

CHAPTER 7: NUTRITION

Fruit and Vegetable Consumption: Consume FEWER than five servings of fruits/vegetables daily.

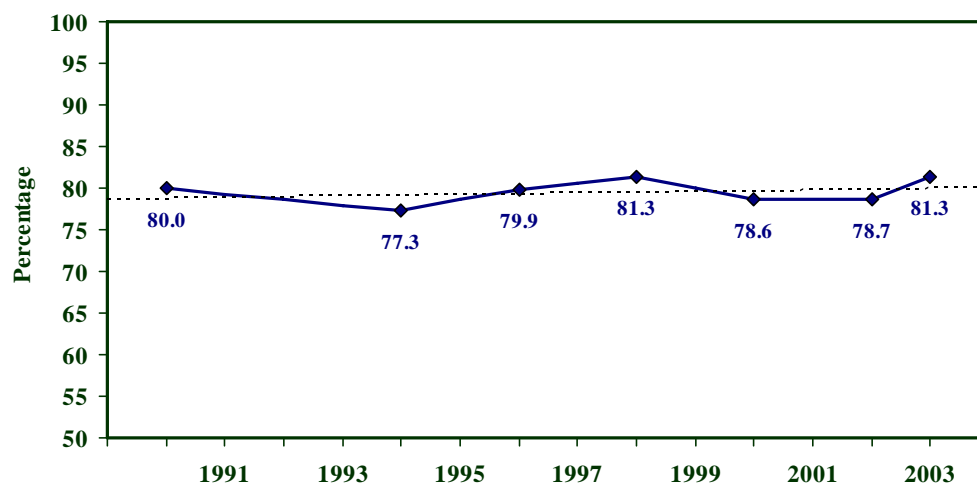
State Prevalence	81.3% (95% CI: 79.8-82.7); 8 th highest among 54 BRFSS participants. National prevalence: 76.5% (95% CI: 76.2-76.8).
Time Trends	The percentage of adults consuming fewer than five servings of fruits and vegetables per day increased slightly from the 2002 prevalence of 78.7%. Overall, the trend has remained stable since 1990.
Gender	Men 84.9% (95% CI: 82.8-87.1); Women 77.9% (95% CI: 75.9-79.9). Women were significantly more likely than men to eat five or more servings of fruits and vegetables per day. However, between 2002 and 2003 the prevalence of consuming fewer than five servings a day significantly increased among women (from 73.6% to 77.9%), but not men (from 84.3% to 84.9%).
Age	The risk of not eating five servings of fruits/vegetables daily was significantly higher among younger age groups. More than 85% of adults aged 18 to 24 ate fewer than five servings per day, compared with approximately 76% of those aged 65 and older. Elderly adults were significantly more likely to eat at least five servings of fruits and vegetables per day than those in the three youngest age groupings (18-24, 25-34, and 35-44). Men aged 35 to 44 and 45 to 54 had a significantly higher prevalence of this risk factor than their female counterparts.
Education	The prevalence also significantly decreased as education increased, although the risk remained high at all levels of educational attainment. More than 87% of adults without a high school diploma/GED ate fewer than five servings of fruits and vegetables daily, compared with nearly 71% of college graduates. Women experienced a greater decline in risk with educational attainment than men.
Household Income	The prevalence of this risk factor decreased steadily as household income increased. Adults with an annual income of \$50,000 or more were significantly more likely to eat at least five servings of fruits and vegetables per day than those in the two lowest income categories (<\$15,000 and \$15,000-24,999). Men had a significantly higher prevalence of low consumption than women at many levels of household income.
Quick Stats	<ul style="list-style-type: none">• 44% of adults consumed fewer than three servings of fruits and vegetables daily (see Figure 7.2).• The percentage of adults advised in the past 12 months by a health professional to eat more fruits and vegetables or fewer high-fat or high-cholesterol foods decreased significantly between 2002 and 2003. <i>More fruits and vegetables: from 33.9% to 28.5%</i> <i>Fewer high-fat/cholesterol foods: from 29.5% to 24.9%</i>

