

2003 NC Behavioral Risk Factor Surveillance Survey System--Nutrition -- Fruit and Vegetable Consumption

Consumed 5 or more servings of fruits/vegetables per day

- About 23.2 percent of NC adults reported that they consumed the recommended number of servings of fruits and vegetables, i.e., five or more fruits and/or vegetables daily.
- Women (26.6%) were more likely to consume 5+ servings of fruits and vegetables than men (19.5%). • Consuming 5+ servings of fruits and vegetables tended to increase with age.
- Consuming 5+ servings of fruits and vegetables increased with each level of education.

Geographical Variation (recommended consumption fruits/vegetables)

North Carolina: Consumption of the recommended daily amount of fruits and vegetables was nearly the same for the Piedmont and the Eastern region, while in the Western region consumption was noticeably higher. Small sample sizes warrant caution for geographical comparisons of this indicator.

Nationwide: All states/territories participated in the 2003 Fruits and Vegetables as part of the core, North Carolina rate (23.2%) of the recommended servings of five fruits/vegetables per day was similar to the nationwide rate. Vermont had the highest rate (32.5 %) and Oklahoma had the lowest rate (15.4%).

North Carolina Trend

- The rate of consuming five servings of fruits or vegetables per day increased in North Carolina from 18.9 in 1994 percent to 23.2 percent in 2003. This increase was the highest among white males.

Table 25a. Consumption of Five or More Fruit and Vegetables per Day in North Carolina by Year, Race and Sex

	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
NC	*	*	*	*	18.9	14.9	16.5	*	21.4	*	22.1	25.2	23.6	23.2
White	*	*	*	*	17.8	13.8	13.3	*	16.7	*	19.6	26.7	26.0	24.7
Black	*	*	*	*	23.1	19.4	21.7	*	28.5	*	26.6	21.7	19.0	18.4
White Male	*	*	*	*	8.2	6.1	11.6	*	16.7	*	16.0	22.0	22.5	20.3

White															28.8
Female	*	*	*	*	15.3	11.5	13.0	*	17.2	*	20.0	30.8.0	29.1		
Black Male	*	*	*	*	20.5	16.6	17.6	*	22.8	*	23.2	22.4	16.2	17.1	
Black Female	*	*	*	*	12.1	9.2	12.4	*	17.0	*	18.2	21.0	21.1	19.4	
(US)	21.4	21.0	21.2	23.3	24.2	24.0	24.3	23.3	23.9	24.8	24.2	26.1	24.4	22.9	

* Question not asked in these years

Data provided by Ziya Gizlice, NC BRFSS Coordinator -- July 2004 Visit <http://www.schs.state.nc.us/SCHS/brfss/2003/nc/all/ frtindx.html> for more detailed information on fruit and vegetable intake.