

FRUIT AND VEGETABLE CONSUMPTION AMONG ADULTS IN ARKANSAS, 2007

In Arkansas, about 4 out of 5 adults do not eat fruits and vegetables at least five times per day.

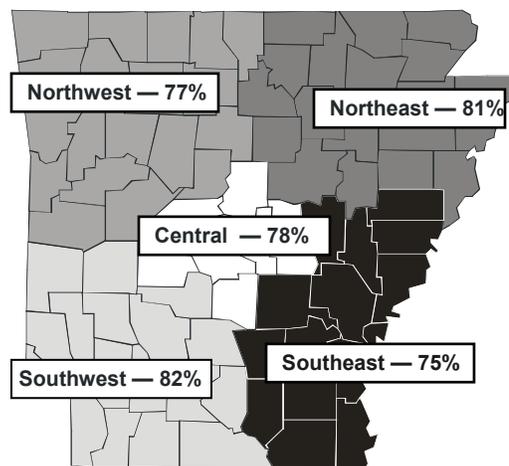
Arkansas Behavioral Risk Factor Surveillance System

THE IMPORTANCE OF FRUIT AND VEGETABLE CONSUMPTION

- ◆ Fruits and vegetables contain vitamins, minerals, and fiber that can help protect against chronic diseases, such as cancer and heart disease.
- ◆ Substituting fruits and vegetables for high-calorie foods can help with weight management goals.
- ◆ A site sponsored by the Centers for Disease Control and Prevention, www.fruitsandveggiesmatter.gov, gives tips on how to enjoy fruits and vegetables.
- ◆ About 4 out of 5 adults (78%) in Arkansas do not eat fruits and vegetables at least five times per day.

PUBLIC HEALTH REGION

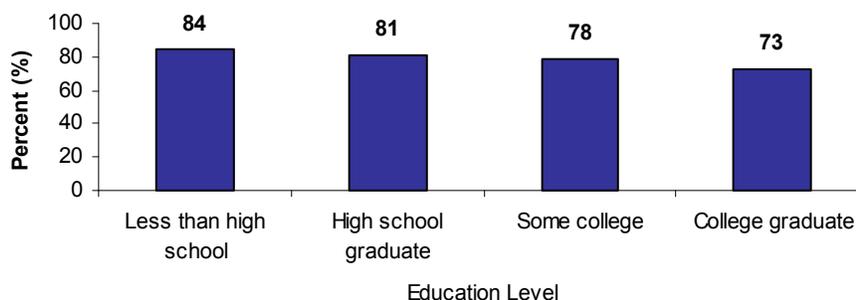
The map to the right shows how the estimated percent of adults who do not eat fruits and vegetables at least five times per day varies by public health region in Arkansas.



EDUCATION

Adults with less education are more likely to not eat fruits and vegetables at least five times per day, as shown in the graph below.

Inadequate Fruit and Vegetable Consumption by Education Level



In Arkansas,
women are more
likely than men to
eat fruits and
vegetables five or
more times per day.

Arkansas Behavioral Risk Factor
Surveillance System-
<http://brfss.arkansas.gov>

Arkansas Department of Health-
<http://www.HealthyArkansas.com>

Estimated Percent of Adults Who Do Not Eat Fruits and Vegetables At Least Five Times Per Day in Arkansas, 2007	
Percent (95% Confidence Interval)*	
Gender	
Male	82% (79.8, 84.1)
Female	75% (72.8, 76.5)
Age	
18-24	79% (71.3, 84.8)
25-34	80% (75.8, 83.1)
35-44	81% (77.8, 83.7)
45-54	78% (75.6, 81.0)
55-64	77% (74.5, 79.7)
65+	75% (72.3, 76.7)
Race/Ethnicity	
African American	75% (67.2, 81.0)
White	79% (77.4, 80.4)
Hispanic	77% (65.8, 80.1)
Annual Household Income	
Less than \$15,000	81% (76.3, 84.7)
\$15,000-\$24,999	80% (76.7, 83.6)
\$25,000-\$34,999	78% (72.7, 81.7)
\$35,000-\$49,999	77% (72.9, 80.3)
\$50,000+	78% (75.4, 79.6)
Metropolitan vs. Non-Metropolitan **	
Metropolitan	77% (74.8, 78.8)
Non-Metropolitan	80% (77.8, 81.9)
Body Mass Index	
Normal	75% (71.8, 77.5)
Overweight	81% (78.3, 82.5)
Obese	79% (75.9, 81.1)

*As a general rule, estimates are considered significantly different if the confidence intervals do not overlap.

**Metropolitan areas of Arkansas include center cities, counties containing center cities, and suburban counties. Any areas outside of metropolitan areas are considered non-metropolitan.