

Daily Fruit Consumption

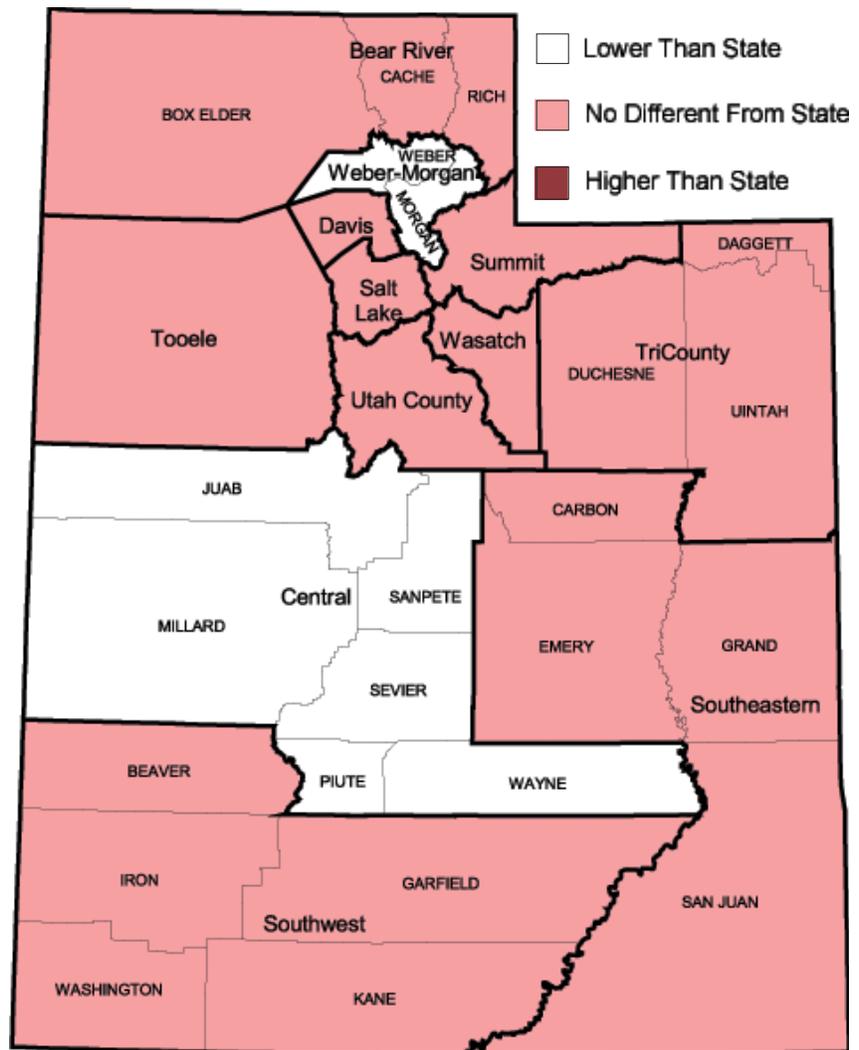


Questions: How often do you drink fruit juices such as orange, grapefruit, or tomato? Not counting juice, how often do you eat fruit?

The *Dietary Guidelines for Americans* recommend that persons ages two years or over choose a healthful assortment of foods that includes vegetables and fruits. Fruits and vegetables are rich in a variety of nutrients and low in fat. Research suggests that a diet high in fruits and vegetables is associated with reduced risk for some types of cancers, coronary heart disease, diabetes, and other chronic diseases. Fresh and dried fruits should be kept on hand for healthy snacks and used even as a naturally sweet dessert at meals. Using a set of questions about daily fruit and vegetable consumption, the data were analyzed to determine the percentage of adults who consumed at least two servings of fruit daily.

