The New York City Health Literacy Campaign: From Knowledge to Action

Nutrition Results

The Mayor’s Office of Adult Education
Summary

• We surveyed adult learners at two adult education sites about their drinking habits and knowledge of healthy drinks.

• After participating in the Nutrition lesson, we surveyed the adult learners again to measure changes in knowledge and behavior.

• After the Nutrition lesson:
  – Adult learners were better able to identify healthier drink choices.
  
  – More adult learners started reading the Nutrition Facts Labels on their drinks.
  
  – More adult learners reported choosing healthier alternatives, such as 1% milk and drinking less soda.
Q1: Do you drink __________?

☐ Diet soda

☐ Regular soda

☐ I do not drink soda
Q1: After the lesson, more adult learners chose diet soda or stopped drinking soda all together.
Q2: Do you drink 1% milk?

☐ Always
☐ Sometimes
☐ Never
Q2: After the lesson, more adult learners started choosing 1% milk as a healthier alternative to whole milk.
Q3: Do you read the “Nutrition Facts” label before buying a drink?

- Always
- Sometimes
- Never
Q3: After the lesson, more adult learners began reading the Nutrition Facts Label on their drinks.
Q4: Circle the healthier drink.
Q4: After the lesson, more adult learners were able to identify the healthier drink choices.
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