8	99.2	21	1.0	99.0	5	0.2	99.8	50	2.4	97.6
Meal card holder	736	7	1.0	99.0	5	0.7	99.3	3	0.4	99.6	14	1.9	98.1
Missing	230	2	0.9	99.1	1	0.4	99.6	1	0.4	99.6	5	2.2	97.8

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 99

Question 29F5-7: Eating too much sugar is linked to:

SELECTED CHARACTERISTICS	Total N	Diabetes		High Blood Cholesterol		High Blood Pressure	
		Yes	No	Yes	No	Yes	No
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
Total Population	3065	1499	48.9	76	2.5	173	5.6
Age							
29 years and younger	1653	718	43.4	36	2.2	90	5.4
30-39 years	846	450	53.2	20	2.4	44	5.2
40 years or older	554	329	59.4	19	3.4	39	7.0
Missing	12	2	16.7	1	8.3	0	100.0
Sex							
Male	2547	1254	49.2	63	2.5	155	6.1
29 years and younger	1364	593	43.4	30	2.2	80	5.9
30-39 years	691	371	53.7	14	2.0	38	5.5
40 years or older	485	289	59.6	18	3.7	37	7.6
Missing	7	1	14.3	1	14.3	0	100.0
Female	494	233	47.2	12	2.4	16	3.2
29 years and younger	282	121	42.9	6	2.1	9	3.2
30-39 years	148	74	50.0	5	3.4	5	3.4
40 years or older	63	38	60.3	1	1.6	2	3.2
Missing	1	0	100.0	0	100.0	0	100.0
29 years and younger	24	12	50.0	1	4.2	2	8.3
30-39 years	7	4	57.1	0	100.0	1	14.3
40 years or older	7	5	71.4	1	14.3	1	14.3
Missing	6	2	33.3	0	100.0	0	100.0
Ethnic Group							
White	1920	908	47.3	42	2.2	117	6.1
Black	663	337	50.8	22	3.3	27	4.1
Hispanic/Spanish	300	157	52.3	8	2.7	18	6.0
Other	145	81	55.9	3	2.1	9	6.2
Missing	37	16	43.2	1	2.7	2	5.4
Rank							
Enlisted	2364	1165	49.3	67	2.8	139	5.9
Officer/NO	687	329	47.9	9	1.3	34	4.9
Missing	14	5	35.7	0	100.0	0	100.0
MOS/SSI							
Combat Arms	921	432	46.9	15	1.6	63	6.8
Combat Support	856	415	48.4	21	2.5	51	6.0
Combat Service Support	1274	647	50.8	40	3.1	59	4.6
Missing	14	5	35.7	0	100.0	0	100.0
Subsistence Category							
BAS	2099	1075	51.2	50	2.4	126	6.0
Meal card holder	736	321	43.6	17	2.3	36	4.9
Missing	230	103	44.8	9	3.9	11	4.8

NOTES: N is the number of respondents that answered "YES" to the question.

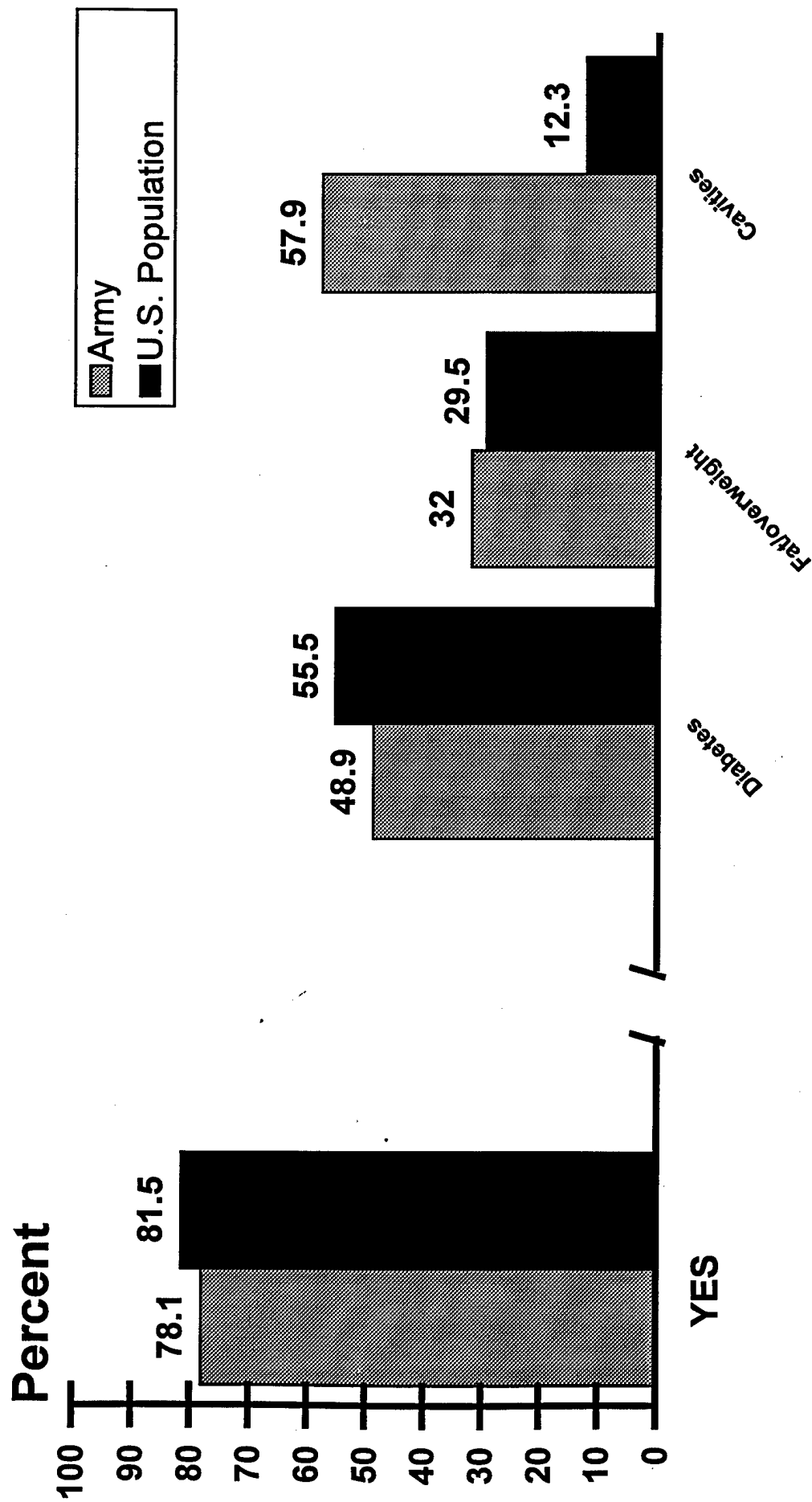
Table: 100
Question 29F8-10: Eating too much sugar is linked to:

SELECTED CHARACTERISTICS	Total N	Cavities			Fat/overweight			Cancer		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent	
Total Population	3065	1776	57.9	42.1	981	32.0	68.0	69	2.3	97.7
Age										
29 years and younger	1653	927	56.0	44.0	440	26.6	73.4	31	1.9	98.1
30-39 years	846	489	57.8	42.2	282	33.3	66.7	19	2.2	97.8
40 years or older	554	353	63.7	36.3	255	46.0	54.0	19	3.4	96.6
Missing	12	7	58.3	41.7	4	33.3	66.7	0		100.0
Sex										
Male	2547	1431	56.2	43.8	758	29.7	70.3	54	2.1	97.9
29 years and younger	1364	737	54.0	46.0	331	24.2	75.8	24	1.8	98.2
30-39 years	691	387	56.0	44.0	212	30.7	69.3	13	1.9	98.1
40 years or older	485	304	62.7	37.3	214	44.1	55.9	17	3.5	96.5
Missing	7	3	42.9	57.1	1	14.3	85.7	0		100.0
Female	494	333	67.4	32.6	218	44.1	55.9	14	2.8	97.2
29 years and younger	282	185	65.6	34.4	109	38.7	61.3	6	2.1	97.9
30-39 years	148	100	67.6	32.4	69	46.6	53.4	6	4.1	95.9
40 years or older	63	47	74.6	25.4	40	63.5	36.5	2	3.2	96.8
Missing	1	1	100.0		0		100.0	0		100.0
29 years and younger	24	12	50.0	50.0	5	20.8	79.2	1	4.2	95.8
30-39 years	7	5	71.4	28.6	0		100.0	1	14.3	85.7
40 years or older	7	2	28.6	71.4	1	14.3	85.7	0		100.0
Missing	6	2	33.3	66.7	1	16.7	83.3	0		100.0
4	4	3	75.0	25.0	3	75.0	25.0	0		100.0
Ethnic Group										
White	1920	1217	63.4	36.6	719	37.4	62.6	47	2.4	97.6
Black	663	303	45.6	54.4	141	21.2	78.8	14	2.1	97.9
Hispanic/Spanish	300	161	53.7	46.3	68	22.7	77.3	4	1.3	98.7
Other	145	79	54.5	45.5	42	29.0	71.0	4	2.8	97.2
Missing	37	16	43.2	56.8	11	29.7	70.3	0		100.0
Rank										
Enlisted	2364	1293	54.7	45.3	651	27.5	72.5	50	2.1	97.9
Officer/WO	687	479	69.7	30.3	326	47.5	52.5	19	2.8	97.2
Missing	14	4	28.6	71.4	4	28.6	71.4	0		100.0
MOS/SSI										
Combat Arms	921	506	54.9	45.1	262	28.4	71.6	16	1.7	98.3
Combat Support	856	500	58.3	41.7	275	32.1	67.9	17	2.0	98.0
Combat Service Support	1274	760	59.7	40.3	441	34.6	65.4	36	2.8	97.2
Missing	14	10	71.4	28.6	3	21.4	78.6	0		100.0
Subsistence Category										
BAS	2099	1240	59.0	41.0	724	34.5	65.5	53	2.5	97.5
Meal card holder	736	431	58.6	41.4	212	28.8	71.2	14	1.9	98.1
Missing	230	105	45.7	54.3	45	19.6	80.4	2	0.9	99.1

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Figure 8. Health Problems Mentioned by Soldiers as Related to Sugar Intake, 1996 -1997 (N = 2,887)



Health Problems

Table: 101
Question 29G: Have you heard of any health problems due to being overweight?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2866	80.6	12.9	6.5
Age					
29 years and younger	1653	1564	77.3	17.2	5.4
30-39 years	846	777	83.1	8.7	8.2
40 years or older	554	516	87.0	6.1	6.9
Missing	12	9	58.3	16.7	25.0
Sex					
Male	2547	2384	80.1	13.5	6.4
29 years and younger	1364	1289	76.6	17.9	5.6
30-39 years	691	638	82.6	9.7	7.7
40 years or older	485	451	86.8	6.2	7.0
Missing	7	6	57.1	28.6	14.3
Female	494	461	83.6	9.7	6.7
29 years and younger	262	268	80.9	14.2	5.0
30-39 years	148	133	85.8	4.1	10.1
40 years or older	63	59	90.5	3.2	6.3
Missing	1	1	100.0		
Missing	24	21	70.8	16.7	12.5
29 years and younger	7	7	85.7	14.3	
30-39 years	7	6	71.4	14.3	14.3
40 years or older	6	6	66.7	33.3	
Missing	4	2	50.0		50.0
Ethnic Group					
White	1920	1826	83.9	11.3	4.9
Black	663	606	74.8	16.4	8.7
Hispanic/Spanish	300	273	77.7	13.3	9.0
Other	145	134	77.2	15.2	7.6
Missing	37	27	51.4	21.6	27.0
Rank					
Enlisted	2364	2211	78.6	14.9	6.5
Officer/WO	687	643	88.2	5.4	6.4
Missing	14	12	50.0	35.7	14.3
MOS/SSI					
Combat Arms	921	878	81.7	13.7	4.7
Combat Support	856	800	81.0	12.4	6.7
Combat Service Support	1274	1177	79.7	12.7	7.6
Missing	14	11	71.4	7.1	21.4
Subsistence Category					
BAS	2099	1963	83.0	10.4	6.5
Meal card holder	736	695	76.9	17.5	5.6
Missing	230	208	70.0	20.4	9.6
NOTES:					

Table: 102
Question 29G1-4: Being overweight is linked to:

SELECTED CHARACTERISTICS	Total N	Constipation			Water retention			Osteoporosis			Clogged Arteries		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent	Percent		Percent	Percent		Percent	Percent			
Total Population	3065	148	4.8	95.2	463	15.1	84.9	107	3.5	96.5	1132	36.9	63.1
Age													
29 years and younger	1653	67	4.1	95.9	248	15.0	85.0	61	3.7	96.3	565	34.2	65.8
30-39 years	846	48	5.7	94.3	127	15.0	85.0	31	3.7	96.3	327	38.7	61.3
40 years or older	554	33	6.0	94.0	87	15.7	84.3	15	2.7	97.3	237	42.8	57.2
Missing	12	0		100.0	1	8.3	91.7	0		100.0	3	25.0	75.0
Sex													
Male	2547	126	4.9	95.1	384	15.1	84.9	99	3.9	96.1	945	37.1	62.9
29 years and younger	1364	59	4.3	95.7	201	14.7	85.3	56	4.1	95.9	469	34.4	65.6
30-39 years	691	40	5.8	94.2	105	15.2	84.8	29	4.2	95.8	267	38.6	61.4
40 years or older	485	27	5.6	94.4	77	15.9	84.1	14	2.9	97.1	207	42.7	57.3
Missing	7	0		100.0	1	14.3	85.7	0		100.0	2	28.6	71.4
Female	494	21	4.3	95.7	75	15.2	84.8	8	1.6	98.4	180	36.4	63.6
29 years and younger	282	8	2.8	97.2	47	16.7	83.3	5	1.8	98.2	93	33.0	67.0
30-39 years	148	8	5.4	94.6	20	13.5	86.5	2	1.4	98.6	59	39.9	60.1
40 years or older	63	5	7.9	92.1	8	12.7	87.3	1	1.6	98.4	28	44.4	55.6
Missing	1	0		100.0	0		100.0	0		100.0	0	100.0	100.0
Missing	24	1	4.2	95.8	4	16.7	83.3	0		100.0	7	29.2	70.8
29 years and younger	7	0		100.0	0		100.0	0		100.0	3	42.9	57.1
30-39 years	7	0		100.0	2	28.6	71.4	0		100.0	1	14.3	85.7
40 years or older	6	1	16.7	83.3	2	33.3	66.7	0		100.0	2	33.3	66.7
Missing	4	0		100.0	0		100.0	0		100.0	1	25.0	75.0
Ethnic Group													
White	1920	94	4.9	95.1	280	14.6	85.4	63	3.3	96.7	725	37.8	62.2
Black	663	26	3.9	96.1	108	16.3	83.7	23	3.5	96.5	221	33.3	66.7
Hispanic/Spanish	300	17	5.7	94.3	56	18.7	81.3	15	5.0	95.0	126	42.0	58.0
Other	145	9	6.2	93.8	16	11.0	89.0	6	4.1	95.9	52	35.9	64.1
Missing	37	2	5.4	94.6	3	8.1	91.9	0		100.0	8	21.6	78.4
Rank													
Enlisted	2364	115	4.9	95.1	392	16.6	83.4	94	4.0	96.0	876	37.0	63.0
Officer/WO	687	33	4.8	95.2	70	10.2	89.8	13	1.9	98.1	253	36.8	63.2
Missing	14	0		100.0	1	7.1	92.9	0		100.0	3	21.4	78.6
MOS/SSI													
Combat Arms	921	54	5.9	94.1	150	16.3	83.7	44	4.8	95.2	350	38.0	62.0
Combat Support	856	29	3.4	96.6	107	12.5	87.5	24	2.8	97.2	298	34.8	65.2
Combat Service Support	1274	65	5.1	94.9	205	16.1	83.9	39	3.1	96.9	481	37.8	62.2
Missing	14	0		100.0	1	7.1	92.9	0		100.0	3	21.4	78.6
Substance Category													
BAS	2099	102	4.9	95.1	336	16.0	84.0	77	3.7	96.3	811	38.6	61.4
Meal card holder	736	36	4.9	95.1	97	13.2	86.8	25	3.4	96.6	257	34.9	65.1
Missing	230	10	4.3	95.7	30	13.0	87.0	5	2.2	97.8	64	27.8	72.2

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 103

Question 29G5-7: Being overweight is linked to:

SELECTED CHARACTERISTICS	Total N	Diabetes		High Blood Cholesterol		High Blood Pressure	
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
Total Population	3085	798	26.0	1165	38.0	1797	58.6
Age							41.4
29 years and younger	1653	323	19.5	601	36.3	880	53.2
30-39 years	846	250	29.6	327	38.7	513	60.6
40 years or older	554	221	39.9	234	42.2	400	72.2
Missing	12	4	33.3	3	25.0	4	33.3
Sex							66.7
Male	2547	624	24.5	974	38.2	1479	58.0
29 years and younger	1364	242	17.7	500	36.6	712	52.2
30-39 years	691	193	27.9	265	38.4	422	61.1
40 years or older	485	188	38.8	208	42.9	343	70.7
Missing	7	1	14.3	1	14.3	2	28.6
Female	494	169	34.2	182	36.8	305	61.7
29 years and younger	282	80	28.4	98	34.8	163	57.8
30-39 years	148	56	37.8	59	39.9	88	59.5
40 years or older	63	33	52.4	25	39.7	54	85.7
Missing	1	0	100.0	0	100.0	0	100.0
Missing	24	5	20.8	9	37.5	13	54.2
29 years and younger	7	1	14.3	3	42.9	5	71.4
30-39 years	7	1	14.3	3	42.9	3	42.9
40 years or older	6	0	100.0	1	16.7	3	50.0
Missing	4	3	75.0	2	50.0	2	50.0
Ethnic Group							50.0
White	1920	540	28.1	765	39.8	1215	63.3
Black	693	145	21.8	201	30.3	310	46.7
Hispanic/Spanish	300	68	22.7	133	44.3	183	61.0
Other	145	38	26.2	60	41.4	79	54.5
Missing	37	7	18.9	6	16.2	10	27.0
Rank							73.0
Enlisted	2364	571	24.1	887	37.5	1315	55.6
Officer/WO	687	223	32.5	276	40.2	478	69.6
Missing	14	4	28.6	2	14.3	4	28.6
MOS/SSI							71.4
Combat Arms	921	221	24.0	358	38.9	540	58.6
Combat Support	856	199	23.2	315	36.8	509	59.4
Combat Service Support	1274	377	29.6	489	38.4	741	58.2
Missing	14	1	7.1	3	21.4	7	50.0
Subsistence Category							50.0
BAS	2099	606	28.9	815	38.8	1307	62.2
Meal card holder	736	150	20.4	279	37.9	392	53.3
Missing	230	42	18.3	71	30.9	98	42.6

NOTES: N is the number of respondents that answered "YES" to the question.

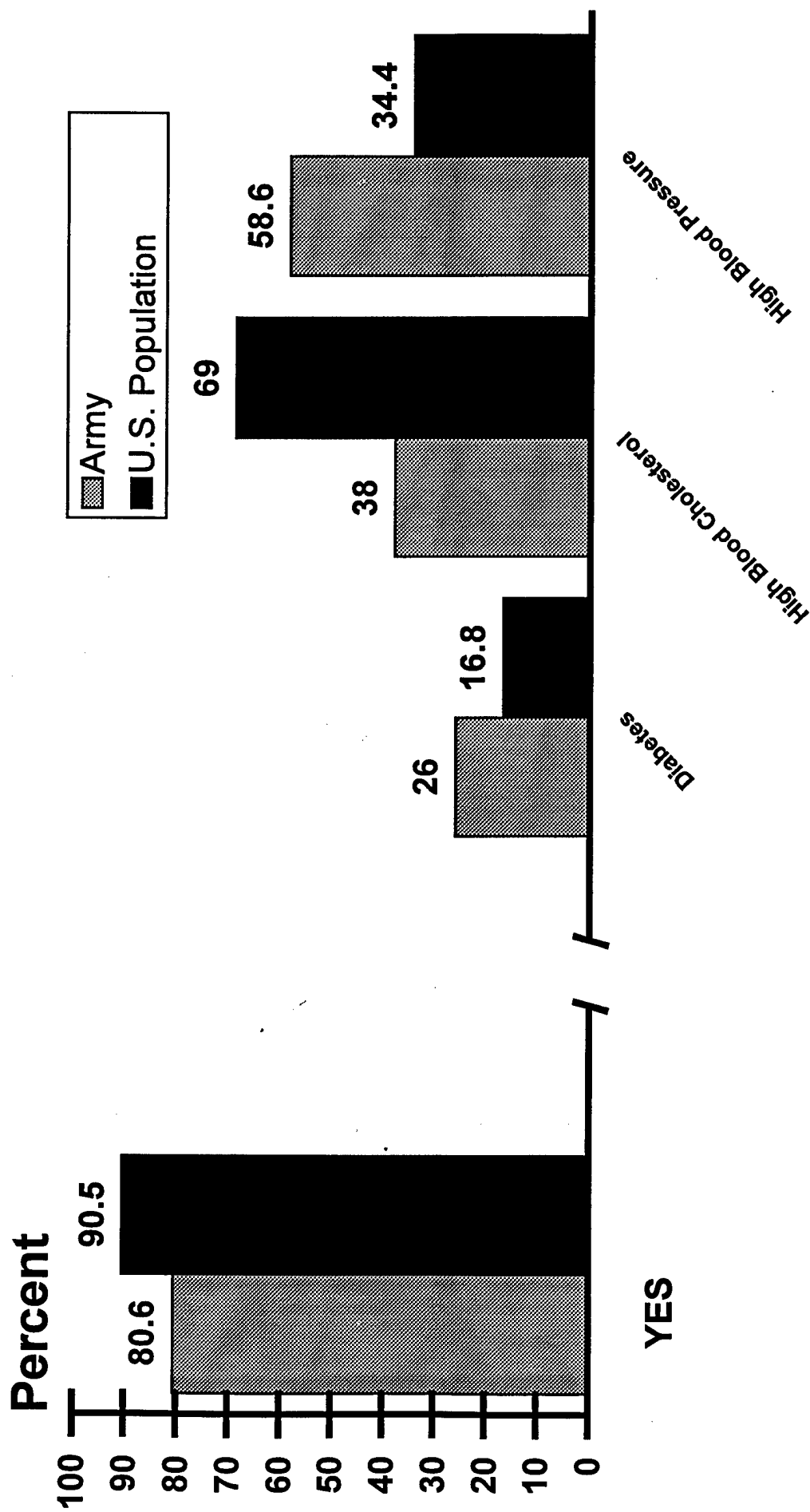
Table: 104
Question 29G8-10: Being overweight is linked to:

SELECTED CHARACTERISTICS	Total N	Cavities			Fat/Overweight			Cancer		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent	
Total Population	3065	84	2.7	97.3	1648	53.8	46.2	333	10.9	89.1
Age										
29 years and younger	1653	42	2.5	97.5	833	50.4	49.6	149	9.0	91.0
30-39 years	846	24	2.8	97.2	464	54.8	45.2	97	11.5	88.5
40 years or older	554	18	3.2	96.8	346	62.5	37.5	85	15.3	84.7
Missing	12	0		100.0	5	41.7	58.3	2	16.7	83.3
Sex										
Male	2547	72	2.8	97.2	1381	54.2	45.8	273	10.7	89.3
29 years and younger	1364	35	2.6	97.4	700	51.3	48.7	124	9.1	90.9
30-39 years	691	21	3.0	97.0	376	54.4	45.6	74	10.7	89.3
40 years or older	485	16	3.3	96.7	302	62.3	37.7	74	15.3	84.7
Missing	7	0		100.0	3	42.9	57.1	1	14.3	85.7
Female	494	12	2.4	97.6	257	52.0	48.0	58	11.7	88.3
29 years and younger	282	7	2.5	97.5	130	46.1	53.9	24	8.5	91.5
30-39 years	148	3	2.0	98.0	85	57.4	42.6	23	15.5	84.5
40 years or older	63	2	3.2	96.8	41	65.1	34.9	11	17.5	82.5
Missing	1	0		100.0	1	100.0		0		100.0
Missing	24	0		100.0	10	41.7	58.3	2	8.3	91.7
29 years and younger	7	0		100.0	3	42.9	57.1	1	14.3	85.7
30-39 years	7	0		100.0	3	42.9	57.1	0		100.0
40 years or older	6	0		100.0	3	50.0	50.0	0		100.0
Missing	4	0		100.0	1	25.0	75.0	1	25.0	75.0
Ethnic Group										
White	1920	59	3.1	96.9	1105	57.6	42.4	242	12.6	87.4
Black	663	13	2.0	98.0	287	43.2	56.8	42	6.3	93.7
Hispanic/Spanish	300	8	2.7	97.3	164	54.7	45.3	27	9.0	91.0
Other	145	4	2.8	97.2	76	52.4	47.6	20	13.8	86.2
Missing	37	0		100.0	16	43.2	56.8	2	5.4	94.6
Rank										
Enlisted	2364	65	2.7	97.3	1180	49.9	50.1	216	9.1	90.9
Officer/WO	687	19	2.8	97.2	465	67.7	32.3	115	16.7	83.3
Missing	14	0		100.0	3	21.4	78.6	2	14.3	85.7
MOS/SSI										
Combat Arms	921	26	2.8	97.2	491	53.3	46.7	95	10.3	89.7
Combat Support	856	21	2.5	97.5	493	57.5	42.5	86	10.0	90.0
Combat Service Support	1274	36	2.8	97.2	654	51.3	48.7	149	11.7	88.3
Missing	14	1	7.1	92.9	10	71.4	28.6	3	21.4	78.6
Substance Category										
BAS	2099	59	2.8	97.2	1169	55.7	44.3	237	11.3	88.7
Meal card holder	736	17	2.3	97.7	384	52.2	47.8	80	10.9	89.1
Missing	230	8	3.5	96.5	95	41.3	58.7	16	7.0	93.0

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Figure 9. Health Problems Mentioned by Soldiers as Related to Being Overweight, 1996 -1997 (N = 2,866)



Health Problems

Table: 105
Question 29H: Have you heard of any health problems due to too much alcohol?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2830	68.2	24.1	7.7
Age					
29 years and younger	1653	1542	63.4	29.8	6.8
30-39 years	846	767	71.6	19.0	9.3
40 years or older	554	512	78.0	14.4	7.6
Missing	12	9	33.3	41.7	25.0
Sex					
Male	2547	2356	67.8	24.6	7.5
29 years and younger	1364	1275	63.1	30.3	6.6
30-39 years	691	628	71.1	19.8	9.1
40 years or older	485	447	77.1	15.1	7.8
Missing	7	6	28.6	57.1	14.3
Female	494	454	70.0	21.9	8.1
29 years and younger	282	261	64.9	27.7	7.4
30-39 years	148	133	74.3	15.5	10.1
40 years or older	63	59	84.1	9.5	6.3
Missing	1	1	100.0		
Missing	24	20	70.8	12.5	16.7
29 years and younger	7	6	71.4	14.3	14.3
30-39 years	7	6	71.4	14.3	14.3
40 years or older	6	6	83.3	16.7	
Missing	4	2	50.0		50.0
Ethnic Group					
White	1920	1803	72.0	21.9	6.1
Black	663	599	62.5	27.7	9.8
Hispanic/Spanish	300	266	64.0	24.7	11.3
Other	145	136	60.0	33.8	6.2
Missing	37	26	37.8	32.4	29.7
Rank					
Enlisted	2364	2178	65.4	26.7	7.9
Officer/WO	687	641	78.6	14.7	6.7
Missing	14	11	35.7	42.9	21.4
MOS/SSI					
Combat Arms	921	868	68.4	25.8	5.8
Combat Support	856	797	67.3	25.7	7.0
Combat Service Support	1274	1153	68.8	21.7	9.5
Missing	14	12	57.1	28.6	14.3
Substance Category					
BAS	2099	1939	71.0	21.3	7.7
Meal card holder	736	690	63.5	30.3	6.3
Missing	230	201	57.4	30.0	12.6
NOTES:					

Table: 106

Question 29H1-4: Too much alcohol is linked to:

SELECTED CHARACTERISTICS	Total N	Constipation			Water Retention			Osteoporosis			Clogged Arteries		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3085	75	2.4	97.6	275	9.0	91.0	88	2.9	97.1	150	4.9	95.1
Age													
29 years and younger	1653	31	1.9	98.1	167	10.1	89.9	29	1.8	98.2	69	4.2	95.8
30-39 years	846	34	4.0	96.0	57	6.7	93.3	38	4.5	95.5	50	5.9	94.1
40 years or older	554	10	1.8	98.2	50	9.0	91.0	21	3.8	96.2	31	5.6	94.4
Missing	12	0		100.0	1	8.3	91.7	0		100.0	0		100.0
Sex													
Male	2547	68	2.7	97.3	225	8.8	91.2	83	3.3	96.7	128	5.0	95.0
29 years and younger	1364	29	2.1	97.9	133	9.7	90.3	29	2.1	97.9	56	4.1	95.9
30-39 years	691	31	4.5	95.5	49	7.1	92.9	33	4.8	95.2	43	6.2	93.8
40 years or older	485	8	1.6	98.4	43	8.9	91.1	21	4.3	95.7	29	6.0	94.0
Missing	7	0		100.0	0		100.0	0		100.0	0		100.0
Female	494	7	1.4	98.6	48	9.7	90.3	5	1.0	99.0	22	4.5	95.5
29 years and younger	282	2	0.7	99.3	33	11.7	88.3	0		100.0	13	4.6	95.4
30-39 years	148	3	2.0	98.0	8	5.4	94.6	5	3.4	96.6	7	4.7	95.3
40 years or older	63	2	3.2	96.8	7	11.1	88.9	0		100.0	2	3.2	96.8
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
Missing	24	0		100.0	2	8.3	91.7	0		100.0	0		100.0
29 years and younger	7	0		100.0	1	14.3	85.7	0		100.0	0		100.0
30-39 years	7	0		100.0	0		100.0	0		100.0	0		100.0
40 years or older	6	0		100.0	0		100.0	0		100.0	0		100.0
Missing	4	0		100.0	1	25.0	75.0	0		100.0	0		100.0
Ethnic Group													
White	1920	45	2.3	97.7	146	7.6	92.4	41	2.1	97.9	91	4.7	95.3
Black	663	17	2.6	97.4	81	12.2	87.8	35	5.3	94.7	38	5.7	94.3
Hispanic/Spanish	300	9	3.0	97.0	32	10.7	89.3	7	2.3	97.7	15	5.0	95.0
Other	145	4	2.8	97.2	14	9.7	90.3	4	2.8	97.2	5	3.4	96.6
Missing	37	0		100.0	2	5.4	94.6	1	2.7	97.3	1	2.7	97.3
Rank													
Enlisted	2364	64	2.7	97.3	225	9.5	90.5	68	2.9	97.1	126	5.3	94.7
Officer/WO	687	11	1.6	98.4	49	7.1	92.9	19	2.8	97.2	23	3.3	96.7
Missing	14	0		100.0	1	7.1	92.9	1	7.1	92.9	1	7.1	92.9
MOS/SSI													
Combat Arms	921	29	3.1	96.9	75	8.1	91.9	28	3.0	97.0	55	6.0	94.0
Combat Support	856	15	1.8	98.2	72	8.4	91.6	22	2.6	97.4	30	3.5	96.5
Combat Service Support	1274	31	2.4	97.6	127	10.0	90.0	38	3.0	97.0	65	5.1	94.9
Missing	14	0		100.0	1	7.1	92.9	0		100.0	0		100.0
Substance Category													
BAS	2099	46	2.2	97.8	182	8.7	91.3	65	3.1	96.9	109	5.2	94.8
Meal card holder	736	23	3.1	96.9	75	10.2	89.8	17	2.3	97.7	28	3.8	96.2
Missing	230	6	2.6	97.4	18	7.8	92.2	6	2.6	97.4	13	5.7	94.3

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 107

Question 29H5-7: Too much alcohol is linked to:

SELECTED CHARACTERISTICS	Total N	Diabetes		High Blood Cholesterol		High Blood Pressure	
		N _{Yes}	Percent	N _{Yes}	Percent	N _{Yes}	Percent
Total Population	3065	350	11.4	253	8.3	1003	32.7
Age							
29 years and younger	1653	128	7.7	101	6.1	443	26.8
30-39 years	846	127	15.0	78	9.2	317	37.5
40 years or older	554	94	17.0	73	13.2	242	43.7
Missing	12	1	8.3	1	8.3	1	8.3
Sex							
Male	2547	300	11.8	211	8.3	850	33.4
29 years and younger	1364	111	8.1	78	5.7	362	26.5
30-39 years	691	108	15.6	65	9.4	274	39.7
40 years or older	485	80	16.5	68	14.0	214	44.1
Missing	7	1	14.3	0	100.0	0	100.0
Female	494	48	9.7	40	8.1	145	29.4
29 years and younger	282	17	6.0	23	8.2	78	27.7
30-39 years	148	18	12.2	13	8.8	41	27.7
40 years or older	63	13	20.6	4	6.3	26	41.3
Missing	1	0	100.0	0	100.0	0	100.0
29 years and younger	24	2	8.3	2	8.3	8	33.3
30-39 years	7	0	100.0	0	100.0	3	42.9
40 years or older	6	1	16.7	1	16.7	2	33.3
Missing	4	0	100.0	1	25.0	1	25.0
Ethnic Group							
White	1920	247	12.9	174	9.1	680	35.4
Black	663	64	9.6	45	6.8	169	25.5
Hispanic/Spanish	300	26	8.7	26	8.7	108	36.0
Other	145	9	6.2	8	5.5	38	26.2
Missing	37	4	10.8	0	100.0	8	21.6
Rank							
Enlisted	2364	260	11.0	183	7.7	763	32.3
Officer/WO	687	90	13.1	68	9.9	235	34.2
Missing	14	0	100.0	2	14.3	5	35.7
MOS/SSI							
Combat Arms	921	97	10.5	85	9.2	310	33.7
Combat Support	856	86	10.0	63	7.4	265	30.9
Combat Service Support	1274	163	12.8	104	8.2	424	33.3
Missing	14	4	28.6	1	7.1	4	28.6
Subsistence Category							
BAS	2099	255	12.1	186	8.9	743	35.4
Meal card holder	736	72	9.8	51	6.9	196	26.6
Missing	230	23	10.0	16	7.0	64	27.8

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 108
Question 29H8-10: Too much alcohol is linked to..

SELECTED CHARACTERISTICS	Total N	Cavities		Fat/Overweight		Cancer	
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
		Yes	No	Yes	No	Yes	No
Total Population	3065	63	97.9	647	78.9	671	78.1
Age							
29 years and younger	1653	31	98.1	305	18.4	363	78.1
30-39 years	846	20	97.6	187	22.1	182	78.5
40 years or older	554	12	97.8	154	27.8	125	77.4
Missing	12	0	100.0	1	8.3	1	91.7
Sex							
Male	2547	53	97.9	531	20.8	556	78.2
29 years and younger	1364	24	98.2	251	18.4	302	77.9
30-39 years	691	17	97.5	150	21.7	145	79.0
40 years or older	485	12	97.5	129	26.6	109	77.5
Missing	7	0	100.0	1	14.3	0	100.0
Female	494	10	98.0	111	22.5	110	77.7
29 years and younger	282	7	97.5	53	18.8	59	79.1
30-39 years	148	3	98.0	35	23.6	36	75.7
40 years or older	63	0	100.0	23	36.5	15	76.2
Missing	1	0	100.0	0	100.0	0	100.0
Missing	24	0	100.0	5	20.8	5	79.2
29 years and younger	7	0	100.0	1	14.3	2	71.4
30-39 years	7	0	100.0	2	28.6	1	14.3
40 years or older	6	0	100.0	2	33.3	1	16.7
Missing	4	0	100.0	0	100.0	1	75.0
Ethnic Group							
White	1920	46	97.6	493	25.7	416	78.3
Black	663	12	98.2	78	11.7	151	77.3
Hispanic/Spanish	300	4	98.7	52	17.3	71	76.3
Other	145	1	99.3	19	13.1	29	80.0
Missing	37	0	100.0	5	13.5	4	89.2
Rank							
Enlisted	2364	52	97.8	490	20.7	551	76.7
Officer/WO	687	11	98.4	154	22.4	117	83.0
Missing	14	0	100.0	3	21.4	3	78.6
MOS/SSI							
Combat Arms	921	22	97.6	218	23.7	203	78.0
Combat Support	856	17	98.0	146	17.0	154	82.0
Combat Service Support	1274	23	98.2	281	22.1	312	75.5
Missing	14	1	92.9	2	14.3	2	85.7
Substance Category							
BAS	2099	43	98.0	449	21.4	471	77.6
Meal card holder	736	15	98.0	160	21.7	168	77.2
Missing	230	5	97.8	38	16.5	32	86.1

NOTES: N is the number of respondents that answered "YES" to the question.

Figure 10. Health Problems Mentioned by Soldiers as Related to Alcohol Intake, 1996 -1997 (N = 2,830)

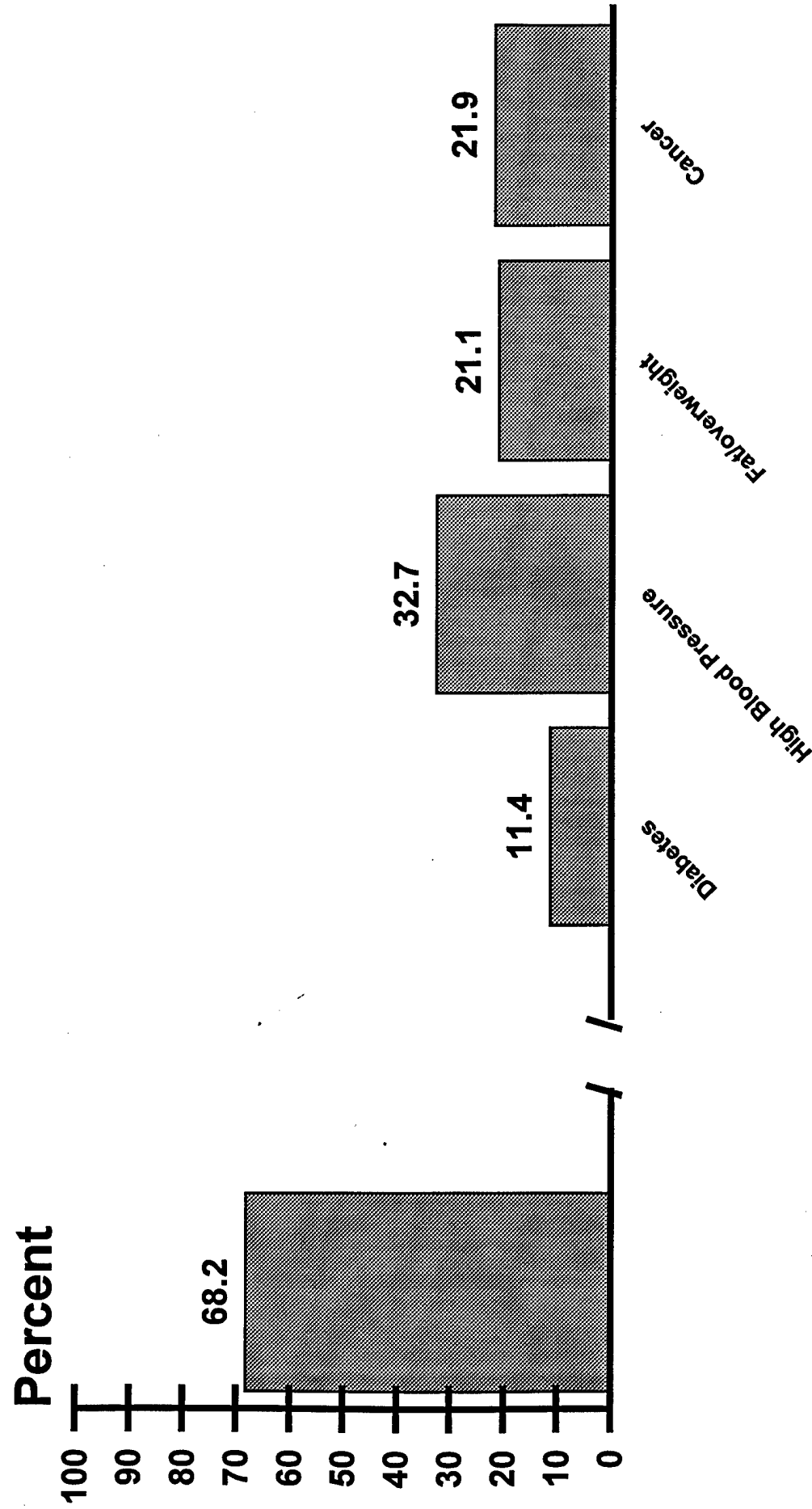


Table: 109
Question 30A: How often do you take a Multiple Vitamins/minerals (i.e., Centrum, One-a-Day, Theragram M)?

SELECTED CHARACTERISTICS	Total N	N	Never	Have used but not now	Once in a while	Once a week	Every other day	Once a day	Two or more times a day	Missing
			Percent							
Total Population	3065	3021	38.5	18.0	15.4	2.9	4.5	18.0	1.3	1.5
Age										
29 years and younger	1653	1626	44.9	17.0	15.1	2.6	3.4	13.7	1.6	1.7
30-39 years	846	836	31.9	19.7	18.1	3.5	5.6	18.9	1.1	1.2
40 years or older	554	549	29.1	18.2	12.6	2.7	6.1	29.6	0.7	0.9
Missing	12	10	58.3	8.3			8.3	8.3		16.7
Sex										
Male	2547	2511	40.8	17.5	15.4	2.6	4.3	16.7	1.4	1.5
29 years and younger	1364	1339	46.8	16.6	14.9	2.4	3.5	12.0	1.8	1.9
30-39 years	691	686	34.6	19.7	18.2	3.3	4.5	17.9	1.0	0.7
40 years or older	485	480	31.3	17.1	13.2	2.3	6.2	28.2	0.6	1.0
Missing	7	6	57.1	14.3				14.3		14.3
Female	494	487	28.1	20.0	15.2	3.8	5.7	24.7	1.0	1.4
29 years and younger	282	280	35.8	18.8	16.0	3.5	2.8	21.6	0.7	0.7
30-39 years	148	143	19.6	19.6	16.9	4.1	10.8	24.3	1.4	3.4
40 years or older	63	63	12.7	27.0	7.9	4.8	6.3	39.7	1.6	
Missing	1	1	100.0							
Missing	24	23	29.2	20.8	20.8	8.3	4.2	12.5		4.2
29 years and younger	7	7	28.6	28.6	28.6			14.3		
30-39 years	7	7	28.6	28.6	28.6	14.3				
40 years or older	6	6	16.7	16.7	16.7	16.7	25.0	33.3		25.0
Missing	4	3	50.0							
Ethnic Group										
White	1920	1900	38.3	16.8	15.4	2.3	5.1	19.5	1.5	1.0
Black	663	649	41.0	19.1	14.8	3.9	3.2	15.1	0.8	2.3
Hispanic/Spanish	300	294	36.7	22.3	16.0	2.7	4.0	15.3	1.0	2.0
Other	145	144	35.2	22.1	15.2	4.8	3.4	16.6	2.1	0.7
Missing	37	34	32.4	8.1	24.3	5.4	5.4	16.2		8.1
Rank										
Enlisted	2364	2336	41.6	17.8	15.1	3.0	3.7	16.1	1.4	1.2
Officer/WO	687	673	28.4	18.5	16.0	2.5	7.3	24.5	0.9	2.0
Missing	14	12	14.3	14.3	35.7			21.4		14.3
MOS/SSI										
Combat Arms	921	912	41.0	18.2	15.6	2.8	3.4	15.6	2.3	1.0
Combat Support	856	840	37.9	18.4	14.5	2.0	4.8	19.6	0.8	2.0
Combat Service Support	1274	1256	36.7	17.6	16.0	3.5	5.2	18.7	0.9	1.4
Missing	14	13	64.3	7.1	7.1	7.1		7.1		7.1
Subsistence Category										
BAS	2099	2075	36.1	18.5	16.2	2.6	4.9	19.5	1.0	1.2
Meal card holder	736	725	45.1	17.7	13.6	2.4	3.5	14.3	1.9	1.5
Missing	230	221	39.1	14.3	14.3	6.5	3.9	16.1	1.7	3.9

NOTES:

Table: 110
Question 30B: How often do you take single vitamins?

SELECTED CHARACTERISTICS	Total N	N	Never	Have used but not now	Once in a while	Once a week	Every other day	Once a day	Two or more times a day	Missing
Total Population	3085	3017	44.6	18.5	16.0	3.0	3.1	11.4	1.9	1.6
Age										
29 years and younger	1653	1624	48.1	17.8	15.5	3.3	2.9	8.5	2.0	1.8
30-39 years	846	833	41.7	20.9	17.4	3.3	2.7	10.8	1.7	1.5
40 years or older	554	549	37.9	17.5	15.2	1.6	4.2	20.9	1.8	0.9
Missing	12	11	58.3		16.7		8.3	8.3		8.3
Sex										
Male	2547	2507	45.8	18.0	16.1	2.9	3.1	10.7	1.8	1.6
29 years and younger	1364	1338	48.9	17.1	15.8	3.4	3.1	7.8	2.1	2.0
30-39 years	691	683	43.8	20.5	17.9	2.9	2.0	9.8	1.7	1.2
40 years or older	485	480	39.6	17.1	14.6	1.9	4.5	20.0	1.2	1.0
Missing	7	6	57.1		14.3			14.3		14.3
Female	494	486	38.7	21.3	14.8	3.2	3.2	15.0	2.2	1.6
29 years and younger	282	279	44.3	21.3	14.2	3.2	2.1	12.1	1.8	1.1
30-39 years	148	143	31.8	22.3	14.9	4.7	6.1	15.5	1.4	3.4
40 years or older	63	63	28.6	19.0	17.5		1.6	27.0	6.3	
Missing	1	1	100.0							
29 years and younger	24	24	37.5	20.8	25.0	4.2	4.2	8.3		
30-39 years	7	7	57.1	14.3	28.6					
40 years or older	7	7	42.9	28.6	14.3	14.3		33.3		
Missing	6	6	33.3		33.3					
	4	4	50.0		25.0		25.0			
Ethnic Group										
White	1920	1898	45.3	18.1	15.4	2.9	3.0	11.9	2.3	1.1
Black	663	646	43.1	17.6	17.8	3.9	3.5	10.8	0.6	2.7
Hispanic/Spanish	300	294	42.0	23.7	15.3	2.0	3.0	10.0	2.0	2.0
Other	145	144	47.6	20.7	14.5	2.8	2.8	9.7	1.4	0.7
Missing	37	35	43.2	8.1	27.0	2.7	2.7	10.8		5.4
Rank										
Enlisted	2384	2332	45.5	18.6	16.2	3.3	3.2	10.0	1.9	1.4
Officer/WO	697	672	41.9	18.5	14.7	2.0	2.9	16.0	1.7	2.2
Missing	14	13	21.4	7.1	35.7	7.1		21.4		7.1
MOS/SSI										
Combat Arms	921	911	42.3	19.1	16.6	3.4	3.9	11.0	2.6	1.1
Combat Support	856	838	46.8	17.6	16.1	2.6	1.9	11.4	1.4	2.2
Combat Service Support	1274	1254	44.6	18.8	15.5	3.0	3.4	11.7	1.6	1.6
Missing	14	14	50.0	14.3	14.3	7.1		7.1	7.1	
Subsistence Category										
BAS	2099	2072	43.5	19.5	16.0	2.8	3.1	12.1	1.6	1.3
Meal card holder	736	724	48.1	17.8	15.8	3.0	2.4	10.6	2.7	1.6
Missing	230	221	49.1	12.2	16.5	4.8	4.8	7.0	1.7	3.9
NOTES:										

Table: 111
Question 30C: How often do you take an antioxidant?

