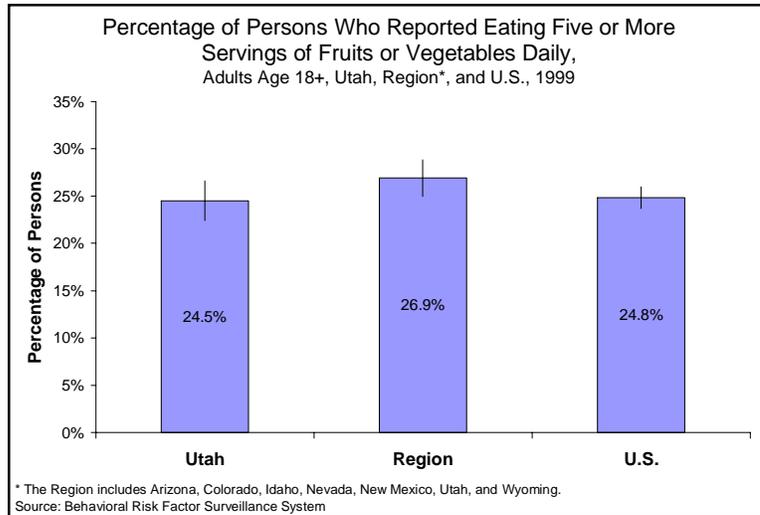


5 a Day

Question: *How often do you drink fruit juices, eat fruit, green salad, potatoes, carrots, or other vegetables? (This measure is based on a group of questions about an individual's eating habits.)*

Research suggests that a diet of five or more servings of fruits or vegetables each day is associated with reduced risk for some types of cancers, coronary heart disease, diabetes, and other chronic diseases. Additionally, fruits and vegetables are low in calories and fat, improve your eyesight, reduce blood pressure, taste good and are high in vitamins, minerals and fiber. The Utah Department of Health's Cardiovascular Program is the home of the 5 a Day Program for the state of Utah.



- In Utah, the percentage of adults who reported eating five or more servings of fruits or vegetables daily increased from 21.4% in 1993 to 24.5% in 1999. However, this overall upward trend was marked by significant changes in direction along the way.
- There was no overall change in the percentage of adults who reported eating 5 a Day for the Region. However, there was a significant non-linear trend which indicates both a change in direction for the trend and some years of leveling.
- The U.S. trend line for adults who reported eating 5 a Day was only significant for a non-linear trend indicating a change of direction over the years reported.
- The percentage of adults who reported eating five or more servings of fruits or vegetables daily was less in Utah than in both the U.S. and the Region until 1997 when Utah's percentage surpassed both the U.S. and Region. By 1999, there was no significant difference in this percentage for the three areas.
- According to the BRFSS data, Utah, the Region, and the U.S. remain far below the Healthy People 2000 objective (see below).

Utah Objective: By 2010, increase the proportion of persons aged 2 years and older who consume at least 2 daily servings of fruit to 50% and those who consume 3 daily servings of vegetables to 40%.

HP2000 Goal 2.6: Increase to at least 50% the proportion of people aged 2 and older who meet the *Dietary Guidelines'* average daily goal of five or more servings of vegetables/fruits.

HP2010 Goal 19-5: Increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit to 75%.

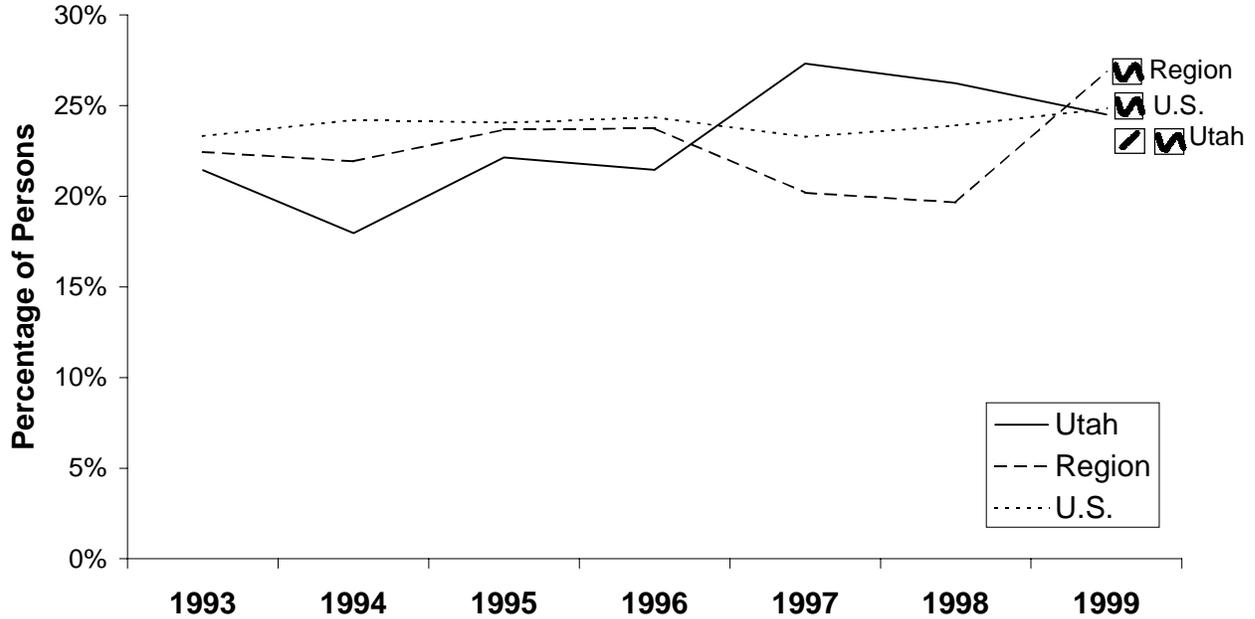
HP2010 Goal 19-6: Increase the proportion of persons aged 2 years and older who consume at least three daily servings of vegetables, with at least one-third being dark green or deep yellow vegetables to 50%.