- Using age adjusted data for years 1999 and 2000, the map shows that adults in the Weber-Morgan and Central Utah Health Districts were less likely to consume two servings of fruit daily than adults in the state as a whole. The lowest rate was in Weber-Morgan Health District.
- The percentage of adults who reported eating two or more fruits daily was about the same in Utah as in the entire U.S. (33.8% vs. 34.2% respectively, age-adjusted rates).

Two or More Fruits Daily by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999-2000



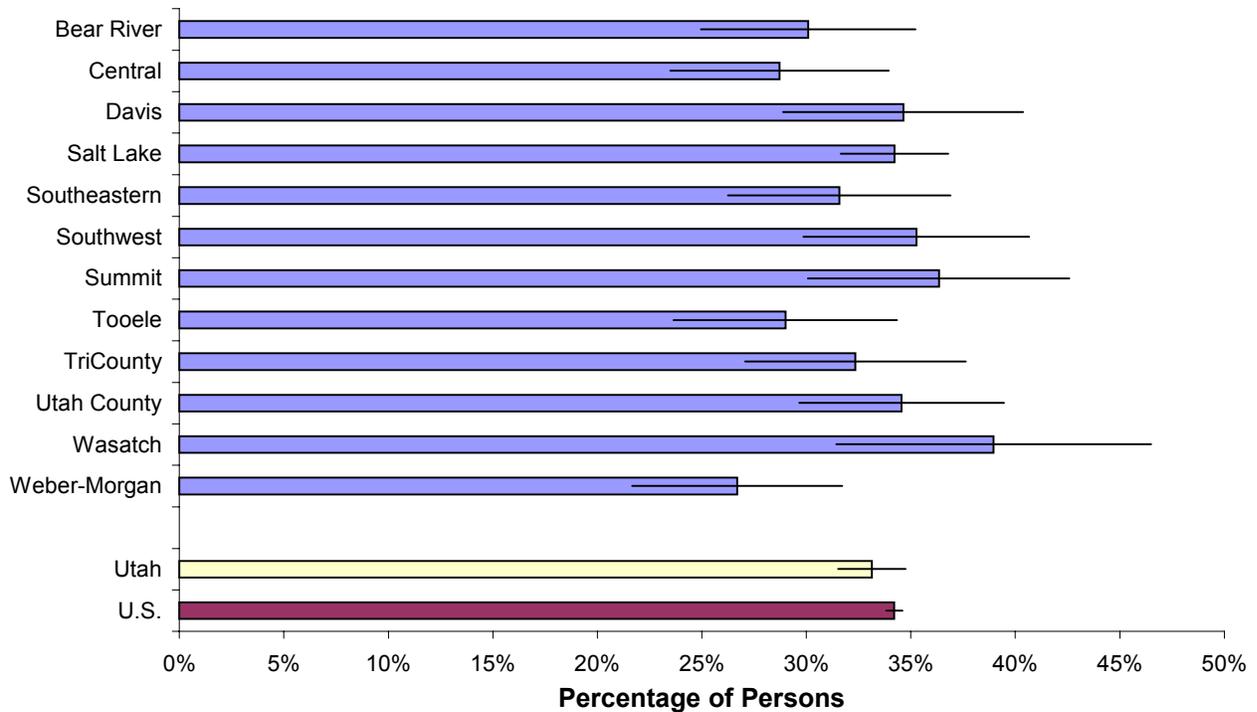
Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System



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Percentage of Persons Who Reported Eating Two or More Fruits Daily*