SELECTED CHARACTERISTICS	Total N	N	Never	Have used but not now	Once in a while	Once a week	Every other day	Once a day	Two or more times a day	Missing
Total Population	3065	3012	60.8	12.1	11.7	2.1	2.5	8.0	1.1	1.8
Age										
29 years and younger	1653	1622	62.9	11.9	11.5	2.5	2.4	5.8	1.0	1.9
30-39 years	846	829	59.1	13.4	12.5	1.7	2.2	8.4	0.7	2.0
40 years or older	554	550	56.9	10.8	11.4	1.3	3.4	13.7	1.8	0.7
Missing	12	11	66.7	16.7				8.3		8.3
Sex										
Male	2547	2502	60.4	12.2	11.8	2.2	2.5	8.0	1.1	1.8
29 years and younger	1364	1335	62.1	12.3	11.6	2.7	2.3	5.9	1.0	2.2
30-39 years	691	680	59.2	13.3	12.6	1.7	2.2	8.5	0.9	1.6
40 years or older	485	481	57.7	10.1	11.5	1.2	3.5	13.4	1.6	0.8
Missing	7	6	57.1	14.3				14.3		14.3
Female	494	486	62.8	11.7	10.9	1.4	2.8	7.7	1.0	1.6
29 years and younger	282	280	66.7	9.9	11.3	1.8	2.8	5.7	1.1	0.7
30-39 years	148	142	59.5	13.5	11.5	0.7	2.7	8.1		4.1
40 years or older	63	63	52.4	15.9	7.9	1.6	3.2	15.9	3.2	
Missing	1	1	100.0							
29 years and younger	24	24	54.2	16.7	20.8	4.2		4.2		
30-39 years	7	7	71.4	14.3	14.3					
40 years or older	6	6	42.9	14.3	28.6	14.3		16.7		
Missing	4	4	33.3	16.7	33.3					
Ethnic Group										
White	1920	1894	62.5	11.3	11.0	1.7	2.6	8.1	1.4	1.4
Black	663	645	57.2	12.5	14.0	3.2	2.0	7.7	0.6	2.9
Hispanic/Spanish	300	294	58.0	14.7	11.3	2.3	3.0	8.0	0.7	2.0
Other	145	144	60.7	15.9	11.0	1.4	3.4	6.9	0.7	0.7
Missing	37	35	56.8	16.2	13.5			8.1		5.4
Rank										
Enlisted	2384	2330	60.1	12.7	12.1	2.2	2.6	7.8	0.9	1.5
Officer/WO	697	669	63.3	10.2	10.3	1.5	2.3	8.2	1.6	2.6
Missing	14	13	42.9	7.1	21.4			21.4		7.1
MOS/SSI										
Combat Arms	921	912	56.9	13.2	12.2	3.4	3.3	8.5	1.6	1.0
Combat Support	856	838	63.5	11.2	12.1	1.2	1.5	7.6	0.7	2.2
Combat Service Support	1274	1248	61.6	12.0	11.2	1.7	2.7	7.8	0.9	2.0
Missing	14	14	71.4	7.1	7.1			7.1	7.1	
Substance Category										
BAS	2099	2066	61.4	11.8	12.0	1.8	2.4	8.2	0.9	1.6
Meal card holder	736	723	60.6	13.7	10.9	2.4	2.0	6.8	1.8	1.8
Missing	230	223	55.7	10.0	12.6	3.5	5.2	9.1	0.9	3.0

NOTES:

Table 112
Question 30D: How often do you take amino acids?

SELECTED CHARACTERISTICS	Total N	N	Never	Have used but not now	Once in a while	Once a week	Every other day	Once a day	Two or more times a day	Missing
Total Population	3065	3012	67.4	13.8	7.8	1.9	2.0	3.7	1.7	1.8
Age										
29 years and younger	1653	1619	63.2	15.7	8.4	2.0	2.2	4.1	2.3	2.1
30-39 years	846	833	68.1	13.5	8.7	2.1	2.1	3.0	0.9	1.5
40 years or older	554	549	78.5	8.8	4.7	1.1	1.3	3.4	1.3	0.9
Missing	12	11	75.0	8.3				8.3		8.3
Sex										
Male	2547	2505	64.9	14.8	8.5	2.0	2.3	4.0	2.0	1.7
29 years and younger	1364	1334	59.9	17.1	9.2	2.1	2.5	4.5	2.6	2.3
30-39 years	691	684	65.1	14.9	9.6	2.5	2.5	3.3	1.2	1.0
40 years or older	485	481	78.8	8.0	4.9	1.0	1.4	3.5	1.4	0.8
Missing	7	6	57.1	14.3				14.3		14.3
Female	494	483	81.2	8.5	3.6	1.2	0.6	2.0	0.6	2.2
29 years and younger	282	278	80.5	8.2	4.3	1.8	0.7	2.1	1.1	1.4
30-39 years	148	142	82.4	7.4	3.4	0.7	0.7	1.4		4.1
40 years or older	63	62	81.0	12.7	1.6			3.2		1.6
Missing	1	1	100.0							
Missing	24	24	50.0	20.8	20.8	4.2	4.2			
29 years and younger	7	7	28.6	42.9	14.3		14.3			
30-39 years	7	7	57.1		42.9					
40 years or older	6	6	33.3	33.3	16.7	16.7				
Missing	4	4	100.0							
Ethnic Group										
White	1920	1895	69.0	13.4	7.0	1.8	1.9	3.8	1.9	1.3
Black	663	644	65.1	12.5	8.6	2.6	2.7	4.1	1.5	3.0
Hispanic/Spanish	300	294	63.3	18.0	10.3	1.0	1.3	2.7	1.3	2.0
Other	145	144	66.2	17.9	8.3	1.4	1.4	2.8	1.4	0.7
Missing	37	35	64.9	8.1	10.8	2.7	2.7	2.7	2.7	5.4
Rank										
Enlisted	2364	2329	65.4	14.3	8.6	2.1	2.2	3.9	2.0	1.5
Officer/WO	687	670	74.4	11.9	5.1	1.0	1.6	2.6	0.9	2.5
Missing	14	13	57.1	14.3	7.1	7.1		7.1		7.1
MOS/SSI										
Combat Arms	921	912	60.2	15.7	10.4	2.3	2.9	4.2	3.3	1.0
Combat Support	856	838	69.0	13.9	6.8	1.3	2.0	4.0	0.9	2.2
Combat Service Support	1274	1248	71.4	12.4	6.7	2.0	1.4	3.1	1.0	2.0
Missing	14	14	78.6	7.1					14.3	
Substance Category										
BAS	2099	2065	69.1	13.6	7.5	1.8	1.7	3.3	1.4	1.7
Meal card holder	736	724	64.8	14.8	8.2	1.6	2.0	4.1	2.9	1.6
Missing	230	223	60.0	12.2	9.1	3.5	5.2	5.7	1.3	3.0

NOTES:

Table: 113
Question 30E: How often do you take herbal preparations?

SELECTED CHARACTERISTICS	Total N	N	Never	Have used but not now	Once in a while	Percent					Once a day	Two or more times a day	Missing
						Once a week	Every other day	Once a day	Two or more times a day	Missing			
Total Population	3065	3005	67.4	10.1	11.4	2.3	1.8	3.8	1.1	2.0			
Age													
29 years and younger	1653	1618	66.2	10.2	12.0	3.2	1.9	3.1	1.1	2.2			
30-39 years	846	830	67.8	10.9	10.5	1.7	2.1	3.7	1.4	1.9			
40 years or older	554	546	70.0	8.8	11.2	0.7	0.9	6.1	0.7	1.4			
Missing	12	11	75.0				8.3	8.3		8.3			
Sex													
Male	2547	2495	65.9	10.7	11.9	2.5	1.9	3.9	1.1	2.1			
29 years and younger	1364	1331	63.8	11.0	12.5	3.5	2.0	3.4	1.2	2.5			
30-39 years	691	681	66.9	11.7	11.3	1.6	2.3	3.3	1.4	1.4			
40 years or older	485	477	70.7	8.7	11.3	0.8	0.8	5.8	0.2	1.6			
Missing	7	6	57.1				14.3	14.3		14.3			
Female	494	486	75.1	7.1	8.5	1.6	1.2	3.4	1.4	1.6			
29 years and younger	282	280	76.0	6.4	9.6	1.8	1.4	1.4	0.7	0.7			
30-39 years	148	142	72.3	6.8	6.8	2.0	1.4	5.4	1.4	4.1			
40 years or older	63	63	68.3	11.1	7.9			7.9	4.8				
Missing	1	1	100.0										
Missing	24	24	62.5	8.3	16.7		4.2	8.3					
29 years and younger	7	7	57.1	14.3	14.3			14.3					
30-39 years	7	7	71.4	14.3	14.3								
40 years or older	6	6	33.3				16.7	16.7					
Missing	4	4	100.0										
Ethnic Group													
White	1920	1893	69.9	10.0	10.3	1.9	1.9	3.5	1.2	1.4			
Black	663	641	60.4	9.8	14.8	3.5	1.7	5.4	1.1	3.5			
Hispanic/Spanish	300	283	66.7	12.0	10.3	2.3	1.0	4.0	1.3	2.3			
Other	145	143	69.0	9.7	13.8	2.1	2.1	1.4	0.7	1.4			
Missing	37	35	62.2	8.1	10.8	5.4	5.4	2.7		5.4			
Rank													
Enlisted	2364	2324	65.2	10.8	12.3	2.7	1.8	4.1	1.3	1.7			
Officer/WO	687	668	75.1	7.9	8.2	0.9	1.7	2.9	0.6	2.8			
Missing	14	13	64.3		14.3			14.3		7.1			
MOS/SSI													
Combat Arms	921	910	65.1	10.0	13.6	2.5	1.6	4.2	1.7	1.2			
Combat Support	856	835	68.4	10.4	10.9	1.9	2.0	3.4	0.6	2.6			
Combat Service Support	1274	1246	68.1	10.0	10.4	2.5	1.8	3.9	1.1	2.2			
Missing	14	14	85.7	14.3									
Substance Category													
BAS	2099	2062	68.4	9.8	11.1	2.2	1.6	4.0	1.0	1.8			
Meal card holder	736	722	65.2	11.1	11.8	2.6	2.0	3.7	1.6	1.9			
Missing	230	221	65.2	9.6	13.0	2.6	2.6	2.6	0.4	3.9			

NOTES:

Table: 114
Question 30F: How often do you take powdered protein or carbohydrate mixes?

SELECTED CHARACTERISTICS	Total N	N	Never	Have used but not now	Once in a while	Once a week	Every other day	Once a day	Two or more times a day	Missing
Total Population	3065	3000	72.7	12.8	6.2	1.7	1.6	1.8	1.1	2.2
Age										
29 years and younger	1653	1613	68.0	14.9	6.7	2.1	2.0	2.1	1.7	2.5
30-39 years	846	828	73.8	12.5	6.9	1.3	1.5	1.5	0.4	2.1
40 years or older	554	548	85.0	6.9	3.8	1.3	0.4	1.3	0.4	1.1
Missing	12	11	66.7	16.7				8.3		8.3
Sex										
Male	2547	2493	69.9	14.4	6.7	1.8	1.8	2.1	1.2	2.2
29 years and younger	1364	1328	64.2	17.1	7.1	2.2	2.3	2.5	1.9	2.7
30-39 years	691	679	70.9	14.2	7.8	1.3	1.7	1.9	0.4	1.7
40 years or older	485	480	84.7	6.8	4.1	1.2	0.4	1.2	0.4	1.0
Missing	7	6	42.9	28.6				14.3		14.3
Female	494	483	87.4	4.7	3.2	1.2	0.4	0.4	0.4	2.2
29 years and younger	282	278	87.2	4.3	4.3	1.4	0.4	0.4	0.7	1.4
30-39 years	148	142	87.2	4.7	2.7	0.7	0.7			4.1
40 years or older	63	62	88.9	6.3		1.6		1.6		1.6
Missing	1	1	100.0							
29 years and younger	24	24	66.7	16.7	12.5	4.2				
30-39 years	7	7	42.9	28.6	28.6	14.3				
40 years or older	6	6	66.7	16.7	16.7					
Missing	4	4	100.0							
Ethnic Group										
White	1920	1888	73.5	12.9	5.8	1.4	1.7	1.7	1.4	1.7
Black	663	645	73.0	11.0	6.5	2.4	1.5	1.8	0.9	2.9
Hispanic/Spanish	300	292	68.0	16.7	7.3	1.0	1.3	2.7	0.3	2.7
Other	145	141	70.3	14.5	6.9	2.8	1.4	1.4		2.8
Missing	37	34	70.3	5.4	8.1	5.4		2.7		8.1
Rank										
Enlisted	2364	2320	71.4	13.2	6.8	1.8	1.6	1.9	1.2	1.9
Officer/WO	687	667	76.9	11.6	3.9	1.3	1.3	1.3	0.7	2.9
Missing	14	13	78.6		7.1			7.1		7.1
MOS/SSI										
Combat Arms	921	905	65.5	16.1	7.3	2.3	2.4	2.8	2.0	1.7
Combat Support	856	833	74.0	12.8	6.3	1.2	1.1	1.2	0.7	2.8
Combat Service Support	1274	1248	77.0	10.4	5.4	1.6	1.3	1.5	0.7	2.0
Missing	14	14	71.4	14.3			7.1	7.1		
Subsistence Category										
BAS	2099	2060	74.4	12.9	5.8	1.5	1.2	1.6	0.7	1.9
Meal card holder	736	718	68.8	13.2	7.3	2.0	1.9	2.0	2.3	2.4
Missing	230	222	69.1	10.9	6.5	2.6	3.5	3.0	0.9	3.5

NOTES:

Table: 115

Question 30G: How often do you take carbohydrate sport bars?

SELECTED CHARACTERISTICS	Total N	N	Never	Have used but not now	Once in a while	Once a week	Every other day	Once a day	Two or more times a day	Missing
			Percent							
Total Population	3065	2997	62.0	14.0	14.6	3.3	1.7	1.5	0.7	2.3
Age										
29 years and younger	1653	1612	58.5	14.6	15.3	4.4	1.9	1.9	0.9	2.5
30-39 years	846	827	62.6	14.9	13.9	2.8	1.7	1.1	0.7	2.2
40 years or older	554	547	70.9	11.0	13.7	1.1	1.1	0.7	0.2	1.3
Missing	12	11	75.0		8.3			8.3		8.3
Sex										
Male	2547	2492	59.9	14.6	15.4	3.5	1.9	1.7	0.8	2.2
29 years and younger	1364	1327	55.1	15.8	16.0	4.7	2.3	2.3	1.0	2.8
30-39 years	691	681	61.5	14.9	15.2	3.0	1.7	1.3	0.9	1.4
40 years or older	485	478	71.1	10.7	13.8	1.0	1.0	0.6	0.2	1.4
Missing	7	6	57.1		14.3			14.3		14.3
Female	494	481	72.1	10.9	11.1	2.0	0.8	0.2	0.2	2.6
29 years and younger	282	278	74.8	8.5	11.7	2.8	0.4		0.4	1.4
30-39 years	148	139	68.2	14.2	8.8	1.4	1.4			6.1
40 years or older	63	63	68.3	14.3	14.3		1.6	1.6		
Missing	1	1	100.0							
Missing	24	24	75.0	12.5	4.2	8.3				
29 years and younger	7	7	71.4	14.3	14.3					
30-39 years	7	7	57.1	28.6		14.3				
40 years or older	6	6	83.3			16.7				
Missing	4	4	100.0							
Ethnic Group										
White	1920	1886	60.5	14.3	15.9	3.5	1.7	1.4	0.9	1.8
Black	663	641	68.1	11.4	10.4	3.2	1.8	1.4	0.3	3.5
Hispanic/Spanish	300	291	56.3	18.7	15.7	2.7	2.0	1.7		3.0
Other	145	144	63.4	13.8	14.5	3.4	0.7	2.1	1.4	0.7
Missing	37	35	67.6	5.4	16.2			5.4		5.4
Rank										
Enlisted	2364	2317	62.1	14.5	14.0	3.3	1.7	1.5	0.8	2.0
Officer/WO	687	667	61.3	12.2	16.6	3.6	1.7	1.3	0.3	2.9
Missing	14	13	71.4		14.3			7.1		7.1
MOS/SSI										
Combat Arms	921	907	53.9	14.9	18.6	5.0	2.5	2.2	1.5	1.5
Combat Support	856	834	63.7	13.8	14.0	3.2	0.9	1.4	0.4	2.7
Combat Service Support	1274	1242	66.6	13.4	12.2	2.3	1.5	1.0	0.4	2.5
Missing	14	14	64.3	14.3	7.1		14.3			
Subsistence Category										
BAS	2099	2058	63.1	13.7	15.0	2.8	1.7	1.0	0.6	2.0
Meal card holder	736	719	59.2	14.9	13.9	4.6	1.6	2.3	1.1	2.3
Missing	230	220	60.0	13.0	13.0	4.3	1.7	2.6	0.9	4.3

NOTES:

NOTES:

Table: 116

Question 30H: How often do you take weight loss products?

SELECTED CHARACTERISTICS	Total N	N	Never	Have used but not now	Once in a while	Once a week	Every other day	Once a day	Two or more times a day	Missing
			Percent							
Total Population	3085	3008	75.1	12.6	6.1	0.8	1.0	1.5	1.0	1.9
Age										
29 years and younger	1653	1618	77.1	10.0	5.9	1.1	1.1	1.6	1.0	2.2
30-39 years	846	829	70.2	16.5	7.0	0.5	1.2	1.2	1.4	2.0
40 years or older	554	550	77.1	14.3	5.4	0.4	0.5	1.4	0.2	0.7
Missing	12	11	58.3	16.7			8.3	8.3		8.3
Sex										
Male	2547	2501	78.9	10.4	5.1	0.7	1.1	1.2	0.7	1.8
29 years and younger	1364	1333	80.5	8.1	4.5	1.1	1.2	1.3	0.8	2.3
30-39 years	691	681	75.0	13.7	6.5	0.4	1.3	0.6	1.0	1.4
40 years or older	485	481	80.0	12.0	4.9	0.2	0.6	1.4		0.8
Missing	7	6	71.4					14.3		14.3
Female	494	483	55.9	23.9	10.7	1.2	0.4	3.2	2.4	2.2
29 years and younger	282	278	60.3	18.8	12.4	1.4	0.4	3.2	2.1	1.4
30-39 years	148	141	48.6	29.1	8.8	0.7	0.7	4.1	3.4	4.7
40 years or older	63	63	54.0	33.3	7.9	1.6		1.6		
Missing	1	1	100.0							
29 years and younger	24	24	70.8	16.7	8.3		4.2			
30-39 years	7	7	85.7	14.3						
40 years or older	6	6	57.1	28.6	14.3					
Missing	4	4	83.3	25.0	16.7		25.0			
Ethnic Group										
White	1920	1892	76.9	12.2	5.6	0.5	1.0	1.4	0.8	1.5
Black	663	644	70.3	13.7	7.4	2.0	1.1	1.2	1.4	3.0
Hispanic/Spanish	300	293	71.3	14.0	7.0	0.3	1.3	3.0	0.7	2.3
Other	145	144	82.1	9.7	4.1	0.7	0.7	0.7	1.4	0.7
Missing	37	35	70.3	10.8	8.1			2.7	2.7	5.4
Rank										
Enlisted	2364	2326	74.3	12.9	6.3	1.0	1.2	1.6	1.1	1.6
Officer/WO	687	670	78.3	11.6	5.1	0.3	0.4	1.2	0.6	2.5
Missing	14	12	50.0	14.3	7.1			7.1	7.1	14.3
MOS/SSI										
Combat Arms	921	909	79.7	10.0	4.7	1.0	1.2	1.4	0.8	1.3
Combat Support	856	836	76.2	12.4	5.6	1.1	0.6	1.2	0.6	2.5
Combat Service Support	1274	1249	71.0	14.5	7.5	0.5	1.3	1.8	1.4	2.0
Missing	14	14	78.6	21.4						
Subsistence Category										
BAS	2099	2066	74.3	13.6	6.1	0.8	1.1	1.7	0.8	1.6
Meal card holder	736	723	78.0	10.9	5.0	1.1	0.7	1.2	1.4	1.8
Missing	230	219	73.5	9.1	8.7	0.4	1.3	0.9	1.3	4.8

NOTES:

Table: 117
Question 30i: How often do you take other supplements?

SELECTED CHARACTERISTICS	Total N	N	Never	Have used but not now	Once in a while	Once a week	Every other day	Once a day	Two or more times a day	Missing
Total Population	3065	2513	70.1	3.8	3.6	1.1	0.6	1.7	1.1	18.0
Age										
29 years and younger	1653	1353	68.6	4.2	3.6	1.4	0.6	1.9	1.5	18.2
30-39 years	846	671	68.1	3.7	4.3	1.1	0.7	0.8	0.7	20.7
40 years or older	554	478	77.8	2.7	2.7	0.2	0.2	2.3	0.5	13.7
Missing	12	11	66.7					16.7	8.3	8.3
Sex										
Male	2547	2128	71.4	3.8	3.8	1.1	0.5	1.7	1.1	16.5
29 years and younger	1364	1138	69.5	4.1	4.0	1.5	0.7	2.0	1.5	16.6
30-39 years	691	561	69.9	4.2	4.3	1.2	0.4	0.6	0.6	18.8
40 years or older	485	422	79.2	2.5	2.3	0.2	0.2	2.1	0.6	13.0
Missing	7	7	57.1					28.6	14.3	
Female	494	366	63.4	3.6	2.6	0.8	0.6	2.0	1.0	25.9
29 years and younger	282	209	64.2	4.6	1.8	1.1		1.4	1.1	25.9
30-39 years	148	105	60.1	1.4	3.4	0.7	2.0	2.0	1.4	29.1
40 years or older	63	51	66.7	4.8	4.8			4.8		19.0
Missing	1	1	100.0							
29 years and younger	24	19	66.7	4.2	8.3					20.8
30-39 years	7	6	71.4	14.3						14.3
40 years or older	6	5	57.1		14.3					28.6
Missing	4	3	66.7		16.7					16.7
Ethnic Group										
White	1920	1623	72.8	3.8	3.6	0.8	0.5	1.7	1.4	15.5
Black	683	507	63.3	4.5	3.5	1.8	0.8	2.0	0.6	23.6
Hispanic/Spanish	300	233	67.7	2.3	3.7	0.7	0.3	2.0	1.0	22.3
Other	145	120	73.1	3.4	3.4	2.1			0.7	17.2
Missing	37	30	62.2	5.4	8.1		2.7	2.7		18.9
Rank										
Enlisted	2364	1931	69.1	4.1	3.9	1.3	0.6	1.5	1.2	18.4
Officer/NO	687	571	73.7	2.9	2.5	0.4	0.4	2.5	0.7	16.9
Missing	14	11	57.1		14.3			7.1		21.4
MOS/SSI										
Combat Arms	921	787	72.1	3.6	4.8	0.9	0.5	1.6	2.0	14.5
Combat Support	856	706	70.7	3.5	3.4	1.3	0.5	1.9	1.2	17.6
Combat Service Support	1274	1007	68.1	4.1	3.0	1.1	0.6	1.7	0.5	21.0
Missing	14	13	85.7	7.1						7.1
Subsistence Category										
BAS	2099	1714	70.8	3.8	3.4	0.8	0.6	1.5	0.8	18.4
Meal card holder	736	615	69.4	4.1	3.9	1.8	0.3	2.0	2.0	16.4
Missing	230	184	66.1	2.6	4.8	1.3	0.9	3.0	1.3	20.0

NOTES:

Table: 118
Question 31: Have you heard of the food pyramid?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3085	3029	79.3	19.5	1.2
Age					
29 years and younger	1653	1633	82.3	16.4	1.3
30-39 years	846	836	78.1	20.7	1.2
40 years or older	554	549	72.0	27.1	0.9
Missing	12	11	91.7		8.3
Sex					
Male	2547	2518	78.3	20.6	1.2
29 years and younger	1364	1345	81.6	16.9	1.5
30-39 years	691	685	76.4	22.7	0.9
40 years or older	485	482	71.3	28.0	0.6
Missing	7	6	85.7		14.3
Female	494	487	85.4	13.2	1.4
29 years and younger	282	281	85.5	14.2	0.4
30-39 years	148	144	87.2	10.1	2.7
40 years or older	63	61	81.0	15.9	3.2
Missing	1	1	100.0		
Missing	24	24	66.7	33.3	
29 years and younger	7	7	85.7	14.3	
30-39 years	7	7	57.1	42.9	
40 years or older	6	6	33.3	66.7	
Missing	4	4	100.0		
Ethnic Group					
White	1920	1904	81.3	17.9	0.8
Black	663	653	76.7	21.7	1.7
Hispanic/Spanish	300	294	81.0	17.0	2.0
Other	145	144	67.6	31.7	0.7
Missing	37	34	56.8	35.1	8.1
Rank					
Enlisted	2364	2341	78.3	20.7	1.0
Officer/NO	687	674	82.8	15.3	1.9
Missing	14	14	78.6	21.4	
MOS/SSI					
Combat Arms	921	917	74.8	24.8	0.4
Combat Support	856	840	80.0	18.0	2.0
Combat Service Support	1274	1258	81.9	16.9	1.3
Missing	14	14	100.0		
Subsistence Category					
BAS	2099	2080	79.9	19.1	1.0
Meal card holder	736	727	78.8	20.0	1.2
Missing	230	222	75.7	20.9	3.5
NOTES:					

Table: 119
Question 32: The Food Guide Pyramid emphasizes foods from the five major food groups. Which food makes up the base of pyramid?

SELECTED CHARACTERISTICS	Total N	N	Percent					Milk group	Meat group	Bread group	Vegetable group	Fruit group	Missing
			6.2	9.9	40.1	25.8	14.3						
Total Population	3065	2953											3.7
Age													
29 years and younger	1653	1605	7.6	13.5	43.6	20.2	12.1					12.1	3.0
30-39 years	846	805	4.6	7.3	38.1	28.5	16.7					16.7	4.8
40 years or older	554	532	4.5	2.7	32.7	38.8	17.3					17.3	4.0
Missing	12	11		16.7	50.0	8.3	16.7					16.7	8.3
Sex													
Male	2547	2454	5.8	10.8	38.7	26.2	14.8					14.8	3.7
29 years and younger	1364	1323	6.9	14.9	42.9	20.1	12.2					12.2	3.1
30-39 years	691	661	4.6	8.0	36.0	28.9	18.1					18.1	4.3
40 years or older	485	464	4.7	3.1	30.7	39.6	17.5					17.5	4.3
Missing	7	6		28.6	42.9	14.3							14.3
Female	494	477	8.1	5.1	48.0	23.9	11.5					11.5	3.4
29 years and younger	282	275	11.0	6.7	47.5	20.9	11.3					11.3	2.5
30-39 years	148	139	4.7	4.1	48.6	26.4	10.1					10.1	6.1
40 years or older	63	62	3.2		49.2	31.7	14.3					14.3	1.6
Missing	1	1					100.0						
Missing	24	22	4.2	12.5	25.0	25.0	25.0					25.0	8.3
29 years and younger	7	7	14.3	28.6	14.3	14.3	28.6					14.3	28.6
30-39 years	7	5		14.3	14.3	28.6	14.3						
40 years or older	6	6			16.7	50.0	33.3					33.3	
Missing	4	4			75.0		25.0						
Ethnic Group													
White	1920	1874	5.3	8.0	47.3	24.2	12.8					12.8	2.4
Black	663	624	8.7	12.7	22.6	32.5	17.5					17.5	6.0
Hispanic/Spanish	300	282	7.3	13.7	36.0	21.0	16.0					16.0	6.0
Other	145	139	4.8	11.7	34.5	28.3	16.6					16.6	4.1
Missing	37	34	5.4	18.9	37.8	16.2	13.5					13.5	8.1
Rank													
Enlisted	2364	2280	7.2	11.9	35.5	26.0	15.8					15.8	3.6
Officer/WO	687	661	2.6	2.8	56.2	25.3	9.3					9.3	3.8
Missing	14	12	7.1	21.4	35.7	7.1	14.3					14.3	14.3
MOS/SSI													
Combat Arms	921	894	7.1	12.9	34.4	25.2	17.5					17.5	2.9
Combat Support	856	825	4.6	8.4	47.8	24.2	11.3					11.3	3.7
Combat Service Support	1274	1221	6.8	8.6	39.0	27.3	14.1					14.1	4.2
Missing	14	13		14.3	42.9	28.6	7.1					7.1	7.1
Substance Category													
BAS	2099	2019	6.2	7.9	40.2	27.0	14.8					14.8	3.9
Meal card holder	736	720	6.4	14.5	42.5	21.7	12.6					12.6	2.2
Missing	230	214	5.7	13.5	31.3	27.4	15.2					15.2	7.0
NOTES:													

PYRAMID FOOD GROUPS

The food frequency data were grouped according to the food pyramid (Appendix B). The food pyramid recommends that people eat, each day, 6 to 11 servings of breads, cereals, rice, and pasta; 2 to 4 servings of fruit; 2 to 3 servings of milk, yogurt, and cheese; 3 to 5 servings of vegetables; 3 to 4 servings of meat, poultry, fish, dry beans, eggs, and nuts; and advises people to eat fats and sweets sparingly.

Missing food data for the Pyramid Food Groups were handled the same way as the data for NHANES food groups were. Provided that data for no more than 1 food category were missing from a food group, missing data were replaced with the mean frequency for that food category across all of the surveys. Most of the surveys (84.1%) had valid data for all 7 pyramid food groups, and 96.4% had valid data for at least 6 food groups (see below).

Number and percent of surveys and number of valid food groups they have

Number of Valid Pyramid Food Groups	Number of Surveys	Percent Surveys
Zero	1	0.0
One	0	0.0
Two	7	0.2
Three	22	0.7
Four	31	1.1
Five	46	1.6
Six	363	12.3
Seven	2481	84.1
Total	2951	100.0

The following chart shows the number of surveys dropped from each food group.

Number of surveys dropped from each food group due to missing data			
Pyramid Food Group	Dropped	Included	
	N	N	Percent
Fruit	29	2922	99.0
Sweets	40	2911	98.6
Fats/Oils	52	2899	98.2
Meat	58	2893	98.0
Breads	113	2838	96.2
Milk	79	2872	97.3
Vegetables	86	2865	97.1

The data as grouped by the Pyramid food groups were graphed to show how closely the recommended number of servings per day were being followed by this population. For the purposes of this report, it is assumed that the frequency a food is consumed is equal to the number of servings. This assumption may account for some of the low numbers seen in the following figures (13-15), especially in the breads, cereals, rice and pasta group. For example, a person might record having bread once a day, but if he/she normally has 2 slices of bread in a sandwich every day, this translates into 2 servings of bread.

Figure 11 Milk, Yogurt, Cheese: percent who met, exceeded, or fell short of recommended daily servings. (For foods included in Food Group, see Appendix B)

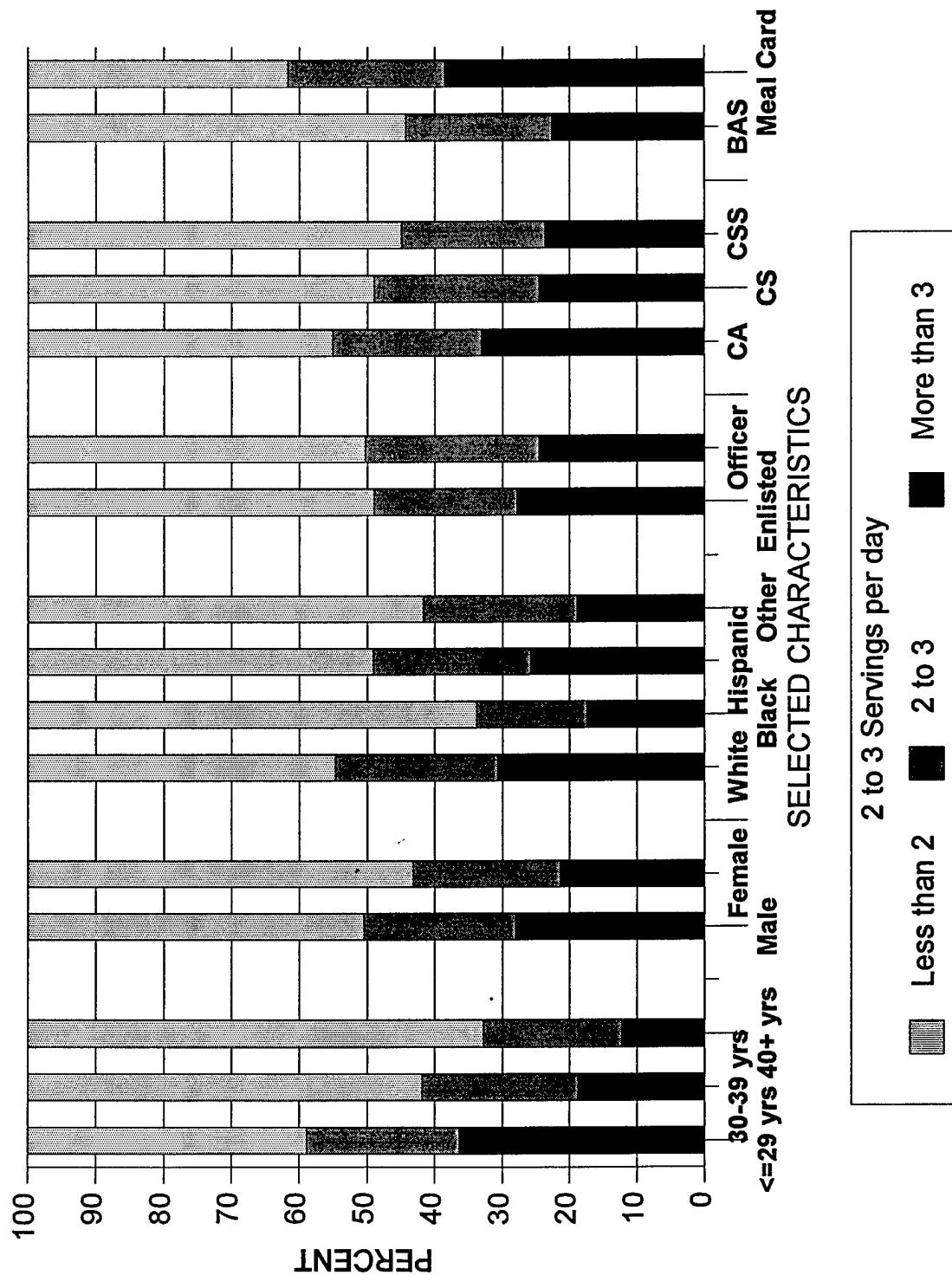


Figure 12 Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: percent who met, exceeded, or fell short of recommended daily servings. (For foods included in Food Group, see Appendix B)

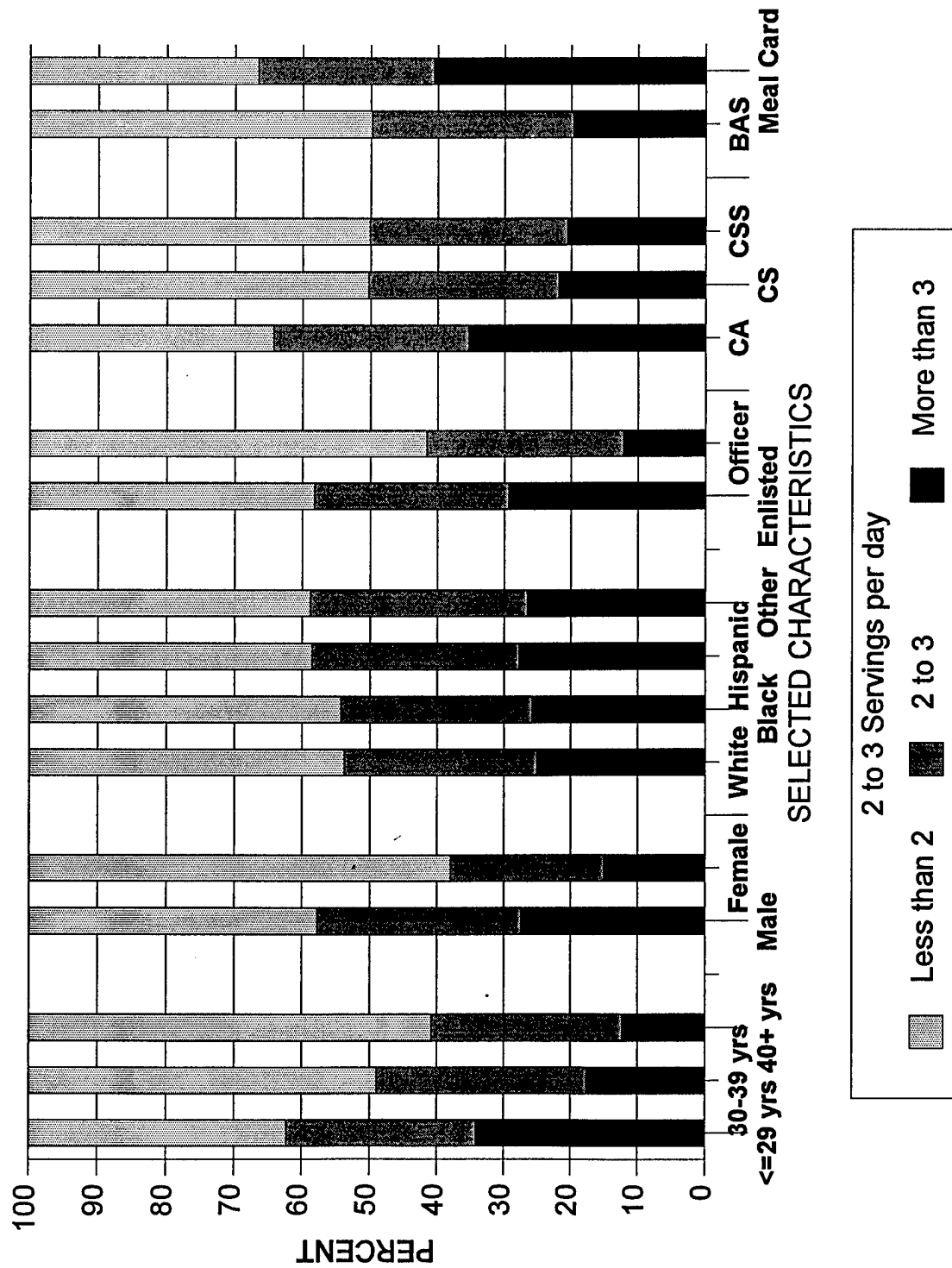


Figure 13 Breads, Cereals, Rice and Pasta: percent who met, exceeded, or fell short of recommended daily servings. (For foods included in Food Group, see Appendix B)

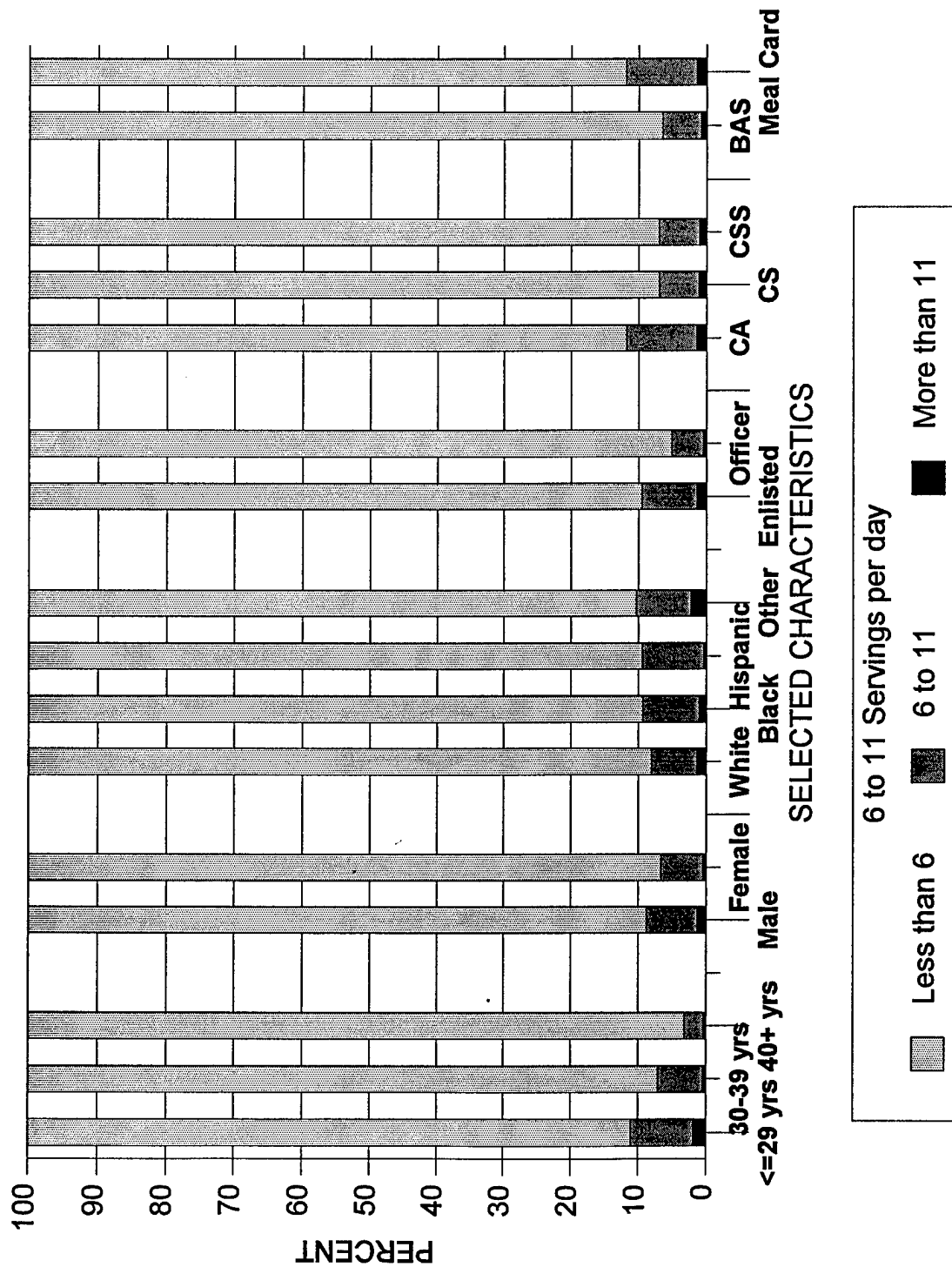


Figure 14 Vegetables: percent who met, exceeded, or fell short of recommended daily servings. (For foods included in Food Group, see Appendix B)

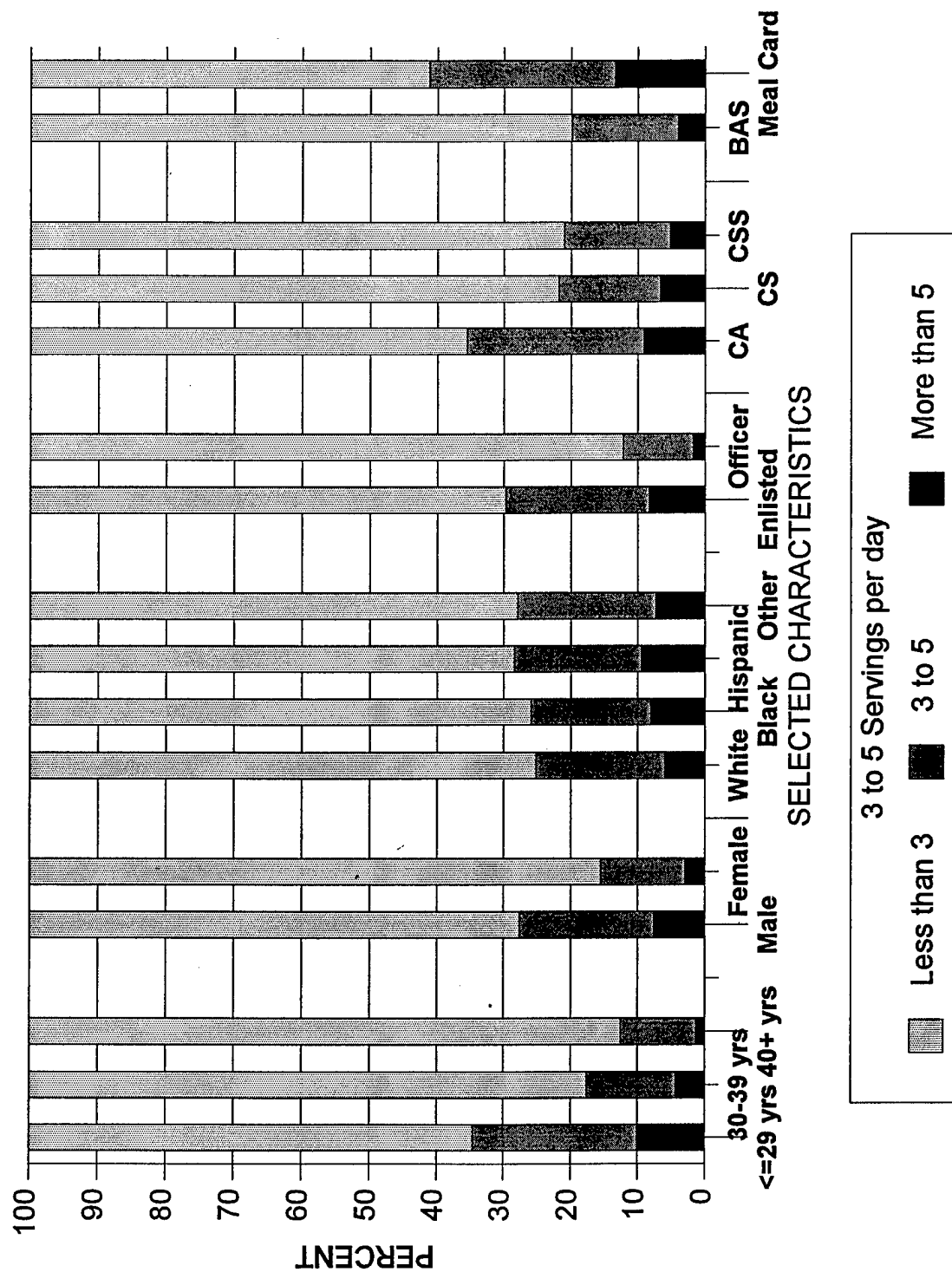


Figure 15 Fruit: percent who met, exceeded, or fell short of recommended daily servings. (For foods included in Food Group, see Appendix B)

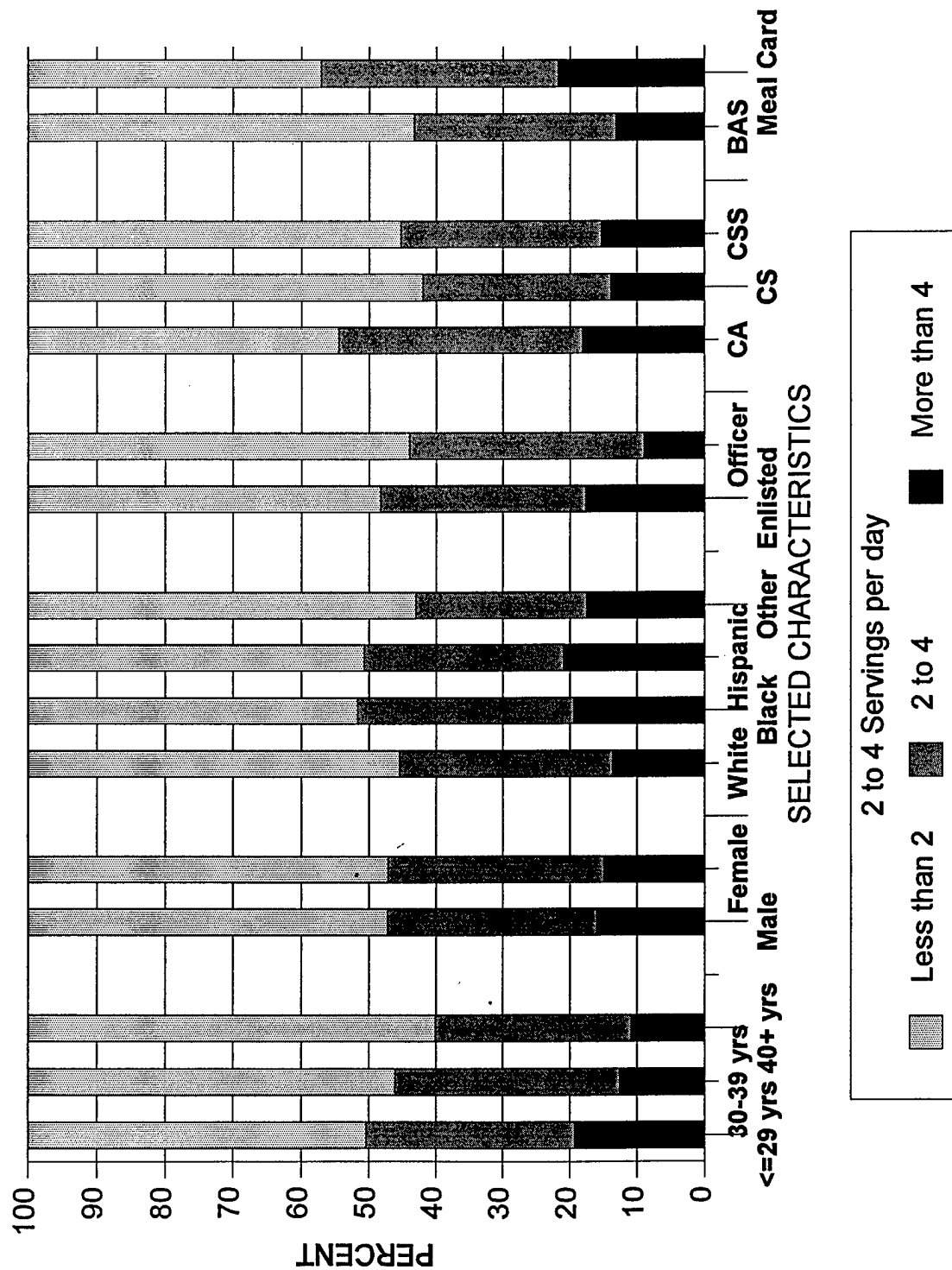


Table: 120
Question 33: How do your current fruit and vegetable eating habits compare to the previous year?

