

## CHAPTER 4: NUTRITION

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

<b>Definition</b>	Consuming fewer than five servings of fruits and vegetables on a regular daily basis.
<b>Prevalence</b>	<b>WV: 80.0%</b> (95% CI: 78.5-81.5) in 2005. <b>US: 75.8%</b> (95% CI: 75.5-76.1) in 2005. West Virginia ranked 7 <sup>th</sup> highest among 53 BRFSS participants in 2005.
<b>Time Trends</b>	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.
<b>Gender</b>	<b>Men:</b> 83.0% (95% CI: 80.7-85.3) in 2005. <b>Women:</b> 77.1% (95% CI: 75.2-79.1) in 2005. Men had a significantly higher overall prevalence of this risk factor than women.
<b>Age</b>	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.
<b>Education</b>	Overall, and among women, college graduates had a significantly lower rate of this risk factor than persons with less education.
<b>Household Income</b>	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.

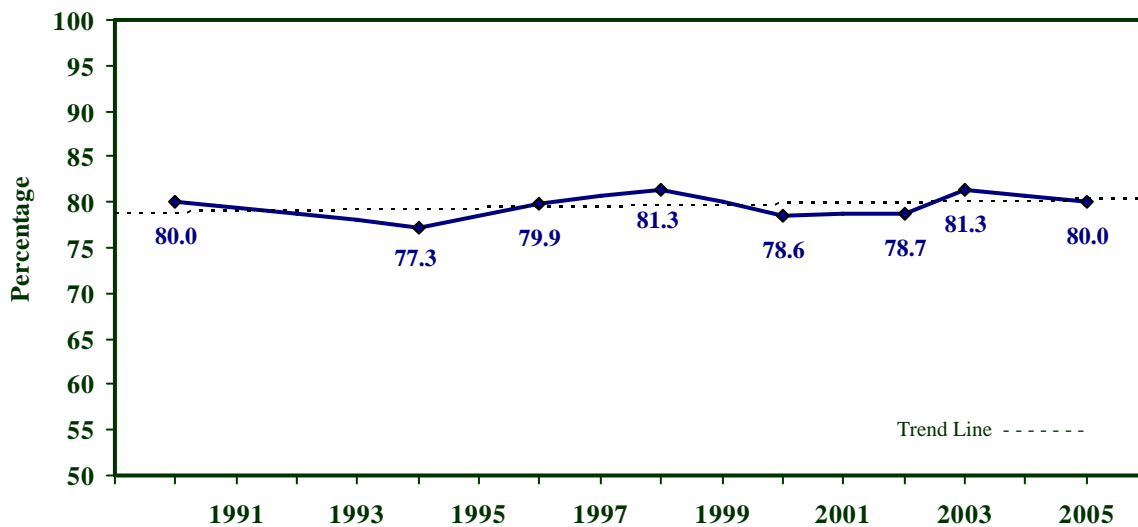
#### WV HEALTHY PEOPLE 2010 OBJECTIVES

<b>Objective 19.2</b>	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
<b>TOTAL</b>	1,350	<b>83.0</b>	80.7-85.3	2,178	<b>77.1</b>	75.2-79.1	3,528	<b>80.0</b>	78.5-81.5
<b>Age</b>									
18-24	68	<b>86.4</b>	77.9-95.0	100	<b>82.8</b>	75.0-90.6	168	<b>84.7</b>	78.9-90.5
25-34	179	<b>77.9</b>	71.2-84.6	281	<b>77.7</b>	72.6-82.7	460	<b>77.8</b>	73.6-82.0
35-44	226	<b>87.1</b>	82.4-91.9	349	<b>81.9</b>	77.6-86.2	575	<b>84.5</b>	81.3-87.7
45-54	284	<b>86.2</b>	81.9-90.5	456	<b>80.5</b>	76.6-84.5	740	<b>83.4</b>	80.4-86.3
55-64	275	<b>79.9</b>	74.7-85.1	366	<b>73.8</b>	69.0-78.7	641	<b>76.8</b>	73.3-80.4
65+	316	<b>80.0</b>	75.3-84.8	617	<b>69.7</b>	65.6-73.7	933	<b>74.0</b>	70.9-77.1
<b>Education</b>									
Less than H.S.	247	<b>85.9</b>	81.0-90.8	377	<b>82.3</b>	77.7-86.9	624	<b>84.1</b>	80.8-87.5
H.S. or G.E.D.	550	<b>87.3</b>	84.2-90.3	864	<b>79.8</b>	76.8-82.8	1,414	<b>83.5</b>	81.4-85.6
Some Post-H.S.	249	<b>82.9</b>	77.6-88.3	502	<b>79.1</b>	75.3-82.9	751	<b>80.7</b>	77.5-83.8
College Graduate	303	<b>72.3</b>	66.4-78.3	432	<b>64.7</b>	59.7-69.7	735	<b>68.5</b>	64.7-72.4
<b>Income</b>									
Less than \$15,000	166	<b>89.0</b>	83.3-94.7	433	<b>82.3</b>	78.3-86.3	599	<b>84.8</b>	81.5-88.1
\$15,000- 24,999	267	<b>83.1</b>	77.2-89.0	458	<b>77.9</b>	73.5-82.3	725	<b>80.4</b>	76.8-84.0
\$25,000- 34,999	211	<b>81.2</b>	75.4-86.9	254	<b>68.9</b>	62.4-75.3	465	<b>75.5</b>	71.2-79.9
\$35,000- 49,999	206	<b>81.1</b>	75.1-87.1	262	<b>79.9</b>	74.6-85.2	468	<b>80.5</b>	76.5-84.5
\$50,000- 74,999	209	<b>85.3</b>	80.1-90.5	261	<b>73.3</b>	67.7-79.0	470	<b>79.6</b>	75.7-83.5
\$75,000+	174	<b>78.3</b>	71.7-84.9	210	<b>69.8</b>	63.3-76.4	384	<b>74.3</b>	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.