by Local Health District, Utah, and U.S., Adults Ages 18+, 1999-2000



* crude rates
Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number Eating Enough Fruit	Percent	95% CI Range	Percent	95% CI Range	
Bear River	379	91,817	27,600	30.1%	25.0% 35.2%	29.9%	25.0% 34.8%	
Central	389	43,286	12,400	28.7%	23.5% 33.9%	28.0%	23.1% 32.9%	
Davis	370	155,816	54,000	34.6%	28.9% 40.4%	36.1%	30.3% 41.9%	
Salt Lake	1,671	627,857	214,900	34.2%	31.6% 36.8%	35.0%	32.4% 37.6%	
Southeastern	359	36,451	11,500	31.6%	26.3% 36.9%	31.6%	26.4% 36.9%	
Southwest	412	97,595	34,400	35.3%	29.9% 40.7%	36.3%	31.0% 41.6%	
Summit	392	21,092	7,700	36.3%	30.1% 42.6%	36.5%	30.5% 42.5%	
Tooele	481	27,012	7,800	29.0%	23.7% 34.3%	29.2%	24.2% 34.2%	
TriCounty	369	26,359	8,500	32.3%	27.1% 37.6%	33.4%	28.3% 38.5%	
Utah County	531	245,264	84,700	34.6%	29.7% 39.5%	34.7%	29.9% 39.6%	
Wasatch	327	10,154	4,000	39.0%	31.4% 46.5%	38.8%	32.2% 45.3%	
Weber-Morgan	374	140,822	37,600	26.7%	21.7% 31.7%	26.5%	21.8% 31.1%	
Utah	6,054	1,523,525	504,900	33.1%	31.5% 34.8%	33.8%	32.2% 35.5%	
U.S.				34.2%	33.8% 34.6%	34.2%	33.9% 34.6%	

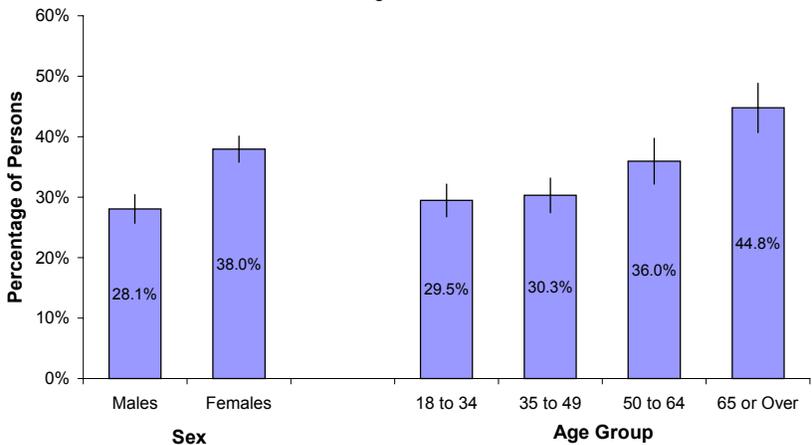
** Age adjusted to U.S. 2000 standard population
U.S. rate includes only year 2000.

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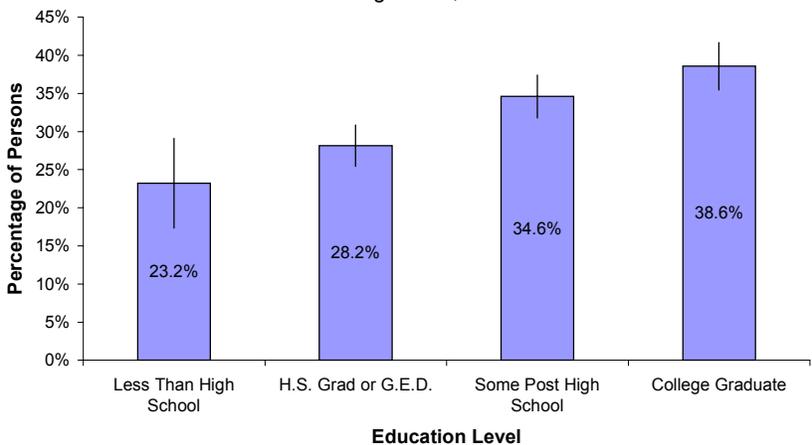
- Women were more likely to report eating two or more servings of fruits daily than were men in Utah (38.0% vs. 28.1% respectively).
- The percentage of adults who reported eating two or more servings of fruits daily increased with age.

