

BRFSS Fact Sheet

Fruit and Vegetable Consumption



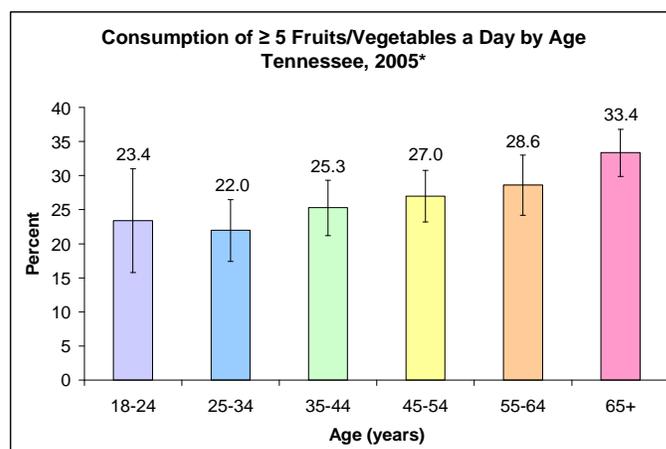
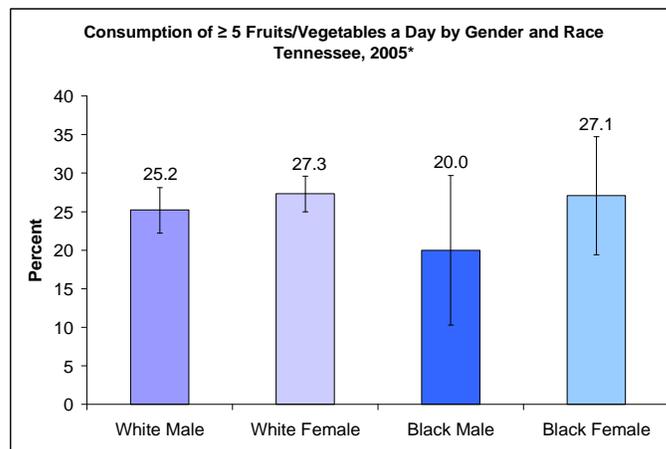
Tennessee
Department of Health

Cordell Hull Bldg.
425 5th Avenue North
Nashville, TN 37243

<http://state.tn.us/health>

Poor diet and physical inactivity are important factors contributing to the increase in overweight and obesity in the U.S.¹ In order to reverse this obesity trend, many Americans need to consume fewer calories, be more active, and make wiser food choices, including eating more fruits and vegetables.¹ Persons who eat generous amounts of fruits and vegetables are likely to have a reduced risk of chronic diseases, including stroke and certain cancers, compared with those who consume only small amounts.¹ Increasing the consumption of fruits and vegetables is important for increasing the quality and years of healthy life for all Tennesseans.

- In 2005, 26.5% of adults in Tennessee reported eating the recommended servings of fruits and vegetables (i.e. five or more servings of fruits and/or vegetables a day), compared to 23.2% for the United States.²
- Among all 50 states, the percentage of adults who consumed the recommended servings of fruits and vegetables ranged from 15.7% in Oklahoma to 30.8% in Vermont.² Compared to other states, Tennessee had the 9th highest percentage of adults consuming the recommended amount of fruits and vegetables.
- The percentage of people eating the recommended servings of fruits/vegetables was slightly higher among females (27.6% ± 2.3)* than males (25.4% ± 3.0).
- The percentage of people eating the recommended servings of fruits/vegetables was slightly higher among whites (26.3% ± 1.8) than among blacks (23.6% ± 6.2).
- As age increased the percentage of adults consuming five or more daily servings of fruits and vegetables also increased. Less than a quarter of those less than 35 years of age met serving recommendations compared to approximately a third of those 65 years or older.



References:

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans 2005*. 6th ed., Washington, DC: U.S. Government Printing Office, January 2005.
2. Centers for Disease Control and Prevention (www.cdc.gov/brfss)
3. National Cancer Institute (cancercontrol.cancer.gov/5aday)

Prepared by the Tennessee Department of Health; Office of Policy, Planning and Assessment; Surveillance, Epidemiology and Evaluation section based on 2005 TN Behavioral Risk Factor Surveillance System data.

