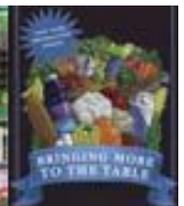


BRFSS Fruit and Vegetable Intake Summary 2011 Data

Arizona Department of Health Services
Bureau of Nutrition and Physical Activity
Research and Development

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Fruit and Vegetable Intake in Arizona

Findings from the 2011 Behavior Risk Factor Surveillance Survey (BRFSS)*

Overall Fruit and Vegetable Intake

- The median fruit intake in Arizona is 1.04 times per day
- 38.3% of adults do not consume fruit at least once per day
- The median vegetable intake in Arizona is 1.71 times per day
- 21.7% of adults do not consume vegetables at least once per day

Income

- Adults with household incomes below 185% of the Federal Poverty Level eat fruits and vegetables less often
 - 44.2% of adults who live below 185% of the FPL ate fruit less than once per day compared to 29.3% of adults with higher incomes.
 - 27.3% of adults who live below 185% of the FPL ate less than one vegetable per day, compared to 14.8% of adults with higher incomes.

Education

- People with more education eat fruit and vegetables more often
 - 47.2% of those with less than high school education ate fruit less than once per day compared to 44.1% of those who graduated from high school, 37.4% of those who attended some college or technical school, and 27.8% of those who graduated from college or technical school
 - 30.2% of those with less than high school education ate vegetables less than once per day compared to 28.2% of those who graduated from high school, 19.0% of those who attended some college or technical school, and 12.9% of those who graduated from college or technical school

Age

- Older adults tend to eat fruits and vegetables more often
 - 47.1% of adults aged 18-34 ate fruit less than once per day compared to 37.3% of adults aged 35 – 64 and 26.0% of adults age 65+
 - 26.3% of adults aged 18-34 ate vegetables less than once per day compared to 19.6% of adults aged 35 – 64 and 19.4% of adults age 65+

Fruit and Vegetable Intake and Obesity

- 62.3% of adults in Arizona are either overweight (37.2%) or obese (25.1%).
- People who eat fruit at least once per day and vegetables at least once per day are less likely to be obese.
 - 21.4% of those who ate fruit at least once per day are obese compared to 30.8% of those who ate less
 - 23.5% of those who ate vegetables at least one time per day are obese compared to 30.4% of those who ate less

* The BRFSS is a telephone health survey system, tracking health conditions and risk behaviors in the United States yearly since 1984

Arizona BRFSS 2011[†]

Fruit and Vegetable Consumption

| | Fruit times per day | | Vegetables times per day | | Not eating fruit at least one time per day | | Not eating vegetables at least one time per day | |
|--|---------------------|-------------|--------------------------|-------------|--|-------------|---|-------------|
| | Median | n | Median | n | % | n | % | n |
| Total | 1.04 | 6271 | 1.71 | 6252 | 38.3 | 2071 | 21.7 | 1162 |
| Federal Poverty Levels | | | | | | | | |
| Above 185% | 1.17 | 3239 | 1.87 | 3227 | 29.3 | 895 | 14.8 | 481 |
| 0-185% or on Food Assistance | 1.00 | 2544 | 1.57 | 2537 | 44.2 | 992 | 27.3 | 582 |
| Education | | | | | | | | |
| Less than 12 th grade | 1.00 | 571 | 1.47 | 567 | 47.2 | 248 | 30.2 | 163 |
| Graduated High School | 1.00 | 1690 | 1.51 | 1688 | 44.1 | 645 | 28.2 | 428 |
| Attended College or Technical School | 1.10 | 1913 | 1.83 | 1904 | 37.4 | 641 | 19.0 | 324 |
| Graduated from College or Technical School | 1.29 | 2083 | 1.95 | 2079 | 27.8 | 528 | 12.9 | 242 |
| Employment Status | | | | | | | | |
| Employed for wages | 1.00 | 1946 | 1.72 | 1939 | 40.7 | 680 | 19.6 | 334 |
| Self-Employed | 1.29 | 449 | 1.86 | 447 | 32.2 | 132 | 22.0 | 57 |
| Out of work (>=1 yr) | 0.72 | 237 | 1.60 | 233 | 55.7 | 106 | 26.7 | 60 |
| Out of work (< 1 yr) | 1.00 | 189 | 1.45 | 190 | 43.6 | 67 | 27.4 | 40 |
| Homemaker | 1.50 | 571 | 1.86 | 573 | 27.3 | 151 | 19.2 | 96 |
| Student | 1.00 | 131 | 1.63 | 131 | 45.4 | 57 | 28.6 | 34 |
| Retired | 1.17 | 2279 | 1.67 | 2274 | 28.8 | 657 | 18.3 | 397 |
| Unable to work | 1.00 | 449 | 1.33 | 445 | 46.9 | 212 | 35.8 | 140 |
| Ethnicity | | | | | | | | |
| Hispanic | 1.00 | 1058 | 1.57 | 1055 | 44.4 | 405 | 27.6 | 254 |
| Not Hispanic | 1.13 | 5163 | 1.73 | 5148 | 35.9 | 1643 | 19.5 | 895 |
| Language | | | | | | | | |
| English | 1.03 | 5836 | 1.70 | 5818 | 38.8 | 1918 | 22.0 | 1065 |
| Spanish | 1.13 | 435 | 1.86 | 434 | 34.2 | 153 | 18.7 | 97 |
| Age Group | | | | | | | | |
| 18-34 | 1.00 | 745 | 1.57 | 742 | 47.1 | 299 | 26.3 | 160 |
| 35-64 | 1.07 | 3038 | 1.80 | 3028 | 37.3 | 1092 | 19.6 | 566 |
| 65+ | 1.29 | 2488 | 1.67 | 2483 | 26.0 | 680 | 19.4 | 436 |
| Urban/Rural[‡] | | | | | | | | |
| Rural | 1.10 | 3872 | 1.71 | 3860 | 37.0 | 1319 | 19.0 | 719 |
| Urban | 1.03 | 2399 | 1.71 | 2392 | 38.8 | 752 | 22.5 | 443 |

[†] Do not compare 2011 BRFSS data to previous years. Questions asked and weighting scheme changed. 2011 will be baseline data moving forward

[‡] Urban = Maricopa and Pima Counties; Rural = all other counties