

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.

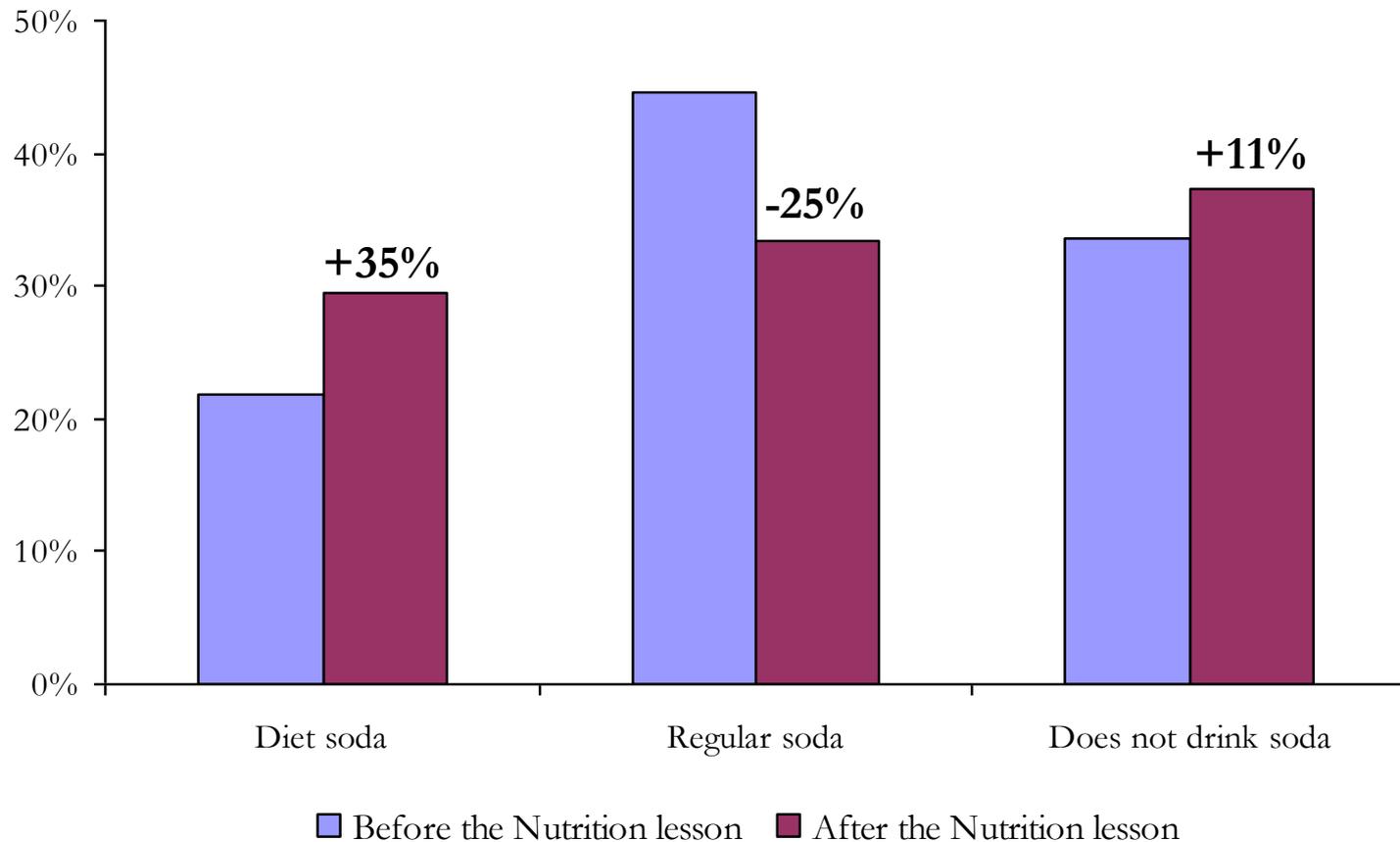
Q1: Do you drink \_\_\_\_\_?

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.



