

Daily Vegetable Consumption

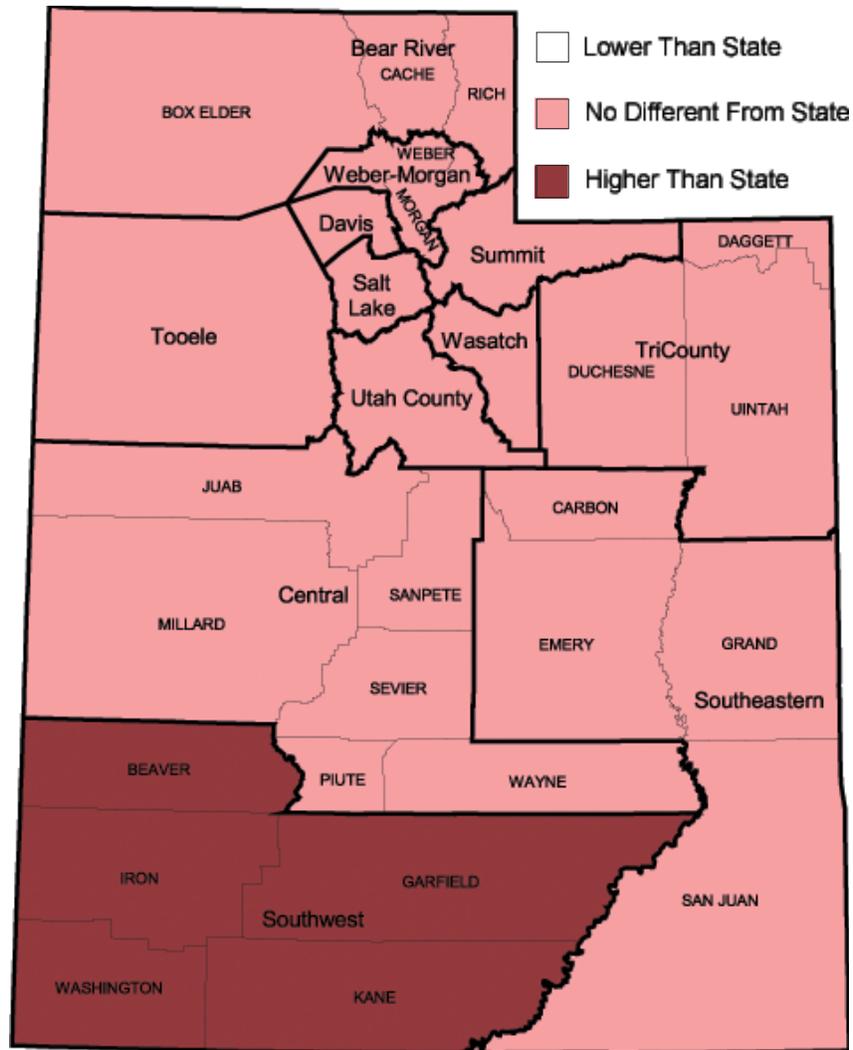


Questions: *How often do you eat green salad? How often do you eat potatoes not including french fries, fried potatoes, or potato chips? How often do you eat carrots? Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?*

The *Dietary Guidelines for Americans* recommend at least three servings of vegetables daily. It is best to consume a variety of vegetables in order to receive a broad range of beneficial vitamins and minerals. The Healthy People 2010 goal specifically states that one third of vegetables be the dark green or orange variety. Vegetables should be prepared or served with little or no fat. Using a set of questions about daily vegetable consumption, the data were analyzed to determine the percentage of adults who consumed at least three servings of vegetables daily. The BRFSS excludes french fries, fried potatoes, and potato chips when asking about potato consumption as one of the set of questions.

- Using age adjusted data for years 1999 and 2000, the map illustrates that adults in the Southwest Utah Health District were more likely to report consuming three servings of vegetables daily than adults in the state as a whole.
- The percentage of Utah adults who reported eating three or more servings of vegetables daily in 1990 and 2000 combined was lower than that of the U.S. for 2000 only (22.6% vs. 26.5% respectively, age-adjusted rates).