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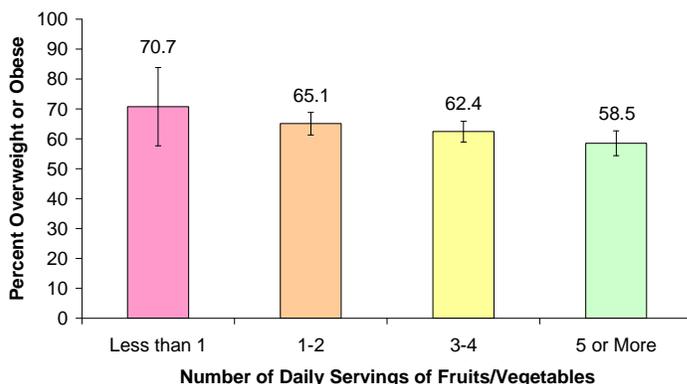
Fruit and Vegetable Consumption

- Consumption of five or more daily servings of fruits and vegetables increased with increasing education level, from 21.3% among those not completing high school to 32.0% among college graduates.
- 28.1% of persons with an annual household income of less than \$15,000 met fruit/vegetable serving recommendations. Among those with an income of greater than \$15,000, the percentage of adults consuming the recommended servings increased from 22.9% among those with an income of \$15,000-24,999 to 31.8% among those with an income of \$75,000 or more.
- The percentage of adults who were overweight or obese decreased with increasing consumption of fruits and vegetables. 70.7% of adults eating less than one daily serving of fruits and vegetables were overweight or obese, compared with 58.5% of those eating five or more servings.

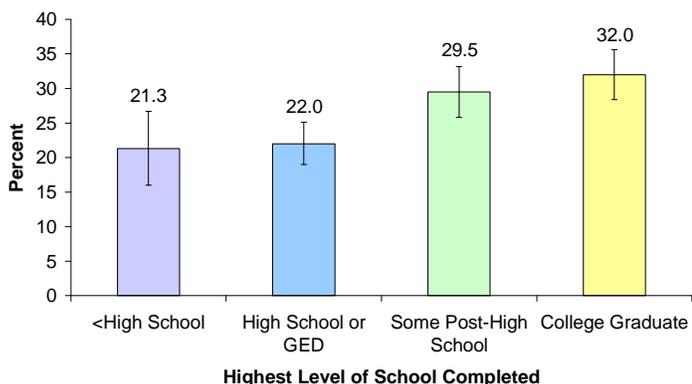
What is a Serving of Fruits/Vegetables?³

- 1 medium piece of fruit (apple, orange, banana)
- ½ cup fresh or canned cut-up fruit
- ¼ cup dried fruit
- ¾ cup 100% fruit juice
- ¾ cup 100% vegetable juice
- ½ cup raw or cooked vegetables
- 1 cup raw leafy vegetables (lettuce, spinach)
- ½ cup cooked peas or beans (lentils, pinto beans, kidney beans, etc.)

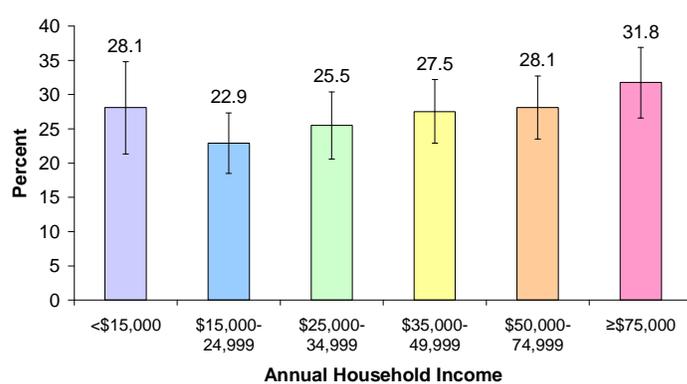
Overweight and Obesity by Fruit/Vegetable Consumption
Tennessee, 2005*



Consumption of ≥ 5 Fruits/Vegetables a Day by Education
Tennessee, 2005*



Consumption of ≥ 5 Fruits/Vegetables a Day by Income
Tennessee, 2005*



*The number above each column indicates the percent value for that column. Error bars represent 95% confidence intervals, as do ranges for percentages given in the text.