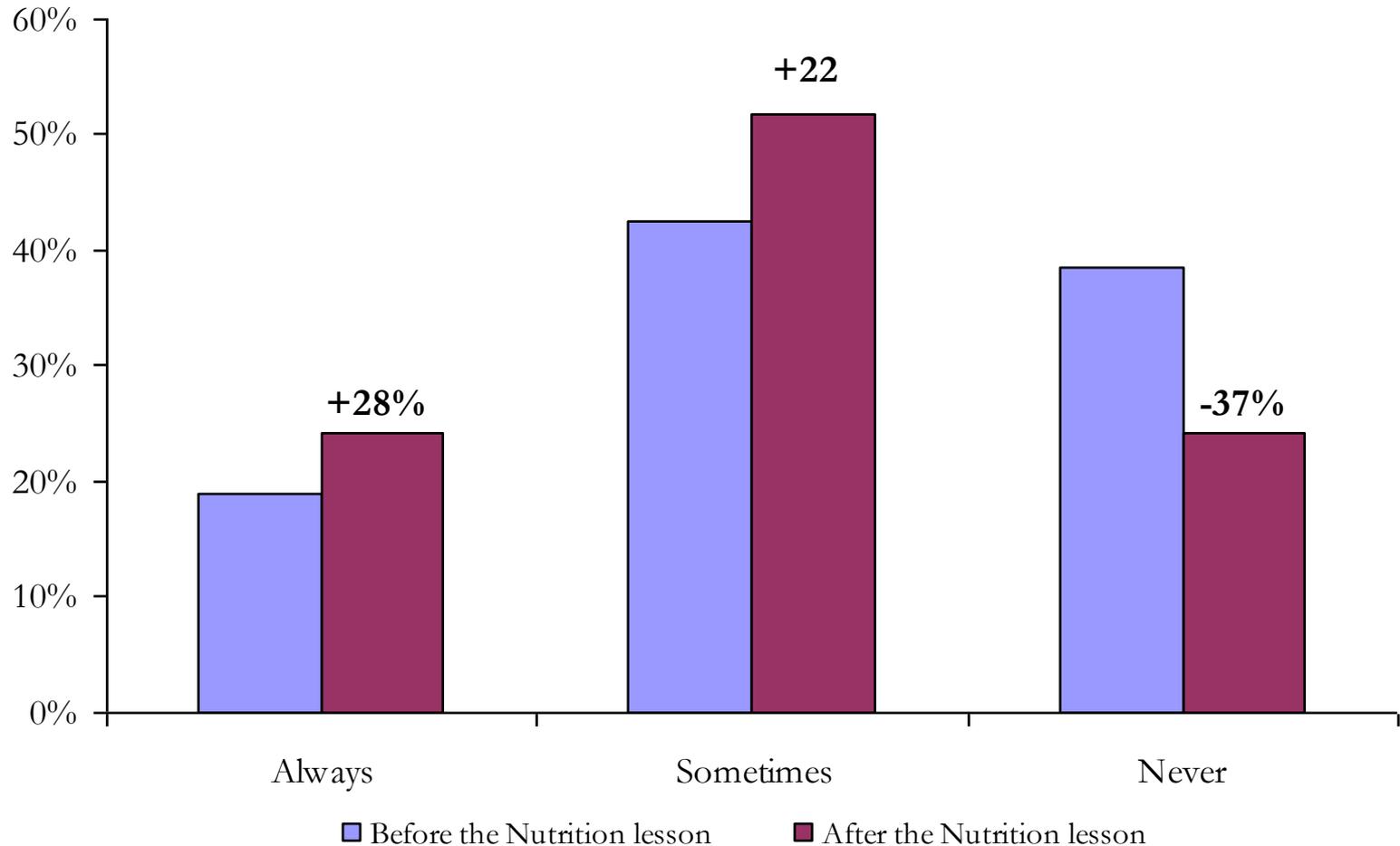
Q2: Do you drink 1% milk?

