

CHAPTER 4: NUTRITION

Consumption of Fewer than Five Servings of Vegetables and Fruits Daily in 2005

Definition	Consuming fewer than five servings of fruits and vegetables on a regular daily basis.
Prevalence	WV: 80.0% (95% CI: 78.5-81.5) in 2005. US: 75.8% (95% CI: 75.5-76.1) in 2005. West Virginia ranked 7 th highest among 53 BRFSS participants in 2005.
Time Trends	From 1990 through 2005, the prevalence of this risk factor fluctuated little, producing a basically flat trend line. Between 2003 and 2005 (no related data were collected in 2004), a slight decline occurred, from 81.3 % in 2003 to 80.0% in 2005.
Gender	Men: 83.0% (95% CI: 80.7-85.3) in 2005. Women: 77.1% (95% CI: 75.2-79.1) in 2005. Men had a significantly higher overall prevalence of this risk factor than women.
Age	The prevalence of this risk factor did not vary greatly by age, although there was a significant difference between the youngest (84.7%) and the oldest (74.0%) age groups.
Education	Overall, and among women, college graduates had a significantly lower rate of this risk factor than persons with less education.
Household Income	The poorest households (those with less than \$15,000 in annual income) were at significantly higher risk than the wealthiest group (\$75,000 or more annual household income). Little difference was noted among the other income groups.

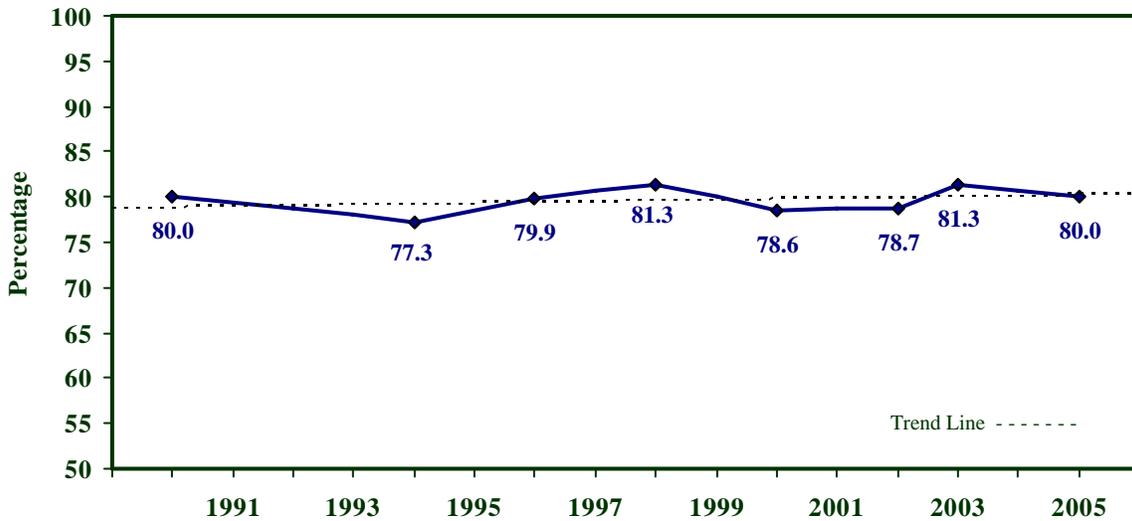
WV HEALTHY PEOPLE 2010 OBJECTIVES

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: 20.0% in 2005)
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Table 4.1 Consumption of fewer than five servings of fruits and vegetables by demographic characteristics: WVBRFSS, 2005

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,350	83.0	80.7-85.3	2,178	77.1	75.2-79.1	3,528	80.0	78.5-81.5
Age									
18-24	68	86.4	77.9-95.0	100	82.8	75.0-90.6	168	84.7	78.9-90.5
25-34	179	77.9	71.2-84.6	281	77.7	72.6-82.7	460	77.8	73.6-82.0
35-44	226	87.1	82.4-91.9	349	81.9	77.6-86.2	575	84.5	81.3-87.7
45-54	284	86.2	81.9-90.5	456	80.5	76.6-84.5	740	83.4	80.4-86.3
55-64	275	79.9	74.7-85.1	366	73.8	69.0-78.7	641	76.8	73.3-80.4
65+	316	80.0	75.3-84.8	617	69.7	65.6-73.7	933	74.0	70.9-77.1
Education									
Less than H.S.	247	85.9	81.0-90.8	377	82.3	77.7-86.9	624	84.1	80.8-87.5
H.S. or G.E.D.	550	87.3	84.2-90.3	864	79.8	76.8-82.8	1,414	83.5	81.4-85.6
Some Post-H.S.	249	82.9	77.6-88.3	502	79.1	75.3-82.9	751	80.7	77.5-83.8
College Graduate	303	72.3	66.4-78.3	432	64.7	59.7-69.7	735	68.5	64.7-72.4
Income									
Less than \$15,000	166	89.0	83.3-94.7	433	82.3	78.3-86.3	599	84.8	81.5-88.1
\$15,000- 24,999	267	83.1	77.2-89.0	458	77.9	73.5-82.3	725	80.4	76.8-84.0
\$25,000- 34,999	211	81.2	75.4-86.9	254	68.9	62.4-75.3	465	75.5	71.2-79.9
\$35,000- 49,999	206	81.1	75.1-87.1	262	79.9	74.6-85.2	468	80.5	76.5-84.5
\$50,000- 74,999	209	85.3	80.1-90.5	261	73.3	67.7-79.0	470	79.6	75.7-83.5
\$75,000+	174	78.3	71.7-84.9	210	69.8	63.3-76.4	384	74.3	69.6-79.0

Figure 4.1 Consumption of fewer than five servings of fruits and vegetables daily by year: WVBRFSS, 1990-2005



NOTE: Data are not available for the years 1991-1993, 1995, 1997, 1999, 2001 and 2004.