Percentage of Persons Who Reported Eating Two or More Fruits Daily by Sex and Age, Utah Adults Ages 18+, 1999-2000



- The percentage of adults who reported two or more servings of fruits daily increased with increasing education from 23.2% for adults with less than high school to 38.6% for Utahns with at least a college degree.

Percentage of Persons Who Reported Eating Two or More Fruits Daily by Education, Utah Adults Ages 18+, 1999-2000



The Cardiovascular Health Program in the Utah Department of Health is home to the 5 a Day Program for the state of Utah. The 5 a Day Association of Utah is a non-profit organization comprised of over 40 public and private companies committed to promoting the importance of eating more fruits and vegetables for better health. Since 1994, the 5 a Day Association of Utah and the Cardiovascular Health Program have provided the state of Utah with educational materials, resources and 5 a Day promotional activities. 5 a Day at School has reached more than 90 percent of Utah's elementary schools. 5 A Day is also working with organizations statewide on strategies to target populations with low consumption of fruits and vegetables.

Utah Objective: By 2005, increase the proportion of persons who consume at least two daily servings of fruit to 48% (age adjusted to the U.S. 2000 standard population).

HP2010 Objective 19-5: Increase the proportion of persons aged two years or over who consume at least two daily servings of fruit to 75% (age adjusted to the U.S. 2000 standard population).



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Percentage of Persons Who Reported Eating Two or More Fruits Daily by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 - 2000.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Who Reported Eating Two or More Daily Servings of Fruits ²			Number of Persons ^{1,3}	Distribution of Persons Who Reported Eating Two or More Daily Servings of Fruits by Category
			95% Confidence Intervals				
			Lower	Upper			
Fruit Servings							
Less Than 1 per Day or Never	66.9%	1,018,600					
2 or More Times per Day	33.1%	504,900					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	28.1%	25.7%	30.4%	211,600	42.0%
Females	50.5%	769,800	38.0%	35.8%	40.1%	292,200	58.0%
Total, All Adults	100.0%	1,523,500	33.1%	31.5%	34.8%	504,900	100.0%
Age Group							
18 to 34	42.6%	648,500	29.5%	26.7%	32.2%	191,000	38.3%
35 to 49	28.5%	433,700	30.3%	27.4%	33.2%	131,500	26.4%
50 to 64	16.4%	250,000	36.0%	32.2%	39.8%	89,900	18.0%
65 or Over	12.6%	191,300	44.8%	40.7%	48.9%	85,700	17.2%
Total, All Adults	100.0%	1,523,500	33.1%	31.5%	34.8%	504,900	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	33.2%	31.5%	34.9%	446,500	88.5%
Hispanic	8.3%	126,000	32.1%	25.6%	38.6%	40,500	8.0%
Non-White, Non-Hispanic	3.4%	51,500	33.9%	24.9%	42.9%	17,500	3.5%
Total, All Adults	100.0%	1,523,500	33.1%	31.5%	34.8%	504,900	100.0%
Income							
Less Than \$20,000	13.6%	207,700	31.7%	27.3%	36.2%	65,800	13.2%
\$20,000-\$49,999	47.8%	727,500	32.3%	29.9%	34.6%	234,700	47.2%
\$50,000 or Over	38.6%	588,400	33.4%	30.5%	36.3%	196,300	39.5%
Total, All Adults	100.0%	1,523,500	33.1%	31.5%	34.8%	504,900	100.0%
Education							
Less Than High School	6.0%	91,700	23.2%	17.3%	29.1%	21,300	4.2%
H.S. Grad or G.E.D.	30.1%	458,100	28.2%	25.4%	30.9%	129,000	25.6%
Some Post High School	35.1%	534,100	34.6%	31.8%	37.4%	184,800	36.6%
College Graduate	28.9%	439,500	38.6%	35.5%	41.7%	169,500	33.6%
Total, All Adults	100.0%	1,523,500	33.1%	31.5%	34.8%	504,900	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.