CDI 55: Fruit and vegetable consumption among adults (percent of respondents age 18 years or older who report eating five or more servings of fruits and vegetables per day).

CHSI: Few fruits/vegetables; percent of respondents not eating 5 servings of fruits and vegetables per day.

5 a Day

Percentage of Persons Who Reported Eating Five or More Servings of Fruits or Vegetables Daily, Adults Age 18+, Utah, Region*, and U.S., 1993 - 1999



* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.
 Not all states participated in the BRFSS until 1994 (see Appendix A)
 Source: Behavioral Risk Factor Surveillance System

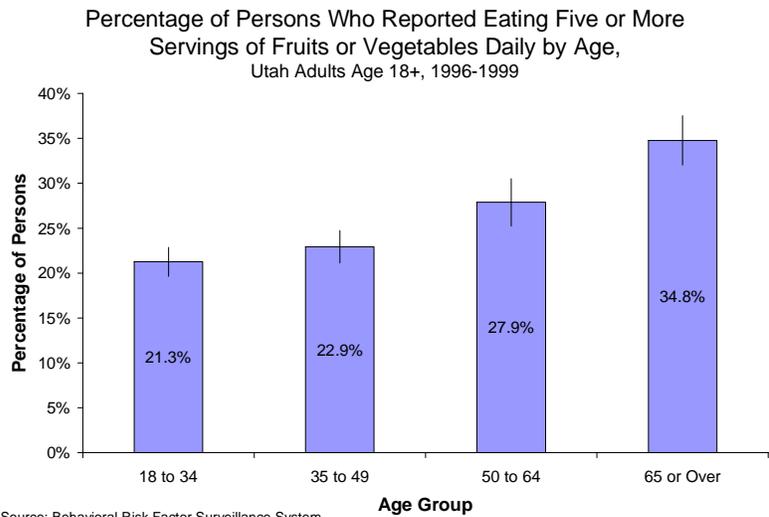
Year	Utah			Region			U.S.		
	Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1993	21.4%	19.3%	23.6%	22.5%	20.7%	24.2%	23.3%	22.5%	24.2%
1994	18.0%	16.0%	19.9%	21.9%	20.8%	23.0%	24.2%	23.8%	24.6%
1995	22.2%	20.2%	24.1%	23.7%	21.8%	25.6%	24.1%	23.2%	24.9%
1996	21.5%	19.6%	23.4%	23.7%	22.7%	24.8%	24.4%	24.0%	24.7%
1997	27.3%	25.3%	29.4%	20.2%	18.6%	21.8%	23.3%	22.6%	24.0%
1998	26.2%	24.1%	28.3%	19.7%	18.7%	20.6%	23.9%	23.6%	24.3%
1999	24.5%	22.4%	26.6%	26.9%	25.0%	28.8%	24.8%	23.7%	26.0%

* In the odd years, the Region and U.S. estimates only include states or territories that asked the 'Fruit and Vegetable' module.

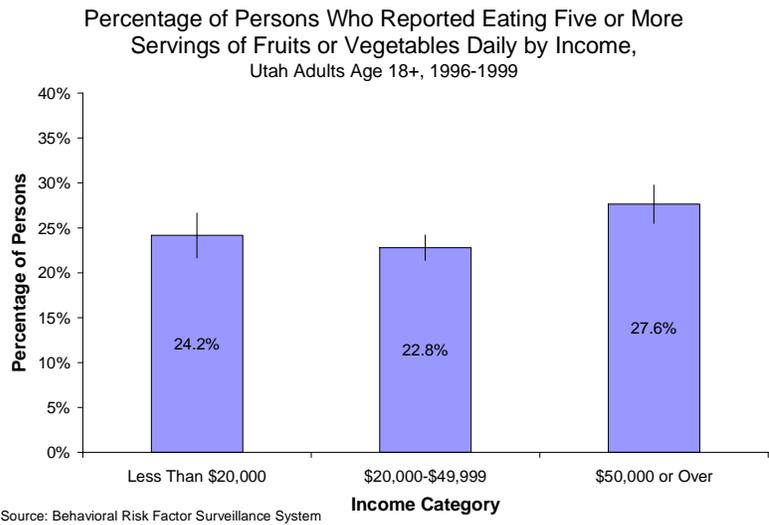
-  upward linear trend
-  non-linear trend