Always

Sometimes

Never

**Q2:** After the lesson, more adult learners started choosing 1% milk as a healthier alternative to whole milk.



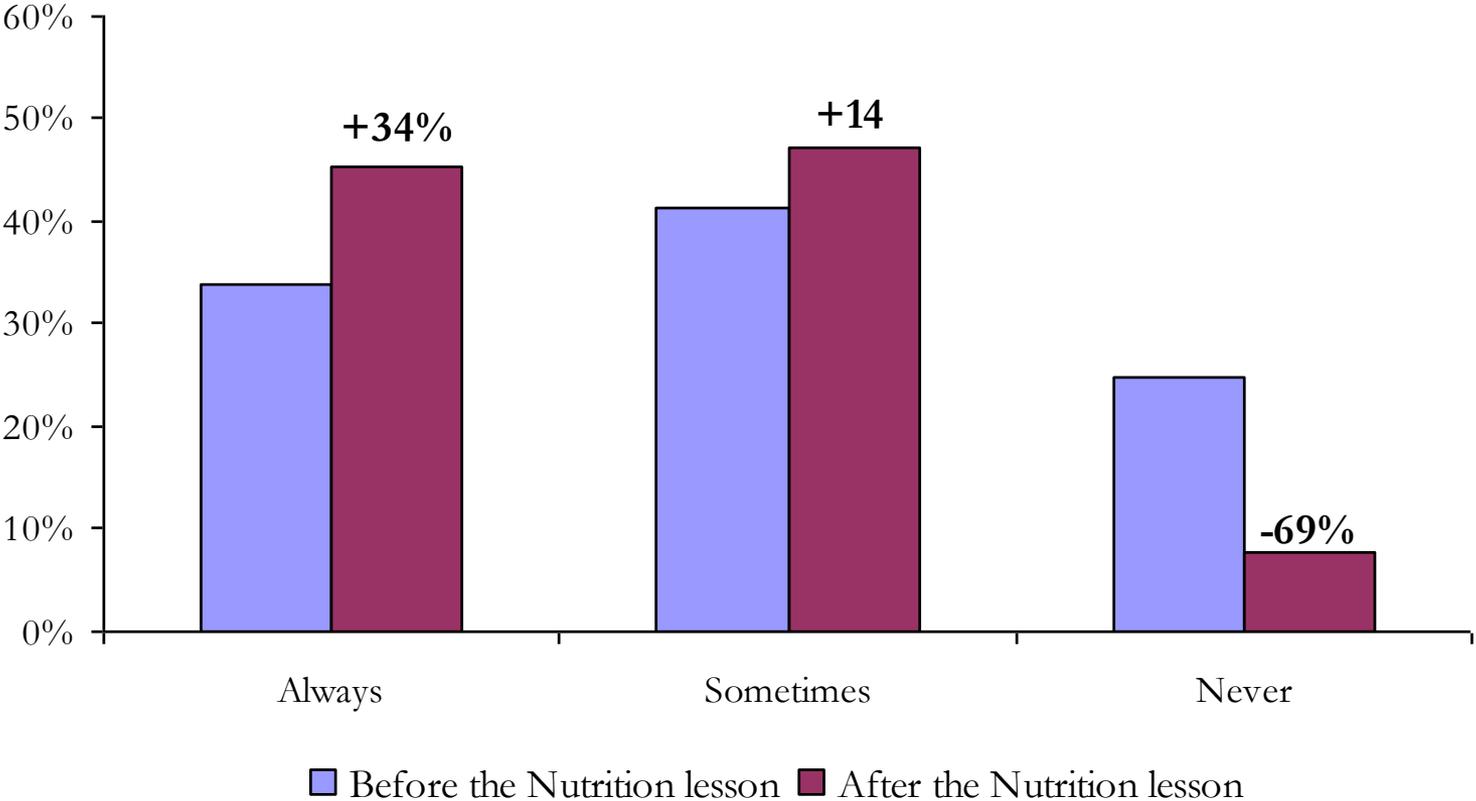
Q3: Do you read the “Nutrition Facts” label before buying a drink?

Always

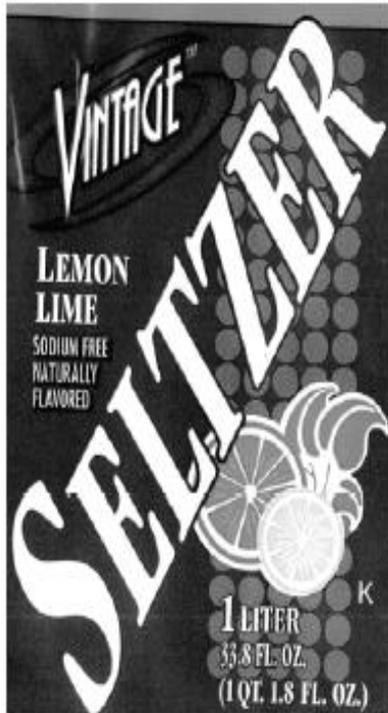
Sometimes

Never

**Q3:** After the lesson, more adult learners began reading the Nutrition Facts Label on their drinks.



Q4: Circle the healthier drink.