SELECTED CHARACTERISTICS	Total N	N	Eating fewer now	Eat about same	Eat more now	Missing
			Percent			
Total Population	3065	3024	12.4	54.3	32.0	1.4
Age						
29 years and younger	1653	1625	15.9	51.3	31.1	1.8
30-39 years	846	837	9.3	58.0	31.6	1.1
40 years or older	554	551	6.7	57.2	35.6	0.5
Missing	12	11	8.3	66.7	16.7	8.3
Sex						
Male	2547	2511	11.3	56.4	30.8	1.5
29 years and younger	1364	1337	14.9	53.0	30.0	2.1
30-39 years	691	686	7.7	61.6	30.0	0.7
40 years or older	485	482	6.4	58.6	34.4	0.6
Missing	7	6	14.3	57.1	14.3	14.3
Female	494	489	17.8	42.3	38.9	1.0
29 years and younger	282	281	20.6	42.9	36.2	0.4
30-39 years	148	144	16.2	40.5	40.5	2.7
40 years or older	63	63	9.5	44.4	46.0	
Missing	1	1			100.0	
29 years and younger	24	24	12.5	75.0	12.5	
30-39 years	7	7	14.3	57.1	28.6	
40 years or older	6	6	28.6	71.4		
Missing	4	4		83.3	16.7	
				100.0		
Ethnic Group						
White	1920	1903	10.5	57.4	31.2	0.9
Black	663	651	15.7	48.0	34.3	2.0
Hispanic/Spanish	300	292	16.3	48.7	32.3	2.7
Other	145	144	12.4	54.5	32.4	0.7
Missing	37	34	18.9	48.6	24.3	8.1
Rank						
Enlisted	2364	2336	13.5	53.5	31.8	1.2
Officer/WO	687	674	8.7	56.9	32.5	1.9
Missing	14	14	7.1	57.1	35.7	
MOS/SSI						
Combat Arms	921	913	11.3	55.8	32.0	0.9
Combat Support	856	840	12.6	54.1	31.3	2.0
Combat Service Support	1274	1257	13.0	53.3	32.4	1.3
Missing	14	14	21.4	50.0	28.6	
Subsistence Category						
BAS	2099	2077	10.9	56.1	31.9	1.1
Meal card holder	736	723	17.0	49.9	31.4	1.8
Missing	230	224	11.3	51.3	34.8	2.6
NOTES:						

Table: 121

Question 34A-C: If you are eating more fruits and vegetables now, what are the reasons?

SELECTED CHARACTERISTICS	Total N	Decreases cancer.		Heart disease.		Trying to eat healthier foods.	
		N _{yes}	Percent	N _{yes}	Percent	N _{yes}	Percent
		Yes	No	Yes	No	Yes	No
Total Population	980	175	82.1	195	80.1	702	28.4
Age							
29 years and younger	514	45	8.8	50	9.7	308	59.9
30-39 years	287	63	23.6	74	27.7	224	83.9
40 years or older	197	67	34.0	71	36.0	168	85.3
Missing	2	0	100.0	0	100.0	2	100.0
Sex							
Male	785	146	18.6	164	20.9	558	71.1
29 years and younger	410	36	8.8	41	10.0	248	60.5
30-39 years	207	52	25.1	61	29.5	168	81.2
40 years or older	167	58	34.7	62	37.1	141	84.4
Missing	1	0	100.0	0	100.0	1	100.0
Female	192	29	15.1	29	15.1	142	74.0
29 years and younger	102	9	8.8	8	7.8	59	57.8
30-39 years	60	11	18.3	13	21.7	56	93.3
40 years or older	29	9	31.0	8	27.6	26	89.7
Missing	1	0	100.0	0	100.0	1	100.0
Missing	3	0	100.0	2	66.7	2	33.3
29 years and younger	2	0	100.0	1	50.0	1	50.0
30-39 years	0	0	100.0	0	100.0	0	100.0
40 years or older	1	0	100.0	1	100.0	1	100.0
Missing	0	0		0		0	
Ethnic Group							
White	599	97	16.2	105	17.5	419	69.9
Black	228	41	18.0	50	21.9	169	74.1
Hispanic/Spanish	97	21	21.6	23	23.7	74	76.3
Other	47	13	27.7	15	31.9	34	72.3
Missing	9	3	33.3	2	22.2	6	66.7
Rank							
Enlisted	752	122	16.2	147	19.5	524	69.7
Officer/WO	223	53	23.8	48	21.5	175	78.5
Missing	5	0	100.0	0	100.0	3	60.0
MOS/SSI							
Combat Arms	295	46	15.6	49	16.6	200	67.8
Combat Support	268	40	14.9	45	16.8	187	69.8
Combat Service Support	413	87	21.1	99	24.0	311	75.3
Missing	4	2	50.0	2	50.0	4	100.0
Subsistence Category							
BAS	669	136	20.3	157	23.5	159	76.2
Meal card holder	231	22	9.5	22	9.5	89	61.5
Missing	80	17	21.3	16	20.0	30	62.5

NOTES: Analysis is based on those who answered "YES" to question number 33 (total N above).
N is the number of respondents that answered "YES" to the question.

Table: 122
Question 34D-F: If you are eating more fruits and vegetables now, what are the reasons?

SELECTED CHARACTERISTICS	Total N	Trying to reduce weight.			Trying to change lifestyle.			Taste better to me now.		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent	
Total Population	980	393	40.1	59.9	377	38.5	61.5	157	16.0	84.0
Age										
29 years and younger	514	143	27.8	72.2	194	37.7	62.3	89	17.3	82.7
30-39 years	267	137	51.3	48.7	102	38.2	61.8	40	15.0	85.0
40 years or older	197	111	56.3	43.7	80	40.6	59.4	28	14.2	85.8
Missing	2	2	100.0		1	50.0	50.0	0		100.0
Sex										
Male	785	300	38.2	61.8	298	38.0	62.0	131	16.7	83.3
29 years and younger	410	104	25.4	74.6	156	38.0	62.0	72	17.6	82.4
30-39 years	207	99	47.8	52.2	72	34.8	65.2	33	15.9	84.1
40 years or older	167	96	57.5	42.5	70	41.9	58.1	26	15.6	84.4
Missing	1	1	100.0		0		100.0	0		100.0
Female	192	92	47.9	52.1	78	40.6	59.4	26	13.5	86.5
29 years and younger	102	39	38.2	61.8	38	37.3	62.7	17	16.7	83.3
30-39 years	60	38	63.3	36.7	30	50.0	50.0	7	11.7	88.3
40 years or older	29	14	48.3	51.7	9	31.0	69.0	2	6.9	93.1
Missing	1	1	100.0		1	100.0		0		100.0
Missing	3	1	33.3	66.7	1	33.3	66.7	0		100.0
29 years and younger	2	0		100.0	0		100.0	0		100.0
30-39 years	0	0			0			0		100.0
40 years or older	1	1	100.0		1	100.0		0		100.0
Missing	0	0			0			0		100.0
Ethnic Group										
White	599	242	40.4	59.6	245	40.9	59.1	91	15.2	84.8
Black	228	90	39.5	60.5	77	33.8	66.2	30	13.2	86.8
Hispanic/Spanish	97	40	41.2	58.8	31	32.0	68.0	23	23.7	76.3
Other	47	18	38.3	61.7	21	44.7	55.3	11	23.4	76.6
Missing	9	3	33.3	66.7	3	33.3	66.7	2	22.2	77.8
Rank										
Enlisted	752	289	38.4	61.6	285	37.9	62.1	136	18.1	81.9
Officer/WO	223	102	45.7	54.3	90	40.4	59.6	20	9.0	91.0
Missing	5	2	40.0	60.0	2	40.0	60.0	1	20.0	80.0
MOS/SSI										
Combat Arms	295	109	36.9	63.1	104	35.3	64.7	51	17.3	82.7
Combat Support	268	111	41.4	58.6	113	42.2	57.8	43	16.0	84.0
Combat Service Support	413	171	41.4	58.6	159	38.5	61.5	63	15.3	84.7
Missing	4	2	50.0	50.0	1	25.0	75.0			100.0
Subsistence Category										
BAS	669	307	45.9	54.1	265	39.6	60.4	104	15.5	84.5
Meal card holder	231	63	27.3	72.7	78	33.8	66.2	39	16.9	83.1
Missing	80	23	28.8	71.3	34	42.5	57.5	14	17.5	82.5

NOTES: Analysis is based on those who answered "YES" to question number 33 (total N above).
N is the number of respondents that answered "YES" to the question.

NOTES: Analysis is based on those who answered "YES" to question number 33 (total N above).
N is the number of respondents that answered "YES" to the question.

Table: 123
Question 34G-I: If you are eating more fruits and vegetables now, what are the reasons?

SELECTED CHARACTERISTICS	Total N	More available now.			No reason in particular.			Other.		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent	
Total Population	980	203	20.7	79.3	91	9.3	90.7	66	6.7	93.3
Age										
29 years and younger	514	138	26.8	73.2	65	12.6	87.4	40	7.8	92.2
30-39 years	267	34	12.7	87.3	20	7.5	92.5	13	4.9	95.1
40 years or older	197	31	15.7	84.3	6	3.0	97.0	12	6.1	93.9
Missing	2	0		100.0	0		100.0	1	50.0	50.0
Sex										
Male	785	165	21.0	79.0	76	9.7	90.3	50	6.4	93.6
29 years and younger	410	112	27.3	72.7	54	13.2	86.8	30	7.3	92.7
30-39 years	207	28	13.5	86.5	17	8.2	91.8	10	4.8	95.2
40 years or older	167	25	15.0	85.0	5	3.0	97.0	10	6.0	94.0
Missing	1	0		100.0	0		100.0	0		100.0
Female	192	37	19.3	80.7	14	7.3	92.7	16	8.3	91.7
29 years and younger	102	25	25.0	75.5	10	9.8	90.2	10	9.8	90.2
30-39 years	60	6	6.0	90.0	3	5.0	95.0	3	5.0	95.0
40 years or older	29	6	6.0	79.3	1	3.4	96.6	2	6.9	93.1
Missing	1	0		100.0	0		100.0	1	100.0	100.0
29 years and younger	3	1	33.3	66.7	1	33.3	66.7	0		100.0
30-39 years	2	1	50.0	50.0	1	50.0	50.0	0		100.0
40 years or older	1	0		100.0	0		100.0	0		100.0
Missing	0	0			0			0		
Ethnic Group										
White	599	138	23.0	77.0	45	7.5	92.5	38	6.3	93.7
Black	228	30	13.2	86.8	26	11.4	88.6	12	5.3	94.7
Hispanic/Spanish	97	19	19.6	80.4	12	12.4	87.6	10	10.3	89.7
Other	47	13	27.7	72.3	6	12.8	87.2	4	8.5	91.5
Missing	9	3	33.3	66.7	2	22.2	77.8	2	22.2	77.8
Rank										
Enlisted	752	160	21.3	78.7	87	11.6	88.4	47	6.3	93.8
Officer/WO	223	43	19.3	80.7	2	0.9	99.1	19	8.5	91.5
Missing	5	0		100.0	2	40.0	60.0	0		100.0
MOS/SSI										
Combat Arms	295	64	21.7	78.3	28	9.5	90.5	26	8.8	91.2
Combat Support	268	59	22.0	78.0	25	9.3	90.7	11	4.1	95.9
Combat Service Support	413	80	19.4	80.6	38	9.2	90.8	29	7.0	93.0
Missing	4	0		100.0	0		100.0			100.0
Substance Category										
BAS	669	120	17.9	82.1	63	9.4	90.6	44	6.6	93.4
Meal card holder	231	65	28.1	71.9	26	11.3	88.7	17	7.4	92.6
Missing	80	18	22.5	77.5	2	2.5	97.5	5	6.3	93.8

NOTES: Analysis is based on those who answered "YES" to question number 33 (total N above).
N is the number of respondents that answered "YES" to the question.

NOTES: Analysis is based on those who answered "YES" to question number 33 (total N above).
N is the number of respondents that answered "YES" to the question.

Table: 124
Question 35: Please rate the degree to which your knowledge about nutrition influences your decision to eat healthier foods.

SELECTED CHARACTERISTICS	Total N	N	Not at all important	Slightly important	Moderately important	Very important	Extremely important	Missing
			Percent					
Total Population	3065	3037	7.3	18.2	40.2	22.6	10.8	0.9
Age								
29 years and younger	1653	1633	9.6	21.3	40.3	18.6	9.1	1.2
30-39 years	846	840	5.4	15.0	40.8	26.5	11.6	0.7
40 years or older	554	552	3.4	13.4	38.8	29.1	15.0	0.4
Missing	12	12	8.3	25.0	41.7	16.7	8.3	
Sex								
Male	2547	2525	7.9	18.8	40.8	21.7	9.9	0.9
29 years and younger	1364	1347	10.5	21.9	40.4	17.4	8.6	1.2
30-39 years	691	688	5.9	15.5	43.1	25.2	9.8	0.4
40 years or older	485	483	3.5	14.4	39.0	29.1	13.6	0.4
Missing	7	7	14.3	28.6	28.6	14.3	14.3	
Female	494	488	4.5	14.2	36.6	27.3	16.2	1.2
29 years and younger	282	279	5.3	18.4	39.7	23.8	11.7	1.1
30-39 years	148	145	3.4	11.5	29.7	33.1	20.3	2.0
40 years or older	63	63	3.2	1.6	38.1	30.2	27.0	
Missing	1	1			100.0			
Missing	24	24		37.5	41.7	20.8		
29 years and younger	7	7		28.6	42.9	28.6		
30-39 years	7	7		42.9	42.9	14.3		
40 years or older	6	6		50.0	33.3	16.7		
Missing	4	4		25.0	50.0	25.0		
Ethnic Group								
White	1920	1905	7.7	18.2	40.6	22.7	10.1	0.8
Black	663	658	7.2	17.8	38.4	22.0	13.9	0.8
Hispanic/Spanish	300	297	4.3	19.3	39.7	24.7	11.0	1.0
Other	145	143	9.0	15.9	45.5	21.4	6.9	1.4
Missing	37	34	8.1	21.6	32.4	21.6	8.1	8.1
Rank								
Enlisted	2364	2348	8.6	20.0	40.6	20.7	9.5	0.7
Officer/WO	687	675	3.1	11.9	38.7	29.3	15.3	1.7
Missing	14	14		14.3	35.7	28.6	21.4	
MOS/SSI								
Combat Arms	921	918	8.9	18.8	41.5	21.0	9.6	0.3
Combat Support	856	844	7.2	19.3	41.3	21.5	9.3	1.4
Combat Service Support	1274	1261	6.2	17.1	38.5	24.6	12.6	1.0
Missing	14	14	7.1	7.1	35.7	28.6	21.4	
Subsistence Category								
BAS	2099	2079	6.1	17.5	40.4	23.5	11.6	1.0
Meal card holder	736	732	10.1	19.2	40.2	20.2	9.8	0.5
Missing	230	226	9.6	21.3	37.8	22.2	7.4	1.7
NOTES:								

Table: 125
Question 36: About how many times in your life have you gone on a diet to lose weight?

SELECTED CHARACTERISTICS	Total N	N	Never	1-2 times	3-5 times	6-8 times	9-11 times	12 or more	Missing
			Percent						
Total Population	3065	3039	50.5	19.0	15.0	5.8	1.9	6.9	0.8
Age									
29 years and younger	1653	1636	57.0	18.3	12.0	5.0	1.3	5.4	1.0
30-39 years	846	840	44.6	20.0	18.2	6.4	2.4	7.8	0.7
40 years or older	554	551	40.3	20.2	19.0	6.9	2.9	10.3	0.5
Missing	12	12	50.0		25.0	16.7		8.3	
Sex									
Male	2547	2525	55.5	18.4	14.0	4.8	1.5	5.0	0.9
29 years and younger	1364	1348	62.2	16.6	10.9	4.2	1.0	4.0	1.2
30-39 years	691	688	50.5	20.3	16.9	5.2	2.0	4.6	0.4
40 years or older	485	482	43.3	21.0	18.1	6.0	2.3	8.7	0.6
Missing	7	7	71.4		28.6				
Female	494	490	25.3	22.3	20.4	10.5	3.6	17.0	0.8
29 years and younger	282	281	31.6	27.0	17.0	8.9	2.8	12.4	0.4
30-39 years	148	145	16.9	17.6	25.0	11.5	4.1	23.0	2.0
40 years or older	63	63	17.5	12.7	25.4	14.3	6.3	23.8	
Missing	1	1				100.0			
Missing	24	24	45.8	25.0	12.5	8.3	4.2	4.2	
29 years and younger	7	7	71.4	14.3	14.3				
30-39 years	7	7	42.9	42.9		14.3			
40 years or older	6	6	33.3	33.3	16.7		16.7		
Missing	4	4	25.0		25.0	25.0		25.0	
Ethnic Group									
White	1920	1905	50.5	18.3	15.3	6.2	1.8	7.2	0.8
Black	663	659	51.5	19.4	15.8	4.4	1.8	6.5	0.6
Hispanic/Spanish	300	297	47.7	22.7	15.3	6.7	2.3	4.3	1.0
Other	145	144	53.1	20.0	8.3	4.8	2.1	11.0	0.7
Missing	37	34	48.6	16.2	10.8	5.4	2.7	8.1	8.1
Rank									
Enlisted	2364	2349	52.5	19.5	14.2	5.5	1.8	5.9	0.6
Officer/WO	687	676	43.5	17.8	17.9	6.8	2.0	10.3	1.6
Missing	14	14	64.3	7.1	7.1	7.1		14.3	
MOS/SSI									
Combat Arms	921	917	57.2	18.9	13.2	4.9	1.5	3.8	0.4
Combat Support	856	846	52.0	19.0	13.7	5.1	1.8	7.2	1.2
Combat Service Support	1274	1262	44.6	19.2	17.1	6.8	2.2	9.1	0.9
Missing	14	14	57.1	14.3	21.4	7.1			
Substance Category									
BAS	2099	2080	48.2	19.6	16.0	6.3	1.8	7.3	0.9
Meal card holder	736	732	58.5	17.9	12.1	4.3	2.3	6.3	0.5
Missing	230	227	52.2	17.8	15.7	5.7	1.3	6.1	1.3
NOTES:									

Table: 126

Question 37: How do you consider your weight right now?

SELECTED CHARACTERISTICS	Total N	N	Overweight	Underweight	About right	Missing
			Percent			
Total Population	3065	3038	33.3	9.6	56.2	0.9
Age						
29 years and younger	1653	1635	28.3	14.0	56.6	1.1
30-39 years	846	839	37.0	5.7	56.5	0.8
40 years or older	554	552	42.4	2.3	54.9	0.4
Missing	12	12	33.3	16.7	50.0	
Sex						
Male	2547	2524	29.9	10.5	58.7	0.9
29 years and younger	1364	1347	24.3	15.5	59.0	1.2
30-39 years	691	687	33.3	6.7	59.5	0.6
40 years or older	485	483	41.0	1.9	56.7	0.4
Missing	7	7	28.6	71.4		
Female	494	490	51.0	4.5	43.7	0.8
29 years and younger	282	281	47.5	6.7	45.4	0.4
30-39 years	148	145	55.4	0.7	41.9	2.0
40 years or older	63	63	55.6	3.2	41.3	
Missing	1	1	100.0			
29 years and younger	24	24	29.2	20.8	50.0	
30-39 years	7	7	28.6	28.6	42.9	
40 years or older	6	6	14.3	14.3	71.4	
Missing	4	4	16.7	33.3	50.0	
Ethnic Group						
White	1920	1905	33.3	9.2	56.7	0.8
Black	663	659	35.4	10.7	53.3	0.6
Hispanic/Spanish	300	297	30.7	9.0	59.3	1.0
Other	145	143	27.6	13.1	57.9	1.4
Missing	37	34	35.1	5.4	51.4	8.1
Rank						
Enlisted	2364	2348	32.3	11.0	56.0	0.7
Officer/WO	687	676	36.2	5.1	57.1	1.6
Missing	14	14	42.9	7.1	50.0	
MOS/SSI						
Combat Arms	921	917	26.3	11.6	61.7	0.4
Combat Support	856	846	31.4	10.7	56.7	1.2
Combat Service Support	1274	1261	39.4	7.3	52.3	1.0
Missing	14	14	50.0	21.4	28.6	
Subsistence Category						
BAS	2099	2080	36.0	7.4	55.8	0.9
Meal card holder	736	731	26.5	15.6	57.2	0.7
Missing	230	227	30.4	10.9	57.4	1.3

NOTES:

Table: 127

Question 38: In the past 12 months have you tried to lose weight?

SELECTED CHARACTERISTICS	Total N	N	Yes	No	Missing
			Percent		
Total Population	3065	3036	41.0	58.1	0.9
Age					
29 years and younger	1653	1635	34.6	64.3	1.1
30-39 years	846	839	46.1	53.1	0.8
40 years or older	554	551	52.3	47.1	0.5
Missing	12	11	41.7	50.0	8.3
Sex					
Male	2547	2523	37.2	61.9	0.9
29 years and younger	1364	1348	30.5	68.3	1.2
30-39 years	691	687	40.8	58.6	0.6
40 years or older	485	482	51.1	48.2	0.6
Missing	7	6	14.3	71.4	14.3
Female	494	489	60.3	38.7	1.0
29 years and younger	282	280	53.9	45.4	0.7
30-39 years	148	145	70.9	27.0	2.0
40 years or older	63	63	63.5	36.5	
Missing	1	1	100.0		
29 years and younger	24	24	45.8	54.2	
30-39 years	7	7	42.9	57.1	
40 years or older	6	6	42.9	57.1	
Missing	4	4	33.3	66.7	
Ethnic Group					
White	1920	1907	39.9	59.4	0.7
Black	663	656	44.0	55.0	1.1
Hispanic/Spanish	300	295	41.3	57.0	1.7
Other	145	144	40.0	59.3	0.7
Missing	37	34	43.2	48.6	8.1
Rank					
Enlisted	2364	2346	39.2	60.0	0.8
Officer/WO	687	676	47.2	51.2	1.6
Missing	14	14	42.9	57.1	
MOS/SSI					
Combat Arms	921	918	34.5	65.1	0.3
Combat Support	856	843	39.3	59.2	1.5
Combat Service Support	1274	1261	46.9	52.0	1.0
Missing	14	14	28.6	71.4	
Subsistence Category					
BAS	2099	2081	43.6	55.6	0.9
Meal card holder	736	730	33.7	65.5	0.8
Missing	230	225	40.9	57.0	2.2

NOTES:

Table: 128
Question 39: In the past 12 months, have you changed what you eat because of any medical reasons or health conditions?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	3040	15.4	83.8	0.8
Age					
29 years and younger	1653	1635	11.7	87.2	1.1
30-39 years	846	840	15.6	83.7	0.7
40 years or older	554	553	25.8	74.0	0.2
Missing	12	12	25.0	75.0	
Sex					
Male	2547	2527	13.9	85.3	0.8
29 years and younger	1364	1348	10.0	88.9	1.2
30-39 years	691	688	13.2	86.4	0.4
40 years or older	485	484	25.8	74.0	0.2
Missing	7	7	28.6	71.4	
Female	494	489	22.7	76.3	1.0
29 years and younger	282	280	20.2	79.1	0.7
30-39 years	148	145	27.0	70.9	2.0
40 years or older	63	63	23.8	76.2	
Missing	1	1		100.0	
Missing	24	24	20.8	79.2	
29 years and younger	7	7		100.0	
30-39 years	7	7	14.3	85.7	
40 years or older	6	6	50.0	50.0	
Missing	4	4	25.0	75.0	
Ethnic Group					
White	1920	1906	14.3	85.0	0.7
Black	663	659	18.3	81.1	0.6
Hispanic/Spanish	300	297	13.7	85.3	1.0
Other	145	144	20.0	79.3	0.7
Missing	37	34	16.2	75.7	8.1
Rank					
Enlisted	2364	2350	15.3	84.1	0.6
Officer/WO	687	676	15.3	83.1	1.6
Missing	14	14	28.6	71.4	
MOS/SSI					
Combat Arms	921	918	12.5	87.2	0.3
Combat Support	856	844	14.3	84.3	1.4
Combat Service Support	1274	1264	18.1	81.1	0.8
Missing	14	14	21.4	78.6	
Subsistence Category					
BAS	2099	2080	16.4	82.7	0.9
Meal card holder	736	732	12.4	87.1	0.5
Missing	230	228	15.7	83.5	0.9
NOTES:					

Table: 129
Question 40A-D: If you have changed what you eat because of a medical reason, what was that reason?

SELECTED CHARACTERISTICS	Total N	Over Weight.			High Blood Pressure			Cholesterol			Diabetes		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent	Percent		Percent	Percent		Percent	Percent			
Total Population	471	187	39.7	60.3	73	15.5	84.5	135	28.7	71.3	12	2.5	97.5
Age													
29 years and younger	193	76	39.4	60.6	21	10.9	89.1	37	19.2	80.8	6	3.1	96.9
30-39 years	132	55	41.7	58.3	17	12.9	87.1	38	28.8	71.2	3	2.3	97.7
40 years or older	143	55	38.5	61.5	35	24.5	75.5	59	41.3	58.7	3	2.1	97.9
Missing	3	1	33.3	66.7	0		100.0	1	33.3	66.7	0		100.0
Sex													
Male	354	133	37.6	62.4	62	17.5	82.5	119	33.6	66.4	10	2.8	97.2
29 years and younger	136	54	39.7	60.3	18	13.2	86.8	32	23.5	76.5	5	3.7	96.3
30-39 years	91	32	35.2	64.8	13	14.3	85.7	30	33.0	67.0	2	2.2	97.8
40 years or older	125	47	37.6	62.4	31	24.8	75.2	56	44.8	55.2	3	2.4	97.6
Missing	2	0		100.0	0		100.0	1	50.0	50.0	0		100.0
Female	112	52	46.4	53.6	10	8.9	91.1	16	14.3	85.7	2	1.8	98.2
29 years and younger	57	22	38.6	61.4	3	5.3	94.7	5	8.8	91.2	1	1.8	98.2
30-39 years	40	23	57.5	42.5	4	10.0	90.0	8	20.0	80.0	1	2.5	97.5
40 years or older	15	7	46.7	53.3	3	20.0	80.0	3	20.0	80.0	0		100.0
Missing	0				0		100.0	0					
29 years and younger	5	2	40.0	60.0	1	20.0	80.0	0		100.0	0		100.0
30-39 years	0			100.0	0		100.0	0		100.0	0		100.0
40 years or older	3	1	33.3	66.7	1	33.3	66.7	0		100.0	0		100.0
Missing	1	1	100.0		0		100.0	0		100.0	0		100.0
Ethnic Group													
White	274	116	42.3	57.7	38	13.9	86.1	71	25.9	74.1	4	1.5	98.5
Black	121	41	33.9	66.1	29	24.0	76.0	42	34.7	65.3	6	5.0	95.0
Hispanic/Spanish	41	14	34.1	65.9	2	4.9	95.1	12	29.3	70.7	1	2.4	97.6
Other	29	11	37.9	62.1	3	10.3	89.7	8	27.6	72.4	1	3.4	96.6
Missing	6	5	83.3	16.7	1	16.7	83.3	2	33.3	66.7	0		100.0
Rank													
Enlisted	362	137	37.8	62.2	56	15.5	84.5	98	27.1	72.9	12	3.3	96.7
Officer/WO	105	48	45.7	54.3	16	15.2	84.8	36	34.3	65.7	0		100.0
Missing	4	2	50.0	50.0	1	25.0	75.0	1	25.0	75.0	0		100.0
MOS/SSI													
Combat Arms	115	52	45.2	54.8	22	19.1	80.9	27	23.5	75.5	3	2.6	97.4
Combat Support	122	44	36.1	63.9	13	10.7	89.3	41	33.6	66.4	3	2.5	97.5
Combat Service Support	231	89	38.5	61.5	38	16.5	83.5	67	29.0	71.0	6	2.6	97.4
Missing	3	2	66.7	33.3	0		100.0	0		100.0	0		100.0
Subsistence Category													
BAS	344	141	41.0	59.0	57	16.6	83.4	108	31.4	68.6	7	2.0	98.0
Meal card holder	91	36	39.6	60.4	15	16.5	83.5	20	22.0	78.0	3	3.3	96.7
Missing	36	10	27.8	72.2	1	2.8	97.2	7	19.4	80.6	2	5.6	94.4

NOTES: Analysis is based on those who answered "YES" to question number 39 (total N above).
N is the number of respondents that answered "YES" to the question.

NOTES: Analysis is based on those who answered "YES" to question number 39 (total N above).
N is the number of respondents that answered "YES" to the question.

Table: 130
Question 40E-H: If you have changed what you eat because of a medical reason, what was that reason?

SELECTED CHARACTERISTICS	Total N	Heart Disease			Allergy			Ulcer			Other		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	471	14	3.0	97.0	18	3.8	96.2	2	4.2	95.8	151	32.1	67.9
Age													
29 years and younger	193	4	2.1	97.9	8	4.1	95.9	9	4.7	95.3	79	40.9	59.1
30-39 years	132	1	0.8	99.2	7	5.3	94.7	4	3.0	97.0	43	32.6	67.4
40 years or older	143	9	6.3	93.7	3	2.1	97.9	7	4.9	95.1	28	19.6	80.4
Missing	3	0		100.0	0		100.0	0		100.0	1	33.3	66.7
Sex													
Male	354	12	3.4	96.6	12	3.4	96.6	15	4.2	95.8	98	27.7	72.3
29 years and younger	136	3	2.2	97.8	7	5.1	94.9	7	5.1	94.9	47	34.6	65.4
30-39 years	91	1	1.1	98.9	3	3.3	96.7	2	2.2	97.8	28	30.8	69.2
40 years or older	125	8	6.4	93.6	2	1.6	98.4	6	4.8	95.2	22	17.6	82.4
Missing	2	0		100.0	0		100.0	0		100.0	1	50.0	50.0
Female	112	2	1.8	98.2	6	5.4	94.6	5	4.5	95.5	52	46.4	53.6
29 years and younger	57	1	1.8	98.2	1	1.8	98.2	2	3.5	96.5	32	56.1	43.9
30-39 years	40	0		100.0	4	10.0	90.0	2	5.0	95.0	14	35.0	65.0
40 years or older	15	1	6.7	93.3	1	6.7	93.3	1	6.7	93.3	6	40.0	60.0
Missing	0												
Missing	5	0		100.0	0		100.0	0		100.0	1	20.0	80.0
29 years and younger	0												
30-39 years	1	0		100.0	0		100.0	0		100.0	1	100.0	
40 years or older	3	0		100.0	0		100.0	0		100.0	0		100.0
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
Ethnic Group													
White	274	6	2.2	97.8	8	2.9	97.1	9	3.3	96.7	97	35.4	64.6
Black	121	4	3.3	96.7	4	3.3	96.7	6	5.0	95.0	29	24.0	76.0
Hispanic/Spanish	41	2	4.9	95.1	1	2.4	97.6	1	2.4	97.6	13	31.7	68.3
Other	29	1	3.4	96.6	4	13.8	86.2	3	10.3	89.7	11	37.9	62.1
Missing	6	1	16.7	83.3	1	16.7	83.3	1	16.7	83.3	1	16.7	83.3
Rank													
Enlisted	362	11	3.0	97.0	16	4.4	95.6	16	4.4	95.6	123	34.0	66.0
Officer/WO	105	3	2.9	97.1	2	1.9	98.1	4	3.8	96.2	28	26.7	73.3
Missing	4	0		100.0	0		100.0	0		100.0	0		100.0
MOS/SSI													
Combat Arms	115	0		100.0	2	1.7	98.3	6	5.2	94.8	39	33.9	66.1
Combat Support	122	5	4.1	95.9	5	4.1	95.9	5	4.1	95.9	38	31.1	68.9
Combat Service Support	231	9	3.9	96.1	11	4.8	95.2	9	3.9	96.1	72	31.2	68.8
Missing	3	0		100.0	0		100.0	0		100.0	2	66.7	33.3
Substance Category													
BAS	344	11	3.2	96.8	11	3.2	96.8	11	3.2	96.8	99	28.8	71.2
Meal card holder	91	2	2.2	97.8	5	5.5	94.5	6	6.6	93.4	38	41.8	58.2
Missing	36	1	2.8	97.2	2	5.6	94.4	3	8.3	91.7	14	38.9	61.1

NOTES: Analysis is based on those who answered "YES" to question number 39 (total N above).
N is the number of respondents that answered "YES" to the question.

NOTES: Analysis is based on those who answered "YES" to question number 39 (total N above).
N is the number of respondents that answered "YES" to the question.

Table: 131
Question 41A-B: When you buy food, how important are the factors from the list below?

SELECTED CHARACTERISTICS	Total N	Nutrition						Price					
		N	Not at all important	Not too important	Somewhat important Percent	Very important	Missing	N	Not at all important	Not too important	Somewhat important Percent	Very important	Missing
Total Population	3065	3029	5.3	10.2	48.0	35.3	1.2	3022	4.6	12.4	40.1	41.5	1.4
Age													
29 years and younger	1653	1630	7.3	13.5	49.7	28.1	1.4	1629	4.2	11.4	35.1	47.8	1.5
30-39 years	846	839	3.7	7.0	46.0	42.6	0.8	838	4.8	11.9	45.2	37.1	0.9
40 years or older	554	550	1.8	5.2	46.2	46.0	0.7	545	5.4	16.1	47.3	29.6	1.6
Missing	12	10		8.3	50.0	25.0	16.7	10			41.7	41.7	16.7
Sex													
Male	2547	2517	5.3	10.8	49.6	33.2	1.2	2511	4.5	12.2	40.2	41.7	1.5
29 years and younger	1364	1343	7.4	14.1	50.6	26.4	1.5	1342	3.7	11.2	34.9	48.5	1.7
30-39 years	691	687	3.6	8.0	48.5	39.4	0.6	687	5.5	11.4	46.5	36.0	0.6
40 years or older	485	482	1.6	5.4	48.9	43.5	0.6	477	5.4	16.1	46.4	30.5	1.6
Missing	7	5		14.3	28.6	28.6	28.6	5			14.3	57.1	28.6
Female	494	489	5.5	7.5	39.3	46.8	1.0	487	5.3	13.2	40.1	40.1	1.4
29 years and younger	282	280	7.1	10.6	45.0	36.5	0.7	280	6.7	12.4	36.2	44.0	0.7
30-39 years	148	145	3.4	2.7	33.8	58.1	2.0	144	2.0	14.2	40.5	40.5	2.7
40 years or older	63	63	3.2	4.8	25.4	66.7		62	6.3	14.3	55.6	22.2	1.6
Missing	1	1			100.0			1			100.0		
29 years and younger	24	23	4.2	4.2	58.3	29.2	4.2	24		16.7	33.3	50.0	
30-39 years	7	7		14.3	57.1	28.6		7		14.3	28.6	57.1	
40 years or older	6	5			50.0	33.3	16.7	6		33.3	33.3	33.3	
Missing	4	4			75.0	25.0		4			75.0	25.0	
Ethnic Group													
White	1920	1901	5.1	9.9	51.9	32.1	1.0	1903	4.8	13.0	43.7	37.6	0.9
Black	663	655	6.2	10.1	40.1	42.5	1.2	651	4.5	10.5	32.2	50.8	2.0
Hispanic/Spanish	300	295	4.3	11.7	43.7	38.7	1.7	292	3.7	12.7	35.3	45.7	2.7
Other	145	144	2.8	12.4	46.9	37.2	0.7	142	2.8	11.7	38.6	44.8	2.1
Missing	37	34	18.9	2.7	32.4	37.8	8.1	34	8.1	10.8	40.5	32.4	8.1
Rank													
Enlisted	2364	2338	6.2	11.4	47.3	34.0	1.1	2332	4.7	11.2	35.9	46.8	1.4
Officer/WO	687	677	2.2	6.0	50.8	39.6	1.5	677	3.9	16.3	54.3	24.0	1.5
Missing	14	14	7.1	14.3	35.7	42.9		13	7.1	14.3	57.1	14.3	7.1
MOS/SSI													
Combat Arms	921	911	5.6	11.7	49.9	31.6	1.1	911	5.2	12.3	40.5	40.9	1.1
Combat Support	856	843	5.5	9.9	50.4	32.7	1.5	842	4.9	13.9	39.4	40.0	1.8
Combat Service Support	1274	1261	4.9	9.3	45.1	39.6	1.0	1255	3.9	11.5	40.1	43.0	1.5
Missing	14	14			50.0	50.0		14		7.1	57.1	35.7	
Subsistence Category													
BAS	2099	2076	4.4	8.0	48.7	37.7	1.1	2072	4.9	11.8	41.9	40.0	1.3
Meal card holder	736	728	7.7	15.1	46.9	29.2	1.1	725	3.4	13.2	37.1	44.8	1.5
Missing	230	225	5.2	13.9	45.7	33.0	2.2	225	5.2	14.8	33.5	44.3	2.2

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 67.0% thought price was "highly (very) important."

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 67.0% thought price was "highly (very) important."

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 80.6% thought nutrition was "highly (very) important." NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 67.0% thought price was "highly (very) important."

Table: 132
Question 41C-D: When you buy food, how important are the factors from the list below?

SELECTED CHARACTERISTICS	Total N	How easy the food is to prepare					Taste						
		N	Not at all important	Not too important	Somewhat important	Very important	Missing	N	Not at all important	Not too important	Somewhat important	Very important	Missing
Total Population	3065	3018	7.1	21.4	46.4	23.6	1.5	3021	1.1	2.3	28.3	66.8	1.5
Age													
29 years and younger	1653	1629	6.6	19.6	45.8	26.5	1.5	1625	1.3	2.1	24.9	70.0	1.8
30-39 years	846	837	8.4	24.5	45.2	20.9	1.1	838	0.8	2.7	29.6	66.0	0.9
40 years or older	554	542	6.3	21.8	50.5	19.1	2.2	548	0.7	2.3	37.0	58.8	1.1
Missing	12	10	16.7	16.7	25.0	25.0	16.7	10			16.7	66.7	16.7
Sex													
Male	2547	2508	7.3	22.2	47.3	21.7	1.5	2512	1.0	2.4	30.2	65.0	1.4
29 years and younger	1364	1343	6.7	20.2	46.1	25.4	1.5	1340	1.3	2.3	25.5	69.1	1.8
30-39 years	691	686	9.1	25.8	46.5	17.9	0.7	687	0.7	2.7	33.1	62.8	0.6
40 years or older	485	474	6.4	22.7	51.8	16.9	2.3	480	0.4	2.5	39.6	56.5	1.0
Missing	7	5	14.3	14.3	42.9	14.3	28.6	5			14.3	57.1	28.6
Female	494	486	5.7	16.8	42.7	33.2	1.6	485	1.4	1.4	18.8	76.5	1.8
29 years and younger	282	279	5.7	16.3	45.0	31.9	1.1	278	1.4	1.1	22.0	74.1	1.4
30-39 years	148	144	5.4	19.6	38.5	33.8	2.7	144	0.7	2.7	12.8	81.1	2.7
40 years or older	63	62	6.3	11.1	42.9	38.1	1.6	62	3.2		19.0	76.2	1.6
Missing	1	1		100.0				1				100.0	
29 years and younger	24	24	12.5	29.2	33.3	25.0		24	4.2	4.2	25.0	66.7	
30-39 years	7	7	14.3	42.9	28.6	14.3		7			28.6	71.4	
40 years or older	6	6		66.7	57.1	42.9		6	14.3	16.7	16.7	66.7	
Missing	4	4	50.0		33.3	50.0		4			25.0	75.0	
Ethnic Group													
White	1920	1900	6.1	20.6	49.3	22.9	1.0	1900	1.0	2.0	31.1	64.8	1.0
Black	663	649	8.6	21.1	41.0	27.3	2.1	650	1.2	3.0	22.0	71.7	2.1
Hispanic/Spanish	300	294	7.3	27.3	41.7	21.7	2.0	294	1.3	1.7	25.3	69.7	2.0
Other	145	142	7.6	20.0	46.9	23.4	2.1	143		4.1	27.6	66.9	1.4
Missing	37	33	24.3	21.6	29.7	13.5	10.8	34	5.4	2.7	24.3	59.5	8.1
Rank													
Enlisted	2364	2329	7.9	21.5	44.9	24.2	1.5	2332	1.2	2.0	26.4	69.0	1.4
Officer/WO	687	676	3.9	20.8	52.0	21.7	1.6	676	0.6	2.9	34.9	60.0	1.6
Missing	14	13	21.4	28.6	28.6	14.3	7.1	13	7.1	14.3	35.7	35.7	7.1
MOS/SSI													
Combat Arms	921	913	7.4	22.8	47.8	21.2	0.9	913	1.4	2.2	30.3	65.3	0.9
Combat Support	856	841	7.5	20.9	47.3	22.6	1.8	843	1.4	3.2	29.3	64.5	1.6
Combat Service Support	1274	1250	6.5	20.8	44.8	26.0	1.9	1251	0.6	1.8	26.3	69.5	1.8
Missing	14	14	14.3	7.1	50.0	28.6		14			28.6	71.4	
Substance Category													
BAS	2099	2067	7.1	22.0	47.3	22.1	1.5	2072	0.8	2.1	30.3	65.5	1.3
Meal card holder	736	726	6.9	19.4	43.6	28.7	1.4	725	1.6	2.6	22.8	71.5	1.5
Missing	230	225	7.0	22.2	47.4	21.3	2.2	224	2.2	3.0	28.3	63.9	2.6
NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFIL, 55.2% thought ease of preparation was "highly (very) important."		NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFIL, 91.9% thought taste was "highly (very) important."											

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 55.2% thought ease of preparation was "highly (very) important."

NOTES: Of those responding to the 1989-1991 USDA Diet and Health Knowledge Survey and CSFII, 91.9% thought taste was "highly (very) important."