West Virginia Healthy People 2010 Objectives

Objective 19.2	Increase to 35% the proportion of people aged 18 and older who consume at least five servings of vegetables and fruits per day. (Baseline: 18.7% in 1998; Current: 18.7% in 2003)
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Table 7.1: Prevalence of consumption of fewer than five servings of fruits and vegetables daily: WVBRESS, 2003

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,323	84.9	(82.8-87.1)	2,026	77.9	(75.9-79.9)	3,349	81.3	(79.8-82.7)
Age									
18-24	92	82.0	(73.7-90.3)	111	88.4	(82.4-94.5)	203	85.1	(79.9-90.3)
25-34	187	86.0	(80.6-91.3)	268	81.6	(76.7-86.5)	455	83.8	(80.2-87.4)
35-44	235	88.6	(84.3-92.8)	322	78.9	(74.0-83.9)	557	83.6	(80.3-87.0)
45-54	284	88.2	(84.0-92.3)	388	72.7	(67.9-77.4)	672	80.4	(77.2-83.6)
55-64	250	81.8	(76.6-87.0)	397	79.0	(74.7-83.3)	647	80.4	(77.0-83.7)
65+	274	81.1	(76.2-86.1)	529	73.2	(69.1-77.2)	803	76.4	(73.3-79.6)
Education									
Less than H.S.	245	87.9	(83.4-92.4)	391	87.0	(83.4-90.7)	636	87.5	(84.6-90.4)
H.S. or G.E.D.	529	88.6	(85.6-91.6)	792	82.7	(79.9-85.5)	1,321	85.5	(83.5-87.6)
Some Post-H.S.	265	80.5	(75.1-85.9)	476	74.5	(70.2-78.8)	741	77.1	(73.7-80.5)
College Graduate	281	78.9	(73.6-84.2)	366	62.2	(56.6-67.8)	647	70.8	(66.9-74.7)
Income									
Less than \$15,000	171	85.6	(79.2-92.0)	355	85.0	(81.1-88.9)	526	85.3	(81.8-88.8)
\$15,000- 24,999	263	88.8	(84.7-92.9)	461	80.8	(76.7-84.8)	724	84.3	(81.4-87.2)
\$25,000- 34,999	194	88.4	(83.8-93.1)	269	73.7	(68.1-79.3)	463	80.7	(77.0-84.5)
\$35,000- 49,999	211	87.5	(82.7-92.2)	267	74.0	(68.3-79.7)	478	81.1	(77.4-84.9)
\$50,000- 74,999	168	84.0	(78.1-89.9)	225	68.9	(62.4-75.4)	393	76.5	(72.0-80.9)
\$75,000+	183	77.5	(70.7-84.4)	146	70.1	(62.3-78.0)	329	74.9	(69.7-80.1)

Figure 7.1: Prevalence of consumption of fewer than five servings of fruits and vegetables daily by year: WVBRESS, 1990-2003

----- Trend Line

NOTE: Data not available for the years 1991-93, 1995, 1997, 1999, and 2001.

Table 7.2: Other dietary and nutrition issues: WVBRESS, 2003

Adults who.....	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Are eating more fruits and vegetables in order to lower their risk of heart disease and stroke	1,303	62.4	(59.5-65.4)	1,993	75.9	(73.7-78.1)	3,296	69.5	(67.6-71.3)
Are eating fewer high-fat or high-cholesterol foods in order to lower their risk of heart disease and stroke	1,277	62.3	(59.3-65.3)	1,972	74.9	(72.6-77.2)	3,249	68.9	(67.0-70.8)
Were advised in the past 12 months by a health professional (doctor, nurse, or other) to eat more fruits and vegetables	1,302	26.8	(24.1-29.5)	1,994	30.1	(27.9-32.4)	3,296	28.5	(26.8-30.3)
Were advised in the past 12 months by a health professional (doctor, nurse, or other) to eat fewer high-fat or high-cholesterol foods	1,306	24.1	(21.5-26.8)	2,004	25.6	(23.5-27.6)	3,310	24.9	(23.2-26.5)

Figure 7.2: Number of daily fruit and vegetable servings: WVBRESS 2003