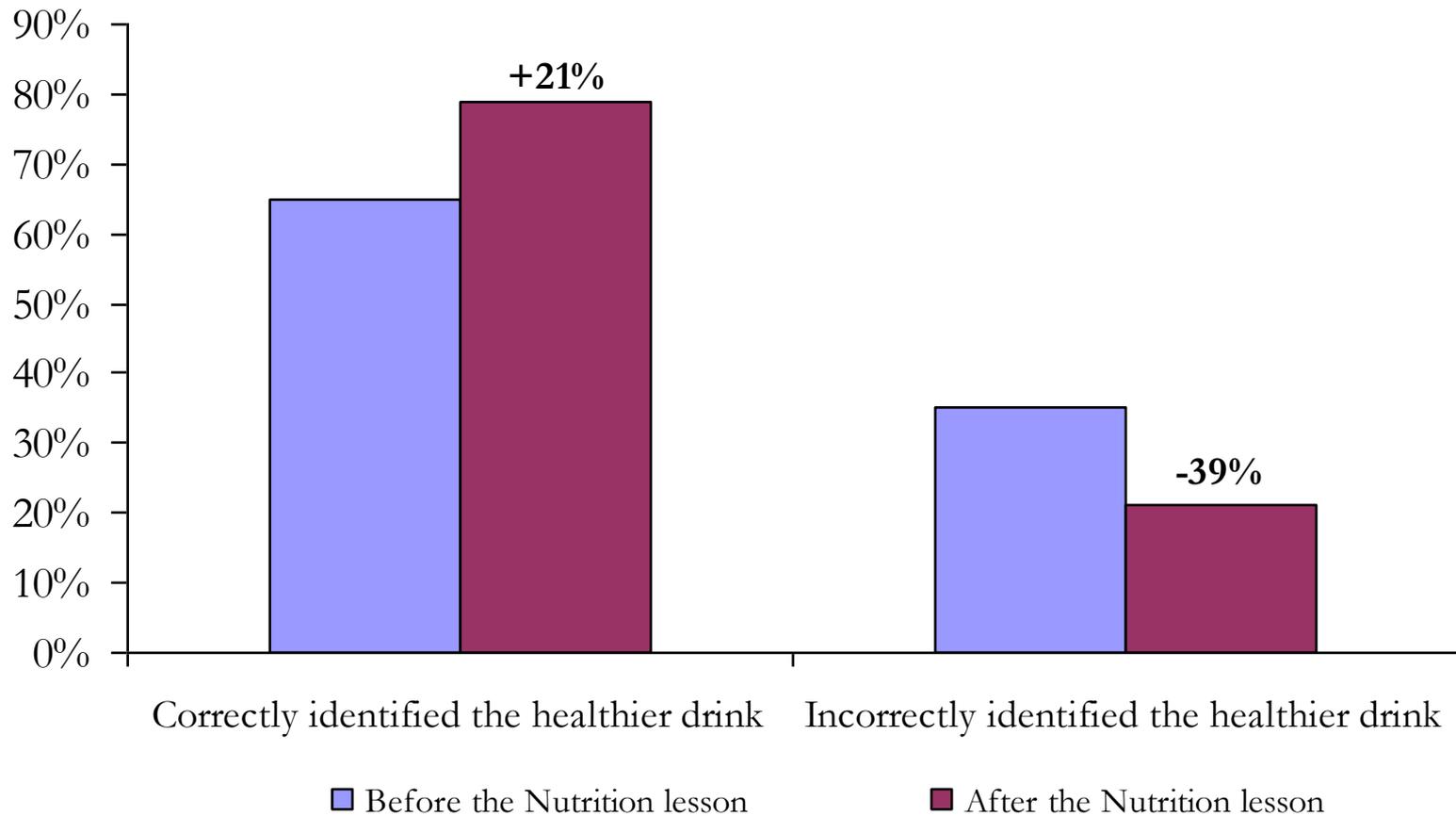


<b>Nutrition Facts</b>	
Serving Size 8 fl. oz. (240mL)	
Servings Per Container about 4	
Amount Per Serving	
<b>Calories 0</b>	
% Daily Value*	
Total Fat	0g 0%
Sodium	0mg 0%
Total Carbohydrate	0g 0%
Sugars	0g
Protein	0g
Not a significant source of other nutrients.	
*Percent Daily Values are based on a 2,000 calorie diet.	



<b>Nutrition Facts</b>	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 100</b>	
% Daily Value*	
Total Fat	0g 0%
Sodium	10mg 0%
Total Carb	26g 9%
Sugars	24g
Protein	0g
*Percent Daily Values are based on a 2,000 calorie diet.	

**Q4:** After the lesson, more adult learners were able to identify the healthier drink choices.



For more information, please contact:

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