5 a Day

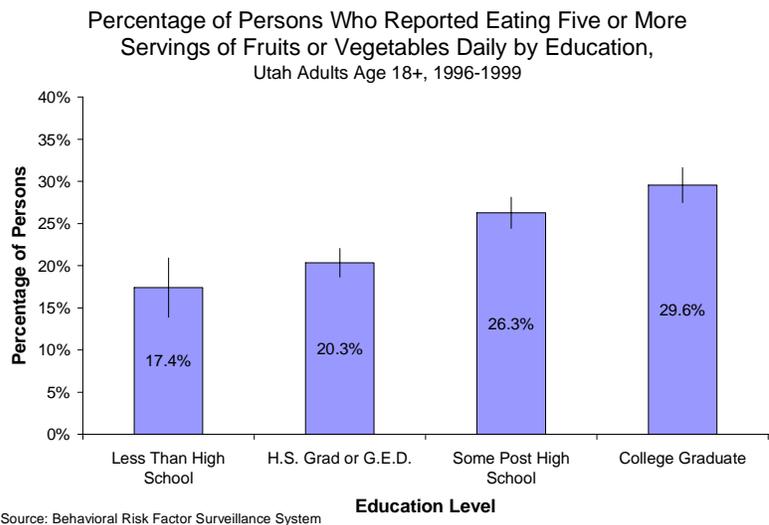
- The percentage of Utah adults who reported eating five or more servings of fruits or vegetables daily increased with age. ($p < 0.0001$)



- Utahns with a household annual income of \$50,000 or greater reported eating five or more servings of fruits or vegetables daily more often than those with household incomes less than \$50,000/year. ($p = 0.0017$)



- The percentage of Utah adults who reported eating five or more servings of fruits or vegetables daily increased with increasing education level. ($p < 0.0001$)



5 a Day

Percentage of Persons Who Reported Eating Five or More Servings of Fruits or Vegetables Daily by Selected Demographic Characteristics, Utah Adults Age 18+, 1996-1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Who Reported Eating Five or More Servings of Fruits and Vegetables Daily				
	Distribution	Number of Adults ¹	Percentage of Adults Who Reported Eating Five or More Servings of Fruits and Vegetables Daily			Number of Adults ^{1, 2}	Distribution of Adults Who Reported Eating Five or More Servings of Fruits and Vegetables Daily by Category
Fruit and Vegetable Servings							
Less Than 1 per Day or Never	3.5%	48,200					
1 to 2 Times per Day	34.8%	477,700					
3 to 4 Times per Day	36.9%	506,700					
5 or More Times per Day	24.9%	341,700					
Total, All Adults Age 18+	100.0%	1,374,400					
			95% Confidence Intervals				
				Lower	Upper		
Sex							
Males	48.7%	669,400	20.4%	19.0%	21.9%	136,800	40.0%
Females	51.3%	705,000	29.1%	27.6%	30.5%	204,900	60.0%
Total, All Adults Age 18+	100.0%	1,374,400	24.9%	23.8%	25.9%	341,700	100.0%
Age Group							
18 to 34	37.0%	507,900	21.3%	19.7%	22.9%	108,000	31.6%
35 to 49	31.4%	432,100	22.9%	21.1%	24.7%	99,100	29.0%
50 to 64	17.5%	239,900	27.9%	25.2%	30.5%	66,900	19.6%
65 or Over	14.2%	194,500	34.8%	32.0%	37.5%	67,600	19.8%
Total, All Adults Age 18+	100.0%	1,374,400	24.9%	23.8%	25.9%	341,700	100.0%
Race							
White, Non-Hispanic	90.9%	1,249,100	24.6%	23.5%	25.6%	306,700	89.7%
Hispanic	5.6%	77,200	26.1%	21.6%	30.6%	20,100	5.9%
Non-White, Non-Hispanic	3.5%	48,100	31.3%	24.5%	38.2%	15,100	4.4%
Total, All Adults Age 18+	100.0%	1,374,400	24.9%	23.8%	25.9%	341,700	100.0%
Income							
Less Than \$20,000	18.3%	251,300	24.2%	21.7%	26.7%	60,700	18.0%
\$20,000-\$49,999	50.5%	694,200	22.8%	21.4%	24.2%	158,100	46.9%
\$50,000 or Over	31.2%	428,900	27.6%	25.5%	29.8%	118,500	35.1%
Total, All Adults Age 18+	100.0%	1,374,400	24.9%	23.8%	25.9%	341,700	100.0%
Education							
Less Than High School	6.6%	90,700	17.4%	13.9%	20.9%	15,800	4.6%
H.S. Grad or G.E.D.	30.5%	418,800	20.3%	18.6%	22.1%	85,200	25.0%
Some Post High School	34.0%	467,100	26.3%	24.4%	28.1%	122,800	36.0%
College Graduate	28.9%	397,800	29.6%	27.5%	31.6%	117,500	34.4%
Total, All Adults Age 18+	100.0%	1,374,400	24.9%	23.8%	25.9%	341,700	100.0%

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

Source: Utah Behavioral Risk Factor Surveillance System