Table: 133

Question 42A: How easy is it to understand the list of ingredients?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not too easy	Somewhat easy	Very easy	Missing	
Total Population	3065	3033	14.9	47.5	36.6	1.0	
Age							
29 years and younger	1653	1633	15.8	47.6	35.4	1.2	
30-39 years	846	838	12.2	47.8	39.1	0.9	
40 years or older	554	552	16.4	46.8	36.5	0.4	
Missing	12	10	8.3	41.7	33.3	16.7	
Sex							
Male	2547	2521	14.7	48.5	35.8	1.0	
29 years and younger	1364	1345	14.9	48.4	35.3	1.4	
30-39 years	691	688	12.6	49.8	37.2	0.4	
40 years or older	485	483	17.5	46.8	35.3	0.4	
Missing	7	5	57.1	57.1	14.3	28.6	
Female	494	488	15.8	42.1	40.9	1.2	
29 years and younger	282	281	20.2	44.0	35.5	0.4	
30-39 years	148	143	10.8	37.2	48.6	3.4	
40 years or older	63	63	7.9	46.0	46.0		
Missing	1	1	100.0				
Missing	24	24	12.5	50.0	37.5		
29 years and younger	7	7	14.3	42.9	42.9		
30-39 years	7	7	71.4	71.4	28.6		
40 years or older	6	6	16.7	50.0	33.3		
Missing	4	4	25.0	25.0	50.0		
Ethnic Group							
White	1920	1905	14.5	46.1	38.6	0.8	
Black	663	657	15.1	51.8	32.2	0.9	
Hispanic/Spanish	300	295	16.0	48.3	34.0	1.7	
Other	145	143	15.9	45.5	37.2	1.4	
Missing	37	33	16.2	43.2	29.7	10.8	
Rank							
Enlisted	2364	2342	15.2	48.9	35.0	0.9	
Officer/WO	687	677	14.1	42.2	42.2	1.5	
Missing	14	14	71.4	71.4	28.6		
MOS/SSI							
Combat Arms	921	916	15.1	49.6	34.7	0.5	
Combat Support	856	844	16.0	46.1	36.5	1.4	
Combat Service Support	1274	1259	14.1	47.0	37.8	1.2	
Missing	14	14	7.1	35.7	57.1		
Substance Category							
BAS	2099	2077	15.2	46.3	37.4	1.0	
Meal card holder	736	730	13.7	49.5	36.0	0.8	
Missing	230	226	15.2	52.2	30.9	1.7	
NOTES:							

Table: 134

Question 42B: How easy is it to understand the phrases on labels like "light", etc.?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not too easy	Somewhat easy	Very easy	Missing	
Total Population	3065	3032	16.8	47.7	34.5	1.1	
Age							
29 years and younger	1653	1634	12.1	48.4	38.4	1.1	
30-39 years	846	836	19.1	47.9	31.8	1.2	
40 years or older	554	552	27.1	45.5	27.1	0.4	
Missing	12	10	16.7	41.7	25.0	16.7	
Sex							
Male	2547	2521	17.4	47.8	33.7	1.0	
29 years and younger	1364	1346	12.7	48.6	37.4	1.3	
30-39 years	691	687	19.1	48.3	32.0	0.6	
40 years or older	485	483	28.2	44.9	26.4	0.4	
Missing	7	5	14.3	57.1		28.6	
Female	494	487	13.2	47.0	38.5	1.4	
29 years and younger	282	281	9.2	47.2	43.3	0.4	
30-39 years	148	142	18.2	45.9	31.8	4.1	
40 years or older	63	63	19.0	49.2	31.7		
Missing	1	1	100.0				
Missing	24	24	20.8	45.8	33.3		
29 years and younger	7	7	57.1	57.1	42.9		
30-39 years	7	7	42.9	42.9	14.3		
40 years or older	6	6	16.7	50.0	33.3		
Missing	4	4	25.0	25.0	50.0		
Ethnic Group							
White	1920	1905	18.2	46.9	34.1	0.8	
Black	663	656	14.2	49.1	35.7	1.1	
Hispanic/Spanish	300	295	12.3	50.3	35.7	1.7	
Other	145	143	17.9	49.0	31.7	1.4	
Missing	37	33	18.9	37.8	32.4	10.8	
Rank							
Enlisted	2364	2342	14.5	47.9	36.7	0.9	
Officer/WO	687	676	24.6	46.7	27.1	1.6	
Missing	14	14	14.3	64.3	21.4		
MOS/SSI							
Combat Arms	921	916	15.7	46.7	37.0	0.5	
Combat Support	856	845	19.0	47.8	31.9	1.3	
Combat Service Support	1274	1257	16.2	48.2	34.3	1.3	
Missing	14	14		57.1	42.9		
Substance Category							
BAS	2099	2077	17.6	48.8	32.6	1.0	
Meal card holder	736	730	14.0	45.2	39.9	0.8	
Missing	230	225	18.3	45.7	33.9	2.2	
NOTES:							

Table: 135

Question 42C: How easy is it to understand the nutrition panel that tells the amount of calories, protein, fat, and such in a serving of food?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Not too easy	Somewhat easy	Very easy	Missing	
Total Population	3065	3027	8.5	41.1	49.1	1.2	
Age							
29 years and younger	1653	1631	8.6	40.0	50.1	1.3	
30-39 years	846	834	8.0	41.1	49.4	1.4	
40 years or older	554	552	8.8	44.6	46.2	0.4	
Missing	12	10	16.7	33.3	33.3	16.7	
Sex							
Male	2547	2518	8.8	42.3	47.7	1.1	
29 years and younger	1364	1343	8.6	41.2	48.6	1.5	
30-39 years	691	687	8.7	43.1	47.6	0.6	
40 years or older	485	483	9.7	44.3	45.6	0.4	
Missing	7	5	42.9	28.6	28.6		
Female	494	485	6.9	34.4	56.9	1.8	
29 years and younger	282	281	8.5	34.0	57.1	0.4	
30-39 years	148	140	5.4	30.4	58.8	5.4	
40 years or older	63	63	1.6	46.0	52.4		
Missing	1	1	100.0				
Missing	24	24	8.3	54.2	37.5		
29 years and younger	7	7		57.1	42.9		
30-39 years	7	7		71.4	28.6		
40 years or older	6	6	16.7	50.0	33.3		
Missing	4	4	25.0	25.0	50.0		
Ethnic Group							
White	1920	1901	7.5	38.5	53.0	1.0	
Black	663	655	9.6	47.9	41.3	1.2	
Hispanic/Spanish	300	295	10.0	43.0	45.3	1.7	
Other	145	143	12.4	39.3	46.9	1.4	
Missing	37	33	13.5	45.9	29.7	10.8	
Rank							
Enlisted	2364	2339	9.6	42.7	46.6	1.1	
Officer/WO	687	674	4.8	35.1	58.2	1.9	
Missing	14	14		64.3	35.7		
MOS/SSI							
Combat Arms	921	915	9.3	41.0	49.0	0.7	
Combat Support	856	844	7.8	39.9	50.9	1.4	
Combat Service Support	1274	1254	8.4	42.1	48.0	1.6	
Missing	14	14	7.1	35.7	57.1		
Substance Category							
BAS	2099	2074	8.1	41.4	49.3	1.2	
Meal card holder	736	727	9.4	39.1	50.3	1.2	
Missing	230	226	9.6	45.2	43.5	1.7	
NOTES:							

Table: 136

Question 42D: How easy is it to understand the serving size?

SELECTED CHARACTERISTICS	Total N	N	Not too easy	Somewhat easy	Percent		Missing
					Very easy		
Total Population	3065	3017	9.2	42.6	46.6	1.6	
Age							
29 years and younger	1653	1624	8.6	41.1	48.5	1.8	
30-39 years	846	833	8.2	43.7	46.6	1.5	
40 years or older	554	550	12.8	45.3	41.2	0.7	
Missing	12	10		41.7	41.7	16.7	
Sex							
Male	2547	2509	9.5	43.6	45.4	1.5	
29 years and younger	1364	1339	8.6	41.8	47.8	1.8	
30-39 years	691	684	8.5	45.9	44.6	1.0	
40 years or older	485	481	13.4	46.0	39.8	0.8	
Missing	7	5		28.6	42.9	28.6	
Female	494	485	7.9	36.4	53.8	1.8	
29 years and younger	282	279	8.9	37.6	52.5	1.1	
30-39 years	148	142	6.1	32.4	57.4	4.1	
40 years or older	63	63	7.9	39.7	52.4		
Missing	1	1		100.0			
Missing	24	23	8.3	58.3	29.2	4.2	
29 years and younger	7	6		57.1	28.6	14.3	
30-39 years	7	7	14.3	71.4	14.3		
40 years or older	6	6	16.7	50.0	33.3		
Missing	4	4		50.0	50.0		
Ethnic Group							
White	1920	1898	9.5	40.5	48.9	1.1	
Black	663	650	8.4	47.6	42.0	2.0	
Hispanic/Spanish	300	295	6.7	47.0	44.7	1.7	
Other	145	142	11.7	41.4	44.8	2.1	
Missing	37	32	18.9	32.4	35.1	13.5	
Rank							
Enlisted	2364	2331	9.1	42.9	46.6	1.4	
Officer/WO	687	672	9.8	40.9	47.2	2.2	
Missing	14	14		71.4	28.6		
MOS/SSI							
Combat Arms	921	912	9.8	43.1	46.1	1.0	
Combat Support	856	840	9.1	41.9	47.1	1.9	
Combat Service Support	1274	1251	8.8	42.7	46.7	1.8	
Missing	14	14	21.4	42.9	35.7		
Substance Category							
BAS	2099	2067	8.7	43.5	46.3	1.5	
Meal card holder	736	726	10.5	40.1	48.1	1.4	
Missing	230	224	10.4	42.6	44.3	2.6	

NOTES:

Table: 137
Question 42E: How easy is it to understand the statements on the label that describes health benefits?

SELECTED CHARACTERISTICS	Total N	N	Not too easy	Somewhat easy	Very easy	Missing
			Percent			
Total Population	3065	3024	15.6	52.5	30.6	1.3
Age						
29 years and younger	1653	1630	13.2	51.2	34.2	1.4
30-39 years	846	833	14.4	54.4	29.7	1.5
40 years or older	554	551	24.4	54.0	21.1	0.5
Missing	12	10	16.7	41.7	25.0	16.7
Sex						
Male	2547	2513	16.4	52.8	29.4	1.3
29 years and younger	1364	1342	14.0	51.5	32.9	1.6
30-39 years	691	684	15.8	54.1	29.1	1.0
40 years or older	485	482	24.5	54.6	20.2	0.6
Missing	7	5		57.1	14.3	28.6
Female	494	487	10.7	50.8	37.0	1.4
29 years and younger	282	281	9.6	49.3	40.8	0.4
30-39 years	148	142	8.1	54.7	33.1	4.1
40 years or older	63	63	22.2	49.2	28.6	
Missing	1	1			100.0	
29 years and younger	24	24	20.8	58.3	20.8	
30-39 years	7	7		71.4	28.6	
40 years or older	6	6	14.3	71.4	14.3	
Missing	4	4	33.3	50.0	16.7	
			50.0	25.0	25.0	
Ethnic Group						
White	1920	1897	16.5	52.6	29.8	1.2
Black	663	656	13.1	54.5	31.3	1.1
Hispanic/Spanish	300	295	14.0	49.3	35.0	1.7
Other	145	143	15.9	55.2	27.6	1.4
Missing	37	33	24.3	32.4	32.4	10.8
Rank						
Enlisted	2364	2337	13.4	53.2	32.3	1.1
Officer/WO	687	673	23.0	50.4	24.6	2.0
Missing	14	14	14.3	57.1	28.6	
MOS/SSI						
Combat Arms	921	913	14.8	53.9	30.5	0.9
Combat Support	856	842	15.1	54.0	29.3	1.6
Combat Service Support	1274	1256	16.4	51.0	31.2	1.4
Missing	14	13	21.4	14.3	57.1	7.1
Substance Category						
BAS	2099	2073	15.6	53.4	29.8	1.2
Meal card holder	736	726	16.4	48.6	33.6	1.4
Missing	230	225	12.2	57.4	28.3	2.2
NOTES:						

Table: 138

Question 43A-B: When you look for nutrition information on the food label, how often would you look for information about the following statements?

SELECTED CHARACTERISTICS	Total N	Calories					Salt or Sodium						
		N	Never	Rarely	Sometimes	Often/always	Missing	N	Never	Rarely	Sometimes	Often/always	Missing
			Percent						Percent				
Total Population	3065	3030	12.0	15.6	32.1	39.1	1.1	3021	16.8	28.3	33.0	20.5	1.5
Age													
29 years and younger	1653	1631	15.1	17.7	34.6	31.3	1.3	1626	21.0	32.3	29.8	15.2	1.7
30-39 years	846	836	9.6	15.8	28.8	44.6	1.2	834	13.7	24.5	34.9	25.5	1.4
40 years or older	554	553	6.7	8.7	30.0	54.5	0.2	550	8.7	22.0	40.1	28.5	0.7
Missing	12	10	8.3	16.7	25.0	33.3	16.7	11	25.0	33.3	8.3	25.0	8.3
Sex													
Male	2547	2517	13.2	16.7	33.6	35.4	1.2	2510	17.5	28.9	33.3	18.8	1.5
29 years and younger	1364	1343	16.6	18.8	35.5	27.6	1.5	1338	22.1	32.7	29.8	13.4	2.0
30-39 years	691	685	10.9	17.7	31.3	39.4	0.9	685	14.8	24.9	35.9	23.6	0.9
40 years or older	485	484	7.2	9.3	31.5	51.8	0.2	481	8.9	23.7	39.8	26.8	0.8
Missing	7	5	28.6	28.6	14.3	28.6	28.6	6	28.6	28.6	14.3	42.9	14.3
Female	494	489	5.9	10.1	24.3	58.7	1.0	488	13.4	24.7	31.6	29.1	1.2
29 years and younger	282	281	8.2	12.8	30.1	48.6	0.4	281	16.7	30.1	28.7	24.1	0.4
30-39 years	148	144	2.7	7.4	16.9	70.3	2.7	143	8.8	20.9	31.8	35.1	3.4
40 years or older	63	63	3.2	4.8	14.3	77.8		63	7.9	9.5	44.4	38.1	
Missing	1	1			100.0			1	100.0				
Missing	24	24	16.7	4.2	41.7	37.5		23	12.5	37.5	25.0	20.8	4.2
29 years and younger	7	7	14.3		42.9	42.9		7	28.6	28.6	71.4		
30-39 years	7	7	28.6	14.3	42.9	14.3		6	14.3	57.1	16.7	14.3	
40 years or older	6	6			66.7	33.3		6	16.7	16.7	16.7	66.7	
Missing	4	4	25.0			75.0		4	50.0	50.0			
Ethnic Group													
White	1920	1901	12.0	15.3	32.0	39.7	1.0	1895	16.9	30.2	33.8	17.8	1.3
Black	663	657	13.4	16.1	33.1	36.4	0.9	657	16.9	23.2	31.9	27.0	1.1
Hispanic/Spanish	300	295	11.0	15.7	29.0	42.7	1.7	293	17.3	27.3	28.3	24.7	2.3
Other	145	144	8.3	18.6	32.4	40.0	0.7	144	13.8	30.3	37.9	17.2	0.7
Missing	37	33	10.8	8.1	43.2	27.0	10.8	32	16.2	21.6	27.0	21.6	13.5
Rank													
Enlisted	2364	2342	13.7	16.2	32.1	37.1	0.9	2336	18.1	27.1	32.2	21.3	1.2
Officer/WO	687	674	6.4	13.4	32.5	45.9	1.9	671	12.2	32.2	35.7	17.6	2.3
Missing	14	14	14.3	7.1	21.4	57.1		14	14.3	28.6	35.7	21.4	
MOS/SSI													
Combat Arms	921	915	14.0	17.8	32.8	34.7	0.7	907	19.0	29.6	31.6	18.2	1.5
Combat Support	856	842	11.9	14.5	34.3	37.7	1.6	845	16.8	30.0	33.3	18.6	1.4
Combat Service Support	1274	1259	10.8	14.7	30.3	43.1	1.2	1255	15.3	26.3	33.8	23.1	1.5
Missing	14	14	7.1	14.3	21.4	57.1		14	7.1	14.3	28.6	50.0	
Substance Category													
BAS	2089	2076	11.0	14.2	32.2	41.4	1.1	2072	15.7	27.1	34.4	21.5	1.3
Meal card holder	736	728	14.0	18.9	32.2	33.8	1.1	726	19.7	30.2	30.7	18.1	1.4
Missing	230	226	14.8	17.0	30.9	35.7	1.7	223	17.8	33.0	27.4	18.7	3.0

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Table: 139
Question 43C-D: When you look for nutrition information on the food label, how often would you look for information about the following statements?

SELECTED CHARACTERISTICS	Total N	Total Fat					Saturated Fat						
		N	Never	Rarely	Sometimes	Often/always	Missing	N	Never	Rarely	Sometimes	Often/always	Missing
			Percent						Percent				
Total Population	3065	3022	10.7	12.7	26.5	48.7	1.4	3024	11.9	15.0	28.2	43.5	1.4
Age													
29 years and younger	1653	1626	13.8	15.4	27.8	41.3	1.6	1625	15.8	17.5	28.2	36.8	1.8
30-39 years	846	834	8.2	11.5	25.9	53.1	1.4	836	8.9	13.5	28.8	47.6	1.2
40 years or older	554	552	5.4	6.9	23.5	63.9	0.4	553	5.1	10.1	27.1	57.6	0.2
Missing	12	10			33.3	50.0	16.7	10	8.3	8.3	33.3	33.3	16.7
Sex													
Male	2547	2512	11.7	13.7	27.5	45.8	1.4	2514	12.8	15.4	28.1	42.3	1.3
29 years and younger	1364	1339	14.9	16.7	28.8	37.7	1.8	1338	17.0	17.9	28.2	34.9	2.0
30-39 years	691	685	9.3	12.4	27.8	49.6	0.9	687	10.0	13.9	28.5	47.0	0.6
40 years or older	485	483	6.0	7.2	23.5	62.9	0.4	484	5.4	10.5	27.2	56.7	0.2
Missing	7	5			28.6	42.9	28.6	5			28.6	42.9	28.6
Female	494	487	5.9	7.9	20.9	64.0	1.4	487	7.3	13.0	28.3	50.0	1.4
29 years and younger	282	280	8.5	9.6	22.7	58.5	0.7	280	10.3	15.6	27.7	45.7	0.7
30-39 years	148	143	2.7	6.8	16.2	70.9	3.4	143	3.4	10.8	30.4	52.0	3.4
40 years or older	63	63	1.6	3.2	22.2	73.0		63	3.2	4.8	27.0	65.1	
Missing	1	1			100.0			1		100.0			
Missing	24	23	8.3	8.3	37.5	41.7	4.2	23	12.5	16.7	33.3	33.3	4.2
29 years and younger	7	7	14.3		42.9	42.9		7	14.3		42.9	42.9	
30-39 years	7	6	14.3	14.3	42.9	14.3	14.3	6	14.3	28.6	28.6	14.3	14.3
40 years or older	6	6		16.7	33.3	50.0		6		33.3	16.7	50.0	
Missing	4	4			25.0	75.0		4	25.0		50.0	25.0	
Ethnic Group													
White	1920	1901	9.8	11.5	25.9	51.8	1.0	1899	10.7	14.3	27.7	46.3	1.1
Black	663	649	13.7	15.2	28.2	40.8	2.1	653	15.4	17.6	30.1	35.2	1.7
Hispanic/Spanish	300	295	10.0	13.7	25.0	49.7	1.7	295	12.0	14.7	25.7	46.0	1.7
Other	145	144	9.0	18.6	31.0	40.7	0.7	144	12.4	15.9	31.7	39.3	0.7
Missing	37	33	13.5	2.7	24.3	48.6	10.8	33	13.5	5.4	27.0	43.2	10.8
Rank													
Enlisted	2364	2335	12.4	13.5	27.9	44.9	1.2	2338	13.9	15.6	28.3	41.0	1.1
Officer/WO	687	673	4.7	10.2	21.8	61.3	2.0	672	5.2	12.8	27.7	52.1	2.2
Missing	14	14	14.3	7.1	21.4	57.1		14	14.3	14.3	28.6	42.9	
MOS/SSI													
Combat Arms	921	911	12.2	13.7	26.6	46.5	1.1	912	13.5	15.3	27.4	42.9	1.0
Combat Support	856	839	9.8	12.4	27.1	48.8	2.0	841	11.7	14.7	28.4	43.4	1.9
Combat Service Support	1274	1258	10.3	12.3	26.3	49.8	1.3	1257	11.1	15.1	28.8	43.7	1.3
Missing	14	14	7.1	7.1	7.1	78.6		14	7.1	7.1	14.3	71.4	
Substance Category													
BAS	2099	2074	9.3	11.7	26.5	51.3	1.2	2076	10.4	14.0	28.6	45.9	1.1
Meal card holder	736	725	13.6	15.1	26.5	43.3	1.5	724	15.5	17.5	26.9	38.5	1.6
Missing	230	223	13.9	14.3	27.0	41.7	3.0	224	14.8	16.1	28.3	38.3	2.6

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Table: 140

Question 43E-F: When you look for nutrition information on the food label, how often would you look for information about the following statements?

SELECTED CHARACTERISTICS	Total N	Cholesterol						Vitamins or Minerals					
		N	Never	Rarely	Sometimes	Often/ always	Missing	N	Never	Rarely	Sometimes	Often/ always	Missing
			Percent						Percent				
Total Population	3065	3016	14.5	21.0	32.7	30.2	1.6	3025	14.0	24.7	40.2	19.7	1.3
Age													
29 years and younger	1653	1622	19.2	24.1	31.9	22.9	1.9	1630	17.4	24.3	38.2	18.7	1.5
30-39 years	846	834	10.8	18.7	34.0	35.1	1.4	836	11.3	24.3	40.3	22.8	1.2
40 years or older	554	550	6.1	15.3	32.9	44.9	0.7	548	7.8	26.4	46.6	18.2	1.1
Missing	12	10	16.7	16.7	41.7	8.3	16.7	11	16.7	33.3	25.0	16.7	8.3
Sex													
Male	2547	2508	15.2	20.8	32.6	29.8	1.5	2513	14.4	25.1	40.5	18.6	1.4
29 years and younger	1364	1337	20.3	23.5	31.9	22.3	2.0	1342	18.1	24.0	38.7	17.6	1.7
30-39 years	691	684	11.6	19.0	34.0	34.4	1.0	686	11.9	25.2	40.2	22.0	0.7
40 years or older	485	482	6.2	16.1	32.4	44.7	0.6	479	7.8	28.0	46.4	16.5	1.2
Missing	7	5	14.3	14.3	42.9	14.3	28.6	6	42.9	28.6	14.3	14.3	14.3
Female	494	484	10.9	21.9	32.8	32.4	2.0	489	11.7	22.9	38.9	25.5	1.0
29 years and younger	282	278	14.2	27.3	31.2	25.9	1.4	281	13.8	26.2	35.8	23.8	0.4
30-39 years	148	143	6.8	16.2	35.1	38.5	3.4	144	8.8	20.3	41.9	26.4	2.7
40 years or older	63	62	4.8	11.1	34.9	47.6	1.6	63	7.9	14.3	46.0	31.7	
Missing	1	1	100.0					1	100.0				
Missing	24	24	16.7	20.8	37.5	25.0		23	12.5	20.8	37.5	25.0	4.2
29 years and younger	7	7	14.3	14.3	42.9	28.6		7	14.3	14.3	42.9	28.6	
30-39 years	7	7	14.3	42.9	14.3	28.6		6	14.3	28.6	14.3	28.6	14.3
40 years or older	6	6	16.7		50.0	33.3		6		16.7	66.7	16.7	
Missing	4	4	25.0	25.0	50.0			4	25.0	25.0	25.0	25.0	
Ethnic Group													
White	1920	1896	14.6	22.3	32.9	28.9	1.3	1899	13.6	26.7	41.7	16.9	1.1
Black	663	649	15.5	19.0	32.1	31.3	2.1	656	16.4	20.3	37.8	24.2	1.2
Hispanic/Spanish	300	296	14.0	18.3	30.3	36.0	1.3	294	12.3	23.0	36.0	26.7	2.0
Other	145	142	10.3	20.7	33.8	33.1	2.1	144	10.3	26.2	41.4	21.4	0.7
Missing	37	33	10.8	13.5	45.9	18.9	10.8	32	13.5	10.8	37.8	24.3	13.5
Rank													
Enlisted	2364	2334	15.9	20.9	32.0	29.9	1.3	2339	15.1	22.5	39.4	21.9	1.1
Officer/NO	687	668	9.8	21.4	34.9	31.1	2.8	672	9.9	32.5	43.2	12.2	2.2
Missing	14	14	14.3	14.3	42.9	28.6		14	14.3	28.6	35.7	21.4	
MOS/SSI													
Combat Arms	921	914	15.2	20.8	32.4	30.8	0.8	911	14.2	24.4	39.8	20.4	1.1
Combat Support	856	836	15.2	22.3	31.9	28.4	2.3	844	14.0	24.2	42.7	17.6	1.5
Combat Service Support	1274	1252	13.7	20.2	33.7	30.8	1.7	1256	13.8	25.3	38.9	20.6	1.4
Missing	14	14	7.1	28.6	14.3	50.0		14	7.1	28.6	35.7	28.6	
Subsistence Category													
BAS	2099	2066	13.0	20.6	32.8	32.0	1.6	2071	13.1	25.5	41.3	18.7	1.4
Meal card holder	736	727	18.3	22.3	32.2	26.0	1.2	729	15.8	23.1	39.0	21.2	1.0
Missing	230	223	16.1	20.4	33.0	27.4	3.0	225	15.7	22.6	34.8	24.8	2.2

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Table: 141

Question 43G-H: When you look for nutrition information on the food label, how often would you look for information about the following statements?

SELECTED CHARACTERISTICS	Total N	Fiber					Sugars						
		N	Never	Rarely	Sometimes	Often/always	Missing	N	Never	Rarely	Sometimes	Often/always	Missing
			Percent						Percent				
Total Population	3065	3021	19.1	30.6	34.7	14.2	1.4	3025	16.8	28.9	34.9	18.1	1.3
Age													
29 years and younger	1653	1625	24.7	33.9	29.7	10.1	1.7	1629	22.1	30.4	32.1	14.0	1.5
30-39 years	846	835	14.4	27.9	37.1	19.3	1.3	834	12.3	28.4	35.7	22.2	1.4
40 years or older	554	551	9.4	24.9	46.0	19.1	0.5	552	7.9	25.8	41.5	24.4	0.4
Missing	12	10	25.0	25.0	33.3	16.7	16.7	10	16.7	16.7	50.0	16.7	16.7
Sex													
Male	2547	2509	19.7	31.1	34.5	13.2	1.5	2514	17.3	29.7	34.8	16.8	1.3
29 years and younger	1364	1337	25.7	33.8	29.5	9.0	2.0	1342	22.6	31.0	32.0	12.7	1.7
30-39 years	691	685	14.8	29.8	36.3	18.2	0.9	684	13.2	29.2	36.0	20.5	1.0
40 years or older	485	482	9.7	25.6	46.2	17.9	0.6	483	8.5	27.0	41.0	23.1	0.4
Missing	7	5	14.3	28.6	28.6	28.6	28.6	5	14.3	28.6	28.6	28.6	28.6
Female	494	489	16.2	27.7	35.2	19.8	1.0	488	14.2	24.9	35.2	24.5	1.2
29 years and younger	282	281	19.5	34.4	30.1	15.6	0.4	280	19.5	27.0	32.6	20.2	0.7
30-39 years	148	144	12.8	18.2	41.9	24.3	2.7	144	8.1	24.3	35.1	29.7	2.7
40 years or older	63	63	7.9	20.6	42.9	28.6	28.6	63	4.8	17.5	46.0	31.7	2.7
Missing	1	1	100.0					1			100.0		
Missing	24	23	16.7	29.2	41.7	8.3	4.2	23	12.5	25.0	33.3	25.0	4.2
29 years and younger	7	7	28.6	28.6	42.9	14.3	14.3	7	14.3	42.9	28.6	14.3	14.3
30-39 years	7	6	14.3	42.9	14.3	14.3	14.3	6	14.3	28.6	14.3	28.6	14.3
40 years or older	6	6	16.7	16.7	66.7	16.7	16.7	6	16.7	16.7	33.3	50.0	14.3
Missing	4	4	25.0	25.0	50.0	50.0	50.0	4	25.0		75.0		
Ethnic Group													
White	1920	1894	18.9	32.1	35.4	12.2	1.4	1898	17.1	30.9	34.4	16.4	1.1
Black	663	654	20.3	26.2	33.9	18.2	1.4	655	17.5	24.5	34.8	21.8	1.4
Hispanic/Spanish	300	296	19.3	28.7	33.0	17.7	1.3	296	14.7	28.0	35.3	20.7	1.3
Other	145	144	15.9	35.2	33.8	14.5	0.7	143	13.1	29.7	40.0	15.9	1.4
Missing	37	33	18.9	24.3	29.7	16.2	10.8	33	18.9	10.8	35.1	24.3	10.8
Rank													
Enlisted	2364	2335	20.9	29.0	33.7	15.1	1.2	2339	18.5	27.1	33.8	19.4	1.1
Officer/WO	687	672	12.8	35.8	38.3	10.9	2.2	672	10.9	35.2	38.3	13.4	2.2
Missing	14	14	14.3	28.6	35.7	21.4	21.4	14	14.3	21.4	42.9	21.4	
MOS/SSI													
Combat Arms	921	910	20.7	30.6	33.9	13.6	1.2	912	17.8	29.2	33.9	18.1	1.0
Combat Support	856	842	20.4	31.4	34.0	12.6	1.6	842	17.5	28.6	36.3	15.9	1.8
Combat Service Support	1274	1255	17.0	30.1	35.9	15.5	1.5	1257	15.5	29.0	34.6	19.5	1.3
Missing	14	14	14.3	21.4	28.6	35.7	35.7	14	21.4	21.4	35.7	21.4	
Substance Category													
BAS	2099	2070	17.7	30.2	36.0	14.7	1.4	2074	15.4	28.7	35.5	19.1	1.2
Meal card holder	736	728	23.0	32.5	31.5	12.0	1.1	728	20.0	30.3	33.0	15.6	1.1
Missing	230	223	19.6	27.4	33.0	17.0	3.0	223	19.1	27.0	34.8	16.1	3.0

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Table: 142

Question 44A: I feel confident that I know how to use food labels to choose a healthy diet.

SELECTED CHARACTERISTICS	Total N	N	Percent			
			Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
Total Population	3065	3023	5.6	14.2	55.2	23.6
Age						1.4
29 years and younger	1653	1626	6.0	14.9	54.9	22.5
30-39 years	846	834	5.4	13.1	53.2	26.8
40 years or older	554	552	4.2	13.9	59.6	22.0
Missing	12	11	16.7	8.3	41.7	25.0
Sex						8.3
Male	2547	2514	5.6	14.6	56.3	22.3
29 years and younger	1364	1340	6.0	15.0	55.2	22.1
30-39 years	691	685	5.8	13.6	55.7	24.0
40 years or older	485	483	4.1	14.6	60.4	20.4
Missing	7	6	14.3	14.3	42.9	14.3
Female	494	485	5.3	12.8	49.2	31.0
29 years and younger	282	278	6.4	14.9	52.5	25.2
30-39 years	148	142	3.4	10.8	40.5	41.2
40 years or older	63	63	4.8	7.9	54.0	33.3
Missing	1	1			100.0	
29 years and younger	24	24	8.3	8.3	66.7	16.7
30-39 years	7	7			100.0	
40 years or older	6	6	14.3	14.3	71.4	33.3
Missing	4	4	25.0	16.7	50.0	50.0
Ethnic Group						
White	1920	1896	4.8	13.4	54.4	26.1
Black	663	656	6.5	14.3	57.7	20.5
Hispanic/Spanish	300	296	9.0	18.0	52.0	19.7
Other	145	143	5.5	15.2	61.4	16.6
Missing	37	32	2.7	21.6	54.1	8.1
Rank						13.5
Enlisted	2364	2337	6.4	15.3	55.2	21.9
Officer/WO	687	672	2.6	10.8	55.0	28.4
Missing	14	14	7.1		71.4	21.4
MOS/SSI						
Combat Arms	921	913	6.3	15.0	55.0	22.8
Combat Support	856	837	4.8	14.2	56.9	21.8
Combat Service Support	1274	1259	5.7	13.7	54.2	25.3
Missing	14	14		7.1	57.1	35.7
Substance Category						
BAS	2099	2073	5.3	14.0	55.0	24.5
Meal card holder	736	726	6.0	14.7	56.3	21.7
Missing	230	224	7.0	15.2	53.5	21.7
NOTES:						

Table: 143

Question 44B: Nutrition information on food labels is hard to interpret.

SELECTED CHARACTERISTICS	Total N	N	Percent			
			Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
Total Population	3065	3021	14.2	39.6	39.1	5.6
Age						1.4
29 years and younger	1653	1627	16.0	41.1	36.3	5.1
30-39 years	846	833	14.7	37.1	40.3	6.4
40 years or older	554	551	8.1	39.0	46.2	6.1
Missing	12	10	16.7	41.7	16.7	8.3
Sex						
Male	2547	2512	13.9	40.0	39.2	5.6
29 years and younger	1364	1341	15.8	41.8	36.0	4.8
30-39 years	691	684	14.5	36.9	40.8	6.8
40 years or older	485	482	7.6	38.8	46.8	6.2
Missing	7	5	14.3	57.1		0.6
Female	494	485	16.6	37.2	38.3	6.1
29 years and younger	282	279	17.7	36.2	38.3	6.7
30-39 years	148	142	16.2	37.2	37.8	4.7
40 years or older	63	63	12.7	42.9	38.1	6.3
Missing	1	1			100.0	
29 years and younger	24	24	4.2	50.0	41.7	4.2
30-39 years	7	7		85.7	14.3	
40 years or older	6	6		57.1	42.9	
Missing	4	4	25.0	16.7	83.3	25.0
Ethnic Group						
White	1920	1899	15.0	41.6	37.3	5.0
Black	663	652	13.6	35.8	42.9	6.0
Hispanic/Spanish	300	296	13.7	37.0	40.0	8.0
Other	145	142	8.3	36.6	44.8	8.3
Missing	37	32	13.5	35.1	35.1	2.7
Rank						13.5
Enlisted	2364	2336	14.6	38.4	40.0	5.9
Officer/WO	687	671	13.0	44.0	36.1	4.7
Missing	14	14	14.3	35.7	42.9	7.1
MOS/SSI						
Combat Arms	921	913	13.4	40.9	39.2	5.6
Combat Support	856	837	15.4	40.1	37.1	5.1
Combat Service Support	1274	1257	13.8	38.5	40.3	6.0
Missing	14	14	35.7	21.4	42.9	1.3
Substance Category						
BAS	2099	2071	14.6	38.5	40.0	5.6
Meal card holder	736	727	13.7	42.1	37.9	5.0
Missing	230	223	12.2	41.3	35.2	8.3
NOTES:						

Table: 144

Question 44C: I would like to learn more about how to use food labels to choose a nutritious diet.

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree	
Total Population	3065	3015	11.4	21.7	46.9	18.4	1.6
Age							
29 years and younger	1653	1622	13.1	22.7	45.9	16.4	1.9
30-39 years	846	832	9.9	21.4	47.3	19.7	1.7
40 years or older	554	550	8.7	19.1	48.9	22.6	0.7
Missing	12	11	16.7	16.7	50.0	8.3	8.3
Sex							
Male	2547	2506	12.1	21.3	47.3	17.7	1.6
29 years and younger	1364	1336	14.5	22.6	45.6	15.2	2.1
30-39 years	691	683	10.1	20.5	48.5	19.7	1.2
40 years or older	485	481	7.8	18.8	50.3	22.3	0.8
Missing	7	6	28.6	28.6	28.6	14.3	14.3
Female	494	485	8.3	24.3	44.1	21.5	1.8
29 years and younger	282	279	6.4	23.4	46.8	22.3	1.1
30-39 years	148	142	8.8	26.4	40.5	20.3	4.1
40 years or older	63	63	15.9	23.8	41.3	19.0	
Missing	1	1				100.0	
Missing	24	24	4.2	4.2	62.5	29.2	
29 years and younger	7	7		14.3	71.4	14.3	
30-39 years	7	7	14.3		71.4	14.3	
40 years or older	6	6			16.7	83.3	
Missing	4	4			100.0		
Ethnic Group							
White	1920	1892	13.2	25.2	45.9	14.2	1.5
Black	663	653	8.3	16.4	50.0	23.8	1.5
Hispanic/Spanish	300	296	9.7	13.7	44.7	30.7	1.3
Other	145	142	6.2	18.6	49.7	23.4	2.1
Missing	37	32	8.1	10.8	45.9	21.6	13.5
Rank							
Enlisted	2364	2332	12.0	19.8	47.7	19.2	1.4
Officer/WO	687	669	9.5	28.2	43.5	16.2	2.6
Missing	14	14	7.1	14.3	71.4	7.1	
MOS/SSI							
Combat Arms	921	911	11.3	21.8	48.9	16.9	1.1
Combat Support	856	836	12.8	22.1	45.0	17.7	2.3
Combat Service Support	1274	1254	10.3	21.3	46.9	20.0	1.6
Missing	14	14	35.7	21.4	28.6	14.3	
Subsistence Category							
BAS	2099	2069	11.2	20.8	48.2	18.4	1.4
Meal card holder	736	723	11.8	23.5	45.2	17.7	1.8
Missing	230	223	12.2	23.5	40.0	21.3	3.0

NOTES:

Table: 145

Question 44D: When I use food labels, I make better food choices.

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree	
Total Population	3065	3008	7.2	17.5	51.8	21.7	1.9
Age							
29 years and younger	1653	1620	8.9	20.9	48.8	19.4	2.0
30-39 years	846	828	5.9	15.8	53.5	22.6	2.1
40 years or older	554	550	3.8	10.1	58.1	27.3	0.7
Missing	12	10	8.3	8.3	50.0	16.7	16.7
Sex							
Male	2547	2502	7.4	18.2	52.5	20.2	1.8
29 years and younger	1364	1337	9.2	22.1	48.5	18.2	2.0
30-39 years	691	679	6.4	16.4	55.4	20.1	1.7
40 years or older	485	481	3.7	10.1	59.4	26.0	0.8
Missing	7	5			57.1	14.3	28.6
Female	494	482	6.3	14.0	47.6	29.8	2.4
29 years and younger	282	276	7.8	14.5	49.6	25.9	2.1
30-39 years	148	142	4.1	13.5	43.2	35.1	4.1
40 years or older	63	63	4.8	11.1	49.2	34.9	
Missing	1	1		100.0			
Missing	24	24	4.2		66.7	16.7	
29 years and younger	7	7		28.6	71.4		
30-39 years	7	7			85.7		
40 years or older	6	6			50.0	50.0	
Missing	4	4	25.0		50.0	25.0	
Ethnic Group							
White	1920	1890	6.7	16.9	52.2	22.6	1.6
Black	663	650	7.5	19.3	51.4	19.9	2.0
Hispanic/Spanish	300	295	7.3	18.0	50.7	22.3	1.7
Other	145	141	9.0	17.9	51.0	19.3	2.8
Missing	37	32	16.2	8.1	48.6	13.5	13.5
Rank							
Enlisted	2364	2325	8.2	19.5	50.4	20.3	1.6
Officer/WO	687	669	3.9	10.8	56.2	26.5	2.6
Missing	14	14		7.1	78.6	14.3	
MOS/SSI							
Combat Arms	921	909	8.4	18.5	50.7	21.2	1.3
Combat Support	856	832	7.9	18.2	51.8	19.3	2.8
Combat Service Support	1274	1253	5.8	16.4	52.4	23.7	1.6
Missing	14	14	7.1	7.1	64.3	21.4	
Subsistence Category							
BAS	2099	2062	6.8	15.7	53.1	22.7	1.8
Meal card holder	736	723	9.4	21.1	48.8	19.0	1.8
Missing	230	223	3.9	22.6	49.6	20.9	3.0

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Table: 146
Question 45: What is your main source of nutrition information?

SELECTED CHARACTERISTICS	Total N	N	Doctor/ Nurse	Govt. organization	Food company publication	Dietitian	Friends/ relatives	Food pkgs/labels	Broadcast media	Print media	None	Missing
Total Population	3065	3064	3.0	6.8	1.2	5.3	11.0	28.8	7.5	15.2	14.6	6.6
Age												
29 years and younger	1653	1652	3.1	6.2	1.6	3.8	12.0	27.8	7.7	12.3	18.5	7.0
30-39 years	846	846	2.6	7.2	0.6	6.9	9.8	30.6	7.2	17.0	12.3	5.8
40 years or older	554	554	3.2	8.1	1.3	7.0	9.7	28.9	7.2	21.5	6.9	6.1
Missing	12	12				8.3	8.3	50.0	8.3	8.3		16.7
Sex												
Male	2547	2546	2.9	7.1	1.3	4.3	11.5	28.0	8.0	15.4	15.4	6.1
29 years and younger	1364	1363	3.1	6.5	1.7	3.2	12.2	26.8	8.6	12.2	19.3	6.5
30-39 years	691	691	2.5	7.8	0.6	5.1	10.9	29.4	7.5	17.5	13.6	5.2
40 years or older	485	485	3.3	7.8	1.4	6.0	10.3	29.3	7.4	21.4	7.0	6.0
Missing	7	7				14.3	14.3	28.6		14.3		28.6
Female	494	494	3.0	5.7	0.6	10.5	8.7	32.4	4.9	14.2	10.9	9.1
29 years and younger	282	282	3.2	5.0	1.1	6.7	11.7	31.6	3.9	12.4	14.5	9.9
30-39 years	148	148	3.4	4.7		15.5	4.1	36.5	6.1	14.2	6.8	8.8
40 years or older	63	63	1.6	11.1		15.9	6.3	25.4	6.3	22.2	4.8	6.3
Missing	1	1						100.0				
Missing	24	24	4.2		4.2		8.3	50.0	4.2	16.7	8.3	4.2
29 years and younger	7	7						71.4		14.3	14.3	
30-39 years	7	7			14.3		28.6	28.6		28.6		
40 years or older	6	6	16.7				33.3			16.7	16.7	
Missing	4	4					75.0		25.0			16.7
Ethnic Group												
White	1920	1920	2.7	7.2	0.8	4.8	11.1	28.6	7.3	17.3	14.1	6.1
Black	663	662	4.1	6.2	2.7	6.3	10.0	31.1	9.2	9.7	13.7	7.1
Hispanic/Spanish	300	300	2.3	7.0	1.0	5.7	11.3	28.0	7.0	13.3	17.7	6.7
Other	145	145	4.1	4.1	0.7	4.8	11.7	26.9	5.5	17.2	18.6	6.2
Missing	37	37		8.1	2.7	5.4	16.2	16.2		16.2	16.2	18.9
Rank												
Enlisted	2364	2363	3.3	6.8	1.3	4.7	11.0	29.2	8.2	13.0	16.6	5.8
Officer/WO	687	687	1.6	6.7	1.2	7.1	11.1	27.2	5.2	23.0	7.6	9.3
Missing	14	14	7.1	14.3				42.9		14.3	21.4	
MOS/SSI												
Combat Arms	921	921	3.0	8.8	1.4	3.3	13.9	25.3	7.8	16.6	16.3	3.6
Combat Support	856	855	2.8	5.4	1.2	3.3	11.6	29.4	7.5	16.2	14.7	7.9
Combat Service Support	1274	1274	3.1	6.4	1.2	8.1	8.3	30.9	7.4	13.7	13.1	7.8
Missing	14	14					28.6	35.7		7.1	28.6	
Subsistence Category												
BAS	2099	2098	3.3	6.7	1.1	5.9	10.2	30.5	7.0	15.6	12.6	7.1
Meal card holder	736	736	1.9	6.9	1.5	3.7	13.9	25.1	9.1	14.5	18.6	4.8
Missing	230	230	3.0	7.8	1.3	4.8	9.1	25.2	7.4	13.9	19.6	7.8
NOTES:												

FOOD FREQUENCY DATA ANALYSIS

The food frequency section of the Nutrition Survey consists of a list of 71 different food categories. The respondents were asked how often they usually eat the foods in each category, based on their typical diet over the past thirty days in garrison. The question was presented in two parts: the number of times they ate the food on a scale of 0 (never) to 10 times, and whether this frequency was on a daily, weekly, or a monthly basis. Before the food frequency data were analyzed, these numbers were converted into the frequency eaten per day for each food. If the response was given as per week, it was divided by 7. If the response was given as per month, it was divided by 30. If the response was given as per day, it was left as it was.

Sixty-one of the 71 items in the food frequency section were included in 16 food groups as defined by the Department of Health and Human Services (personal communication: Jacqueline D. Wright) to analyze the NHANES III food frequency data (Appendix C).

There were a total of 3064 nutrition surveys collected. Of these surveys, some were dropped from the food frequency analysis due to the amount of missing data, or due to evidence that the section had not been completed correctly. If the number of valid responses for the entire food frequency section of a survey was less than 35, or if all of the valid responses for food frequency on a survey were equal to zero (that is, the respondents reported not eating anything, ever), that survey was dropped. A total of 107 surveys were dropped for these reasons. Six more surveys were dropped because, according to these surveys, all of the food categories these respondents reported eating (anywhere from 19 to 57 different food categories), they ate every day, and each food was eaten 10 times each day. After these drops, there were 2951 surveys left.

NHANES Food Groups

Missing food data were replaced for those food groups which consist of more than 3 foods (Dairy, Meat, Fruits, Vegetables, Cereals, and Grains Groups), provided that data for no more than 1 food were missing for that food group. The missing data were replaced by the mean frequency of that food across all surveys. Those food groups which consist of 3 or fewer foods were dropped if any of the food data for that group were missing.

After replacing these missing data, most of the surveys (82.5%) had valid data for all food groups, and 94.5% had valid data for at least 15 of the 16 food groups. The remaining surveys had from 4 to 14 valid food groups (see below).

Number and percent of surveys and number of valid food groups they have

Number of Valid NHANES Food Groups	Number of Surveys	Percent surveys
Zero	0	0.0
One	0	0.0
Two	0	0.0
Three	0	0.0
Four	1	0.0
Five	3	0.1
Six	3	0.1
Seven	2	0.1
Eight	16	0.5
Nine	9	0.3
Ten	7	0.2
Eleven	13	0.4
Twelve	17	0.6
Thirteen	24	0.8
Fourteen	69	2.3
Fifteen	353	12.0
Sixteen	2434	82.5
Total	2951	100.0

The following chart shows the number of surveys dropped from each food group. There were no less than 94% of the surveys included in any given food group, and most included more.

Number of surveys dropped from each food group due to missing data

NHANES Food Group	Dropped		Included	
	N		N	Percent
Beans	25		2926	99.2
Cereals	28		2923	99.1
Fruit	29		2922	99.0
Nuts	33		2918	98.9
Fats	33		2918	98.9
ETOH	37		2914	98.7
Fries	38		2913	98.7
Meat	40		2911	98.6
Diet Soda	51		2900	98.3
Salty Snacks	65		2886	97.8
Dairy	79		2872	97.3
Vegetables	82		2869	97.2
Sweets	84		2867	97.2
Beverages	110		2841	96.3
Caffeinated Beverages	117		2834	96.0
Grains	171		2780	94.2

Table: 147

Question 46-82: How frequently per day do you eat items from the following food groups?

SELECTED CHARACTERISTICS	Dairy (Question No. 46-53)			Meat (Question No. 54-64)			Fruit (Question No. 65-70)			Vegetables (Question No. 71-82)		
	N	Mean	Standard Error of the Mean	N	Mean	Standard Error of the Mean	N	Mean	Standard Error of the Mean	N	Mean	Standard Error of the Mean
Total Population	2951	2.6	0.0	2911	2.2	0.0	2922	2.5	0.0	2869	2.9	0.0
Age												
29 years and younger	1574	3.1	0.1	1551	2.5	0.0	1560	2.7	0.1	1526	2.9	0.1
30-39 years	819	2.1	0.1	807	1.9	0.1	811	2.3	0.1	798	2.9	0.1
40 years or older	549	1.8	0.0	544	1.6	0.0	542	2.1	0.1	537	3.0	0.1
Missing	9	2.8	0.7	9	1.7	0.4	9	2.4	0.7	8	2.0	0.5
Sex												
Male	2450	2.6	0.0	2414	2.2	0.0	2425	2.5	0.0	2381	2.9	0.0
29 years and younger	1295	3.2	0.1	1274	2.6	0.1	1283	2.7	0.1	1256	3.0	0.1
30-39 years	670	2.2	0.1	659	1.9	0.1	662	2.3	0.1	651	2.9	0.1
40 years or older	481	1.8	0.0	477	1.6	0.0	476	2.1	0.1	471	2.9	0.1
Missing	4	4.1	1.3	4	2.1	0.5	4	3.2	1.4	3	3.4	0.7
Female	479	2.3	0.1	475	1.8	0.1	475	2.5	0.1	466	2.9	0.1
29 years and younger	273	2.6	0.1	271	1.8	0.1	271	2.6	0.2	264	2.8	0.2
30-39 years	142	2.0	0.1	141	1.8	0.3	142	2.2	0.2	140	3.0	0.2
40 years or older	63	1.8	0.2	62	1.4	0.1	61	2.2	0.2	61	3.4	0.2
Missing	1	0.8	0.8	1	0.8	0.8	1	3.4	0.8	1	0.5	0.8
Missing	22	2.1	0.3	22	2.3	0.4	22	3.4	0.9	22	3.4	0.7
29 years and younger	6	3.2	0.9	6	2.5	0.7	6	2.8	0.7	6	3.5	1.2
30-39 years	7	2.0	0.6	7	2.9	1.2	7	6.2	2.5	7	5.0	2.0
40 years or older	5	1.7	0.3	5	1.8	0.3	5	1.8	0.3	5	2.8	0.4
Missing	4	2.0	0.4	4	1.5	0.7	4	1.4	0.6	4	1.3	0.3
Ethnic Group												
White	1863	2.7	0.0	1844	2.1	0.0	1845	2.3	0.0	1827	3.0	0.1
Black	626	2.1	0.1	614	2.3	0.1	621	2.8	0.1	598	2.6	0.1
Hispanic/Spanish	290	2.5	0.1	285	2.3	0.1	286	2.9	0.2	278	3.0	0.2
Other	139	2.5	0.3	137	2.3	0.2	137	2.6	0.2	134	3.0	0.2
Missing	33	2.7	0.4	31	1.9	0.3	33	3.0	0.5	32	2.7	0.3
Rank												
Enlisted	2285	2.6	0.1	2250	2.3	0.0	2264	2.6	0.1	2221	2.9	0.1
Officer/WO	619	2.4	0.1	616	1.6	0.0	613	2.2	0.1	606	2.9	0.1
Missing	47	2.0	0.2	45	2.1	0.4	45	2.5	0.4	42	2.5	0.2
MOS/SSI												
Combat Arms	901	2.9	0.1	890	2.5	0.1	891	2.7	0.1	875	3.2	0.1
Combat Support	806	2.5	0.1	796	2.1	0.1	798	2.3	0.1	787	2.8	0.1
Combat Service Support	1230	2.4	0.1	1212	2.0	0.0	1220	2.4	0.1	1194	2.9	0.1
Missing	14	3.4	1.0	13	1.8	0.3	13	2.6	0.6	13	2.7	0.5
Substance Category												
BAS	2034	2.3	0.0	2010	1.9	0.0	2019	2.3	0.0	1986	2.7	0.0
Meal card holder	709	3.3	0.1	700	2.7	0.1	701	3.0	0.1	687	3.2	0.1
Missing	208	2.9	0.2	201	2.7	0.2	202	3.1	0.3	196	3.7	0.3

NOTES: * Insufficient data

Food Groups: Mean intake per soldier in a day, 1995-1996. For foods included in Food Groups, see Appendix C

Table: 148
Question 74, 83-88: How frequently per day do you eat items from the following food groups?

