

Thirteen intervention evaluation study groupings had a total of 71 outcomes (short-term, intermediate, or long-term), including 49 net positive, 5 net negative, and 17 neutral effects. One study was completed with Pacific Islander/New Zealand Maori participants and two studies were conducted with lower-income participants. Four different study designs were available in the literature including non-randomized and group randomized trials, before and after, and time series studies.

Environment and Policy Indicators

Short-term Outcomes**

Intermediate Outcomes

Long-term Outcomes

Addition of Fruits and Vegetables through Nutrition Policies
(e.g., access to the National School Lunch Program)

1 ⊕ 1 ⊗ 0 ⊖

48 ⊕ 16 ⊗ 5 ⊖

Better Nutrition

Consumption of fruits and vegetables
 38 ⊕ 11 ⊗ 5 ⊖

Consumption of fat or cholesterol
 5 ⊕ 2 ⊗ 0 ⊖

Decreased consumption of sugar sweetened beverages
 1 ⊕ 0 ⊗ 0 ⊖

Decreased consumption of unhealthy foods
 2 ⊕ 0 ⊗ 0 ⊖

Vitamins, minerals, carbohydrates, and protein consumption
 2 ⊕ 3 ⊗ 0 ⊖

Less Overweight and Obesity

Body mass index
 1 ⊕ 1 ⊗ 0 ⊖

Key:

- ⊕ Net Positive Effect
- ⊗ No/Neutral Effect
- ⊖ Net Negative Effect

**No short-term outcomes were reflected in the peer-reviewed literature.

Figure 11A: Provision of Fruits and Vegetables