

BRFSS Fruit and Vegetable Intake Summary 2012 Data

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

June 25, 2014



Fruit and Vegetable Intake in Arizona
Findings from the 2012 Behavior Risk Factor Surveillance Survey (BRFSS)*

Overall Fruit and Vegetable Intake

- The median fruit intake in Arizona is 1.03 times per day
- 37.6% of adults do not consume fruit at least once per day
- The median vegetable intake in Arizona is 1.63 times per day
- 21.4% of adults do not consume vegetables at least once per day

Food Assistance

- Adults in households where someone is getting food assistance (WIC, SNAP, and/or Free and Reduced Lunch) eat fruits and vegetables less often:
 - 39.9% of adults who live in households where someone is getting food assistance ate fruit less than once per day compared to 36.9% of those who do not have anyone in their household getting food assistance
 - 27.7% of adults who live in households where someone is getting food assistance ate less than one vegetable per day, compared to 19.4% of those who do not have anyone in their household getting food assistance

Education

- People with a higher level of education eat fruit and vegetables more often:
 - 42.2% of those with less than high school education ate fruit less than once per day compared to 36.0% of those who graduated from high school, 36.0% of those who attended some college or technical school, and 32.1% of those who graduated from college or technical school
 - 28.9% of those with less than high school education ate vegetables less than once per day compared to 27.5% of those who graduated from high school, 18.5% of those who attended some college or technical school, and 14.7% of those who graduated from college or technical school

Age

- Older adults tend to eat fruits and vegetables more often:
 - 42.6% of adults aged 18-34 ate fruit less than once per day compared to 38.1% of adults aged 35-64 and 29.3% of adults age 65+
 - 24.5% of adults aged 18-34 ate vegetables less than once per day compared to 21.2% of adults aged 35-64 and 17.3% of adults age 65+

Fruit and Vegetable Intake and Obesity

- 62.0% of adults in Arizona are either overweight (36.0%) or obese (26.0%)
- People who eat fruit at least once per day and people who eat vegetables at least once per day are less likely to be obese:
 - 24.6% of those who ate fruit at least once per day are obese compared to 30.3% of those who ate fruit less than once per day
 - 25.6% of those who ate vegetables at least one time per day are obese compared to 31.7% of those who ate vegetables less than once per day

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

Arizona BRFSS 2012[†]

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	1.03	6383	1.63	6300	37.6	2188	21.4	1206
Food Assistance								
No one in household getting food assistance	1.03	5357	1.69	5269	36.9	1760	19.4	943
Someone in household getting food assistance	1.03	1026	1.50	1031	39.9	428	27.7	263
Education								
Less than 12 th grade	1.00	552	1.42	536	42.2	235	28.9	149
Graduated High School	1.00	1617	1.50	1586	42.2	638	27.5	395
Attended College or Technical School	1.10	2020	1.71	1999	36.0	710	18.5	370
Graduated from College or Technical School	1.15	2172	1.87	2157	32.1	595	14.7	285
Employment Status								
Employed for wages	1.00	2059	1.57	2039	41.9	799	22.1	407
Self-Employed	1.14	483	1.77	478	34.4	162	13.6	70
Out of work (>=1 yr)	1.00	205	1.52	204	43.9	81	34.7	54
Out of work (< 1 yr)	1.13	165	1.50	164	36.1	67	27.9	49
Homemaker	1.14	548	1.92	538	28.4	155	17.5	97
Student	1.00	136	1.87	134	46.2	53	17.0	23
Retired	1.10	2288	1.76	2258	29.3	668	18.0	382
Unable to work	1.03	462	1.50	454	39.2	190	32.4	120
Ethnicity								
Hispanic	1.00	990	1.43	966	41.0	377	25.9	238
Not Hispanic	1.07	5322	1.70	5271	36.4	1783	19.8	954
Language								
English	1.03	6019	1.65	5949	37.9	2053	21.1	1113
Spanish	1.00	364	1.43	351	34.6	135	24.3	93
Age Group								
18-34	1.03	792	1.56	778	42.6	307	24.5	189
35-64	1.03	2997	1.61	2976	38.1	1125	21.2	588
65+	1.10	2594	1.81	2546	29.3	756	17.3	429
Urban/Rural[‡]								
Rural	1.07	3736	1.57	3683	37.1	1286	23.5	723
Urban	1.03	2647	1.65	2617	37.7	902	20.6	483

[†] Do not compare 2011 and 2012 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