SELECTED CHARACTERISTICS	Total N	Fries (Question No. 74)			Beans (Question No. 83)			Nuts (Question No. 84)			Cereals (Question No. 85-88)		
		N	Mean	Standard Error of the Mean	Median	N	Mean	Standard Error of the Mean	Median	N	Mean	Standard Error of the Mean	Median
Total Population	2951	2913	0.5	0.0	0.4	2926	0.2	0.0	0.1	2918	0.2	0.0	0.1
Age													
29 years and younger	1574	1552	0.6	0.0	0.4	1560	0.2	0.0	0.1	1555	0.2	0.0	0.1
30-39 years	819	808	0.5	0.0	0.4	811	0.2	0.0	0.1	810	0.2	0.0	0.1
40 years or older	549	545	0.4	0.0	0.3	547	0.2	0.0	0.1	545	0.2	0.0	0.1
Missing	9	8	0.6	0.2	0.4	8	0.1	0.0	0.1	8	0.3	0.1	0.2
Sex													
Male	2450	2414	0.5	0.0	0.4	2433	0.2	0.0	0.1	2424	0.2	0.0	0.1
29 years and younger	1295	1274	0.6	0.0	0.4	1286	0.2	0.0	0.1	1281	0.2	0.0	0.1
30-39 years	670	660	0.5	0.0	0.4	665	0.2	0.0	0.1	663	0.2	0.0	0.1
40 years or older	481	477	0.4	0.0	0.3	479	0.2	0.0	0.1	477	0.2	0.0	0.1
Missing	4	3	1.0	0.5	0.6	3	0.2	0.1	0.1	3	0.3	0.1	0.3
Female	479	477	0.4	0.0	0.3	471	0.2	0.0	0.1	472	0.2	0.0	0.1
29 years and younger	273	272	0.5	0.0	0.3	268	0.2	0.0	0.1	268	0.2	0.0	0.1
30-39 years	142	141	0.4	0.0	0.3	139	0.2	0.0	0.1	140	0.2	0.0	0.1
40 years or older	63	63	0.3	0.0	0.3	63	0.2	0.0	0.1	63	0.1	0.0	0.1
Missing	1	1	0.1	0.1	0.1	1	0.0	0.0	0.0	1	0.1	0.0	0.1
29 years and younger	22	22	0.5	0.1	0.4	22	0.3	0.1	0.1	22	0.5	0.2	0.1
30-39 years	6	6	0.7	0.3	0.5	6	0.4	0.2	0.2	6	0.2	0.1	0.2
40 years or older	7	7	0.5	0.1	0.4	7	0.5	0.2	0.6	7	0.8	0.5	0.1
Missing	5	5	0.4	0.1	0.3	5	0.1	0.0	0.1	5	0.3	0.2	0.1
	4	4	0.3	0.1	0.4	4	0.1	0.0	0.1	4	0.4	0.2	0.3
Ethnic Group													
White	1863	1844	0.6	0.0	0.4	1852	0.2	0.0	0.1	1844	0.2	0.0	0.1
Black	626	613	0.4	0.0	0.3	615	0.2	0.0	0.1	617	0.2	0.0	0.1
Hispanic/Spanish	290	288	0.5	0.0	0.3	289	0.3	0.0	0.2	288	0.1	0.0	0.1
Other	139	136	0.5	0.1	0.3	137	0.1	0.0	0.1	136	0.2	0.0	0.1
Missing	33	32	0.3	0.0	0.3	33	0.2	0.0	0.1	33	0.2	0.1	0.1
Rank													
Enlisted	2285	2255	0.6	0.0	0.4	2262	0.2	0.0	0.1	2258	0.2	0.0	0.1
Officer/WO	619	613	0.4	0.0	0.3	618	0.2	0.0	0.1	615	0.2	0.0	0.1
Missing	47	45	0.5	0.1	0.4	46	0.2	0.0	0.1	45	0.2	0.0	0.1
MOS/SSI													
Combat Arms	901	890	0.6	0.0	0.4	894	0.2	0.0	0.1	890	0.2	0.0	0.1
Combat Support	806	797	0.5	0.0	0.4	798	0.2	0.0	0.1	795	0.2	0.0	0.1
Combat Service Support	1230	1213	0.5	0.0	0.4	1220	0.2	0.0	0.1	1219	0.2	0.0	0.1
Missing	14	13	0.6	0.1	0.6	14	0.1	0.0	0.1	14	0.2	0.1	0.1
Subsistence Category													
BAS	2034	2012	0.4	0.0	0.4	2021	0.2	0.0	0.1	2017	0.2	0.0	0.1
Meal card holder	709	700	0.7	0.0	0.6	702	0.2	0.0	0.1	698	0.2	0.0	0.1
Missing	208	201	0.6	0.1	0.4	203	0.2	0.0	0.1	203	0.2	0.0	0.1

NOTES: * Insufficient data

Food Groups: Mean intake per soldier in a day, 1995-1996. For foods included in Food Groups, see Appendix C

Table: 149

Question 89-111: How frequently per day do you eat items from the following food groups?

SELECTED CHARACTERISTICS	Grains (Question No. 89-95)			Salty Snacks (Question No. 96)			Sweets (Question No. 97-98)			Beverages (Question No. 99-111)		
	N	Mean	Standard Error of the Mean	N	Mean	Standard Error of the Mean	N	Mean	Standard Error of the Mean	N	Mean	Standard Error of the Mean
Total Population	2951	2.2	0.0	2886	0.4	0.0	2867	0.6	0.0	2841	1.4	0.0
Age												
29 years and younger	1574	2.3	0.1	1537	0.5	0.0	1521	0.7	0.0	1507	1.7	0.1
30-39 years	819	2.1	0.1	798	0.3	0.0	799	0.5	0.0	789	1.1	0.0
40 years or older	549	1.9	0.1	543	0.3	0.0	538	0.5	0.0	536	0.8	0.0
Missing	9	1.9	0.7	8	0.5	0.1	9	0.5	0.2	9	1.2	0.4
Sex												
Male	2450	2.2	0.0	2395	0.4	0.0	2381	0.6	0.0	2366	1.4	0.0
29 years and younger	1295	2.4	0.1	1263	0.5	0.0	1251	0.7	0.0	1245	1.8	0.1
30-39 years	670	2.1	0.1	652	0.3	0.0	653	0.5	0.0	648	1.1	0.0
40 years or older	481	1.9	0.1	476	0.3	0.0	473	0.5	0.0	469	0.8	0.0
Missing	4	2.1	1.0	4	0.6	0.2	4	0.7	0.4	4	1.8	0.8
Female	479	2.0	0.1	471	0.4	0.0	466	0.6	0.0	454	1.2	0.1
29 years and younger	273	2.0	0.1	269	0.4	0.0	265	0.7	0.1	257	1.5	0.1
30-39 years	142	2.0	0.1	139	0.3	0.0	139	0.5	0.1	134	1.0	0.1
40 years or older	63	1.6	0.1	62	0.3	0.0	61	0.4	0.1	62	0.6	0.1
Missing	1	5.5	*	1	1.0	*	1	0.0	*	1	1.0	*
29 years and younger	22	1.8	0.4	20	0.3	0.1	20	0.4	0.1	21	0.9	0.2
30-39 years	6	2.1	0.7	5	0.4	0.2	5	0.4	0.2	5	1.6	0.7
40 years or older	7	2.6	0.9	7	0.4	0.1	7	0.6	0.2	7	0.8	0.3
Missing	5	1.4	0.4	5	0.2	0.1	4	0.2	0.1	5	0.4	0.2
	4	0.8	0.1	3	0.1	0.0	4	0.4	0.3	4	0.6	0.3
Ethnic Group												
White	1863	2.2	0.0	1822	0.4	0.0	1825	0.6	0.0	1804	1.3	0.0
Black	626	2.1	0.1	608	0.4	0.0	595	0.7	0.0	590	1.5	0.1
Hispanic/Spanish	290	2.2	0.1	286	0.4	0.0	281	0.6	0.1	279	1.3	0.1
Other	139	2.3	0.2	137	0.4	0.1	133	0.6	0.1	136	1.4	0.2
Missing	33	1.8	0.2	33	0.5	0.3	33	0.5	0.1	32	0.9	0.2
Rank												
Enlisted	2285	2.2	0.0	2237	0.4	0.0	2214	0.6	0.0	2200	1.5	0.0
Officer/NO	619	2.1	0.1	605	0.4	0.0	609	0.5	0.0	596	0.8	0.0
Missing	47	1.6	0.1	44	0.4	0.1	44	0.7	0.3	45	1.2	0.2
MOS/SSI												
Combat Arms	901	2.4	0.1	880	0.4	0.0	881	0.6	0.0	871	1.4	0.1
Combat Support	806	2.2	0.1	794	0.4	0.0	788	0.6	0.0	782	1.4	0.1
Combat Service Support	1230	2.1	0.0	1200	0.4	0.0	1186	0.6	0.0	1176	1.3	0.0
Missing	14	1.9	0.5	12	0.4	0.1	12	0.4	0.1	12	2.3	0.8
Subsistence Category												
BAS	2034	2.1	0.0	1996	0.4	0.0	1984	0.5	0.0	1966	1.2	0.0
Meal card holder	709	2.4	0.1	690	0.5	0.0	685	0.7	0.0	682	1.7	0.1
Missing	208	2.7	0.2	200	0.4	0.0	198	0.7	0.1	193	1.5	0.1

NOTES: * insufficient data

Food Groups: Mean intake per soldier in a day, 1995-1996. For foods included in Food Groups, see Appendix C

Figure 16 Sweets: "Use Sparingly" (i.e., cakes, cookies, brownies, pies, doughnuts, pastries, candy, fudge, fruit drinks, regular soda)

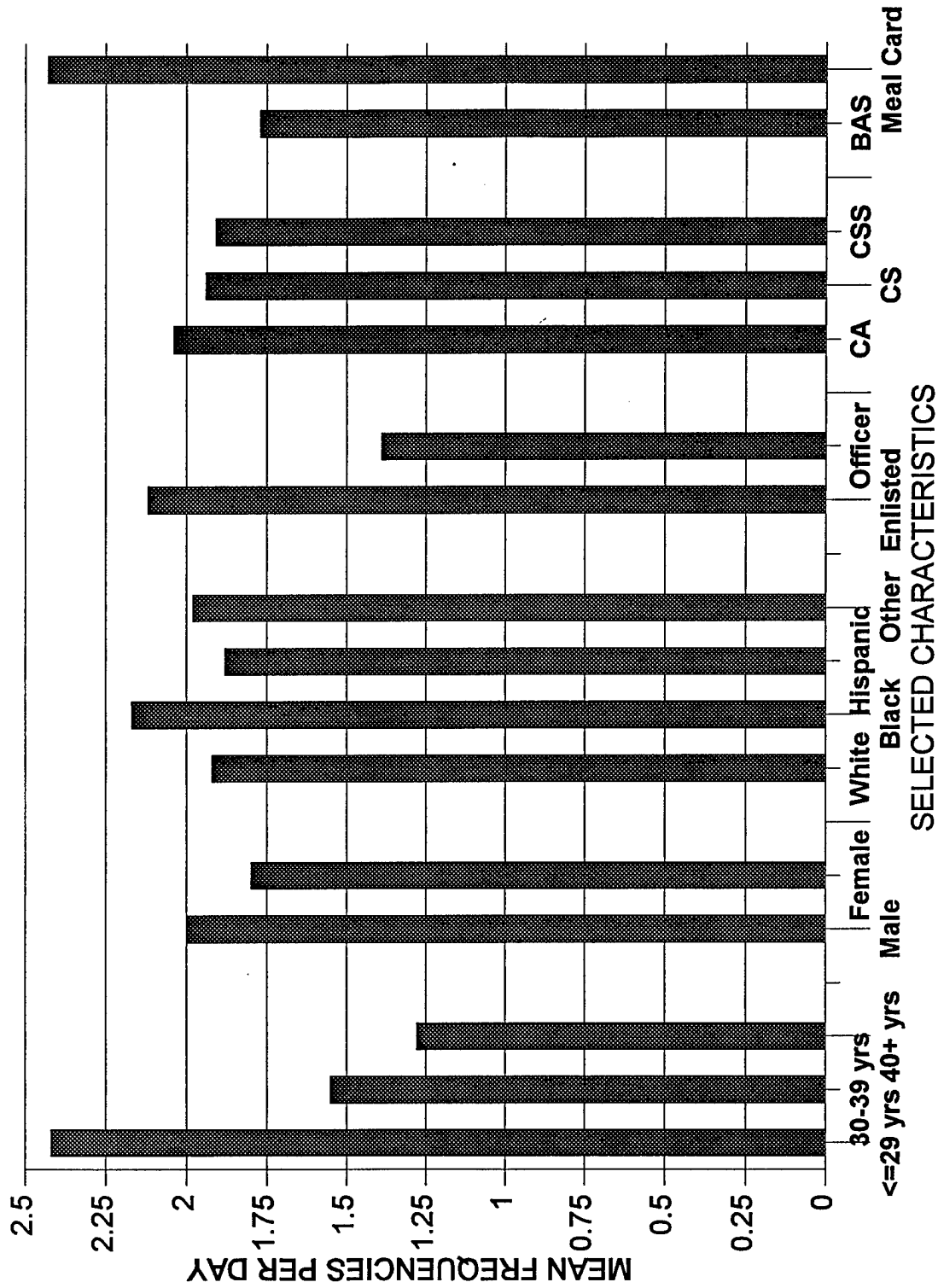


Table: 150
Question 100-117: How frequently per day do you eat items from the following food groups?

SELECTED CHARACTERISTICS	Diet Soda (Question No. 100)			Caffeine Beverages (Question No. 102-103)			Alcohol (Question No. 107-109)			Fats (Question No. 112-117)		
	N	Mean	Standard Error of the Mean	N	Mean	Standard Error of the Mean	N	Mean	Standard Error of the Mean	N	Mean	Standard Error of the Mean
Total Population	2951	0.4	0.0	2834	1.3	0.0	2914	0.6	0.0	2918	1.4	0.0
Age												
29 years and younger	1574	0.3	0.0	1521	0.9	0.0	1551	0.7	0.0	1552	1.4	0.0
30-39 years	819	0.5	0.0	778	1.6	0.1	808	0.5	0.0	809	1.3	0.1
40 years or older	549	0.6	0.0	526	1.9	0.1	546	0.5	0.0	548	1.2	0.0
Missing	9	1.1	0.6	9	1.0	0.4	9	3.3	2.8	9	1.6	0.3
Sex												
Male	2450	0.4	0.0	2355	1.3	0.0	2421	0.7	0.0	2422	1.3	0.0
29 years and younger	1295	0.3	0.0	1252	0.9	0.0	1277	0.8	0.1	1278	1.4	0.1
30-39 years	870	0.5	0.0	835	1.7	0.1	861	0.5	0.0	860	1.3	0.1
40 years or older	481	0.7	0.1	464	1.8	0.1	479	0.5	0.0	480	1.2	0.0
Missing	4	1.6	1.2	4	0.8	0.5	4	6.9	6.4	4	1.8	0.6
Female	479	0.6	0.1	459	1.0	0.1	472	0.3	0.1	474	1.4	0.1
29 years and younger	273	0.5	0.1	264	0.7	0.1	269	0.4	0.1	268	1.4	0.1
30-39 years	142	0.8	0.1	136	1.2	0.2	140	0.4	0.1	142	1.2	0.1
40 years or older	63	0.6	0.1	58	1.9	0.3	62	0.3	0.1	63	1.3	0.1
Missing	1	0.0	*	1	0.0	*	1	0.0	*	1	1.3	*
Missing	22	0.5	0.2	20	1.6	0.6	21	0.5	0.2	22	1.7	0.4
29 years and younger	6	0.0	0.0	5	0.1	0.1	5	0.4	0.2	6	1.4	0.7
30-39 years	7	0.8	0.4	7	2.9	1.4	7	0.8	0.6	7	2.3	1.1
40 years or older	5	0.3	0.2	4	1.3	0.6	5	0.3	0.2	5	1.4	0.2
Missing	4	1.0	1.0	4	1.4	0.6	4	0.6	0.5	4	1.6	0.5
Ethnic Group												
White	1863	0.5	0.0	1792	1.5	0.1	1846	0.7	0.0	1850	1.3	0.0
Black	626	0.2	0.0	596	0.7	0.1	612	0.5	0.1	614	1.3	0.1
Hispanic/Spanish	290	0.3	0.0	280	0.9	0.1	286	0.6	0.1	285	1.2	0.1
Other	139	0.5	0.1	135	1.1	0.2	137	0.6	0.2	136	1.6	0.2
Missing	33	0.3	0.1	31	1.1	0.4	33	0.6	0.2	33	1.7	0.6
Rank												
Enlisted	2265	0.4	0.0	2198	1.2	0.0	2256	0.7	0.0	2259	1.4	0.0
Officer/WO	619	0.8	0.1	594	1.4	0.1	612	0.5	0.0	613	1.2	0.0
Missing	47	0.2	0.1	42	1.6	0.4	46	0.8	0.3	46	1.4	0.2
MOS/SSI												
Combat Arms	901	0.4	0.0	871	1.4	0.1	895	0.8	0.1	896	1.4	0.1
Combat Support	806	0.5	0.0	773	1.2	0.1	796	0.5	0.1	796	1.3	0.1
Combat Service Support	1230	0.5	0.0	1179	1.2	0.1	1210	0.6	0.0	1213	1.3	0.0
Missing	14	0.3	0.2	11	1.0	0.3	13	0.5	0.2	13	2.0	0.4
Substance Category												
BAS	2034	0.5	0.0	1965	1.5	0.0	2014	0.5	0.0	2012	1.3	0.0
Meal card holder	709	0.3	0.0	679	0.7	0.1	699	0.9	0.1	700	1.4	0.1
Missing	208	0.4	0.1	190	1.2	0.1	201	0.7	0.1	206	1.7	0.2

NOTES: * Insufficient data
Food Groups: Mean intake per soldier in a day, 1995-1996. For foods included in Food Groups, see Appendix C

Figure 17 Fats, Oils: "Use Sparingly" (i.e., margarine, butter, mayonnaise, salad dressings, pastries, and candy)

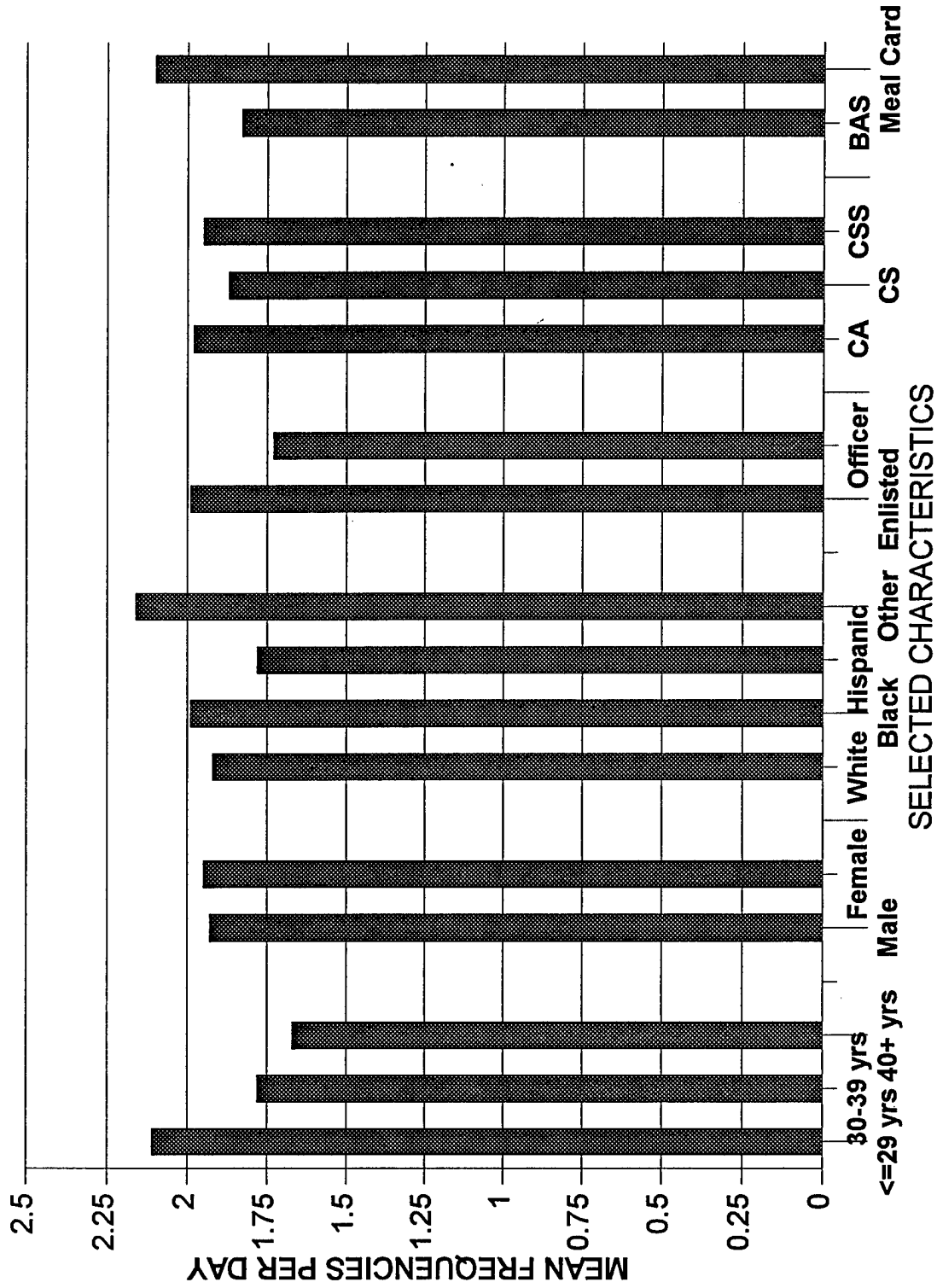


Table: 151

Question 118A: How often did you drink milk as a child (5-12)?

SELECTED CHARACTERISTICS	Total N	N	Never	Percent					> once per day	Don't know	Missing
				Less once per week	Once per week	< 1 per day/> 1 per wk	Once per day	> once per day			
Total Population	3065	2875	1.3	1.4	2.6	5.5	23.5	53.3	6.2	6.2	6.2
Age											
29 years and younger	1653	1527	1.6	1.3	2.8	5.4	23.5	51.9	5.9	7.6	7.6
30-39 years	846	799	0.9	1.8	2.7	5.2	21.4	55.3	7.1	5.6	5.6
40 years or older	554	538	0.9	1.1	2.2	6.0	26.9	54.7	5.4	2.9	2.9
Missing	12	11				16.7	33.3	33.3	8.3	8.3	8.3
Sex											
Male	2547	2391	1.3	1.1	2.7	5.4	23.7	53.6	6.0	6.1	6.1
29 years and younger	1364	1256	1.5	0.8	3.0	5.5	23.3	52.7	5.3	7.9	7.9
30-39 years	691	658	1.2	2.0	2.5	5.2	21.9	54.7	7.8	4.8	4.8
40 years or older	485	471	1.0	0.8	2.1	5.4	27.4	54.8	5.6	2.9	2.9
Missing	7	6				14.3	42.9	28.6	14.3	14.3	14.3
Female	494	462	1.2	2.6	2.6	5.7	21.9	52.4	7.1	6.5	6.5
29 years and younger	282	264	2.1	3.5	1.8	5.3	23.8	48.2	8.9	6.4	6.4
30-39 years	148	135	0.7	4.1	4.1	5.4	18.9	58.1	4.1	8.8	8.8
40 years or older	63	62	3.2	3.2	3.2	7.9	20.6	58.7	4.8	1.6	1.6
Missing	1	1							100.0		
29 years and younger	24	22				12.5	37.5	37.5	4.2	8.3	8.3
30-39 years	7	7					42.9	42.9	14.3	14.3	14.3
40 years or older	6	5				33.3	50.0	57.1	16.7	16.7	16.7
Missing	4	4				25.0	25.0	50.0			
Ethnic Group											
White	1920	1842	0.9	0.7	2.2	4.7	22.0	60.7	4.7	4.1	4.1
Black	663	600	1.5	2.7	3.6	8.4	27.0	37.5	9.8	9.5	9.5
Hispanic/Spanish	300	272	1.3	1.3	3.7	4.0	24.7	49.3	6.3	9.3	9.3
Other	145	128	4.8	4.1	2.8	5.5	26.9	36.6	7.6	11.7	11.7
Missing	37	33	2.7	2.7		8.1	18.9	48.6	8.1	10.8	10.8
Rank											
Enlisted	2364	2210	1.5	1.6	2.7	5.6	23.6	51.2	7.2	6.5	6.5
Officer/WO	687	651	0.6	0.4	2.5	5.2	23.3	60.4	2.3	5.2	5.2
Missing	14	14				7.1	21.4	57.1	14.3		
MOS/SSI											
Combat Arms	921	881	1.2	1.1	2.6	5.3	22.9	55.8	6.7	4.3	4.3
Combat Support	856	788	1.3	0.9	3.0	6.1	23.9	51.7	5.1	7.9	7.9
Combat Service Support	1274	1192	1.4	1.8	2.4	5.3	23.9	52.4	6.4	6.4	6.4
Missing	14	14		7.1	7.1	7.1	7.1	57.1	14.3		
Subsistence Category											
BAS	2099	1985	1.2	1.2	3.0	5.7	24.0	53.8	5.8	5.4	5.4
Meal card holder	736	685	1.5	1.8	1.9	5.0	22.6	53.5	6.8	6.9	6.9
Missing	230	205	1.7	1.3	2.2	5.7	23.0	47.8	7.4	10.9	10.9
NOTES:											

Table 152
Question 118B: How often did you drink milk as a teenager (13-17)?

SELECTED CHARACTERISTICS	Total N	N	Never	Less once per week	Once per week	< 1 per day/> 1 per wk	Once per day	> once per day	Don't know	Missing
			Percent							
Total Population	3065	2886	2.5	2.7	2.9	11.3	25.0	46.8	2.9	5.8
Age										
29 years and younger	1653	1536	2.8	2.1	3.0	10.6	23.5	47.7	3.2	7.1
30-39 years	846	802	2.5	2.7	3.3	11.6	24.9	47.0	2.7	5.2
40 years or older	554	537	1.6	4.3	2.3	12.8	29.6	43.7	2.5	3.1
Missing	12	11		8.3		8.3	33.3	41.7		8.3
Sex										
Male	2547	2403	2.2	2.3	2.9	10.7	25.0	48.2	3.0	5.7
29 years and younger	1364	1265	2.5	1.7	2.9	10.0	22.5	50.0	3.2	7.3
30-39 years	691	661	2.3	2.5	3.3	10.9	26.0	47.9	2.7	4.3
40 years or older	485	471	1.4	3.7	2.5	12.6	30.5	43.7	2.7	2.9
Missing	7	6				14.3	28.6	42.9		14.3
Female	494	462	3.6	4.5	2.8	14.4	25.1	40.5	2.6	6.5
29 years and younger	282	264	4.3	4.3	2.8	13.8	28.4	37.2	2.8	6.4
30-39 years	148	136	3.4	4.1	3.4	14.9	20.3	43.2	2.7	8.1
40 years or older	63	61	1.6	6.3	1.6	15.9	22.2	47.6	1.6	3.2
Missing	1	1					100.0			
29 years and younger	24	21	4.2	12.5	4.2	8.3	29.2	25.0	4.2	12.5
30-39 years	7	7			14.3	14.3	28.6	28.6	14.3	28.6
40 years or older	6	5	16.7	33.3		14.3	33.3	42.9		16.7
Missing	4	4		25.0			50.0	25.0		
Ethnic Group										
White	1920	1847	1.8	2.1	2.3	10.2	25.0	52.9	1.9	3.8
Black	663	600	3.8	4.4	3.8	13.7	26.8	32.8	5.3	9.5
Hispanic/Spanish	300	278	2.0	3.0	4.3	11.0	22.3	47.3	2.7	7.3
Other	145	128	5.5	2.8	4.8	15.2	21.4	32.4	6.2	11.7
Missing	37	33	5.4	2.7	2.7	10.8	32.4	32.4	2.7	10.8
Rank										
Enlisted	2364	2222	2.9	2.9	3.0	11.3	24.5	46.0	3.5	6.0
Officer/WO	687	650	1.2	2.2	2.8	11.1	26.9	49.6	0.9	5.4
Missing	14	14				14.3	28.6	42.9	14.3	
MOS/SSI										
Combat Arms	921	885	2.4	2.3	2.8	9.9	26.1	49.5	3.1	3.9
Combat Support	856	790	2.2	3.4	3.2	11.1	24.3	45.9	2.3	7.7
Combat Service Support	1274	1197	2.7	2.6	2.8	12.5	24.9	45.2	3.2	6.0
Missing	14	14			7.1	7.1	21.4	64.3		
Subsistence Category										
BAS	2099	1992	2.5	2.6	3.2	11.6	25.4	47.1	2.5	5.1
Meal card holder	736	687	2.3	3.7	2.2	10.2	23.8	47.6	3.7	6.7
Missing	230	207	2.6	0.4	3.0	12.2	26.1	40.9	4.8	10.0
NOTES:										

Table: 153
Question 118C: How often did you drink milk as a young adult (18-35)?

SELECTED CHARACTERISTICS	Total N	N	Never	Less once per week	Once per week	< 1 per day/> 1 per wk	Percent				Missing
							Once per day	> once per day	Don't know		
Total Population	3065	2922	4.2	8.1	5.7	22.5	24.4	28.3	2.1	4.7	
Age											
29 years and younger	1653	1564	4.2	6.8	5.0	21.9	22.6	31.6	2.6	5.4	
30-39 years	846	807	4.5	8.7	7.1	22.1	25.2	25.8	2.0	4.6	
40 years or older	554	540	4.2	10.8	6.0	24.7	28.5	22.4	0.9	2.5	
Missing	12	11		8.3		25.0	41.7	16.7		8.3	
Sex											
Male	2547	2430	3.9	7.8	5.9	21.5	24.8	29.2	2.2	4.6	
29 years and younger	1364	1286	3.8	6.2	5.1	20.7	22.2	33.6	2.7	5.7	
30-39 years	691	665	4.2	9.1	6.9	21.4	26.8	25.6	2.2	3.8	
40 years or older	485	473	3.7	10.5	6.8	23.9	29.5	22.1	1.0	2.5	
Missing	7	6				42.9	28.6	14.3		14.3	
Female	494	471	5.7	9.3	4.9	27.3	22.5	24.1	1.6	4.7	
29 years and younger	282	271	5.7	9.6	4.3	28.4	24.1	22.0	2.1	3.9	
30-39 years	148	137	6.1	7.4	8.1	24.3	18.9	26.4	1.4	7.4	
40 years or older	63	62	4.8	12.7		30.2	23.8	27.0		1.6	
Missing	1	1						100.0			
Missing	24	21	12.5	8.3		25.0	20.8	20.8		12.5	
29 years and younger	7	7	14.3			14.3	28.6	42.9		28.6	
30-39 years	7	5				42.9		28.6		16.7	
40 years or older	6	5	33.3	16.7		33.3				28.6	
Missing	4	4		25.0			75.0			16.7	
Ethnic Group											
White	1920	1857	3.3	7.1	4.1	22.3	25.9	32.6	1.5	3.3	
Black	663	620	6.5	10.7	8.9	23.3	21.5	19.0	3.6	6.5	
Hispanic/Spanish	300	277	4.0	8.3	7.3	23.3	23.7	24.3	1.3	7.7	
Other	145	135	6.2	9.7	9.7	21.4	18.6	22.1	5.5	6.9	
Missing	37	33	8.1		5.4	16.2	29.7	29.7		10.8	
Rank											
Enlisted	2364	2254	4.5	8.4	6.4	22.0	22.5	29.0	2.5	4.7	
Officer/WO	687	654	3.2	7.0	3.2	24.5	31.0	25.8	0.6	4.8	
Missing	14	14	14.3		7.1	14.3	21.4	28.6	14.3		
MOS/SSI											
Combat Arms	921	896	3.7	7.1	5.3	22.6	24.6	31.4	2.6	2.7	
Combat Support	856	801	3.9	8.2	4.4	23.5	25.0	26.7	2.0	6.4	
Combat Service Support	1274	1211	4.9	8.8	6.8	22.0	23.7	27.0	1.9	4.9	
Missing	14	14			14.3	7.1	42.9	35.7			
Substance Category											
BAS	2099	2010	4.2	8.0	5.8	23.0	25.5	27.6	1.7	4.2	
Meal card holder	736	702	4.2	7.7	6.1	21.2	21.7	31.5	2.9	4.6	
Missing	230	210	4.8	9.1	3.5	22.6	23.0	24.3	3.9	8.7	

NOTES:

NOTES:

Table: 154

Question 118D: How often did you drink milk as a middle aged adult (36-65)?

SELECTED CHARACTERISTICS	Total N	N	Never	Less once per week	Once per week	< 1 per day/> 1 per wk	Percent				> once per day	Don't know	Missing	
							9.2	11.8	7.5	27.5				24.2
Total Population	3065	918												
Age														
35 years and younger	1653													
36-39 years	846	352	9.1	7.1	11.1	24.1				23.9	17.9		1.4	5.4
40 years or older	554	554	9.4	7.9	12.5	30.0				24.4	13.2		0.7	2.0
Missing	12	12				8.3				25.0			8.3	58.3
Sex														
Male	2547	791	9.1	8.0	11.1	28.1				24.5	14.0		1.3	3.9
35 years and younger	1364													
36-39 years	691	299	9.0	11.0	7.0	25.4				24.1	16.4		1.7	5.4
40 years or older	485	485	9.3	11.3	8.7	29.9				24.9	12.8		0.8	2.3
Missing	7	7				14.3				14.3			14.3	57.1
Female	494	114	8.8	3.5	17.5	24.6				21.1	21.1			3.5
35 years and younger	282													
36-39 years	148	50	10.0	12.0	6.0	16.0				24.0	26.0			6.0
40 years or older	63	63	7.9	22.2	1.6	31.7				19.0	17.5			100.0
Missing	1	1												15.4
35 years and younger	24	13	15.4	15.4		15.4				30.8	7.7			
36-39 years	7	3			33.3	33.3				33.3				
40 years or older	6	6	33.3		16.7	16.7				50.0				50.0
Missing	4	4												
Ethnic Group														
White	1920	570	8.4	10.7	5.6	28.9				25.6	17.2		0.7	2.8
Black	663	217	9.2	14.7	12.4	27.2				20.3	12.4		1.4	2.3
Hispanic/Spanish	300	78	12.8	21.8	6.4	21.8				25.6	12.8		2.6	11.5
Other	145	44	13.6	20.5	9.1	22.7				18.2	2.3		2.3	11.4
Missing	37	9		11.1	11.1	11.1				44.4				22.2
Rank														
Enlisted	2364	630	9.2	11.3	8.7	28.3				22.1	14.4		1.4	4.6
Officer/WO	687	283	8.5	13.1	4.9	26.1				28.6	15.5		0.4	2.8
Missing	14	5	40.0							40.0	20.0			
MOS/SSI														
Combat Arms	921	288	10.4	10.8	7.6	26.7				22.9	14.9		0.7	5.9
Combat Support	856	218	8.7	15.1	6.4	28.0				23.9	12.8		1.4	3.7
Combat Service Support	1274	408	8.6	10.8	8.1	27.5				25.2	15.7		1.2	2.9
Missing	14	4				50.0				25.0	25.0			
Substance Category														
BAS	2099	784	9.1	12.6	7.7	27.4				23.5	14.9		1.1	3.7
Meal card holder	736	82	9.8	6.1	4.9	25.6				35.4	12.2		1.2	4.9
Missing	230	52	9.6	7.7	9.6	30.8				17.3	17.3			7.7

NOTES: Ages 35 and below were eliminated from the analyzed group.

NOTES: Ages 35 and below were eliminated from the analyzed group.

Figure 18 Type of milk usually drunk or put on cereal.

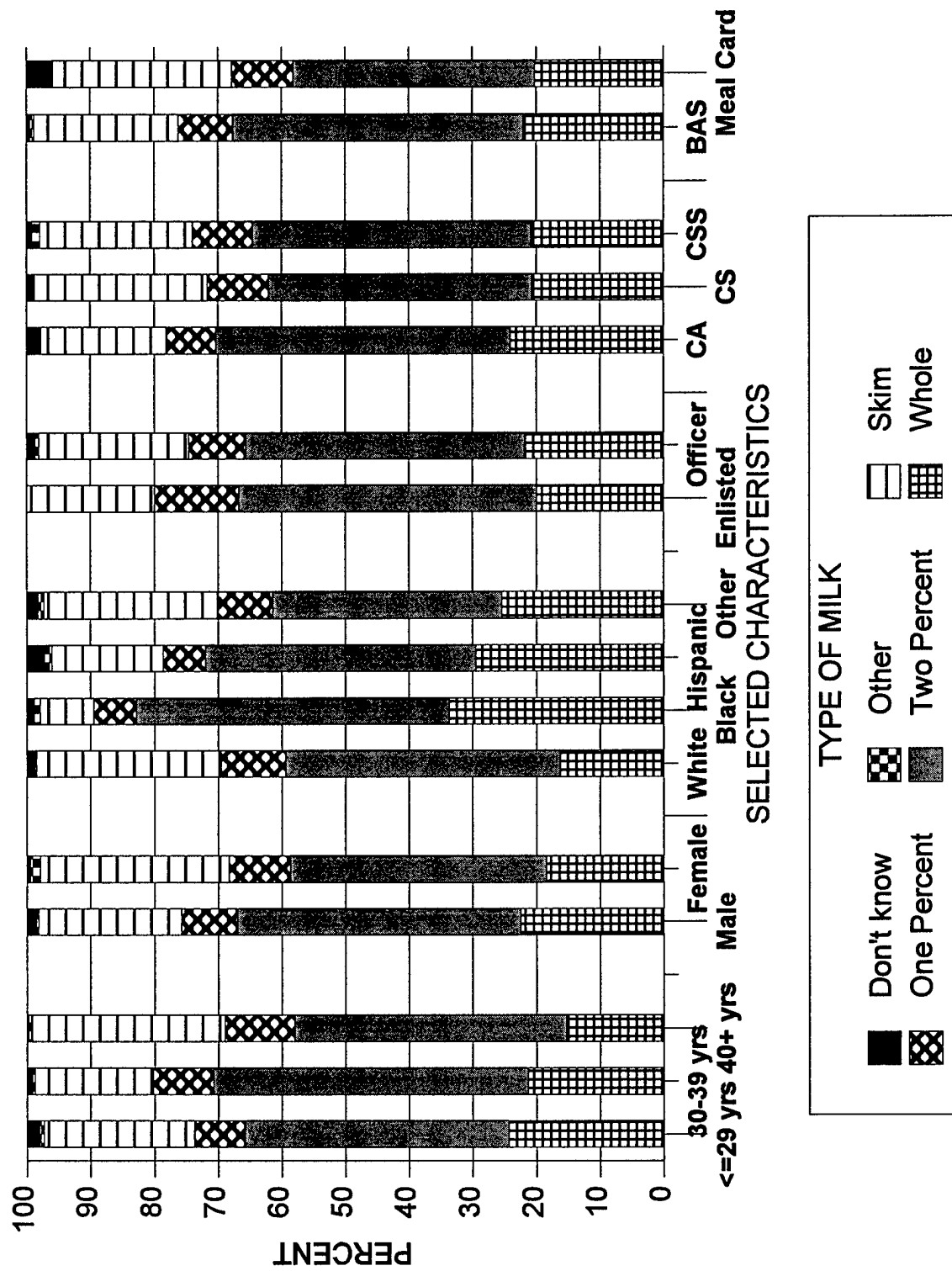


Table: 155
Question 119: Did you smoke in the past month?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2996	27.1	70.7	2.3
Age					
29 years and younger	1653	1605	32.5	64.6	2.9
30-39 years	846	830	23.0	75.1	1.9
40 years or older	554	550	17.1	82.1	0.7
Missing	12	11	16.7	75.0	8.3
Sex					
Male	2547	2486	27.7	69.9	2.4
29 years and younger	1364	1320	33.8	62.9	3.2
30-39 years	691	679	23.3	75.0	1.7
40 years or older	485	481	16.5	82.7	0.8
Missing	7	6	28.6	57.1	14.3
Female	494	486	24.1	74.3	1.6
29 years and younger	282	278	25.9	72.7	1.4
30-39 years	148	144	21.6	75.7	2.7
40 years or older	63	63	22.2	77.8	
Missing	1	1		100.0	
29 years and younger	24	24	25.0	75.0	
30-39 years	7	7	42.9	57.1	
40 years or older	7	7	28.6	71.4	
Missing	6	6	16.7	83.3	
	4	4		100.0	
Ethnic Group					
White	1920	1880	28.4	69.5	2.1
Black	663	647	19.7	77.9	2.4
Hispanic/Spanish	300	296	33.3	65.3	1.3
Other	145	140	30.3	66.2	3.4
Missing	37	33	27.0	62.2	10.8
Rank					
Enlisted	2364	2323	32.3	65.9	1.7
Officer/WO	687	659	8.7	87.2	4.1
Missing	14	14	35.7	64.3	
MOS/SSI					
Combat Arms	921	911	30.6	68.3	1.1
Combat Support	856	822	24.7	71.3	4.0
Combat Service Support	1274	1249	25.9	72.1	2.0
Missing	14	14	42.9	57.1	
Subsistence Category					
BAS	2099	2055	24.1	73.8	2.1
Meal card holder	736	720	34.0	63.9	2.2
Missing	230	221	31.7	64.3	3.9
NOTES:					

Table: 156

Question 119A: Given that you have smoked in the past month, how many days per week did you smoke?

SELECTED CHARACTERISTICS	Total N	N	<1 Day	1 Day	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days	Missing
			Percent								
Total Population	830	820	11.7	3.9	4.1	3.7	2.0	4.5	2.2	66.7	1.2
Age											
29 years and younger	538	532	15.6	5.2	4.6	4.3	2.8	5.2	2.2	58.9	1.1
30-39 years	195	192	5.1	2.1	4.1	3.6	1.0	3.6	1.5	77.4	1.5
40 years or older	95	94	3.2		1.1	1.1		2.1	3.2	88.4	1.1
Missing	2	2								100.0	
Sex											
Male	705	698	11.8	4.0	4.3	3.7	2.8	4.5	2.3	66.2	1.0
29 years and younger	462	458	15.8	5.2	5.0	4.3	3.0	5.2	2.6	58.0	0.9
30-39 years	161	159	4.3	2.5	3.7	3.1	1.2	3.7	1.2	78.9	1.2
40 years or older	80	79	3.8		1.3	1.3		2.5	2.5	87.5	1.3
Missing	2	2								100.0	
Female	119	116	11.8	3.4	3.4	4.2	0.8	4.2	1.7	68.1	2.5
29 years and younger	73	71	15.1	5.5	2.7	4.1	1.4	5.5	3.1	63.0	2.7
30-39 years	32	31	9.4		6.3	6.3		3.1	7.1	68.8	3.1
40 years or older	14	14								92.9	
Missing	0	0								100.0	
29 years and younger	6	6								100.0	
30-39 years	3	3								100.0	
40 years or older	2	2								100.0	
Missing	1	1								100.0	
40 years or older	0	0								100.0	
Ethnic Group											
White	545	539	10.8	3.5	3.5	3.1	1.8	4.4	2.0	69.7	1.1
Black	131	130	15.3	2.3	4.6	3.8	1.5	3.1	3.1	65.6	0.8
Hispanic/Spanish	100	99	14.0	8.0	7.0	7.0	4.0	6.0	2.0	51.0	1.0
Other	44	43	6.8	4.5	4.5	4.5	2.3	6.8		68.2	2.3
Missing	10	9	10.0							70.0	10.0
Rank											
Enlisted	765	755	10.8	3.5	3.7	3.9	2.1	4.4	10.0	68.0	1.3
Officer/WO	60	60	23.3	6.7	8.3	1.7	1.7	5.0	2.2	51.7	
Missing	5	5		20.0	20.0				1.7	60.0	
MOS/SSI											
Combat Arms	282	280	16.3	5.0	3.5	3.5	2.8	4.3	2.5	61.3	0.7
Combat Support	212	211	10.4	4.2	5.2	3.8	1.9	4.2	1.9	67.9	0.5
Combat Service Support	330	323	8.8	2.7	3.3	3.9	1.5	4.8	2.1	70.6	2.1
Missing	6	6			33.3					66.7	
Subsistence Category											
BAS	507	503	8.7	3.6	3.7	2.8	2.6	4.5	2.6	0.8	0.8
Meal card holder	250	247	18.0	4.8	5.2	6.4	1.2	4.4	2.0	1.2	1.2
Missing	73	70	11.0	2.7	2.7	1.4	1.4	4.1		4.1	4.1

NOTES: Analysis is based on those who smoked in the past month.

NOTES: Analysis is based on those who smoked in the past month.

Table: 157

Question 119B: Given that you have smoked in the past month, how many cigarettes did you smoke per day?

SELECTED CHARACTERISTICS	Total N	Valid N	Mean	Standard Error of the Mean	Median
Total Population	830	818	12.6	0.3	10.0
Age					
29 years and younger	538	531	11.0	0.4	10.0
30-39 years	195	191	15.0	0.8	15.0
40 years or older	95	94	16.2	1.0	17.5
Missing	2	2	13.5	6.5	13.5
Sex					
Male	705	697	12.7	0.4	10.0
29 years and younger	462	456	11.1	0.4	10.0
30-39 years	161	160	15.6	0.9	15.0
40 years or older	80	79	16.2	1.1	15.0
Missing	2	2	13.5	6.5	13.5
Female	119	116	11.3	0.9	10.0
29 years and younger	73	72	10.5	1.1	9.0
30-39 years	32	30	11.1	1.5	10.0
40 years or older	14	14	16.1	2.8	15.0
Missing	0	0			
Missing	6	5	18.6	4.2	20.0
29 years and younger	3	3	14.3	5.4	10.0
30-39 years	2	1	30.0	*	30.0
40 years or older	1	1	20.0	*	20.0
Missing	0	0			
Ethnic Group					
White	545	539	14.5	0.4	15.0
Black	131	128	8.1	0.6	6.0
Hispanic/Spanish	100	98	8.7	0.8	5.0
Other	44	43	11.2	1.3	10.0
Missing	10	10	9.2	2.2	9.0
Rank					
Enlisted	765	754	12.9	0.4	10.0
Officer/WO	60	59	9.2	1.2	5.0
Missing	5	5	8.0	2.4	10.0
MOS/SSI					
Combat Arms	282	277	13.3	0.7	10.0
Combat Support	212	212	12.1	0.6	10.0
Combat Service Support	330	323	12.3	0.5	10.0
Missing	6	6	11.5	4.2	10.0
Subsistence Category					
BAS	507	502	13.1	0.4	10.0
Meal card holder	250	245	10.9	0.6	10.0
Missing	73	71	15.0	1.4	13.0

NOTES: * insufficient data
Analysis is based on those who smoked in the past month.

Table: 158

Question 119C: Given that you have smoked in the past month, how many years have you been smoking cigarettes?

SELECTED CHARACTERISTICS	Total N	Valid N	Mean	Standard Error of the Mean	Median
Total Population	830	814	9.3	0.3	7.0
Age					
29 years and younger	538	529	5.6	0.2	5.0
30-39 years	195	190	13.8	0.5	15.0
40 years or older	95	93	21.5	0.9	22.0
Missing	2	2	4.5	1.5	4.5
Sex					
Male	705	692	9.3	0.3	7.0
29 years and younger	462	453	5.5	0.2	5.0
30-39 years	161	159	14.1	0.5	15.0
40 years or older	80	78	21.2	1.0	22.0
Missing	2	2	4.5	1.5	4.5
Female	119	116	9.7	0.7	8.0
29 years and younger	73	73	6.1	0.6	5.0
30-39 years	32	29	12.4	1.2	13.0
40 years or older	14	14	22.9	1.9	23.5
Missing	0	0			
Missing	6	6	12.2	4.5	9.5
29 years and younger	3	3	4.7	2.7	3.0
30-39 years	2	2	14.5	5.5	14.5
40 years or older	1	1	30.0	*	30.0
Missing	0	0			
Ethnic Group					
White	545	537	9.7	0.3	8.0
Black	131	127	9.2	0.7	8.0
Hispanic/Spanish	100	97	7.0	0.7	5.0
Other	44	43	10.4	1.3	10.0
Missing	10	10	10.9	2.2	11.0
Rank					
Enlisted	765	750	9.2	0.3	7.0
Officer/WO	60	59	10.8	1.2	10.0
Missing	5	5	8.6	4.0	5.0
MOS/SSI					
Combat Arms	282	276	8.8	0.5	6.0
Combat Support	212	211	9.0	0.5	7.0
Combat Service Support	330	321	10.1	0.4	8.0
Missing	6	6	9.2	2.1	10.0
Subsistence Category					
BAS	507	496	11.4	0.4	10.0
Meal card holder	250	247	5.2	0.3	4.0
Missing	73	71	9.9	0.8	10.0

NOTES: * insufficient data
Analysis is based on those who smoked in the past month.

Table: 159
Question 120: Did you quit smoking last year?

SELECTED CHARACTERISTICS	Total N	N	No, never smoked	No, I continue to smoke	No, I quit more than 1 years ago	Percent	Yes, I quit smoking w/in last yr	Missing
Total Population	3065	2977	58.5	19.8	11.9	6.9	2.9	
Age								
29 years and younger	1653	1595	60.2	22.6	5.7	8.0	3.5	
30-39 years	846	822	57.0	18.6	15.1	6.5	2.8	
40 years or older	554	548	56.0	13.5	25.1	4.3	1.1	
Missing	12	12	66.7	8.3	16.7	8.3		
Sex								
Male	2547	2471	57.5	20.3	12.2	7.0	3.0	
29 years and younger	1364	1313	58.5	23.4	5.9	8.4	3.7	
30-39 years	691	672	56.4	19.0	15.2	6.7	2.7	
40 years or older	485	479	55.7	13.4	26.0	3.7	1.2	
Missing	7	7	71.4	14.3		14.3		
Female	494	482	64.4	17.0	9.3	6.9	2.4	
29 years and younger	282	275	68.1	17.7	5.0	6.7	2.5	
30-39 years	148	143	59.5	16.9	14.2	6.1	3.4	
40 years or older	63	63	58.7	14.3	17.5	9.5		
Missing	1	1	100.0					
29 years and younger	24	24	54.2	20.8	25.0			
30-39 years	7	7	57.1	42.9	28.6			
40 years or older	6	6	50.0	16.7	33.3			
Missing	4	4	50.0		50.0			
Ethnic Group								
White	1920	1867	55.8	21.7	13.0	6.7	2.8	
Black	663	646	69.6	12.8	8.6	6.5	2.6	
Hispanic/Spanish	300	290	53.7	21.7	12.3	9.0	3.3	
Other	145	139	53.8	22.1	11.7	8.3	4.1	
Missing	37	35	59.5	21.6	8.1	5.4	5.4	
Rank								
Enlisted	2364	2313	54.6	23.6	11.7	7.9	2.2	
Officer/WO	687	651	72.2	6.6	12.4	3.6	5.2	
Missing	14	13	50.0	21.4	14.3	7.1	7.1	
MOS/SSI								
Combat Arms	921	902	55.5	21.5	12.6	8.4	2.1	
Combat Support	856	816	60.8	17.6	10.3	6.7	4.7	
Combat Service Support	1274	1245	59.3	19.8	12.4	6.2	2.3	
Missing	14	14	50.0	35.7	14.3			
Subsistence Category								
BAS	2099	2041	59.2	18.0	13.8	6.3	2.8	
Meal card holder	736	714	58.4	23.0	6.7	9.0	3.0	
Missing	230	222	53.0	25.7	11.3	6.5	3.5	
NOTES:								

Table: 160
Question 120A: How many cigarettes did you smoke per day within the past year?

SELECTED CHARACTERISTICS	Total N	N	1-5 cigarettes	6-10 cigarettes	11-15 cigarettes	16-19 cigarettes	1 pack	1-1/2 packs	2 packs	2-1/2 packs	3 packs	Missing
							Percent					
Total Population	213	201	36.2	21.1	8.5	3.8	12.7	7.5	1.9	1.4	1.4	5.6
Age												
29 years and younger	133	125	39.8	23.3	6.8	5.3	13.5	5.3				6.0
30-39 years	55	53	30.9	20.0	10.9	1.8	12.7	10.9	3.6	1.8	3.6	3.6
40 years or older	24	22	29.2	8.3	12.5		8.3	12.5	8.3	8.3	4.2	8.3
Missing	1	1		100.0								
Sex												
Male	179	167	33.0	23.5	8.4	4.5	12.8	7.8	1.1	1.1	1.1	6.7
29 years and younger	114	106	36.0	24.6	7.0	6.1	14.9	4.4				7.0
30-39 years	46	44	30.4	23.9	10.9	2.2	8.7	13.0	2.2	2.2	2.2	4.3
40 years or older	18	16	22.2	11.1	11.1		11.1	16.7	5.6	5.6	5.6	11.1
Missing	1	1		100.0								
Female	34	34	52.9	8.8	8.8		11.8	5.9	5.9	2.9	2.9	
29 years and younger	19	19	63.2	15.8	5.3		5.3	10.5	11.1	16.7	11.1	
30-39 years	9	9	33.3	11.1								
40 years or older	6	6	50.0	16.7								
Missing	0	0										
29 years and younger	0	0										
30-39 years	0	0										
40 years or older	0	0										
Missing	0	0										
Ethnic Group												
White	129	124	21.7	22.5	10.9	5.4	17.8	11.6	3.1	1.6	1.6	3.9
Black	43	42	62.8	20.9	2.3	2.3	7.0				2.3	
Hispanic/Spanish	27	24	59.3	11.1	7.4		3.7	3.7		3.7		11.1
Other	12	10	50.0	25.0	8.3							16.7
Missing	2	1		50.0								50.0
Rank												
Enlisted	187	177	36.9	21.4	9.1	3.2	12.3	7.5	2.1	1.1	1.1	5.3
Officer/WO	25	23	28.0	20.0	4.0	8.0	16.0	8.0		4.0	4.0	8.0
Missing	1	1	100.0									
MOS/SSI												
Combat Arms	77	70	24.7	22.1	9.1	5.2	15.6	13.0	1.3			9.1
Combat Support	57	56	49.1	19.3	7.0	5.3	14.0		1.8		1.8	
Combat Service Support	79	75	38.0	21.5	8.9	1.3	8.9	7.6	2.5	3.8	2.5	5.1
Missing									2.3	1.5	2.3	6.1
Substance Category												
BAS	132	124	32.6	22.0	10.6	3.8	10.6	8.3	2.3	1.5	2.3	6.1
Meal card holder	66	64	45.5	21.2	6.1	4.5	12.1	4.5	1.5	1.5		3.0
Missing	15	13	26.7	13.3			33.3	13.3				13.3

NOTES: Analysis is based on those who quit smoking in the past year.

Table: 161

Question 120B: How many years did you smoke before you quit?

SELECTED CHARACTERISTICS	Total N	Valid N	Mean	Standard Error of the Mean	Median
Total Population	213	192	16.2	1.9	5.0
Age					
29 years and younger	133	121	2.5	2.4	3.0
30-39 years	55	48	22.1	4.1	13.0
40 years or older	24	22	23.4	5.1	21.0
Missing	1	1	2.0	*	2.0
Sex					
Male	179	160	16.8	2.2	5.0
29 years and younger	114	104	12.2	2.5	3.0
30-39 years	46	39	24.3	4.8	13.5
40 years or older	18	16	27.1	6.5	21.5
Missing	1	1	2.0	*	2.0
Female	34	32	13.1	3.9	6.0
29 years and younger	19	17	14.4	6.9	5.0
30-39 years	9	9	10.8	2.2	12.0
40 years or older	6	6	12.3	4.5	10.0
Missing	0	0			
29 years and younger	0	0			
30-39 years	0	0			
40 years or older	0	0			
Missing	0	0			
Ethnic Group					
White	129	122	12.5	1.9	5.0
Black	43	36	21.5	5.3	8.0
Hispanic/Spanish	27	22	24.3	7.1	5.0
Other	12	11	12.3	7.9	4.5
Missing	2	1	52.0	47.0	52.0
Rank					
Enlisted	187	170	15.1	2.0	5.0
Officer/WO	25	21	24.9	6.8	10.0
Missing	1	1	0.0	*	0.0
MOS/SSI					
Combat Arms	77	69	15.1	3.3	4.0
Combat Support	57	53	14.4	3.2	7.0
Combat Service Support	79	70	18.5	3.4	7.0
Missing	0	0			
Subsistence Category					
BAS	132	119	17.3	2.4	7.5
Meal card holder	66	60	12.9	3.4	3.5
Missing	15	13	20.7	8.4	10.0

NOTES: * insufficient data

Analysis is based on those who quit smoking in the past year.

Table: 162

Question 121: Do you chew (or dip or pinch) tobacco products?

SELECTED CHARACTERISTICS	Total N	N	Yes	No	Missing
Total Population	3065	2989	14.9	82.6	2.5
Age					
29 years and younger	1653	1601	19.4	77.4	3.1
30-39 years	846	827	12.5	85.2	2.2
40 years or older	554	550	5.4	93.9	0.7
Missing	12	11		91.7	8.3
Sex					
Male	2547	2483	17.5	79.9	2.5
29 years and younger	1364	1319	23.1	73.6	3.3
30-39 years	691	677	14.8	83.2	2.0
40 years or older	485	481	6.2	93.0	0.8
Missing	7	6		85.7	14.3
Female	494	482	1.8	95.7	2.4
29 years and younger	282	275	2.1	95.4	2.5
30-39 years	148	143	2.0	94.6	3.4
40 years or older	63	63		100.0	
Missing	1	1		100.0	
29 years and younger	24	24	4.2	95.8	
30-39 years	7	7		100.0	
40 years or older	6	6	14.3	85.7	
Missing	4	4		100.0	
Ethnic Group					
White	1920	1875	20.2	77.5	2.3
Black	663	645	3.6	93.7	2.7
Hispanic/Spanish	300	294	7.3	90.7	2.0
Other	145	140	14.5	82.1	3.4
Missing	37	35	8.1	86.5	5.4
Rank					
Enlisted	2364	2321	16.3	81.9	1.8
Officer/WO	687	654	10.0	85.2	4.8
Missing	14	14	14.3	85.7	
MOS/SSI					
Combat Arms	921	910	24.9	73.9	1.2
Combat Support	856	818	13.5	82.0	4.4
Combat Service Support	1274	1247	8.7	89.2	2.1
Missing	14	14	7.1	92.9	
Subsistence Category					
BAS	2099	2048	13.4	84.1	2.4
Meal card holder	736	718	18.1	79.5	2.4
Missing	230	223	18.3	78.7	3.0

NOTES:

Table: 163

Question 121A: How often do you chew?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			Once or less per day	2-4 times per day	5-10 times per day	More than 10 times per day	
Total Population	457	448	24.7	32.2	28.9	12.3	2.0
Age							
29 years and younger	321	316	27.1	29.9	27.7	13.7	1.6
30-39 years	106	103	20.8	40.6	27.4	8.5	2.8
40 years or older	30	29	13.3	26.7	46.7	10.0	3.3
Missing	0	0		32.9			
Sex							
Male	447	440	23.9		29.1	12.5	1.6
29 years and younger	315	311	26.7	30.5	27.6	14.0	1.3
30-39 years	102	100	18.6	42.2	28.4	8.8	2.0
40 years or older	30	29	13.3	26.7	46.7	10.0	3.3
Missing	0	0					
Female	9	7	55.6		22.2		22.2
29 years and younger	6	5	50.0		33.3		16.7
30-39 years	3	2	66.7				33.3
40 years or older	0	0					
Missing	0	0					
Missing	1	1	100.0				
29 years and younger	0	0					
30-39 years	1	1	100.0				
40 years or older	0	0					
Missing	0	0					
Ethnic Group							
White	387	381	22.7	32.6	30.7	12.4	1.6
Black	24	22	29.2	33.3	25.0	4.2	8.3
Hispanic/Spanish	22	21	40.9	31.8	13.6	9.1	4.5
Other	21	21	42.9	19.0	14.3	23.8	
Missing	3	3	66.7		33.3		
Rank							
Enlisted	386	378	24.1	31.6	30.3	11.9	2.1
Officer/WO	69	68	27.5	36.2	21.7	13.0	1.4
Missing	2	2	50.0			50.0	
MOS/SSI							
Combat Arms	229	227	21.4	30.6	34.1	13.1	0.9
Combat Support	116	113	31.9	29.3	25.9	10.3	2.6
Combat Service Support	111	107	23.4	38.7	21.6	12.6	3.6
Missing	1	1	100.0				
Substance Category							
BAS	282	276	22.7	34.4	29.4	11.3	2.1
Meal card holder	133	131	33.1	28.6	25.6	11.3	1.5
Missing	42	41	11.9	28.6	35.7	21.4	2.4

NOTES: Analysis is based on those who chew.

Table: 164

Question 121B: How much do you chew?

SELECTED CHARACTERISTICS	Total N	N	Percent				Missing
			< 1 can per month	< 1 can per week	1-2 cans per week	≥ 3 cans per week	
Total Population	457	445	18.6	19.9	28.9	30.0	2.6
Age							
29 years and younger	321	313	18.7	19.3	28.3	31.2	2.5
30-39 years	106	103	18.9	18.9	32.1	27.4	2.8
40 years or older	30	29	16.7	30.0	23.3	26.7	3.3
Missing	0	0					
Sex							
Male	447	438	17.9	20.4	29.5	30.2	2.0
29 years and younger	315	308	18.1	19.7	28.9	31.1	2.2
30-39 years	102	101	17.6	19.6	33.3	28.4	1.0
40 years or older	30	29	16.7	30.0	23.3	26.7	3.3
Missing	0	0					
Female	9	6	44.4			22.2	
29 years and younger	6	5	50.0			33.3	
30-39 years	3	1	33.3				
40 years or older	0	0					
Missing	0	0					
Missing	1	1	100.0				
29 years and younger	0	0					
30-39 years	1	1	100.0				
40 years or older	0	0					
Missing	0	0					
Ethnic Group							
White	387	380	17.6	18.9	30.0	31.8	1.8
Black	24	21	16.7	29.2	25.0	16.7	12.5
Hispanic/Spanish	22	20	22.7	36.4	22.7	9.1	9.1
Other	21	21	38.1	14.3	19.0	28.6	
Missing	3	3			33.3	66.7	
Rank							
Enlisted	386	376	17.6	18.9	30.1	30.8	2.6
Officer/WO	69	67	23.2	26.1	23.2	24.6	2.9
Missing	2	2	50.0			50.0	
MOS/SSI							
Combat Arms	229	224	18.3	14.0	29.3	36.2	2.2
Combat Support	116	114	20.7	26.7	29.3	21.6	1.7
Combat Service Support	111	106	16.2	25.2	27.9	26.1	4.5
Missing	1	1	100.0				
Substance Category							
BAS	282	273	16.7	22.0	28.0	30.1	3.2
Meal card holder	133	130	24.8	19.5	27.8	25.6	2.3
Missing	42	42	11.9	7.1	38.1	42.9	

NOTES: Analysis is based on those who chew.

Table: 165

Question 122: How much time did you spend in the field over the past year?

SELECTED CHARACTERISTICS	Total N	N	None	Less than 1 week	1 wk - 1 month	Percent			Missing
						More than 1 month but < 3 months	18.7	24.3	
Total Population	3065	2995	26.3	9.4	19.1	18.7	24.3	2.3	
Age									
29 years and younger	1653	1606	17.1	9.7	20.4	22.2	27.8	2.8	
30-39 years	846	829	30.6	7.3	18.0	17.4	24.7	2.0	
40 years or older	554	548	47.1	11.6	17.1	10.3	12.8	1.1	
Missing	12	12	25.0	8.3		16.7	50.0		
Sex									
Male	2547	2485	23.9	8.6	19.3	19.7	25.9	2.4	
29 years and younger	1364	1320	14.5	8.3	20.7	23.4	30.0	3.2	
30-39 years	691	678	27.8	6.9	18.2	18.8	26.3	1.9	
40 years or older	485	480	45.4	12.0	17.3	10.7	13.6	1.0	
Missing	7	7	14.3			28.6	57.1		
Female	494	486	38.3	13.4	18.2	13.8	14.8	1.6	
29 years and younger	282	279	29.8	16.3	19.9	16.7	16.3	1.1	
30-39 years	148	144	43.9	9.5	16.9	11.5	15.5	2.7	
40 years or older	63	62	61.9	9.5	14.3	6.3	6.3	1.6	
Missing	1	1	100.0						
Missing	24	24	29.2	4.2	12.5	8.3	45.8		
29 years and younger	7	7	14.3	14.3		14.3	57.1		
30-39 years	7	7	28.6		14.3		57.1		
40 years or older	6	6	33.3		33.3	16.7	16.7		
Missing	4	4	50.0				50.0		
Ethnic Group									
White	1920	1879	24.8	8.7	18.9	20.2	25.3	2.1	
Black	663	647	32.4	11.7	17.3	16.1	20.0	2.4	
Hispanic/Spanish	300	296	23.0	9.0	25.0	15.3	26.3	1.3	
Other	145	139	22.8	6.2	20.0	18.6	28.3	4.1	
Missing	37	34	32.4	16.2	10.8	13.5	18.9	8.1	
Rank									
Enlisted	2364	2323	24.7	8.5	18.4	20.0	26.8	1.7	
Officer/WO	687	659	32.0	12.4	21.4	14.4	15.7	4.1	
Missing	14	13	21.4	14.3	21.4	7.1	28.6	7.1	
MOS/SSI									
Combat Arms	921	911	9.7	3.1	16.9	24.9	44.3	1.1	
Combat Support	856	821	27.3	11.8	20.7	18.6	17.6	4.1	
Combat Service Support	1274	1249	37.5	12.2	19.5	14.5	14.4	2.0	
Missing	14	14	35.7	14.3	28.6		21.4		
Subsistence Category									
BAS	2099	2053	30.1	9.6	18.1	17.1	22.9	2.2	
Meal card holder	736	718	15.8	9.4	22.0	22.7	27.7	2.4	
Missing	230	224	24.8	7.4	18.3	20.4	26.5	2.6	

NOTES:

Table: 166
Question 123: Which ration did you eat the most when in the field?

SELECTED CHARACTERISTICS	Total N	N	Percent				MRE	Missing
			A-ration	B-ration	T-ration			
Total Population	3085	2313	17.8	3.3	9.0	45.4	24.5	
Age								
29 years and younger	1653	1377	16.2	2.8	9.5	54.8	16.7	
30-39 years	846	606	20.3	3.5	9.2	38.5	28.4	
40 years or older	554	320	19.0	4.0	7.0	27.8	42.2	
Missing	12	10	16.7	16.7	8.3	41.7	16.7	
Sex								
Male	2547	1960	16.3	3.2	8.7	48.7	23.0	
29 years and younger	1364	1155	14.0	2.8	8.9	59.0	15.3	
30-39 years	691	512	19.5	3.2	9.3	42.1	25.9	
40 years or older	485	286	18.6	3.9	7.4	29.1	41.0	
Missing	7	7	28.6	28.6	14.3	57.1		
Female	494	335	25.1	4.0	10.1	28.5	32.2	
29 years and younger	282	216	27.0	3.2	12.1	34.4	23.4	
30-39 years	148	89	23.6	5.4	9.5	21.6	39.9	
40 years or older	63	30	20.6	4.8	3.2	19.0	52.4	
Missing	1	0					100.0	
Missing	24	18	29.2		12.5	33.3	25.0	
29 years and younger	7	6	14.3		28.6	42.9	14.3	
30-39 years	7	5	28.6			42.9	28.6	
40 years or older	6	4	33.3		16.7	16.7	33.3	
Missing	4	3	50.0			25.0	25.0	
Ethnic Group								
White	1920	1461	17.8	2.9	8.3	47.1	23.9	
Black	663	483	18.1	3.9	10.4	40.5	27.1	
Hispanic/Spanish	300	233	18.3	3.0	10.0	46.3	22.3	
Other	145	111	15.9	5.5	10.3	44.8	23.4	
Missing	37	25	18.9	8.1	5.4	35.1	32.4	
Rank								
Enlisted	2364	1829	16.0	3.1	9.5	48.7	22.6	
Officer/WO	687	473	23.9	3.9	6.8	34.2	31.1	
Missing	14	11	28.6		21.4	28.6	21.4	
MOS/SSI								
Combat Arms	921	828	15.6	2.9	7.7	63.6	10.1	
Combat Support	856	611	17.7	2.6	9.0	42.1	28.6	
Combat Service Support	1274	863	19.5	4.0	9.9	34.3	32.3	
Missing	14	11	14.3	7.1	7.1	50.0	21.4	
Subsistence Category								
BAS	2099	1511	19.7	3.4	9.0	40.0	28.0	
Meal card holder	736	623	13.7	3.4	9.6	57.9	15.4	
Missing	230	179	14.3	2.2	7.0	54.3	22.2	

NOTES:

Table: 167

Question 124A-D: What kind of food (Pogey bait) do you take with you when going to the field?

SELECTED CHARACTERISTICS	Total N	Breakfast/Granola Bars			Canned Nourishment			Pop tarts, Fruit pies, Snack cakes			Crackers		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3085	592	19.3	80.7	38	1.2	98.8	465	15.2	84.8	348	11.4	88.6
Age													
29 years and younger	1653	358	21.6	78.4	26	1.6	98.4	334	20.2	79.8	209	12.6	87.4
30-39 years	846	139	16.4	83.6	7	0.8	99.2	103	12.2	87.8	86	10.2	89.8
40 years or older	554	91	16.4	83.6	5	0.9	99.1	24	4.3	95.7	48	8.7	91.3
Missing	12	4	33.3	66.7	0		100.0	4	33.3	66.7	5	41.7	58.3
Sex													
Male	2547	474	18.6	81.4	30	1.2	98.8	376	14.8	85.2	247	9.7	90.3
29 years and younger	1364	278	20.4	79.6	22	1.6	98.4	261	19.1	80.9	145	10.6	89.4
30-39 years	691	112	16.2	83.8	4	0.6	99.4	88	12.7	87.3	61	8.8	91.2
40 years or older	485	81	16.7	83.3	4	0.8	99.2	24	4.9	95.1	37	7.6	92.4
Missing	7	3	42.9	57.1	0		100.0	3	42.9	57.1	4	57.1	42.9
Female	494	113	22.9	77.1	6	1.2	98.8	83	16.8	83.2	93	18.8	81.2
29 years and younger	282	79	28.0	72.0	3	1.1	98.9	70	24.8	75.2	62	22.0	78.0
30-39 years	148	24	16.2	83.8	2	1.4	98.6	13	8.8	91.2	22	14.9	85.1
40 years or older	63	10	15.9	84.1	1	1.6	98.4	0		100.0	9	14.3	85.7
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
Missing	24	5	20.8	79.2	2	8.3	91.7	6	25.0	75.0	8	33.3	66.7
29 years and younger	7	1	14.3	85.7	1	14.3	85.7	3	42.9	57.1	2	28.6	71.4
30-39 years	7	3	42.9	57.1	1	14.3	85.7	2	28.6	71.4	3	42.9	57.1
40 years or older	6	0		100.0	0		100.0	0		100.0	2	33.3	66.7
Missing	4	1	25.0	75.0	0		100.0	1	25.0	75.0	1	25.0	75.0
Ethnic Group													
White	1920	405	21.1	78.9	15	0.8	99.2	279	14.5	85.5	186	9.7	90.3
Black	663	99	14.9	85.1	10	1.5	98.5	118	17.8	82.2	97	14.6	85.4
Hispanic/Spanish	300	50	16.7	83.3	7	2.3	97.7	42	14.0	86.0	44	14.7	85.3
Other	145	27	18.6	81.4	5	3.4	96.6	18	12.4	87.6	17	11.7	88.3
Missing	37	11	29.7	70.3	1	2.7	97.3	8	21.6	78.4	4	10.8	89.2
Rank													
Enlisted	2364	445	18.8	81.2	32	1.4	98.6	365	15.4	84.6	291	12.3	87.7
Officer/WO	687	144	21.0	79.0	6	0.9	99.1	95	13.8	86.2	55	8.0	92.0
Missing	14	3	21.4	78.6	0		100.0	5	35.7	64.3	2	14.3	85.7
MOS/SSI													
Combat Arms	921	201	21.8	78.2	10	1.1	98.9	138	15.0	85.0	87	9.4	90.6
Combat Support	856	136	15.9	84.1	13	1.5	98.5	145	16.9	83.1	100	11.7	88.3
Combat Service Support	1274	253	19.9	80.1	15	1.2	98.8	178	14.0	86.0	159	12.5	87.5
Missing	14	2	14.3	85.7	0		100.0	4	28.6	71.4	2	14.3	85.7
Subsistence Category													
BAS	2099	391	18.6	81.4	22	1.0	99.0	305	14.5	85.5	232	11.0	89.0
Meal card holder	736	156	21.2	78.8	12	1.6	98.4	114	15.5	84.5	87	11.8	88.2
Missing	230	45	19.6	80.4	4	1.7	98.3	46	20.0	80.0	29	12.6	87.4

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 168

Question 124E-H: What kind of food (Pogey bait) do you take with you when going to the field?

SELECTED CHARACTERISTICS	Total N	Cookies			Power/Sport Bars			Sport Drinks			Soda		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3085	355	11.6	88.4	173	5.6	94.4	296	9.7	90.3	386	12.6	87.4
Age													
29 years and younger	1653	245	14.8	85.2	106	6.4	93.6	205	12.4	87.6	233	14.1	85.9
30-39 years	846	74	8.7	91.3	55	6.5	93.5	58	6.9	93.1	90	10.6	89.4
40 years or older	554	35	6.3	93.7	11	2.0	98.0	33	6.0	94.0	62	11.2	88.8
Missing	12	1	8.3	91.7	1	8.3	91.7	0		100.0	1	8.3	91.7
Sex													
Male	2547	289	11.3	88.7	160	6.3	93.7	258	10.1	89.9	329	12.9	87.1
29 years and younger	1364	199	14.6	85.4	96	7.0	93.0	177	13.0	87.0	195	14.3	85.7
30-39 years	691	56	8.1	91.9	52	7.5	92.5	51	7.4	92.6	77	11.1	88.9
40 years or older	485	34	7.0	93.0	11	2.3	97.7	30	6.2	93.8	56	11.5	88.5
Missing	7	0		100.0	1	14.3	85.7	0		100.0	1	14.3	85.7
Female	494	62	12.6	87.4	12	2.4	97.6	36	7.3	92.7	51	10.3	89.7
29 years and younger	282	45	16.0	84.0	10	3.5	96.5	27	9.6	90.4	35	12.4	87.6
30-39 years	148	16	10.8	89.2	2	1.4	98.6	6	4.1	95.9	12	8.1	91.9
40 years or older	63	1	1.6	98.4	0		100.0	3	4.8	95.2	4	6.3	93.7
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
29 years and younger	24	4	16.7	83.3	1	4.2	95.8	2	8.3	91.7	6	25.0	75.0
30-39 years	7	1	14.3	85.7	0		100.0	1	14.3	85.7	3	42.9	57.1
40 years or older	6	2	28.6	71.4	1	14.3	85.7	1	14.3	85.7	1	14.3	85.7
Missing	4	0		100.0	0		100.0	0		100.0	2	33.3	66.7
Ethnic Group													
White	1920	172	9.0	91.0	133	6.9	93.1	171	8.9	91.1	236	12.3	87.7
Black	663	123	18.5	81.5	18	2.7	97.3	74	11.1	88.9	84	12.7	87.3
Hispanic/Spanish	300	35	11.7	88.3	9	3.0	97.0	32	10.7	89.3	32	10.7	89.3
Other	145	21	14.5	85.5	9	6.2	93.8	15	10.3	89.7	29	20.0	80.0
Missing	37	4	10.8	89.2	4	10.8	89.2	4	10.8	89.2	5	13.5	86.5
Rank													
Enlisted	2364	297	12.6	87.4	129	5.5	94.5	239	10.1	89.9	318	13.4	86.6
Officer/WO	687	56	8.2	91.8	42	6.1	93.9	57	8.3	91.7	65	9.5	90.5
Missing	14	2	14.3	85.7	2	14.3	85.7	0		100.0	3	21.4	78.6
MOS/SSI													
Combat Arms	921	96	10.4	89.6	90	9.8	90.2	111	12.1	87.9	123	13.4	86.6
Combat Support	856	96	11.2	88.8	37	4.3	95.7	73	8.5	91.5	94	11.0	89.0
Combat Service Support	1274	160	12.6	87.4	45	3.5	96.5	110	8.6	91.4	166	13.0	87.0
Missing	14	3	21.4	78.6	1	7.1	92.9	2	14.3	85.7	3	21.4	78.6
Substance Category													
BAS	2099	220	10.5	89.5	106	5.0	95.0	182	8.7	91.3	276	13.1	86.9
Meal card holder	736	102	13.9	86.1	49	6.7	93.3	91	12.4	87.6	81	11.0	89.0
Missing	230	33	14.3	85.7	18	7.8	92.2	23	10.0	90.0	29	12.6	87.4

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 169

Question 124I-L: What kind of food (Pogey bait) do you take with you when going to the field?

SELECTED CHARACTERISTICS	Total N	Cereal			Nuts, seeds			Chips, popcorn, cheese curls			Meat jerky		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3065	82	2.7	97.3	562	18.3	81.7	302	9.8	90.2	615	20.1	79.9
Age													
29 years and younger	1653	52	3.2	96.8	329	19.9	80.1	226	13.7	86.3	403	24.4	75.6
30-39 years	846	22	2.6	97.4	146	17.3	82.7	56	6.6	93.4	145	17.1	82.9
40 years or older	554	8	1.4	98.6	80	14.4	85.6	19	3.4	96.6	63	11.4	88.6
Missing	12	0		100.0	7	58.3	41.7	1	8.3	91.7	4	33.3	66.7
Sex													
Male	2547	52	2.1	97.9	485	19.0	81.0	228	8.9	91.1	558	21.9	78.1
29 years and younger	1364	33	2.5	97.5	286	21.0	79.0	173	12.7	87.3	366	26.8	73.2
30-39 years	691	12	1.7	98.3	127	18.4	81.6	38	5.5	94.5	129	18.7	81.3
40 years or older	485	7	1.4	98.6	68	14.0	86.0	16	3.3	96.7	60	12.4	87.6
Missing	7	0		100.0	4	57.1	42.9	1	14.3	85.7	3	42.9	57.1
Female	494	29	5.9	94.1	70	14.2	85.8	71	14.4	85.6	52	10.5	89.5
29 years and younger	282	19	6.7	93.3	42	14.9	85.1	51	18.1	81.9	36	12.8	87.2
30-39 years	148	9	6.1	93.9	18	12.2	87.8	17	11.5	88.5	13	8.8	91.2
40 years or older	63	1	1.6	98.4	10	15.9	84.1	3	4.8	95.2	3	4.8	95.2
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
Missing	24	1	4.2	95.8	7	29.2	70.8	3	12.5	87.5	5	20.8	79.2
29 years and younger	7	0		100.0	1	14.3	85.7	2	28.6	71.4	1	14.3	85.7
30-39 years	7	1	14.3	85.7	1	14.3	85.7	1	14.3	85.7	3	42.9	57.1
40 years or older	6	0		100.0	2	33.3	66.7	0		100.0	0		100.0
Missing	4	0		100.0	3	75.0	25.0	0		100.0	1	25.0	75.0
Ethnic Group													
White	1920	51	2.7	97.3	388	20.2	79.8	156	8.1	91.9	414	21.6	78.4
Black	663	18	2.9	97.1	91	13.7	86.3	101	15.2	84.8	94	14.2	85.8
Hispanic/Spanish	300	7	2.3	97.7	50	16.7	83.3	26	8.7	91.3	61	20.3	79.7
Other	145	3	2.1	97.9	26	17.9	82.1	17	11.7	88.3	34	23.4	76.6
Missing	37	3	8.1	91.9	7	18.9	81.1	2	5.4	94.6	12	32.4	67.6
Rank													
Enlisted	2364	55	2.4	97.6	438	18.5	81.5	267	11.3	88.7	500	21.1	78.9
Officer/WO	687	25	3.6	96.4	121	17.6	82.4	34	4.9	95.1	111	16.2	83.8
Missing	14	2	14.3	85.7	3	21.4	78.6	1	7.1	92.9	4	28.6	71.4
MOS/SSI													
Combat Arms	921	20	2.2	97.8	217	23.6	76.4	65	7.1	92.9	234	25.4	74.6
Combat Support	856	20	2.5	97.5	153	17.9	82.1	84	9.8	90.2	173	20.2	79.8
Combat Service Support	1274	41	3.2	96.8	189	14.8	85.2	151	11.9	88.1	204	16.0	84.0
Missing	14	1	7.1	92.9	3	21.4	78.6	2	14.3	85.7	4	28.6	71.4
Subsistence Category													
BAS	2099	59	2.9	97.1	384	18.3	81.7	199	9.5	90.5	402	19.1	80.9
Meal card holder	736	18	2.4	97.6	144	19.6	80.4	78	10.6	89.4	161	21.9	78.1
Missing	230	5	2.2	97.8	34	14.8	85.2	25	10.9	89.1	52	22.6	77.4

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 170
Question 124M-P: What kind of food (Pogey bait) do you take with you when going to the field?

SELECTED CHARACTERISTICS	Total N	Fruit (fresh, canned, dried)			Bottle water			Ramen noodles			Soups (canned, dry, other than stew)		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3085	307	10.0	90.0	256	8.3	91.7	578	18.9	81.1	109	3.6	96.4
Age													
29 years and younger	1653	138	8.4	91.6	151	9.1	90.9	308	18.6	81.4	45	2.7	97.3
30-39 years	846	95	11.2	88.8	58	6.9	93.1	195	23.0	77.0	42	5.0	95.0
40 years or older	554	72	13.0	87.0	46	8.3	91.7	71	12.8	87.2	22	4.0	96.0
Missing	12	2	16.7	83.3	1	8.3	91.7	4	33.3	66.7	0		100.0
Sex													
Male	2547	238	9.4	90.6	163	6.4	93.6	490	19.2	80.8	91	3.6	96.4
29 years and younger	1364	102	7.5	92.5	92	6.7	93.3	251	18.4	81.6	35	2.6	97.4
30-39 years	691	70	10.1	89.9	34	4.9	95.1	171	24.7	75.3	34	4.9	95.1
40 years or older	485	65	13.4	86.6	36	7.4	92.6	66	13.6	86.4	22	4.5	95.5
Missing	7	1	14.3	85.7	1	14.3	85.7	2	28.6	71.4	0		100.0
Female	494	66	13.4	86.6	91	18.4	81.6	79	16.0	84.0	15	3.0	97.0
29 years and younger	282	36	12.8	87.2	59	20.9	79.1	55	19.5	80.5	10	3.5	96.5
30-39 years	148	24	16.2	83.8	23	15.5	84.5	20	13.5	86.5	5	3.4	96.6
40 years or older	63	6	9.5	90.5	9	14.3	85.7	4	6.3	93.7	0		100.0
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
29 years and younger	24	3	12.5	87.5	2	8.3	91.7	9	37.5	62.5	3	12.5	87.5
30-39 years	7	0		100.0	0		100.0	2	28.6	71.4	0		100.0
40 years or older	6	1	16.7	83.3	1	16.7	83.3	1	16.7	83.3	0		100.0
Missing	4	1	25.0	75.0	0		100.0	2	50.0	50.0	0		100.0
Ethnic Group													
White	1920	177	9.2	90.8	118	6.1	93.9	362	18.9	81.1	72	3.8	96.3
Black	663	80	12.2	87.8	84	12.7	87.3	116	17.5	82.5	22	3.3	96.7
Hispanic/Spanish	300	27	9.0	91.0	26	8.7	91.3	55	18.3	81.7	9	3.0	97.0
Other	145	16	11.0	89.0	22	15.2	84.8	38	26.2	73.8	4	2.8	97.2
Missing	37	7	18.9	81.1	6	16.2	83.8	7	18.9	81.1	2	5.4	94.6
Rank													
Enlisted	2364	223	9.5	90.5	207	8.8	91.2	497	21.0	79.0	87	3.7	96.3
Officer/WO	687	83	12.1	87.9	49	7.1	92.9	78	11.4	88.6	22	3.2	96.8
Missing	14	1	7.1	92.9	0		100.0	3	21.4	78.6	0		100.0
MOS/SSI													
Combat Arms	921	81	8.8	91.2	56	6.1	93.9	248	26.9	73.1	42	4.6	95.4
Combat Support	856	90	10.6	89.4	61	7.1	92.9	158	18.4	81.6	33	3.9	96.1
Combat Service Support	1274	133	10.4	89.6	136	10.7	89.3	169	13.3	86.7	32	2.5	97.5
Missing	14	3	21.4	78.6	3	21.4	78.6	3	21.4	78.6	2	14.3	85.7
Subsistence Category													
BAS	2099	220	10.5	89.5	164	7.8	92.2	410	19.5	80.5	78	3.7	96.3
Meal card holder	736	65	8.8	91.2	70	9.5	90.5	124	16.8	83.2	20	2.7	97.3
Missing	230	22	9.6	90.4	22	9.6	90.4	44	19.1	80.9	11	4.8	95.2

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 171

Question 124Q-T: What kind of food (Pogey bait) do you take with you when going to the field?

SELECTED CHARACTERISTICS	Total N	Canned stew, chili, pasta/meat			Tuna fish			Lunchables type product			Snack puddings		
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No
			Percent			Percent			Percent			Percent	
Total Population	3085	160	5.2	94.8	338	11.0	89.0	168	5.5	94.5	81	2.6	97.4
Age													
29 years and younger	1653	99	6.0	94.0	148	8.9	91.1	119	7.2	92.8	51	3.1	96.9
30-39 years	846	40	4.7	95.3	122	14.4	85.6	36	4.3	95.7	16	1.9	98.1
40 years or older	554	20	3.6	96.4	67	12.1	87.9	11	2.0	98.0	13	2.3	97.7
Missing	12	1	8.3	91.7	1	8.3	91.7	2	16.7	83.3	1	8.3	91.7
Sex													
Male	2547	144	5.7	94.3	289	11.3	88.7	126	4.9	95.1	62	2.4	97.6
29 years and younger	1364	88	6.4	93.6	120	8.8	91.2	91	6.7	93.3	36	2.6	97.4
30-39 years	691	37	5.4	94.6	102	14.8	85.2	25	3.6	96.4	15	2.2	97.8
40 years or older	485	19	3.9	96.1	66	13.6	86.4	9	1.9	98.1	10	2.1	97.9
Missing	7	0		100.0	1	14.3	85.7	1	14.3	85.7	1	14.3	85.7
Female	494	15	3.0	97.0	45	9.1	90.9	37	7.5	92.5	18	3.6	96.4
29 years and younger	282	11	3.9	96.1	26	9.2	90.8	26	9.2	90.8	15	5.3	94.7
30-39 years	148	3	2.0	98.0	18	12.2	87.8	10	6.8	93.2	0		100.0
40 years or older	63	1	1.6	98.4	1	1.6	98.4	1	1.6	98.4	3	4.8	95.2
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
Missing	24	1	4.2	95.8	4	16.7	83.3	5	20.8	79.2	1	4.2	95.8
29 years and younger	7	0		100.0	2	28.6	71.4	2	28.6	71.4	0		100.0
30-39 years	7	0		100.0	2	28.6	71.4	1	14.3	85.7	1	14.3	85.7
40 years or older	6	0		100.0	0		100.0	1	16.7	83.3	0		100.0
Missing	4	1	25.0	75.0	0		100.0	1	25.0	75.0	0		100.0
Ethnic Group													
White	1920	98	5.1	94.9	204	10.6	89.4	68	3.5	96.5	47	2.4	97.6
Black	663	33	5.0	95.0	77	11.6	88.4	72	10.8	89.2	24	3.6	96.4
Hispanic/Spanish	300	15	5.0	95.0	36	12.0	88.0	18	6.0	94.0	5	1.7	98.3
Other	145	10	6.9	93.1	13	9.0	91.0	7	4.8	95.2	4	2.8	97.2
Missing	37	4	10.8	89.2	8	21.6	78.4	3	8.1	91.9	1	2.7	97.3
Rank													
Enlisted	2364	132	5.6	94.4	275	11.6	88.4	141	6.0	94.0	67	2.8	97.2
Officer/WO	687	27	3.9	96.1	61	8.9	91.1	25	3.6	96.4	14	2.0	98.0
Missing	14	1	7.1	92.9	2	14.3	85.7	2	14.3	85.7	0		100.0
MOS/SSI													
Combat Arms	921	60	6.5	93.5	136	14.8	85.2	37	4.0	96.0	19	2.1	97.9
Combat Support	856	43	5.0	95.0	86	10.0	90.0	40	4.7	95.3	21	2.5	97.5
Combat Service Support	1274	55	4.3	95.7	115	9.0	91.0	90	7.1	92.9	40	3.1	96.9
Missing	14	2	14.3	85.7	1	7.1	92.9	1	7.1	92.9	1	7.1	92.9
Subsistence Category													
BAS	2099	111	5.3	94.7	252	12.0	88.0	110	5.2	94.8	47	2.2	97.8
Meal card holder	736	39	5.3	94.7	58	7.9	92.1	45	6.1	93.9	25	3.4	96.6
Missing	230	10	4.3	95.7	28	12.2	87.8	13	5.7	94.3	9	3.9	96.1

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 172
Question 124U-X: What kind of food (Pogey bait) do you take with you when going to the field?

SELECTED CHARACTERISTICS	Total N	Candy		Bagels, muffins, bread		Peanut butter		None					
		N _{yes}	Yes	No	N _{yes}	Yes	No	N _{yes}	Yes	No			
			Percent	Percent		Percent	Percent						
Total Population	3065	555	18.1	81.9	57	1.9	98.1	100	3.3	96.7	461	15.0	85.0
Age													
29 years and younger	1653	378	22.9	77.1	22	1.3	98.7	46	2.8	97.2	290	17.5	82.5
30-39 years	846	121	14.3	85.7	25	3.0	97.0	33	3.9	96.1	99	11.7	88.3
40 years or older	554	53	9.6	90.4	10	1.8	98.2	21	3.8	96.2	71	12.8	87.2
Missing	12	3	25.0	75.0	0		100.0	0		100.0	1	8.3	91.7
Sex													
Male	2547	460	18.1	81.9	47	1.8	98.2	85	3.3	96.7	413	16.2	83.8
29 years and younger	1364	308	22.6	77.4	15	1.1	98.9	40	2.9	97.1	285	19.4	80.6
30-39 years	691	101	14.6	85.4	23	3.3	96.7	28	4.1	95.9	86	12.4	87.6
40 years or older	485	49	10.1	89.9	9	1.9	98.1	17	3.5	96.5	61	12.6	87.4
Missing	7	2	28.6	71.4	0		100.0	0		100.0	1	14.3	85.7
Female	494	90	18.2	81.8	9	1.8	98.2	12	2.4	97.6	47	9.5	90.5
29 years and younger	282	69	24.5	75.5	7	2.5	97.5	6	2.1	97.9	25	8.9	91.1
30-39 years	148	17	11.5	88.5	1	0.7	99.3	3	2.0	98.0	13	8.8	91.2
40 years or older	63	4	6.3	93.7	1	1.6	98.4	3	4.8	95.2	9	14.3	85.7
Missing	1	0		100.0	0		100.0	0		100.0	0		100.0
Missing	24	5	20.8	79.2	1	4.2	95.8	3	12.5	87.5	1	4.2	95.8
29 years and younger	7	1	14.3	85.7	0		100.0	0		100.0	0		100.0
30-39 years	7	3	42.9	57.1	1	14.3	85.7	2	28.6	71.4	0		100.0
40 years or older	6	0		100.0	0		100.0	1	16.7	83.3	1	16.7	83.3
Missing	4	1	25.0	75.0	0		100.0	0		100.0	0		100.0
Ethnic Group													
White	1920	356	18.5	81.5	37	1.9	98.1	66	3.4	96.6	305	15.9	84.1
Black	663	113	17.0	83.0	7	1.1	98.9	21	3.2	96.8	87	13.1	86.9
Hispanic/Spanish	300	53	17.7	82.3	5	1.7	98.3	6	2.0	98.0	53	17.7	82.3
Other	145	27	18.6	81.4	6	4.1	95.9	5	3.4	96.6	12	8.3	91.7
Missing	37	6	16.2	83.8	2	5.4	94.6	2	5.4	94.6	4	10.8	89.2
Rank													
Enlisted	2364	445	18.8	81.2	40	1.7	98.3	79	3.3	96.7	365	15.4	84.6
Officer/WO	687	108	15.7	84.3	17	2.5	97.5	21	3.1	96.9	95	13.8	86.2
Missing	14	2	14.3	85.7	0		100.0	0		100.0	1	7.1	92.9
MOS/SSI													
Combat Arms	921	204	22.1	77.9	24	2.6	97.4	34	3.7	96.3	187	20.3	79.7
Combat Support	856	148	17.3	82.7	15	1.8	98.2	23	2.7	97.3	114	13.3	86.7
Combat Service Support	1274	200	15.7	84.3	18	1.4	98.6	42	3.3	96.7	160	12.6	87.4
Missing	14	3	21.4	78.6	0		100.0	1	7.1	92.9	0		100.0
Subsistence Category													
BAS	2099	339	16.1	83.9	38	1.8	98.2	70	3.3	96.7	275	13.1	86.9
Meal card holder	736	171	23.2	76.8	11	1.5	98.5	20	2.7	97.3	141	19.2	80.8
Missing	230	45	19.6	80.4	8	3.5	96.5	10	4.3	95.7	45	19.6	80.4

NOTES: N is the number of respondents that answered "YES" to the question.

NOTES: N is the number of respondents that answered "YES" to the question.

Table: 173

Question 125: What generally happens to your weight in field?

SELECTED CHARACTERISTICS	Total N	N	Lose	Gain	Same	Missing
			Percent			
Total Population	3065	2970	44.2	9.6	43.2	3.1
Age						
29 years and younger	1653	1595	44.0	9.2	43.3	3.5
30-39 years	846	827	48.0	10.2	39.6	2.2
40 years or older	554	536	39.2	9.9	47.7	3.2
Missing	12	12	41.7		58.3	
Sex						
Male	2547	2473	43.9	9.1	44.0	2.9
29 years and younger	1364	1315	43.3	9.0	44.1	3.6
30-39 years	691	676	48.5	9.1	40.2	2.2
40 years or older	485	475	39.2	9.7	49.1	2.1
Missing	7	7	42.9		57.1	
Female	494	473	45.3	11.7	38.7	4.3
29 years and younger	282	273	47.2	9.9	39.7	3.2
30-39 years	148	144	45.3	14.9	37.2	2.7
40 years or older	63	55	36.5	12.7	38.1	12.7
Missing	1	1	100.0			
29 years and younger	24	24	50.0	8.3	41.7	
30-39 years	7	7	42.9	14.3	42.9	
40 years or older	6	6	57.1	14.3	28.6	
Missing	4	4	66.7		33.3	
Ethnic Group						
White	1920	1862	42.7	9.0	45.4	3.0
Black	663	640	45.2	10.8	40.5	3.5
Hispanic/Spanish	300	295	47.0	12.3	39.0	1.7
Other	145	139	51.7	6.9	37.2	4.1
Missing	37	34	54.1	5.4	32.4	8.1
Rank						
Enlisted	2364	2303	45.5	9.6	42.4	2.6
Officer/WO	687	654	39.7	9.6	45.9	4.8
Missing	14	13	42.9	7.1	42.9	7.1
MOS/SSI						
Combat Arms	921	911	51.2	7.2	40.5	1.1
Combat Support	856	816	40.1	8.8	46.4	4.7
Combat Service Support	1274	1229	41.5	11.8	43.2	3.5
Missing	14	14	71.4	14.3	14.3	
Substance Category						
BAS	2099	2036	45.0	9.5	42.5	3.0
Meal card holder	736	713	42.4	9.1	45.4	3.1
Missing	230	221	43.0	11.3	41.7	3.9

NOTES:

Table: 174

Question 126: How many meals per day do you generally eat when in the field?

SELECTED CHARACTERISTICS	Total N	N	One	Two	Three	More than three	Missing
			Percent				
Total Population	3065	2966	8.9	46.4	36.1	5.3	3.2
Age							
29 years and younger	1653	1593	8.8	41.9	38.3	7.4	3.6
30-39 years	846	827	9.7	50.2	34.0	3.8	2.2
40 years or older	554	534	8.3	53.6	32.9	1.6	3.6
Missing	12	12		66.7	33.3		
Sex							
Male	2547	2470	8.3	46.1	36.7	6.0	3.0
29 years and younger	1364	1314	7.7	41.1	39.0	8.5	3.7
30-39 years	691	676	9.4	49.5	34.9	4.1	2.2
40 years or older	485	473	8.5	54.8	32.6	1.6	2.5
Missing	7	7		71.4	28.6		
Female	494	472	12.3	47.4	33.8	2.0	4.5
29 years and younger	282	272	14.2	45.4	34.8	2.1	3.5
30-39 years	148	144	10.8	52.7	31.1	2.7	2.7
40 years or older	63	55	7.9	44.4	34.9		12.7
Missing	1	1		100.0			
29 years and younger	24	24	4.2	62.5	29.2	4.2	
30-39 years	7	7	14.3	71.4	14.3		
40 years or older	6	6		50.0	33.3	16.7	
Missing	4	4		75.0	25.0		
Ethnic Group							
White	1920	1861	8.3	48.5	35.4	4.8	3.1
Black	663	640	10.7	42.2	36.9	6.8	3.5
Hispanic/Spanish	300	293	9.7	42.7	40.0	5.3	2.3
Other	145	139	5.5	48.3	36.6	5.5	4.1
Missing	37	33	16.2	37.8	29.7	5.4	10.8
Rank							
Enlisted	2364	2300	9.7	45.7	35.8	6.1	2.7
Officer/WO	687	653	6.1	49.2	37.3	2.5	4.9
Missing	14	13	14.3	28.6	42.9	7.1	7.1
MOS/SSI							
Combat Arms	921	912	10.5	52.3	30.2	6.0	1.0
Combat Support	856	812	7.0	47.6	36.3	4.0	5.1
Combat Service Support	1274	1228	8.9	41.2	40.6	5.7	3.6
Missing	14	14	14.3	57.1	14.3	14.3	
Substance Category							
BAS	2099	2032	8.7	48.8	35.0	4.4	3.2
Meal card holder	736	712	8.6	40.9	39.8	7.5	3.3
Missing	230	222	12.2	42.6	35.2	6.5	3.5

NOTES:

Table: 175

Question 127: Do you think military rations meet your nutritional needs?

SELECTED CHARACTERISTICS	Total N	N	Percent		Missing
			Yes	No	
Total Population	3065	2971	58.2	38.8	3.1
Age					
29 years and younger	1653	1596	50.2	46.4	3.4
30-39 years	846	823	62.3	35.0	2.7
40 years or older	554	540	75.6	21.8	2.5
Missing	12	12	58.3	41.7	
Sex					
Male	2547	2471	60.2	36.8	3.0
29 years and younger	1364	1316	51.6	44.9	3.5
30-39 years	691	673	65.3	32.1	2.6
40 years or older	485	475	77.3	20.6	2.1
Missing	7	7	57.1	42.9	
Female	494	476	48.2	48.2	3.6
29 years and younger	282	273	43.6	53.2	3.2
30-39 years	148	143	50.0	46.6	3.4
40 years or older	63	59	63.5	30.2	6.3
Missing	1	1	100.0		
29 years and younger	24	24	45.8	54.2	
30-39 years	7	7	42.9	57.1	
40 years or older	6	6	28.6	71.4	
Missing	4	4	66.7	33.3	
Ethnic Group					
White	1920	1863	60.9	36.1	3.0
Black	663	640	53.8	42.8	3.5
Hispanic/Spanish	300	295	56.0	42.3	1.7
Other	145	139	49.7	46.2	4.1
Missing	37	34	45.9	45.9	8.1
Rank					
Enlisted	2364	2304	53.8	43.7	2.5
Officer/WO	687	654	73.4	21.8	4.8
Missing	14	13	50.0	42.9	7.1
MOS/SSI					
Combat Arms	921	908	55.9	42.7	1.4
Combat Support	856	814	60.9	34.2	4.9
Combat Service Support	1274	1235	57.9	39.0	3.1
Missing	14	14	57.1	42.9	
Substance Category					
BAS	2099	2037	61.9	35.2	3.0
Meal card holder	736	712	49.6	47.1	3.3
Missing	230	222	51.7	44.8	3.5
NOTES:					

Table: 176

Question 128: Do you see field feedings as a chance to lose weight?

SELECTED CHARACTERISTICS	Total N	N	Never/ Seldom	Percent		Missing
				Sometimes	Always/ Usually	
Total Population	3065	2967	70.8	22.3	3.7	3.2
Age						
29 years and younger	1653	1594	69.7	22.3	4.4	3.6
30-39 years	846	826	70.1	24.0	3.5	2.4
40 years or older	554	535	75.3	20.0	1.3	3.4
Missing	12	12	66.7	16.7	16.7	
Sex						
Male	2547	2470	71.7	22.0	3.3	3.0
29 years and younger	1364	1313	70.0	22.4	3.9	3.7
30-39 years	691	676	71.3	22.9	3.6	2.2
40 years or older	485	474	76.9	19.6	1.2	2.3
Missing	7	7	71.4	14.3	14.3	
Female	494	474	66.4	24.3	5.3	4.0
29 years and younger	282	274	68.4	21.6	7.1	2.8
30-39 years	148	143	64.9	29.1	2.7	3.4
40 years or older	63	56	61.9	25.4	1.6	11.1
Missing	1	1			100.0	
29 years and younger	24	23	70.8	20.8	4.2	4.2
30-39 years	7	7	71.4	28.6		
40 years or older	6	5	57.1	28.6	14.3	16.7
Missing	4	4	83.3	25.0		
Ethnic Group						
White	1920	1859	71.9	21.4	3.5	3.2
Black	663	643	70.5	23.0	3.5	3.0
Hispanic/Spanish	300	292	68.0	25.0	4.3	2.7
Other	145	139	64.1	26.2	5.5	4.1
Missing	37	34	67.6	21.6	2.7	8.1
Rank						
Enlisted	2364	2300	69.7	23.3	4.2	2.7
Officer/WO	687	654	74.8	18.6	1.7	4.8
Missing	14	13	57.1	35.7		7.1
MOS/SSI						
Combat Arms	921	910	69.3	25.3	4.2	1.2
Combat Support	856	812	72.9	18.9	3.0	5.1
Combat Service Support	1274	1231	70.6	22.3	3.7	3.4
Missing	14	14	57.1	42.9		
Substance Category						
BAS	2099	2037	70.3	23.4	3.4	3.0
Meal card holder	736	711	72.4	20.5	3.7	3.4
Missing	230	219	70.4	18.7	6.1	4.8
NOTES:						

Table: 177

Question 129A: During a typical field exercise, what types of rations do you usually eat for breakfast?

SELECTED CHARACTERISTICS	Total N	N	A-ration	Percent		MRE	Missing
				T-ration			
Total Population	3065	2803	45.9	19.0	26.5	8.5	
Age							
29 years and younger	1653	1514	40.9	20.7	30.0	8.4	
30-39 years	846	770	47.9	17.4	25.8	9.0	
40 years or older	554	507	57.6	16.8	17.1	8.5	
Missing	12	12	58.3	8.3	33.3		
Sex							
Male	2547	2345	44.7	18.7	28.6	7.9	
29 years and younger	1364	1257	39.0	20.4	32.7	7.8	
30-39 years	691	632	46.0	17.1	28.4	8.5	
40 years or older	485	449	58.8	16.5	17.3	7.4	
Missing	7	7	42.9	57.1			
Female	494	436	51.0	21.1	16.2	11.7	
29 years and younger	282	251	49.6	22.3	17.0	11.0	
30-39 years	148	131	55.4	18.9	14.2	11.5	
40 years or older	63	53	47.6	19.0	17.5	15.9	
Missing	1	1	100.0				
Missing	24	22	66.7	12.5	12.5	8.3	
29 years and younger	7	6	42.9	14.3	28.6	14.3	
30-39 years	7	7	71.4	14.3	14.3		
40 years or older	6	5	66.7	16.7		16.7	
Missing	4	4	100.0				
Ethnic Group							
White	1920	1775	44.9	18.5	29.0	7.6	
Black	663	593	50.5	19.1	18.9	10.5	
Hispanic/Spanish	300	277	47.3	21.7	23.3	7.7	
Other	145	127	35.2	21.4	31.0	12.4	
Missing	37	31	43.2	16.2	24.3	16.2	
Rank							
Enlisted	2364	2163	42.8	19.3	29.3	8.5	
Officer/WO	687	627	56.2	18.2	16.9	8.7	
Missing	14	13	57.1	14.3	21.4	7.1	
MOS/SSI							
Combat Arms	921	868	38.8	13.9	41.6	5.8	
Combat Support	856	772	48.2	20.9	21.1	9.8	
Combat Service Support	1274	1151	49.7	21.3	19.4	9.7	
Missing	14	12	28.6	42.9	14.3	14.3	
Subsistence Category							
BAS	2099	1922	48.5	19.1	23.9	8.4	
Meal card holder	736	677	39.7	19.4	32.9	8.0	
Missing	230	204	41.7	17.0	30.0	11.3	
NOTES:							

Table: 178

Question 129B: During a typical field exercise, what types of rations do you usually eat for lunch?

SELECTED CHARACTERISTICS	Total N	N	A-ration	Percent		MRE	Missing
				T-ration			
Total Population	3065	2819	4.5	3.6	83.9	8.0	
Age							
29 years and younger	1653	1523	4.5	3.1	84.5	7.9	
30-39 years	846	787	3.5	4.6	84.9	7.0	
40 years or older	554	497	5.4	3.4	80.9	10.3	
Missing	12	12	33.3		66.7		
Sex							
Male	2547	2364	4.2	3.3	85.3	7.2	
29 years and younger	1364	1268	4.4	2.9	85.6	7.0	
30-39 years	691	646	2.7	3.9	86.8	6.5	
40 years or older	485	443	5.6	3.5	82.3	8.7	
Missing	7	7	28.6		71.4		
Female	494	434	5.9	4.9	77.1	12.1	
29 years and younger	282	249	5.3	3.5	79.4	11.7	
30-39 years	148	135	7.4	8.1	75.7	8.8	
40 years or older	63	49	4.8	3.2	69.8	22.2	
Missing	1	1			100.0		
Missing	24	21	8.3	4.2	75.0	12.5	
29 years and younger	7	6		14.3	71.4	14.3	
30-39 years	7	6			85.7	14.3	
40 years or older	6	5			83.3	16.7	
Missing	4	4	50.0		50.0		
Ethnic Group							
White	1920	1772	3.9	2.2	86.3	7.7	
Black	663	599	5.6	6.6	78.2	9.6	
Hispanic/Spanish	300	283	6.0	4.3	84.0	5.7	
Other	145	134	4.1	4.1	84.1	7.6	
Missing	37	31	10.8	10.8	62.2	16.2	
Rank							
Enlisted	2364	2182	4.4	4.0	83.9	7.7	
Officer/WO	687	624	4.8	2.2	83.8	9.2	
Missing	14	13	7.1		85.7	7.1	
MOS/SSI							
Combat Arms	921	866	4.3	2.4	87.3	6.0	
Combat Support	856	771	3.2	3.3	83.7	9.9	
Combat Service Support	1274	1168	5.7	4.5	81.6	8.3	
Missing	14	14		14.3	85.7		
Subsistence Category							
BAS	2099	1925	4.1	3.1	84.4	8.3	
Meal card holder	736	688	5.3	4.3	83.8	6.5	
Missing	230	206	5.7	4.8	79.1	10.4	
NOTES:							

Table: 179
Question 129C: During a typical field exercise, what types of rations do you usually eat for dinner?

SELECTED CHARACTERISTICS	Total N	N	Percent			MRE	Missing
			A-ration	T-ration			
Total Population	3065	2859	35.6	24.7	33.0		6.7
Age							
29 years and younger	1653	1539	30.8	24.4	37.8		6.9
30-39 years	846	791	37.4	25.2	31.0		6.5
40 years or older	554	517	46.4	25.1	21.8		6.7
Missing	12	12	75.0	8.3	16.7		
Sex							
Male	2547	2393	34.5	24.1	35.4		6.0
29 years and younger	1364	1278	29.2	23.4	41.1		6.3
30-39 years	691	649	35.9	24.5	33.6		6.1
40 years or older	485	459	47.0	25.6	22.1		5.4
Missing	7	7	85.7		14.3		
Female	494	443	41.1	26.9	21.7		10.3
29 years and younger	282	254	38.7	29.1	22.3		9.9
30-39 years	148	135	45.3	25.7	20.3		8.8
40 years or older	63	53	42.9	19.0	22.2		15.9
Missing	1	1		100.0			
Missing	24	23	37.5	45.8	12.5		4.2
29 years and younger	7	7	42.9	28.6	28.6		
30-39 years	7	7	14.3	85.7			
40 years or older	6	5	33.3	50.0			16.7
Missing	4	4	75.0		25.0		
Ethnic Group							
White	1920	1807	34.4	23.8	35.9		5.9
Black	663	598	42.5	24.2	23.5		9.8
Hispanic/Spanish	300	287	32.7	30.3	32.7		4.3
Other	145	134	29.0	26.2	37.2		7.6
Missing	37	33	27.0	27.0	35.1		10.8
Rank							
Enlisted	2364	2208	33.1	25.0	35.3		6.6
Officer/WO	687	638	44.3	23.4	25.2		7.1
Missing	14	13	42.9	35.7	14.3		7.1
MOS/SSI							
Combat Arms	921	880	30.7	19.7	45.2		4.5
Combat Support	856	789	37.2	25.3	29.6		7.8
Combat Service Support	1274	1176	38.3	27.9	26.1		7.7
Missing	14	14	14.3	28.6	57.1		
Subsistence Category							
BAS	2099	1963	38.3	25.6	29.6		6.5
Meal card holder	736	690	29.9	23.1	40.8		6.3
Missing	230	206	29.6	21.3	38.7		10.4

NOTES:

Table: 180

Question 130A: Do you think about nutrition when you are in the field eating T rations?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2635	18.7	67.3	14.0
Age					
29 years and younger	1653	1401	16.0	68.8	15.2
30-39 years	846	739	22.1	65.2	12.6
40 years or older	554	484	21.5	65.9	12.6
Missing	12	11	25.0	66.7	8.3
Sex					
Male	2547	2194	17.0	69.2	13.9
29 years and younger	1364	1154	14.4	70.3	15.4
30-39 years	691	607	19.2	68.6	12.2
40 years or older	485	427	21.0	67.0	12.0
Missing	7	6	28.6	57.1	14.3
Female	494	418	26.9	57.7	15.4
29 years and younger	282	240	23.4	61.7	14.9
30-39 years	148	125	35.1	49.3	15.5
40 years or older	63	52	23.8	58.7	17.5
Missing	1	1	100.0		
Missing	24	23	29.2	66.7	4.2
29 years and younger	7	7	28.6	71.4	
30-39 years	7	7	28.6	71.4	
40 years or older	6	5	33.3	50.0	16.7
Missing	4	4	25.0	75.0	
Ethnic Group					
White	1920	1674	18.3	68.9	12.8
Black	663	556	18.7	65.2	16.1
Hispanic/Spanish	300	257	19.3	66.3	14.3
Other	145	119	20.7	61.4	17.9
Missing	37	29	27.0	51.4	21.6
Rank					
Enlisted	2364	2011	17.4	67.7	14.9
Officer/WO	687	613	23.1	66.1	10.8
Missing	14	11	21.4	57.1	21.4
MOS/SSI					
Combat Arms	921	790	16.9	68.8	14.2
Combat Support	856	736	16.7	69.3	14.0
Combat Service Support	1274	1099	21.2	65.1	13.7
Missing	14	10	28.6	42.9	28.6
Subsistence Category					
BAS	2099	1844	20.0	67.9	12.1
Meal card holder	736	607	16.7	65.8	17.5
Missing	230	184	13.0	67.0	20.0
NOTES:					

Table: 181

Question 130B: Do you think about nutrition when you are in the field eating MREs?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2807	24.1	67.4	8.4
Age					
29 years and younger	1653	1512	21.3	70.2	8.5
30-39 years	846	782	28.6	63.8	7.6
40 years or older	554	502	26.0	64.6	9.4
Missing	12	11	16.7	75.0	8.3
Sex					
Male	2547	2340	22.2	69.7	8.1
29 years and younger	1364	1247	19.2	72.2	8.6
30-39 years	691	643	25.9	67.1	6.9
40 years or older	485	444	25.6	66.0	8.5
Missing	7	6	14.3	71.4	14.3
Female	494	445	34.0	56.1	9.9
29 years and younger	282	258	31.2	60.3	8.5
30-39 years	148	132	41.2	48.0	10.8
40 years or older	63	54	30.2	55.6	14.3
Missing	1	1	100.0		
Missing	24	22	25.0	66.7	8.3
29 years and younger	7	7	28.6	71.4	
30-39 years	7	7	28.6	71.4	
40 years or older	6	4	16.7	50.0	33.3
Missing	4	4	25.0	75.0	
Ethnic Group					
White	1920	1794	24.2	69.3	6.6
Black	663	582	22.9	64.9	12.2
Hispanic/Spanish	300	275	25.7	66.0	8.3
Other	145	130	27.6	62.1	10.3
Missing	37	26	18.9	51.4	29.7
Rank					
Enlisted	2364	2162	22.9	68.6	8.5
Officer/WO	687	633	28.2	63.9	7.9
Missing	14	12	35.7	50.0	14.3
MOS/SSI					
Combat Arms	921	858	24.1	69.1	6.8
Combat Support	856	780	22.5	68.6	8.9
Combat Service Support	1274	1157	25.0	65.8	9.2
Missing	14	12	42.9	42.9	14.3
Subsistence Category					
BAS	2099	1931	24.6	67.4	8.0
Meal card holder	736	676	23.1	68.8	8.2
Missing	230	200	23.5	63.5	13.0
NOTES:					

Table: 182

Question 131A: Would you like nutrition labels available for T-rations?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2652	44.2	42.3	13.5
Age					
29 years and younger	1653	1415	41.3	44.3	14.4
30-39 years	846	740	48.7	38.8	12.5
40 years or older	554	487	45.8	42.1	12.1
Missing	12	10	50.0	33.3	16.7
Sex					
Male	2547	2208	42.0	44.7	13.3
29 years and younger	1364	1163	38.9	46.4	14.7
30-39 years	691	608	46.3	41.7	12.0
40 years or older	485	431	44.3	44.5	11.1
Missing	7	6	71.4	14.3	14.3
Female	494	424	54.9	31.0	14.2
29 years and younger	282	245	51.8	35.1	13.1
30-39 years	148	125	59.5	25.0	15.5
40 years or older	63	53	58.7	25.4	15.9
Missing	1	1	100.0		
Missing	24	20	54.2	29.2	16.7
29 years and younger	7	7	85.7	14.3	
30-39 years	7	7	57.1	42.9	
40 years or older	6	3	33.3	16.7	50.0
Missing	4	3	25.0	50.0	25.0
Ethnic Group					
White	1920	1696	42.1	46.3	11.7
Black	663	554	48.5	35.1	16.4
Hispanic/Spanish	300	252	49.0	35.0	16.0
Other	145	124	45.5	40.0	14.5
Missing	37	26	32.4	37.8	29.7
Rank					
Enlisted	2364	2030	43.8	42.1	14.1
Officer/WO	687	611	45.9	43.1	11.1
Missing	14	11	28.6	50.0	21.4
MOS/SSI					
Combat Arms	921	798	40.6	46.0	13.4
Combat Support	856	744	43.9	43.1	13.1
Combat Service Support	1274	1099	46.9	39.4	13.7
Missing	14	11	57.1	21.4	21.4
Substance Category					
BAS	2099	1853	45.9	42.4	11.7
Meal card holder	736	609	40.2	42.5	17.3
Missing	230	190	41.3	41.3	17.4
NOTES:					

Table: 183

Question 131B: Would you like nutrition labels available for MREs?

SELECTED CHARACTERISTICS	Total N	N	Percent		
			Yes	No	Missing
Total Population	3065	2827	54.0	38.3	7.8
Age					
29 years and younger	1653	1521	51.6	40.4	8.0
30-39 years	846	784	59.0	33.7	7.3
40 years or older	554	512	53.6	38.8	7.6
Missing	12	10	50.0	33.3	16.7
Sex					
Male	2547	2357	52.0	40.6	7.5
29 years and younger	1364	1255	49.2	42.8	8.0
30-39 years	691	643	56.4	36.6	6.9
40 years or older	485	453	53.0	40.4	6.6
Missing	7	6	71.4	14.3	14.3
Female	494	449	64.4	26.5	9.1
29 years and younger	282	259	62.1	29.8	8.2
30-39 years	148	134	70.9	19.6	9.5
40 years or older	63	55	60.3	27.0	12.7
Missing	1	1	100.0		
Missing	24	21	54.2	33.3	12.5
29 years and younger	7	7	85.7	14.3	
30-39 years	7	7	57.1	42.9	
40 years or older	6	4	33.3	33.3	33.3
Missing	4	3	25.0	50.0	25.0
Ethnic Group					
White	1920	1803	52.6	41.4	6.1
Black	663	590	55.9	33.1	11.0
Hispanic/Spanish	300	273	60.3	30.7	9.0
Other	145	135	54.5	38.6	6.9
Missing	37	26	40.5	29.7	29.7
Rank					
Enlisted	2364	2185	53.7	38.7	7.6
Officer/WO	687	631	55.2	36.7	8.2
Missing	14	11	42.9	35.7	21.4
MOS/SSI					
Combat Arms	921	867	50.9	43.2	5.9
Combat Support	856	780	53.1	38.0	8.9
Combat Service Support	1274	1168	56.6	35.1	8.3
Missing	14	12	71.4	14.3	14.3
Substance Category					
BAS	2099	1953	55.8	37.3	7.0
Meal card holder	736	675	50.7	41.0	8.3
Missing	230	199	48.3	38.3	13.5
NOTES:					

Table: 184

Question 132A: In terms of Nutritional content, how do you rate the importance of calories when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Not at all important	Slightly important	Moderately important	Very important	Extremely important	Missing
Total Population	3065	2914	17.8	10.5	22.5	24.7	19.6	5.0
Age								
29 years and younger	1653	1564	19.8	12.6	23.4	21.3	17.5	5.4
30-39 years	846	813	14.2	8.3	21.5	29.4	22.7	3.9
40 years or older	554	525	17.3	7.8	20.9	27.6	21.1	5.2
Missing	12	12	16.7	16.7	33.3	16.7	16.7	
Sex								
Male	2547	2427	18.8	10.6	22.6	25.0	18.3	4.7
29 years and younger	1364	1289	20.5	12.8	23.1	21.4	16.6	5.6
30-39 years	691	667	15.5	8.4	21.9	30.7	20.1	3.5
40 years or older	485	464	18.6	7.4	22.1	27.0	20.6	4.3
Missing	7	7	28.6		42.9	14.3	14.3	
Female	494	464	13.4	9.7	21.5	23.3	26.1	6.1
29 years and younger	282	268	16.7	11.0	24.5	20.9	22.0	5.0
30-39 years	148	139	8.8	8.1	18.2	23.6	35.1	6.1
40 years or older	63	56	9.5	7.9	14.3	33.3	23.8	11.1
Missing	1	1			100.0			
Missing	24	23		25.0	29.2	20.8	20.8	4.2
29 years and younger	7	7		28.6	42.9	14.3	14.3	
30-39 years	7	7			57.1	28.6	14.3	
40 years or older	6	5		33.3		16.7	33.3	16.7
Missing	4	4		50.0		25.0	25.0	
Ethnic Group								
White	1920	1832	19.6	10.5	21.9	24.7	18.8	4.6
Black	663	623	15.5	10.5	21.7	24.7	21.4	6.2
Hispanic/Spanish	300	288	14.0	11.0	25.7	24.0	21.3	4.0
Other	145	139	12.4	10.3	25.5	28.3	19.3	4.1
Missing	37	32	16.2	8.1	29.7	13.5	18.9	13.5
Rank								
Enlisted	2364	2261	18.0	11.1	23.0	23.0	20.5	4.4
Officer/WO	687	640	17.0	8.6	20.5	30.4	16.6	6.8
Missing	14	13	21.4	14.3	21.4	21.4	14.3	7.1
MOS/SSI								
Combat Arms	921	898	17.7	11.7	21.5	26.0	20.6	2.5
Combat Support	856	792	18.7	11.2	22.4	22.5	17.6	7.6
Combat Service Support	1274	1210	17.4	9.2	23.2	25.0	20.2	5.0
Missing	14	14		14.3	21.4	42.9	21.4	
Subsistence Category								
BAS	2099	2001	17.5	9.3	22.1	25.6	20.8	4.7
Meal card holder	736	700	18.6	13.9	23.5	22.0	17.1	4.9
Missing	230	213	17.8	10.9	22.6	24.8	16.5	7.4

NOTES:

Table: 185
Question 132B: In terms of Nutritional content, how do you rate the importance of protein when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Not at all important	Slightly important	Moderately important	Very important	Extremely important	Missing
Total Population	3065	2904	17.6	10.4	24.5	26.9	15.3	5.3
Age								
29 years and younger	1653	1560	19.5	12.0	24.3	24.4	14.1	5.7
30-39 years	846	810	14.3	8.5	24.6	31.2	17.1	4.3
40 years or older	554	523	17.0	8.5	24.7	28.2	16.1	5.6
Missing	12	11	8.3	16.7	33.3	25.0	8.3	8.3
Sex								
Male	2547	2419	18.2	9.9	24.0	27.4	15.4	5.1
29 years and younger	1364	1285	20.1	11.5	23.5	24.4	14.6	5.9
30-39 years	691	666	14.9	8.1	24.0	32.7	16.6	3.6
40 years or older	485	462	17.7	8.2	25.2	28.2	15.9	4.7
Missing	7	6	14.3		28.6	28.6	14.3	14.3
Female	494	462	14.8	12.8	26.9	24.5	14.6	6.5
29 years and younger	282	268	17.0	14.5	28.0	23.8	11.7	5.0
30-39 years	148	137	12.2	10.1	26.4	24.3	19.6	7.4
40 years or older	63	56	11.1	9.5	23.8	28.6	15.9	11.1
Missing	1	1	100.0					
Missing	24	23	4.2	16.7	29.2	28.2	16.7	4.2
29 years and younger	7	7	14.3	14.3	28.6	42.9	14.3	
30-39 years	7	7	14.3	14.3	42.9	28.6	14.3	
40 years or older	6	5	16.7	16.7	16.7	33.3	16.7	16.7
Missing	4	4	25.0	25.0	50.0			
Ethnic Group								
White	1920	1829	20.0	10.9	24.5	26.0	13.9	4.7
Black	663	618	13.0	10.2	21.7	29.7	18.5	6.9
Hispanic/Spanish	300	285	14.7	10.7	25.3	25.3	19.0	5.0
Other	145	139	13.1	6.2	35.9	29.0	11.7	4.1
Missing	37	33	16.2	5.4	24.3	32.4	10.8	10.8
Rank								
Enlisted	2364	2250	17.0	10.8	23.4	26.7	17.2	4.9
Officer/WO	687	641	19.4	9.2	28.2	27.8	8.7	6.7
Missing	14	13	21.4	7.1	28.6	28.6	7.1	7.1
MOS/SSI								
Combat Arms	921	898	17.9	10.0	23.6	27.9	18.1	2.5
Combat Support	856	789	18.0	11.3	23.8	25.9	13.1	7.9
Combat Service Support	1274	1203	17.3	10.3	25.6	26.8	14.5	5.6
Missing	14	14			28.6	42.9	28.6	
Subsistence Category								
BAS	2089	1997	17.6	9.7	24.7	27.4	15.7	4.9
Meal card holder	736	697	17.7	12.9	22.7	26.5	14.9	5.3
Missing	230	210	17.0	9.1	28.7	23.9	12.6	8.7

NOTES:

Table: 186
Question 132C: In terms of Nutritional content, how do you rate the importance of fat when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Not at all important	Percent				Extremely important	Missing
				Slightly important	Moderately important	Very important			
Total Population	3065	2893	18.2	12.2	21.7	21.7	20.6		5.6
Age									
29 years and younger	1653	1553	20.7	13.4	22.9	19.3	17.5		6.1
30-39 years	846	809	14.5	10.5	22.9	23.9	23.8		4.4
40 years or older	554	520	16.2	11.0	16.1	25.6	24.9		6.1
Missing	12	11	8.3	16.7	25.0	25.0	16.7		8.3
Sex									
Male	2547	2411	19.5	12.7	22.3	21.2	18.9		5.4
29 years and younger	1364	1281	22.2	13.8	23.7	18.3	15.8		6.2
30-39 years	691	664	15.8	11.6	24.2	23.7	20.8		3.9
40 years or older	485	460	17.1	11.1	16.1	25.8	24.7		5.2
Missing	7	6	14.3	14.3	14.3	28.6	14.3		14.3
Female	494	460	12.1	9.7	17.2	24.7	29.4		6.9
29 years and younger	282	265	14.2	11.7	18.1	24.1	25.9		6.0
30-39 years	148	138	8.8	5.4	16.2	25.0	37.8		6.8
40 years or older	63	56	11.1	9.5	15.9	27.0	25.4		11.1
Missing	1	1	100.0						
Missing	24	22	4.2	8.3	45.8	12.5	20.8		8.3
29 years and younger	7	7			71.4	14.3	14.3		
30-39 years	7	7	14.3	14.3	42.9	14.3	14.3		
40 years or older	6	4		16.7	16.7		33.3		33.3
Missing	4	4			50.0	25.0	25.0		
Ethnic Group									
White	1920	1819	20.5	12.3	22.1	21.1	18.6		5.3
Black	663	615	13.7	12.7	20.3	21.4	24.5		7.4
Hispanic/Spanish	300	288	15.3	11.7	21.7	23.0	24.3		4.0
Other	145	139	13.8	9.7	23.4	28.3	20.7		4.1
Missing	37	32	16.2	10.8	16.2	21.6	21.6		13.5
Rank									
Enlisted	2364	2244	18.2	12.8	22.5	20.5	20.9		5.1
Officer/WO	687	636	18.2	10.3	18.8	25.9	19.4		7.4
Missing	14	13	14.3	7.1	21.4	28.6	21.4		7.1
MOS/SSI									
Combat Arms	921	895	20.4	13.5	23.1	20.5	19.7		2.8
Combat Support	856	783	18.1	12.5	21.1	19.6	20.1		8.6
Combat Service Support	1274	1201	16.7	11.1	21.0	24.0	21.4		5.7
Missing	14	14	7.1	7.1	28.6	21.4	35.7		
Subsistence Category									
BAS	2099	1988	18.0	10.8	21.6	22.5	21.8		5.3
Meal card holder	736	695	18.5	16.0	21.5	19.6	18.9		5.6
Missing	230	210	18.7	13.0	23.0	21.3	15.2		8.7
NOTES:									

Table: 187

Question 132D: In terms of Nutritional content, how do you rate the importance of carbohydrate when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Not at all important	Slightly important	Moderately important	Very important	Extremely important	Missing
			Percent					
Total Population	3065	2897	16.8	9.4	23.4	25.7	19.2	5.5
Age								
29 years and younger	1653	1556	18.4	10.6	24.2	23.3	17.7	5.9
30-39 years	846	807	13.9	8.6	20.4	30.0	22.3	4.6
40 years or older	554	523	16.4	6.9	25.6	26.4	19.1	5.6
Missing	12	11	16.7	8.3	25.0	16.7	25.0	8.3
Sex								
Male	2547	2413	17.5	9.2	23.1	25.4	19.5	5.3
29 years and younger	1364	1283	19.0	10.6	23.0	22.9	18.4	6.0
30-39 years	691	662	14.8	8.4	21.1	29.7	21.9	4.2
40 years or older	485	462	17.3	6.4	26.2	26.2	19.2	4.7
Missing	7	6	14.3		28.6	14.3	28.6	14.3
Female	494	461	13.6	9.7	24.7	27.3	18.0	6.7
29 years and younger	282	266	15.6	9.9	29.4	24.8	14.5	5.7
30-39 years	148	138	10.1	10.1	16.2	31.8	25.0	6.8
40 years or older	63	56	11.1	7.9	23.8	28.6	17.5	11.1
Missing	1	1	100.0					
Missing	24	23	4.2	20.8	29.2	25.0	16.7	4.2
29 years and younger	7	7		28.6	42.9	28.6		
30-39 years	7	7	14.3		42.9	28.6	14.3	
40 years or older	6	5		33.3		16.7	33.3	16.7
Missing	4	4		25.0	25.0	25.0	25.0	
Ethnic Group								
White	1920	1822	18.8	9.0	22.0	26.4	18.8	5.1
Black	663	616	13.4	10.7	23.2	25.3	20.2	7.2
Hispanic/Spanish	300	290	14.0	10.0	29.0	21.7	22.0	3.3
Other	145	138	13.1	8.3	31.7	24.8	17.2	4.8
Missing	37	31	13.5	5.4	21.6	32.4	10.8	16.2
Rank								
Enlisted	2364	2247	16.4	9.9	23.5	24.9	20.3	5.0
Officer/WO	687	637	17.9	7.7	23.0	28.2	15.9	7.3
Missing	14	13	21.4	7.1	28.6	28.6	7.1	7.1
MOS/SSI								
Combat Arms	921	894	16.5	8.7	22.4	26.9	22.6	2.9
Combat Support	856	787	17.2	11.8	21.8	23.7	17.4	8.2
Combat Service Support	1274	1203	17.0	8.3	25.2	25.9	18.1	5.6
Missing	14	13			28.6	42.9	21.4	7.1
Subsistence Category								
BAS	2099	1991	16.5	8.5	24.0	26.3	19.6	5.2
Meal card holder	736	696	17.3	12.4	21.1	25.0	18.9	5.4
Missing	230	210	18.3	7.8	26.1	21.7	17.4	8.7

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Table: 188

Question 132E: In terms of Nutritional content, how do you rate the importance of cholesterol when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Percent					
			Not at all important	Slightly important	Moderately important	Very important	Extremely important	Missing
Total Population	3065	2897	21.9	14.6	22.5	18.9	16.5	5.5
Age								
29 years and younger	1653	1554	23.3	16.5	24.1	16.9	13.1	6.0
30-39 years	846	806	20.3	13.7	21.6	21.0	18.6	4.7
40 years or older	554	525	19.7	10.6	18.6	22.0	23.8	5.2
Missing	12	12	33.3		50.0	8.3	8.3	
Sex								
Male	2547	2410	23.3	14.4	22.2	18.7	16.0	5.4
29 years and younger	1364	1279	24.7	16.3	23.4	16.6	12.7	6.3
30-39 years	691	660	22.3	13.9	22.3	20.4	16.6	4.5
40 years or older	485	464	20.4	10.3	18.4	22.5	24.1	4.3
Missing	7	7	42.9		28.6	14.3	14.3	
Female	494	464	15.4	15.8	23.3	20.2	19.2	6.1
29 years and younger	282	268	17.4	17.7	26.6	18.8	14.5	5.0
30-39 years	148	139	11.5	12.8	18.2	23.6	27.7	6.1
40 years or older	63	56	14.3	14.3	20.6	19.0	20.6	11.1
Missing	1	1	100.0					
Missing	24	23	8.3	8.3	45.8	16.7	16.7	4.2
29 years and younger	7	7		14.3	57.1	14.3	14.3	
30-39 years	7	7	14.3	14.3	28.6	28.6	14.3	
40 years or older	6	5	16.7		16.7	16.7	33.3	16.7
Missing	4	4			100.0			
Ethnic Group								
White	1920	1824	25.3	15.5	23.2	17.4	13.6	5.0
Black	663	614	15.7	13.3	19.9	21.2	22.4	7.5
Hispanic/Spanish	300	289	17.3	13.0	23.3	21.7	21.0	3.7
Other	145	138	16.6	13.8	24.8	21.4	18.6	4.8
Missing	37	32	13.5	10.8	21.6	24.3	16.2	13.5
Rank								
Enlisted	2364	2247	21.4	14.5	22.8	19.0	17.6	5.0
Officer/WO	687	637	23.7	15.3	22.4	18.6	12.7	7.3
Missing	14	13	21.4	7.1	21.4	21.4	21.4	7.1
MOS/SSI								
Combat Arms	921	891	26.4	13.9	23.9	17.6	15.0	3.3
Combat Support	856	787	20.9	16.0	22.8	16.9	15.3	8.2
Combat Service Support	1274	1205	19.5	14.3	21.3	21.2	18.3	5.4
Missing	14	14		7.1	35.7	28.6	28.6	
Substance Category								
BAS	2099	1994	22.1	13.0	23.0	19.3	17.5	5.0
Meal card holder	736	693	21.3	19.0	22.1	16.7	14.9	5.8
Missing	230	210	21.3	14.8	19.6	23.0	12.6	8.7

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Table 189
Question 132F: In terms of Nutritional content, how do you rate the importance of sodium when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Not at all important	Slightly important	Moderately important	Very important	Extremely important	Missing
			Percent					
Total Population	3065	2895	19.2	15.5	28.3	19.2	12.2	5.6
Age								
29 years and younger	1653	1555	21.8	15.5	30.5	17.1	9.2	6.0
30-39 years	846	807	15.8	15.8	26.5	22.0	15.2	4.6
40 years or older	554	522	16.8	15.0	24.2	21.7	16.6	5.8
Missing	12	11	16.7	8.3	58.3		8.3	8.3
Sex								
Male	2547	2411	20.0	15.6	28.4	19.0	11.7	5.4
29 years and younger	1364	1282	22.5	15.5	30.3	16.8	8.8	6.1
30-39 years	691	662	16.9	16.4	26.6	21.6	14.3	4.2
40 years or older	485	461	17.5	14.8	24.9	21.6	16.1	4.9
Missing	7	6	14.3		57.1		14.3	14.3
Female	494	461	16.0	14.4	27.1	20.9	15.0	6.7
29 years and younger	282	266	18.8	14.9	30.5	18.8	11.3	5.7
30-39 years	148	138	11.5	12.8	25.0	24.3	19.6	6.8
40 years or older	63	56	12.7	16.9	17.5	22.2	20.6	11.1
Missing	1	1	100.0					
Missing	24	23	25.0	50.0	50.0	12.5	8.3	4.2
29 years and younger	7	7	28.6	57.1	57.1	14.3		
30-39 years	7	7	28.6	42.9	42.9	14.3	14.3	
40 years or older	6	5	16.7	33.3	33.3	16.7	16.7	16.7
Missing	4	4	25.0	75.0	75.0			
Ethnic Group								
White	1920	1829	22.0	16.3	28.5	18.3	10.2	4.7
Black	663	607	13.7	14.5	25.2	20.6	17.5	8.6
Hispanic/Spanish	300	288	15.3	14.7	31.3	20.0	14.7	4.0
Other	145	139	15.9	11.0	34.5	24.1	10.3	4.1
Missing	37	32	18.9	13.5	27.0	16.2	10.8	13.5
Rank								
Enlisted	2364	2244	18.8	14.8	28.4	19.5	13.4	5.1
Officer/WO	687	638	20.7	17.9	28.4	17.9	8.0	7.1
Missing	14	13	14.3	7.1	21.4	42.9	7.1	7.1
MOS/SSI								
Combat Arms	921	896	19.9	16.8	30.0	19.3	11.3	2.7
Combat Support	856	783	20.2	16.9	27.9	16.5	9.9	8.6
Combat Service Support	1274	1202	18.2	13.6	27.5	20.9	14.2	5.7
Missing	14	14	7.1	7.1	28.6	28.6	28.6	
Subsistence Category								
BAS	2099	1992	18.5	15.2	27.9	20.5	12.7	5.1
Meal card holder	736	696	21.5	16.2	29.8	16.0	11.1	5.4
Missing	230	207	18.3	15.2	28.3	17.4	10.9	10.0

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Table: 190

Question 132G: In terms of Nutritional content, how do you rate the importance of iron when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Percent					Missing
			Not at all important	Slightly important	Moderately important	Very important	Extremely important	
Total Population	3065	2903	20.4	15.3	30.1	18.9	10.0	5.3
Age								
29 years and younger	1653	1557	22.4	15.7	30.3	16.7	8.9	5.9
30-39 years	846	810	17.6	13.9	29.7	22.5	12.1	4.3
40 years or older	554	524	18.6	15.7	30.0	20.4	9.9	5.4
Missing	12	12	25.0	25.0	33.3	8.3	8.3	
Sex								
Male	2547	2418	21.5	15.5	30.3	18.2	9.3	5.1
29 years and younger	1364	1283	23.4	15.8	30.4	15.8	8.6	6.0
30-39 years	691	665	19.0	14.8	30.1	21.7	10.7	3.8
40 years or older	485	463	19.8	15.9	30.1	20.2	9.5	4.5
Missing	7	7	28.6	42.9	14.3	14.3		
Female	494	462	15.6	13.8	28.9	22.7	12.6	6.5
29 years and younger	282	267	18.1	15.6	29.4	21.3	10.3	5.3
30-39 years	148	138	12.2	10.8	27.0	25.7	17.6	6.8
40 years or older	63	56	11.1	12.7	31.7	22.2	11.1	11.1
Missing	1	1	100.0					
Missing	24	23		25.0	29.2	16.7	25.0	4.2
29 years and younger	7	7		14.3	42.9	14.3	28.6	
30-39 years	7	7			42.9	28.6	28.6	
40 years or older	6	5		33.3		16.7	33.3	16.7
Missing	4	4		75.0	25.0			
Ethnic Group								
White	1920	1826	23.2	16.9	30.4	17.0	7.6	4.9
Black	663	615	14.6	13.0	26.1	23.8	15.2	7.4
Hispanic/Spanish	300	289	17.0	13.3	32.3	20.0	13.7	3.7
Other	145	139	16.6	9.0	38.6	20.7	11.0	4.1
Missing	37	34	21.6	10.8	35.1	16.2	8.1	8.1
Rank								
Enlisted	2364	2249	19.2	14.2	30.5	19.6	11.6	4.9
Officer/WO	687	641	24.5	19.1	28.5	16.7	4.5	6.7
Missing	14	13	21.4	14.3	28.6	21.4	7.1	7.1
MOS/SSI								
Combat Arms	921	894	20.8	16.1	31.4	18.7	10.1	2.9
Combat Support	856	790	21.4	16.7	28.2	18.0	7.9	7.8
Combat Service Support	1274	1205	19.6	13.9	30.1	19.8	11.2	5.4
Missing	14	14	7.1		57.1	21.4	14.3	
Subsistence Category								
BAS	2099	1999	20.6	14.2	31.0	19.8	9.7	4.8
Meal card holder	736	693	20.5	18.5	27.7	17.1	10.3	5.8
Missing	230	211	18.3	14.8	29.6	17.4	11.7	8.3

NOTES:

Table: 191
Question 132H: In terms of Nutritional content, how do you rate the importance of fiber when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Percent					Missing
			Not at all important	Slightly important	Moderately important	Very important	Extremely important	
Total Population	3065	2903	19.3	13.7	26.8	22.1	12.8	5.3
Age								
29 years and younger	1653	1558	22.4	15.6	28.5	17.9	9.8	5.8
30-39 years	846	809	15.5	12.2	25.1	26.2	16.7	4.4
40 years or older	554	525	15.5	10.1	24.4	28.7	16.1	5.2
Missing	12	11	25.0	16.7	25.0	16.7	8.3	8.3
Sex								
Male	2547	2418	20.3	13.7	26.6	21.8	12.4	5.1
29 years and younger	1364	1283	23.5	15.5	27.7	17.7	9.5	6.0
30-39 years	691	665	16.5	13.0	25.6	25.2	15.9	3.8
40 years or older	485	464	16.5	9.7	25.2	28.7	15.7	4.3
Missing	7	6	14.3	14.3	28.6	14.3	14.3	14.3
Female	494	462	14.8	13.4	26.9	23.7	14.8	6.5
29 years and younger	282	268	17.7	16.0	31.2	19.1	11.0	5.0
30-39 years	148	137	11.5	8.8	21.6	30.4	20.3	7.4
40 years or older	63	56	7.9	12.7	20.6	28.6	19.0	11.1
Missing	1	1	100.0					
Missing	24	23	8.3	12.5	37.5	25.0	12.5	4.2
29 years and younger	7	7		14.3	71.4		14.3	
30-39 years	7	7			42.9	42.9	14.3	
40 years or older	6	5	16.7	16.7		33.3	16.7	16.7
Missing	4	4	25.0	25.0	25.0	25.0		
Ethnic Group								
White	1920	1829	22.0	14.4	26.5	21.3	11.0	4.7
Black	663	615	13.9	13.4	24.7	23.8	16.9	7.4
Hispanic/Spanish	300	288	16.0	12.3	29.3	22.7	15.7	4.0
Other	145	139	14.5	9.0	35.2	24.1	13.1	4.1
Missing	37	32	18.9	8.1	24.3	24.3	10.8	13.5
Rank								
Enlisted	2364	2250	19.0	13.4	27.1	21.7	13.8	4.9
Officer/WO	687	640	20.4	14.6	25.5	23.3	9.5	6.8
Missing	14	13	14.3	7.1	28.6	35.7	7.1	7.1
MOS/SSI								
Combat Arms	921	894	20.4	14.1	27.7	22.7	12.2	2.9
Combat Support	856	790	20.4	15.6	24.3	21.0	10.9	7.8
Combat Service Support	1274	1205	17.8	12.2	27.7	22.4	14.4	5.4
Missing	14	14	7.1		35.7	28.6	28.6	
Subsistence Category								
BAS	2099	1997	19.3	12.4	27.3	23.0	13.2	4.9
Meal card holder	736	695	20.0	17.7	24.9	20.8	11.1	5.6
Missing	230	211	17.0	12.6	28.3	19.1	14.8	8.3

NOTES:

Table: 192

Question 1321: In terms of Nutritional content, how do you rate the importance of calcium when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Percent					Missing
			Not at all important	Slightly important	Moderately important	Very important	Extremely important	
Total Population	3065	2898	19.3	14.9	28.0	20.9	11.3	5.5
Age								
29 years and younger	1653	1557	21.1	14.8	28.3	19.3	10.6	5.9
30-39 years	846	807	16.2	15.0	27.7	23.5	13.0	4.6
40 years or older	554	522	19.0	15.0	27.4	22.2	10.6	5.8
Missing	12	12	16.7	25.0	41.7	8.3	8.3	
Sex								
Male	2547	2415	20.3	15.6	27.9	20.2	10.8	5.2
29 years and younger	1364	1284	22.1	15.1	27.8	18.9	10.2	5.9
30-39 years	691	663	17.1	16.6	27.8	22.0	12.4	4.1
40 years or older	485	461	20.0	15.7	28.0	21.4	9.9	4.9
Missing	7	7	28.6		42.9	14.3	14.3	
Female	494	460	15.2	11.5	27.5	25.1	13.8	6.9
29 years and younger	282	266	17.0	13.8	29.4	21.6	12.4	5.7
30-39 years	148	137	12.8	8.1	25.0	31.1	15.5	7.4
40 years or older	63	56	12.7	7.9	25.4	27.0	15.9	11.1
Missing	1	1	100.0					
Missing	24	23	16.7	16.7	50.0	12.5	16.7	4.2
29 years and younger	7	7			71.4		28.6	
30-39 years	7	7			71.4	14.3	14.3	
40 years or older	6	5		33.3		33.3	16.7	16.7
Missing	4	4		50.0	50.0			
Ethnic Group								
White	1920	1825	21.9	16.5	29.0	18.5	9.2	4.9
Black	663	613	14.5	12.5	24.8	24.1	16.4	7.7
Hispanic/Spanish	300	288	15.0	12.7	28.7	25.7	14.0	4.0
Other	145	139	16.6	11.0	29.7	29.0	9.7	4.1
Missing	37	33	18.9	10.8	24.3	21.6	13.5	10.8
Rank								
Enlisted	2364	2244	18.4	14.3	27.9	21.5	12.8	5.1
Officer/WO	687	641	22.6	17.2	28.4	18.9	6.3	6.7
Missing	14	13	21.4	14.3	21.4	28.6	7.1	7.1
MOS/SSI								
Combat Arms	921	892	20.3	16.0	29.1	19.9	11.6	3.1
Combat Support	856	791	20.3	14.9	27.7	19.6	9.8	7.7
Combat Service Support	1274	1201	18.2	14.2	27.5	22.4	11.9	5.7
Missing	14	14		14.3	28.6	35.7	21.4	
Subsistence Category								
BAS	2099	1991	19.4	14.8	28.4	21.3	10.9	5.2
Meal card holder	736	696	19.7	16.6	25.8	20.2	12.2	5.4
Missing	230	211	17.4	10.9	31.7	19.6	12.2	8.3

NOTES:

NOTES:

Table: 193

Question 132J: In terms of Nutritional content, how do you rate the importance of vitamin C when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Percent					
			Not at all important	Slightly important	Moderately important	Very important	Extremely important	Missing
Total Population	3065	2907	18.0	12.6	26.0	24.3	13.9	5.2
Age								
29 years and younger	1653	1560	19.9	13.2	26.0	22.6	12.6	5.7
30-39 years	846	811	15.0	12.4	26.4	26.0	16.1	4.1
40 years or older	554	525	17.0	11.4	24.9	27.1	14.4	5.2
Missing	12	11	16.7	8.3	50.0		16.7	8.3
Sex								
Male	2547	2421	18.7	12.5	25.7	24.3	13.7	5.0
29 years and younger	1364	1285	20.6	12.8	25.3	22.8	12.6	5.9
30-39 years	691	666	15.8	12.6	26.8	25.8	15.5	3.6
40 years or older	485	464	17.7	11.8	24.9	27.0	14.2	4.3
Missing	7	6	14.3		42.9		28.6	14.3
Female	494	463	15.2	13.0	26.9	23.9	14.8	6.3
29 years and younger	282	268	17.0	14.9	28.7	21.6	12.8	5.0
30-39 years	148	138	12.2	11.5	24.3	26.4	18.9	6.8
40 years or older	63	56	12.7	7.9	25.4	28.6	14.3	11.1
Missing	1	1	100.0					
Missing	24	23		16.7	37.5	25.0	16.7	4.2
29 years and younger	7	7		14.3	42.9	28.6	14.3	
30-39 years	7	7		14.3	28.6	42.9	14.3	
40 years or older	6	5		16.7	16.7	16.7	33.3	16.7
Missing	4	4		25.0	75.0			
Ethnic Group								
White	1920	1829	20.5	14.0	25.8	22.7	12.2	4.7
Black	663	617	13.6	10.7	24.7	26.2	17.8	7.1
Hispanic/Spanish	300	288	13.7	11.0	27.3	28.7	15.3	4.0
Other	145	139	14.5	8.3	31.0	27.6	14.5	4.1
Missing	37	34	16.2	8.1	27.0	21.6	18.9	8.1
Rank								
Enlisted	2364	2252	17.4	11.9	26.0	24.6	15.3	4.8
Officer/WO	687	642	20.2	15.0	25.9	23.1	9.2	6.6
Missing	14	13	14.3	14.3	28.6	28.6	7.1	7.1
MOS/SSI								
Combat Arms	921	896	18.7	12.8	24.2	25.4	16.2	2.7
Combat Support	856	791	18.7	12.8	25.8	23.7	11.3	7.7
Combat Service Support	1274	1206	17.2	12.3	27.4	23.8	14.0	5.3
Missing	14	14	7.1	14.3	28.6	28.6	21.4	
Substance Category								
BAS	2099	2000	18.0	12.0	27.3	24.2	13.7	4.8
Meal card holder	736	696	18.5	14.7	22.3	24.9	14.3	5.4
Missing	230	211	16.5	11.3	25.7	23.0	15.2	8.3

NOTES:

NOTES:

Table: 194

Question 132K: In terms of Nutritional content, how do you rate the importance of B vitamins when choosing which foods to eat in the field?

SELECTED CHARACTERISTICS	Total N	N	Not at all important	Slightly important	Moderately important	Very important	Extremely important	Missing
			Percent					
Total Population	3065	2907	19.6	14.8	26.8	21.4	12.2	5.2
Age								
29 years and younger	1653	1560	21.6	15.4	27.3	18.9	11.1	5.7
30-39 years	846	810	16.3	12.8	27.1	25.8	13.8	4.3
40 years or older	554	525	18.6	16.2	24.7	22.6	12.6	5.2
Missing	12	12	25.0	16.7	41.7		16.7	
Sex								
Male	2547	2421	20.2	14.6	26.7	21.4	12.1	5.0
29 years and younger	1364	1286	22.1	14.9	27.0	19.1	11.1	5.8
30-39 years	691	664	16.8	13.2	27.1	25.3	13.7	3.9
40 years or older	485	464	19.6	16.1	25.2	22.7	12.2	4.3
Missing	7	7	28.6		42.9		28.6	
Female	494	463	17.2	15.8	26.9	21.5	12.3	6.3
29 years and younger	282	267	19.5	18.1	28.0	18.1	11.0	5.3
30-39 years	148	139	14.9	10.8	27.0	27.0	14.2	6.1
40 years or older	63	56	11.1	17.5	22.2	23.8	14.3	11.1
Missing	1	1	100.0					
Missing	24	23	4.2	20.8	37.5	16.7	16.7	4.2
29 years and younger	7	7		14.3	57.1	14.3	14.3	
30-39 years	7	7		14.3	28.6	42.9	14.3	
40 years or older	6	5	16.7	16.7	16.7		33.3	16.7
Missing	4	4		50.0	50.0			
Ethnic Group								
White	1920	1826	22.2	16.8	25.3	20.1	10.8	4.9
Black	663	621	15.2	11.3	28.0	23.6	15.4	6.5
Hispanic/Spanish	300	288	15.0	13.3	29.0	25.0	13.7	4.0
Other	145	139	15.2	11.0	33.8	24.1	11.7	4.1
Missing	37	33	18.9	5.4	37.8	10.8	16.2	10.8
Rank								
Enlisted	2364	2253	18.5	14.0	27.5	21.8	13.5	4.7
Officer/WO	687	641	23.6	17.8	24.5	19.8	7.7	6.7
Missing	14	13	14.3	21.4	21.4	28.6	7.1	7.1
MOS/SSI								
Combat Arms	921	893	20.1	14.4	25.3	23.6	13.6	3.0
Combat Support	856	793	21.0	15.4	26.6	19.8	9.7	7.5
Combat Service Support	1274	1207	18.4	14.8	28.0	20.9	12.7	5.3
Missing	14	14	14.3	14.3	28.6	21.4	21.4	
Substance Category								
BAS	2099	1999	19.7	14.1	27.7	22.0	11.7	4.8
Meal card holder	736	697	20.1	17.5	24.2	19.6	13.3	5.3
Missing	230	211	17.0	13.0	27.4	21.7	12.6	8.3

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APPENDIX A

**ARMY FOOD AND NUTRITION SURVEY I, 1996
(QUESTIONNAIRE)**

Army Food and Nutrition Survey I

DEMOGRAPHICS/BACKGROUND

Please write in your response in the blank boxes, then fill in the circle.

Example (19 years old)

		0	1	2	3	4	5	6	7	8	9
age	1	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐
years	9	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒

1. What is your age? Write in your age in the boxes, and fill in the circles.

		0	1	2	3	4	5	6	7	8	9
age		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
years		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

2. What is your height in feet and inches? Write in the feet and inches in the boxes, and fill in the circles.

		0	1	2	3	4	5	6	7	8	9	10	11
feet		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
inches		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

3. What is your weight in pounds? Write in the amount of pounds in the boxes, and fill in the circles.

		0	1	2	3	4	5	6	7	8	9
pounds		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

4. Are you currently trying to:

- ☐ Lose weight
☐ Gain weight
☐ Neither

5. What is your sex?

- ☐ Female
☐ Male

6. What was your most recent total blood cholesterol level (mg/dl)?

- ☐ Less than 160 ☐ 200-219 ☐ I don't know
☐ 160-179 ☐ 220-239
☐ 180-199 ☐ 240 and above

7. What was your most recent high-density blood cholesterol (HDL) level?

- ☐ Less than 35 ☐ 55-64 ☐ I don't know
☐ 35-44 ☐ 65-74
☐ 45-54 ☐ 75 and above

8. What was your most recent score on the Army Physical Fitness Test?

- ☐ Less than 180 ☐ 220-239 ☐ 280-299
☐ 180-199 ☐ 240-259 ☐ 300
☐ 200-219 ☐ 260-279 ☐ Take alternate test

9. How many push-ups did you perform?

- ☐ 10-19 ☐ 30-39 ☐ 50-59 ☐ 70-79 ☐ 90-99
☐ 20-29 ☐ 40-49 ☐ 60-69 ☐ 80-89 ☐ 100+

10. How many sit-ups did you perform?

- ☐ 10-19 ☐ 30-39 ☐ 50-59 ☐ 70-79 ☐ 90-99
☐ 20-29 ☐ 40-49 ☐ 60-69 ☐ 80-89 ☐ 100+

11. What was the time on your two mile run? Write in the time in the blank boxes and fill in the circles.

		0	1	2	3	4	5	6	7	8	9
minutes		☐	☐	☐	☐						
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
seconds		☐	☐	☐	☐	☐	☐				
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

12. How many years have you served in the military? Please enter 0–11 months as 00 and start single years with a zero. Example: 5 years = 05.

		0	1	2	3	4	5	6	7	8	9
years		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

13. What is your rank?

		1	2	3	4	5	6	7	8	9
Enlisted	E	☐	☐	☐	☐	☐	☐	☐	☐	☐
Officer	O	☐	☐	☐	☐	☐	☐	☐	☐	☐
Warrant Officer	WO	☐	☐	☐	☐	☐				

14. What is your current MOS/SSI?

- ☐ Combat arms (Infantry, Armor, Field Artillery, Air Defense, Special Forces)
☐ Combat support (Engineer, Chemical, Military Intelligence, Military Police, Signal, Aviation, Civil Affairs)
☐ Combat service support (Ordnance, Quartermaster, Transportation, Adjutant, Medical, Finance, Chaplain, Judge Advocate General, Inspector General)

15. Where do you live?

- ☐ Barracks
☐ Post family housing
☐ B.O.Q.
☐ Off post housing

16. What is your current marital status?

- ☐ Single and never married ☐ Legally separated or filing for divorce
☐ Married for the first time ☐ Divorced
☐ Remarried

17. What is your current living arrangement?

- ☐ Alone
☐ One roommate
☐ Two roommates
☐ More than two roommates
☐ Spouse and/or family

18. How many children do you have currently living with you?

- ☐ None
☐ One
☐ Two
☐ Three
☐ Four
☐ Five or more

19. Are you on separate rations for meals?

- ☐ Yes
☐ No

20. Please indicate where and how often you eat your meals during the week and weekend. Please fill in TWO circles per line: One under each time period (week and weekend) for each source of meal.

Fill in one circle per line.

Fill in one circle per line.

BREAKFAST

mess hall

fast food / vending

restaurant

home / barracks

skip

MIDMORNING SNACK

LUNCH

mess hall

fast food / vending

restaurant

home / barracks

skip

MIDAFTERNOON SNACK

DINNER

mess hall

fast food / vending

restaurant

home / barracks

skip

MID EVENING SNACK

During the week

Never/
Seldom

Sometimes

Always/
Usually

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During the weekend

Never/
Seldom

Sometimes

Always/
Usually

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22. Which ethnic/racial group do you belong to? Please fill in one circle.

- ☐ Black
- ☐ Hispanic/Spanish origin
- ☐ White/Caucasian, not of Hispanic origin
- ☐ Asian or Pacific Islander .
- ☐ American Indian, Eskimo or Aleut

23. In what part of the country did you live the longest during your elementary, junior high, and high school years (grades 1-12)? Please fill in one circle.

- ☐ New England (ME, NH, VT, MA, RI, CT)
- ☐ Middle Atlantic (NY, NJ, PA)
- ☐ East North Central (MI, WI, OH, IN, IL)
- ☐ West North Central (MN, ND, SD, IA, NE, MO, KS)
- ☐ South Atlantic (DE, MD, DC, WV, VA, NC, SC, GA, FL)
- ☐ East South Central (KY, TN, AL, MS)
- ☐ West South Central (AR, OK, LA, TX)
- ☐ Mountain (MT, ID, WY, CO, UT, NV, NM, AZ)
- ☐ Pacific (WA, OR, CA, AK, HI)
- ☐ Other

24. Indicate the number of years of education you have completed. Please fill in one circle.

- ☐ Some high school or less, but no diploma or GED
- ☐ High school graduate or GED
- ☐ Some college
- ☐ Two year associate's degree
- ☐ Four year college degree
- ☐ Some graduate credit and/or graduate degree

EATING HEALTHY

25. How many servings from each of the following food groups would you say a person of your age and sex SHOULD eat daily for good health? Please fill in only one circle per food group.

FOOD GROUP	0	1	2	3	4	5	6	7	8	9	10	11 or more
Fruit group?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vegetable group?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Milk, yogurt, & cheese group?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Bread, cereal, rice, & pasta group?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Meat, poultry, fish, dry beans, & eggs group?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

26. The following statements pertain to what people eat. Do you strongly disagree, somewhat disagree, somewhat agree, or strongly agree? Please fill in only one circle per statement.

STATEMENT	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
Choosing a healthy diet is just a matter of knowing what foods are good and what foods are bad.	☐	☐	☐	☐
Eating a variety of foods each day probably gives you all the vitamins and minerals you need.	☐	☐	☐	☐
Some people are born to be fat and some thin; there isn't much you can do to change this.	☐	☐	☐	☐
Starchy foods, like bread, potatoes, and rice make people fat.	☐	☐	☐	☐
There are so many recommendations about healthy ways to eat, it's hard to know what to believe.	☐	☐	☐	☐
What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer.	☐	☐	☐	☐
The things I eat and drink now are healthy so there is no reason for me to make changes.	☐	☐	☐	☐

27. The next statements are about your diet. Compared to what is healthy, do you think your diet is too low, too high, or about right in the following items? Please fill in only one circle per statement.

<u>STATEMENT</u>	<u>Too Low</u>	<u>About Right</u>	<u>Too High</u>
Calories	☐	☐	☐
Calcium	☐	☐	☐
Iron	☐	☐	☐
Vitamin C	☐	☐	☐
Protein	☐	☐	☐
Fat	☐	☐	☐
Saturated fat	☐	☐	☐
Cholesterol	☐	☐	☐
Salt or Sodium	☐	☐	☐
Fiber	☐	☐	☐
Sugar & Sweets	☐	☐	☐

28. In regards to YOU PERSONALLY, are the following statements not at all important, not too important, somewhat important, or very important? Please fill in only one circle per statement.

<u>STATEMENT</u>	<u>Not at all Important</u>	<u>Not too Important</u>	<u>Somewhat Important</u>	<u>Very Important</u>
Use salt or sodium only in moderation	☐	☐	☐	☐
Choose a diet low in saturated fat	☐	☐	☐	☐
Choose a diet with plenty of fruits and vegetables	☐	☐	☐	☐
Use sugars only in moderation	☐	☐	☐	☐
Choose a diet with adequate fiber	☐	☐	☐	☐
Eat a variety of foods	☐	☐	☐	☐
Maintain a healthy weight	☐	☐	☐	☐
Choose a diet low in fat	☐	☐	☐	☐
Choose a diet low in cholesterol	☐	☐	☐	☐
Choose a diet with plenty of breads, cereals, rice and pasta	☐	☐	☐	☐
Eat at least two servings of dairy products daily	☐	☐	☐	☐

29. Have you heard about any health problems caused by any of the following behaviors? First fill in YES or NO. If YES, fill in the circle to indicate any of the associated health problems you feel are a result of this behavior. Fill in all that apply.

BEHAVIOR	YES	NO	Constipation	Water retention	Osteoporosis	Clogged arteries	Diabetes	High blood cholesterol	High blood pressure	Cavities	Fat / overweight	Cancer
Eating too much fat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Not eating enough fiber	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Eating too much salt or sodium	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Not eating enough calcium	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Eating too much cholesterol	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Eating too much sugar	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Being overweight	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Drinking too much alcohol	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

DIETARY SUPPLEMENTS

(anything added to your diet to complete or strengthen it, or to offset a low intake)

30. Estimate how often you take each of the following supplements using this scale:

Multiple Vitamins/Minerals
(i.e., Centrum, One-a-Day, Theragramm M)

Individual Vitamins/Minerals
(i.e., Chromium picolinate, vitamin C, iron, vitamin E)

Antioxidant Preparations
(i.e., Combinations of Beta-carotene, vitamin E, vitamin C, selenium)

Amino Acids/Proteins
(i.e., tablets, powders, drops)

Herbal Preparations
(i.e., ginseng, garlic)

Powdered Protein or Carbohydrate Mixes
(i.e., Weight Gain)

Carbohydrate Sports Bars
(i.e., Power Bar, Tigers Milk)

Weight Loss Products

Other

	Never	Have used but not now	Once in a while	Once a week	Every other day	Once a day	Two or more times a day
Multiple Vitamins/Minerals	☐	☐	☐	☐	☐	☐	☐
Individual Vitamins/Minerals	☐	☐	☐	☐	☐	☐	☐
Antioxidant Preparations	☐	☐	☐	☐	☐	☐	☐
Amino Acids/Proteins	☐	☐	☐	☐	☐	☐	☐
Herbal Preparations	☐	☐	☐	☐	☐	☐	☐
Powdered Protein or Carbohydrate Mixes	☐	☐	☐	☐	☐	☐	☐
Carbohydrate Sports Bars	☐	☐	☐	☐	☐	☐	☐
Weight Loss Products	☐	☐	☐	☐	☐	☐	☐
Other	☐	☐	☐	☐	☐	☐	☐

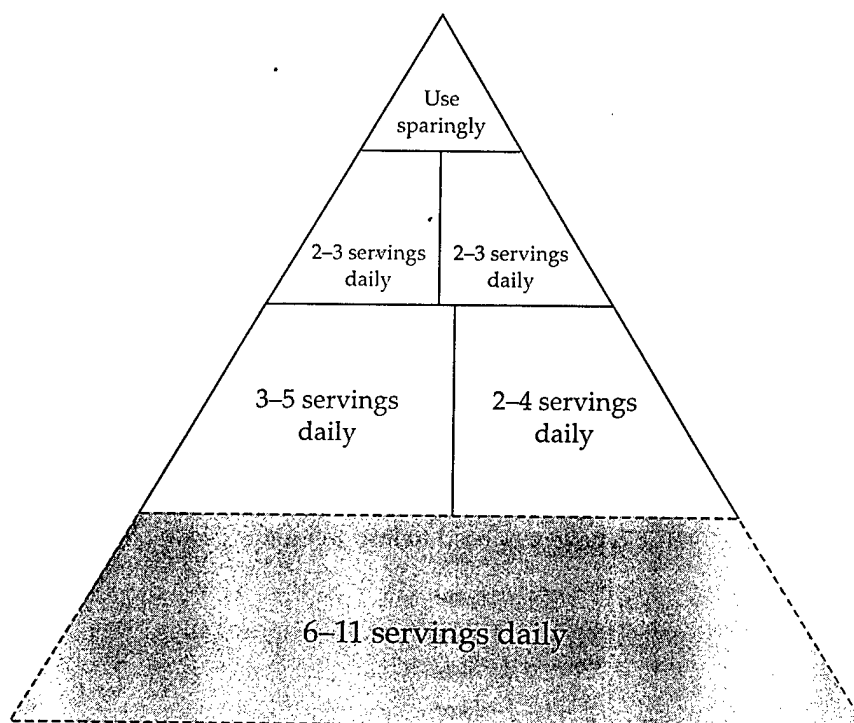
FOOD GUIDE PYRAMID

31. Have you ever heard of the Food Guide Pyramid?

- ☐ Yes
- ☐ No

32. The Food Guide Pyramid emphasizes foods from the five major food groups. Which food group makes up the base of the Food Guide Pyramid (i.e., highlighted area) recommending you need the most of these foods each day? Please fill in only one circle.

- ☐ Milk Group
- ☐ Meat Group
- ☐ Bread Group
- ☐ Vegetable Group
- ☐ Fruit Group



33. How do your current FRUIT and VEGETABLE eating habits compare to the previous year?

- ☐ Eating fewer now (go to question 35)
- ☐ Eating about the same now (go to question 35)
- ☐ Eating more now (go to question 34)

34. If you are eating MORE fruits and vegetables now, what are the major reasons?
Please fill in the circles for ALL of the answers that apply.

- ☐ Decrease risk of cancer
- ☐ Decrease risk of heart disease
- ☐ Trying to eat healthier foods
- ☐ Reduce weight
- ☐ Change in lifestyle
- ☐ Taste better to me now
- ☐ More available to me now
- ☐ No reason in particular
- ☐ Other

35. Please rate the degree to which your knowledge about NUTRITION influences your decision to eat healthful foods: Please fill in only one circle.

- ☐ Not at all
- ☐ Slightly
- ☐ Moderately
- ☐ Very much
- ☐ A great deal

36. About how many times in your life have you gone on a diet to lose weight?

- ☐ Never
- ☐ 1-2
- ☐ 3-5
- ☐ 6-8
- ☐ 9-11
- ☐ 12 or more times

37. Do you consider yourself now to be overweight, underweight, or about the right weight?

- ☐ Overweight
- ☐ Underweight
- ☐ About the right weight

38. In the past 12 MONTHS have you tried to lose weight?

- ☐ Yes
- ☐ No

39. In the past 12 MONTHS, have you changed what you eat because of any medical reasons or health conditions?

- ☐ Yes
- ☐ No (go to question 41)

40. If you have changed what you eat because of a medical reason, what was this reason?
Please fill in the circles for ALL of the answers that apply.

- ☐ Overweight
- ☐ High blood pressure/hypertension
- ☐ High blood cholesterol
- ☐ Diabetes
- ☐ Heart disease
- ☐ Allergy
- ☐ Ulcer
- ☐ Other

BUYING FOOD

41. When you buy food, how important are the factors from the list below?

Please fill in only one circle per line.

	Not at all Important	Not too Important	Somewhat Important	Very Important
Nutrition	☐	☐	☐	☐
Price	☐	☐	☐	☐
How easy the food is to prepare	☐	☐	☐	☐
Taste	☐	☐	☐	☐

FOOD LABELS

42. For each of the categories listed below, indicate how easy is it to understand the nutrition information printed on the food label. Please fill in only one circle per line.

	Not too Easy	Somewhat Easy	Very Easy
The list of ingredients	☐	☐	☐
The short phrases on the label like "low-fat" or "light" or "good source of fiber"	☐	☐	☐
The nutrition panel that tells the amount of calories, protein, fat, and such in a serving of food	☐	☐	☐
The information about the size of a serving	☐	☐	☐
Statements on the label that describe health benefits of nutrients or foods	☐	☐	☐

43. When you look for nutrition information on the food label, how often would you look for information about the following statements? Please fill in only one circle per statement.

<u>STATEMENT</u>	Never	Rarely	Sometimes	Often/always
Calories	☐	☐	☐	☐
Salt or sodium	☐	☐	☐	☐
Total fat	☐	☐	☐	☐
Saturated fat	☐	☐	☐	☐
Cholesterol	☐	☐	☐	☐
Vitamins or minerals	☐	☐	☐	☐
Fiber	☐	☐	☐	☐
Sugars	☐	☐	☐	☐

44. For each of the statements listed below, indicate how much you agree with the nutrition information on food labels.

STATEMENT	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
I feel confident that I know how to use food labels to choose a healthy diet	☐	☐	☐	☐
The nutrition information on food labels is hard to interpret	☐	☐	☐	☐
I would like to learn more about how to use food labels to choose a nutritious diet	☐	☐	☐	☐
When I use food labels, I make better food choices	☐	☐	☐	☐

45. What is your main source of nutrition information? Please fill in only one circle.

- | | | |
|---|---|---------------------------------------|
| ☐ Doctor/Nurse | ☐ Dietitian | ☐ Broadcast media |
| ☐ Govt. or health organizations | ☐ Friends/relatives | ☐ Print media |
| ☐ Food company publications | ☐ Food packages or labels | ☐ None |

FOOD FREQUENCY

This next group of questions ask how often you usually eat certain foods. When answering, think about your USUAL diet over the past thirty (30) days you were in garrison; i.e., how often did you usually eat or drink these foods per day, per week, or not at all, excluding meals eaten in the field?

EXAMPLE: Chocolate milk/hot cocoa that you drink three times per week:

EXAMPLE:	NUMBER OF TIMES:											PER:		
	none	1	2	3	4	5	6	7	8	9	10	day	week	month
ex. How often did you have chocolate milk or hot cocoa?	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐

MILK AND MILK PRODUCTS	NUMBER OF TIMES:											PER:		
	none	1	2	3	4	5	6	7	8	9	10	day	week	month
46. How often did you have chocolate milk or hot cocoa?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
47. How often did you have milk to drink or on cereal?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
(Do not count small amounts of milk added to coffee or tea)														

MILK AND MILK PRODUCTS
(CONTINUED)

48. What type of milk was it? Was it USUALLY whole, 2%, 1%, skim/nonfat, or some other type?
Please fill in only one circle.

- ☐ whole/regular ☐ buttermilk
☐ 2%/low fat ☐ evaporated
☐ 1% ☐ other
☐ skim/nonfat ☐ don't know

	NUMBER OF TIMES:											PER:		
	none	1	2	3	4	5	6	7	8	9	10	day	week	month
49. Yogurt and frozen yogurt?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
50. Ice cream, ice milk, and milkshakes?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
51. Cheeses, all types including American, Swiss, cheddar, and cottage cheese?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
52. Pizza, calzone, and lasagna?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
53. Cheese dishes such as macaroni and cheese, cheese nachos, cheese enchiladas, and quesadillas?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
MAIN DISHES, MEAT, FISH, CHICKEN, AND EGGS														
	none	1	2	3	4	5	6	7	8	9	10	day	week	month
54. How often did you eat any type of stew or soup containing vegetables, including tomato, minestrone, and split pea?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
55. Spaghetti and pasta with tomato sauce?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
56. Bacon, sausage (chorizo) and luncheon meats such as hot dogs, salami, and bologna?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
57. Liver and other organ meats such as heart, kidney, tongue, and tripe (menudo)?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
58. Beef, including hamburger, steaks, roast beef, and meatloaf?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
59. Pork and ham, including roast pork, pork chops, and spare ribs?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

MAIN DISHES (CONTINUED)		NUMBER OF TIMES:										PER:			
		none	1	2	3	4	5	6	7	8	9	10	day	week	month
60.	Shrimp, clams, oysters, crab, and lobster?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
61.	Fish including fillets, fish sticks, fish sandwiches, and tuna fish?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
62.	Chicken and turkey, all types, including baked, fried, chicken nuggets, and chicken salad?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
63.	How often did you have eggs including egg-salad?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
64.	How often did you have egg substitute?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
FRUIT AND FRUIT JUICES		NUMBER OF TIMES:										PER:			
		none	1	2	3	4	5	6	7	8	9	10	day	week	month
65.	How often did you have orange juice, grapefruit juice, and tangerine juice?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
66.	Other fruit juices such as grape juice, apple juice, cranberry juice, and fruit nectars?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
67.	Citrus fruit including oranges, grapefruit, and tangerines?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
68.	Melons including cantaloupe, honeydew, and watermelon?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
69.	Peaches, nectarines, apricots, guava, mango, and papaya?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
70.	How often did you have any other fruit such as apples, bananas, pears, berries, grapes, cherries, plums, and strawberries (include plantains)?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
VEGETABLES		NUMBER OF TIMES:										PER:			
		none	1	2	3	4	5	6	7	8	9	10	day	week	month
71.	How often did you have carrots and vegetable mixtures containing carrots?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
72.	Broccoli?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
73.	Brussel sprouts and cauliflower?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
74.	White potatoes, including baked, mashed, boiled, french-fries, and potato salad?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

VEGETABLES (CONTINUED)		NUMBER OF TIMES:											PER:		
		none	1	2	3	4	5	6	7	8	9	10	day	week	month
75.	Sweet potatoes, yams, and orange squash including acorn, butternut, hubbard, and pumpkin?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
76.	Tomatoes including fresh and stewed, tomato juice, and salsa?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
77.	Spinach, greens, collards, and kale?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
78.	Tossed salad?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
79.	Cabbage, cole slaw, and sauerkraut?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
80.	Hot red chili peppers? (don't count ground red chili peppers)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
81.	Peppers including green, red, and yellow peppers?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
82.	Any other vegetables such as green beans, corn, peas, mushrooms, and zucchini?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
BEANS, NUTS, CEREALS, AND GRAIN PRODUCTS		NUMBER OF TIMES:											PER:		
		none	1	2	3	4	5	6	7	8	9	10	day	week	month
83.	How often did you have beans, lentils, and chickpeas/garbanzos? (Include kidney, pinto, refried, black, and baked beans)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
84.	Peanuts, peanut butter, other types of nuts, and seeds?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
85.	All-Bran, All-Bran Extra Fiber, 100% Bran, and Fiber One?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
86.	Total, Product 19, Most, and Just Right?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
87.	All other cold cereals like corn flakes, Cheerios, Rice Krispies, and presweetened cereal?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
88.	Cooked, hot cereals like oatmeal, cream of wheat, cream of rice, and grits?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
89.	Pancakes, waffles, and hot cakes?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

BREADS, CEREALS . . . (CONTINUED)		NUMBER OF TIMES:										PER:		
	none	1	2	3	4	5	6	7	8	9	10	day	week	month
90. How often did you have white bread, rolls, bagels, biscuits, English muffins, and crackers? (Include those used for sandwiches)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
91. 100% whole wheat bread, whole wheat rolls, including pumpernickel bread?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
92. Dark wheat or rye bread and rolls other than 100% whole wheat?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
93. Corn bread, corn muffins, and corn tortillas?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
94. Flour tortillas?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
95. Rice?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
96. SALTED snacks such as potato chips, taco chips, corn chips, and salted pretzels and popcorn?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DESSERTS, SWEETS, AND BEVERAGES		NUMBER OF TIMES:										PER:		
	none	1	2	3	4	5	6	7	8	9	10	day	week	month
97. How often did you have cakes, cookies, brownies, pies, doughnuts and pastries?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
98. Chocolate candy and fudge?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
99. How often did you have fruit drinks, lemonade, Hi-C, and other drinks with added Vit. C?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
100. Diet colas, diet sodas, and diet drinks such as Crystal Light?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
101. Regular colas and sodas, not diet?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
102. Regular coffee with caffeine?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
103. Regular tea with caffeine?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
104. Decaf. coffee?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
105. Decaf. /herbal tea?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
106. Water, including tap, mineral, spring, seltzer, and soda?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
107. Beer and lite beer?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
108. Wine, wine coolers, sangria, and champagne?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
109. Hard liquor such as vodka, scotch, rum, and liquors, either alone or mixed?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
110. Non-alcoholic beer / wine?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
111. Diet, breakfast bars and drinks, and granola bars?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

FATS	none	NUMBER OF TIMES:										PER:			
		1	2	3	4	5	6	7	8	9	10	day	week	month	
112. Margarine?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
113. Butter?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
114. Oil and vinegar, mayonnaise and salad dressings such as Italian and Thousand Island? (include those added to salads and sandwiches)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

FAST FOOD / SHORT ORDER

How often do you visit the following establishments or services?
Include breakfast, lunch, and dinner.

115. Fast food restaurants, such as McDonalds, Burger King, Wendy's, KFC, Captain D's, Taco Bell?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
116. Short order line in the unit dining facility?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
117. Army breakfast in unit dining facility? Eggs (omelette, fried, scrambled), bacon or sausage	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

MILK

118. How often have you drunk milk over your lifetime? (Try to remember whether you were a milk drinker or a non-milk drinker during different times in your life. Then think of certain events that might have occurred during each time period; for example, were you in school, at home with children, on a farm, or in the service?)

How often did you drink any type of milk, including milk added to cereal, when you were a _____?
(Don't count small amounts of milk added to coffee or tea)
If an age group does not apply, leave it blank.

AGE	NEVER	ONCE PER WEEK	LESS THAN ONCE PER WEEK	LESS THAN ONCE PER DAY BUT GREATER THAN ONCE PER WEEK	ONCE PER DAY	GREATER THAN ONCE PER DAY	DON'T KNOW
Child (5-12)	☐	☐	☐	☐	☐	☐	☐
Teenager (13-17)	☐	☐	☐	☐	☐	☐	☐
Young adult (18-35)	☐	☐	☐	☐	☐	☐	☐
Middle aged (36-65)	☐	☐	☐	☐	☐	☐	☐

SMOKING HISTORY

119. Did you smoke 1 or more cigarettes in the past MONTH?

☐ Yes ☐ No

If YES:

a. Usually, how many days a week did you smoke?

<1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 days
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

b. On those days, about how many cigarettes did you smoke per day?

		0	1	2	3	4	5	6	7	8	9
No.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cig.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

c. How many years have you been smoking cigarettes?

		0	1	2	3	4	5	6	7	8	9
No.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
years		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

120. Did you quit smoking within the last year?

- ☐ No, I never smoked
☐ No, I continued to smoke
☐ No, I quit smoking more than 1 year ago
☐ Yes, I quit smoking within the last year

If YES:

a. How many cig. did you smoke per day?

- ☐ 1-5 cig. ☐ 6-10 cig. ☐ 11-15 cig. ☐ 16-19 cig. ☐ 1 pack
☐ 1-1/2 packs ☐ 2 packs ☐ 2-1/2 packs ☐ 3 packs

b. How many years did you smoke cigarettes before you quit?

		0	1	2	3	4	5	6	7	8	9
No.		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
years		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

121. Do you chew (or dip or pinch) tobacco products?

☐ Yes ☐ No

If YES:

a. On average, how often do you dip or chew?

- ☐ Once or less per day
☐ 2-4 times per day
☐ 5-10 times per day
☐ More than 10 times per day

b. On average, how much do you dip or chew?

- ☐ Less than one can or pouch per month
☐ Less than one can or pouch per week
☐ 1-2 cans or pouches per week
☐ 3 or more cans or pouches per week

FIELD FEEDING

122. How much time did you spend in the field over the past year?

Please fill in only one circle.

- ☐ None (Go to question #125)
- ☐ Less than 1 week
- ☐ 1 week to 1 month
- ☐ More than 1 month but less than 3 months
- ☐ 3 months or more

123. Which ration do you eat the most when in the field?

Please fill in only one circle.

- ☐ A-rations (Fresh, perishable items, meats, breads, fruits, vegetables, milk)
- ☐ B-rations (Mostly canned and dehydrated foods, packaged in bulk containers)
- ☐ T-rations (Heat and serve meals, packaged in half-size steam table metal containers)
- ☐ Meal, Ready-to-Eat (MRE's)

124. What kind of food do you take with you when going to the field? (Please select 3 most common)

- | | |
|--|---|
| ☐ breakfast bars/granola bars | ☐ fruit (Fresh, canned, dried) |
| ☐ canned nourishment (Ultra Slim Fast, Ensure) | ☐ bottled water |
| ☐ pop tarts, fruit pies, snack cakes | ☐ Ramen noodles (other oriental convenience foods) |
| ☐ crackers | ☐ soups (canned, dry, other than stew) |
| ☐ cookies | ☐ canned stew, chili, Chef-Boy 'r Dee type products |
| ☐ Power bars (other sports bars) | ☐ tuna fish |
| ☐ Sports drinks (Gatorade, etc.) | ☐ lunchables |
| ☐ sodas | ☐ snack puddings |
| ☐ cereal | ☐ candy |
| ☐ nuts, seeds | ☐ bagels, muffins, bread |
| ☐ chips, popcorn, cheese curls | ☐ peanut butter |
| ☐ meat jerky | ☐ none |

125. What generally happens to your weight when in the field?

- ☐ lose weight
- ☐ gain weight
- ☐ remain about the same

126. How many meals per day do you generally eat when in the field?

- ☐ one
- ☐ two
- ☐ three
- ☐ More than three

127. Do you think military rations are adequate to meet your nutritional needs? (B-rations/T-rations/MRE's)

- ☐ Yes
- ☐ No

128. Do you use field feeding as a chance to lose weight?

- ☐ Never
☐ Sometimes
☐ Always

129. During a typical field exercise, what types of rations do you usually eat for the meals indicated below?
Please fill in only one circle per meal.

	A-rations	T-rations	MRE
Breakfast	☐	☐	☐
Lunch	☐	☐	☐
Dinner	☐	☐	☐

130. Do you consciously think about nutrition when you are in the field eating the following rations?

	T-rations	MRE
Yes	☐	☐
No	☐	☐

131. Would you like nutrition labels available for the following rations?

	T-rations	MRE
Yes	☐	☐
No	☐	☐

132. In terms of Nutritional content, please rate the IMPORTANCE of the following nutrients when choosing which foods you eat in the field. Please fill in one circle per line.

	Not at all Important	Slightly Important	Moderately Important	Very Important	Extremely Important
Calories	☐	☐	☐	☐	☐
Protein	☐	☐	☐	☐	☐
Fat	☐	☐	☐	☐	☐
Carbohydrate	☐	☐	☐	☐	☐
Cholesterol	☐	☐	☐	☐	☐
Sodium	☐	☐	☐	☐	☐
Iron	☐	☐	☐	☐	☐
Fiber	☐	☐	☐	☐	☐
Calcium	☐	☐	☐	☐	☐
Vitamin C	☐	☐	☐	☐	☐
B Vitamins	☐	☐	☐	☐	☐

Thank you for taking the time to complete this important survey!

APPENDIX B
PYRAMID FOOD GROUPS

APPENDIX B

Pyramid Food Groups

Breads, Cereals, Rice & Pasta

All-bran, All-bran Extra fiber, 100% Bran,
Fiber One, Total, Product 19, Most, Just
Right
other cold cereals
cooked, hot cereals
spaghetti and tomato sauce
white bread, rolls, bagels, biscuits, english
muffins, crackers
wheat bread, whole wheat rolls,
pumpnickel
dark wheat or rye bread & rolls
corn bread, muffins, tortillas
rice
flour tortilla
pancakes, waffles, hot cakes

Fruit

oranges, grapefruit, tangerine juice
other fruit juices (grape, apple, cranberry,
nectar)
citrus fruit
melons
peaches, nectarines, apricots, guava,
mango, papaya
other fruit (apples, bananas, pears, berries,
grapes, cherries, plums, & strawberries)

Vegetables

stew or soup containing vegetables
spaghetti or pasta with tomato sauce
carrots & vegetable mixes with carrots
broccoli
brussel sprouts & cauliflower
sweet potatoes, yams, orange squash
white potatoes, including baked, mashed,
boiled, french-fries, & potato salad
tomatoes
spinach, greens, collards, kale
tossed salad
cabbage, coleslaw, sauerkraut
hot red chili peppers
peppers including green, red, & yellow
other vegetables, including green beans,
corn, peas, mushrooms, & zucchini

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts

bacon, sausage, luncheon meats
liver & other organ meats
beef (hamburger, steaks, roast beef,
meatloaf)
pork & ham (roast pork, pork chops, spare
ribs)
shrimp, clams, oysters, crab & lobster
fish (fillets, fish sticks, fish sandwiches, tuna
fish)
chicken & turkey (baked, fried, chicken
nuggets, chicken salad)
eggs (egg salad)
beans, lentils, chickpeas/garbanzo
peanuts, peanut butter, other nuts & seeds

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Milk, Yogurt, Cheese

chocolate milk & cocoa
milk
yogurt
ice cream, ice milk, milkshakes
cheeses
pizza, calzone, lasagna
cheese dishes

Fats, Oils, Sweets

sweets:

cakes, cookies, brownies, pies, doughnuts,
pastries, chocolate candy & fudge
fruit drinks, lemonade, Hi-C, & other drinks
with added Vitamin C
regular soda

fats, oils:

cakes, cookies, brownies, pies, doughnuts,
pastries
chocolate candy & fudge
margarine
butter
oil & vinegar, mayonnaise & salad dressings

Unused

salted snacks
diet soda
regular coffee
regular tea
beer & lite beer
wine, wine coolers, sangria & champagne
hard liquor such as vodka, scotch, rum, &
liquors, either alone or mixed
egg substitute
decaffeinated coffee
decaffeinated/herbal tea
water
non-alcoholic beer/wine
diet, breakfast bars & drinks & granola bars
fast food restaurants, such as McDonald's,
Burger King, Wendy's, KFC, Captain D's,
Taco Bell
short order line in the unit dining facility
Army breakfast in unit dining facility

APPENDIX C
NHANES III FOOD GROUPS

APPENDIX C

NHANES III Food Groups

Dairy

chocolate milk & cocoa
milk
yogurt
ice cream, ice milk, milkshakes
cheeses
pizza, calzone, lasagna
cheese dishes

Fruit

orange, grapefruit, tangerine juice
other fruit juices (grape, apple, cranberry,
nectar)
citrus fruits
melons
peaches, nectarines, apricots, guava,
mango, papaya
other fruit (apples, bananas, pears, berries,
grapes, cherries, plums, and strawberries)

Fries

white potatoes, including baked, mashed,
boiled, french fries, and potato salad

Meat

bacon, sausage, luncheon meats
liver & other organ meats
beef (hamburger, steaks, roast beef,
meatloaf)
pork & ham (roast pork, pork chops, spare
ribs)
shrimp, clams, oysters, crab & lobster
fish (fillets, fish sticks, fish sandwiches, tuna
fish)
chicken & turkey (baked, fried, chicken
nuggets, chicken salad)
eggs (egg salad)

Vegetables

stew or soup containing vegetables
spaghetti or pasta with tomato sauce
carrots & vegetable mixes with carrots
broccoli
brussel sprouts & cauliflower
sweet potatoes, yams, orange squash
tomatoes
spinach, greens, collards, kale
tossed salad
cabbage, cole slaw, sauerkraut
hot red chili peppers
peppers including green, red, & yellow
other vegetables, including green beans,
corn, peas, mushrooms, & zucchini

The Army Food and Nutrition Survey I, 1996

Beans

beans, lentils, chickpeas/garbanzo

Cereals

All-Bran, All-Bran Extra fiber, 100% Bran,
Fiber One, Total, Product 19, Most,
Just Right
other cold cereals
cooked, hot cereals

Salty Snacks

salted snacks

Beverages

fruit drinks, lemonade, Hi-C, & drinks w/ Vit C
regular soda

Caffeinated beverages

regular coffee
regular tea

Fats

margarine
butter
oil and vinegar, mayonnaise and salad
dressings

Nuts

peanuts, peanut butter, other nuts & seeds

Grains

spaghetti & tomato sauce
white bread, rolls, bagels, biscuits, english
muffins, crackers
wheat bread, whole wheat rolls, pumpernickel
dark wheat or rye bread & rolls
corn bread, muffins, tortillas
flour tortillas
rice

Sweets

cakes, cookies, brownies, pies, doughnuts,
pastries
chocolate candy & fudge

Diet Soda

diet soda

Alcohol

beer & lite beer
wine, wine coolers, sangria, & champagne
hard liquor such as vodka, scotch, rum, &
liquors, either alone or mixed

Unused

egg substitute
non-alcoholic beer/wine
water, decaffeinated coffee/tea, herbal tea
diet, breakfast bars & drinks & granola bars
pancakes, waffles, hot cakes
fast food, McDonalds, Burger King, Wendy's,
KFC, Captain D's, Taco Bell
short order line, Army breakfast in the unit
dining facility