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



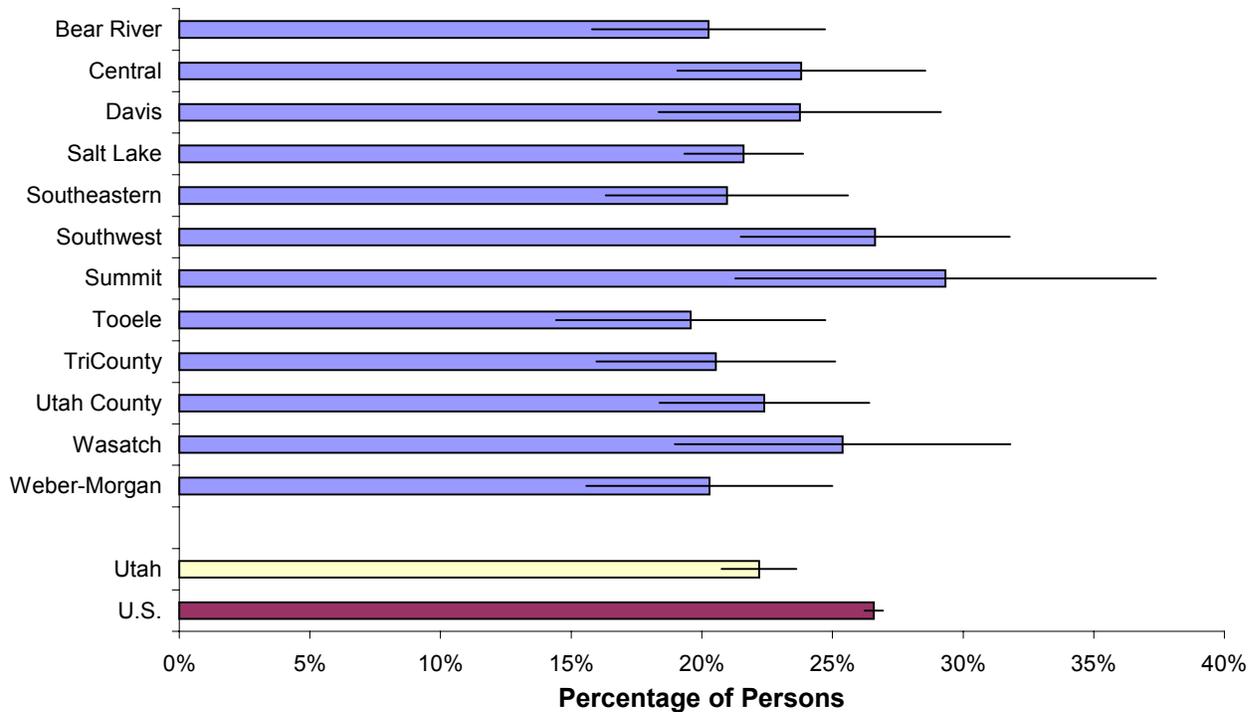
Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System



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Percentage of Persons Who Reported Eating Three or More Vegetables 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 Vegetables	Percent	95% CI Range	Percent	95% CI Range	
Bear River	379	91,817	18,600	20.3%	15.8% 24.7%	20.6%	16.1% 25.1%	
Central	389	43,286	10,300	23.8%	19.1% 28.6%	23.7%	19.1% 28.3%	
Davis	370	155,816	37,000	23.8%	18.4% 29.2%	23.4%	18.3% 28.4%	
Salt Lake	1,671	627,857	135,600	21.6%	19.3% 23.9%	21.7%	19.4% 24.0%	
Southeastern	359	36,451	7,600	21.0%	16.3% 25.6%	20.6%	16.2% 25.1%	
Southwest	412	97,595	26,000	26.6%	21.5% 31.8%	28.3%	23.0% 33.5%	
Summit	392	21,092	6,200	29.3%	21.3% 37.4%	27.3%	20.9% 33.7%	
Tooele	481	27,012	5,300	19.6%	14.4% 24.7%	19.6%	14.9% 24.4%	
TriCounty	369	26,359	5,400	20.5%	16.0% 25.1%	21.7%	17.2% 26.2%	
Utah County	531	245,264	54,900	22.4%	18.4% 26.4%	25.5%	21.3% 29.8%	
Wasatch	327	10,154	2,600	25.4%	19.0% 31.8%	25.6%	19.3% 32.0%	
Weber-Morgan	374	140,822	28,600	20.3%	15.6% 25.0%	20.2%	15.6% 24.9%	
Utah	6,054	1,523,525	338,100	22.2%	20.8% 23.6%	22.6%	21.2% 24.0%	
U.S.				26.6%	26.2% 26.9%	26.5%	26.2% 26.9%	

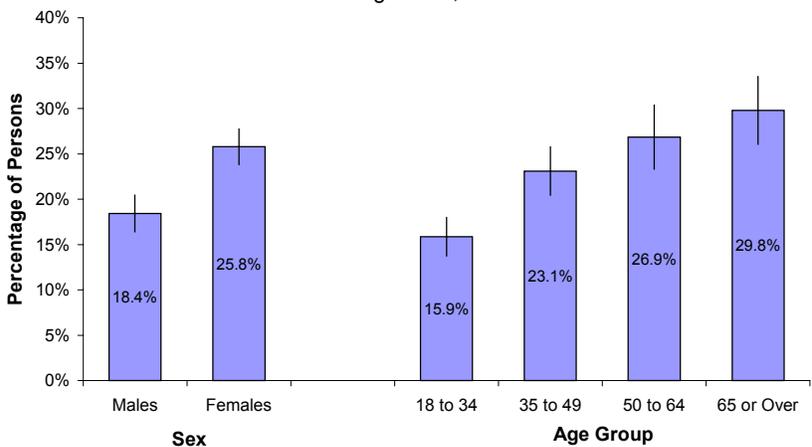
** Age adjusted to U.S. 2000 standard population
U.S. rate includes only year 2000.

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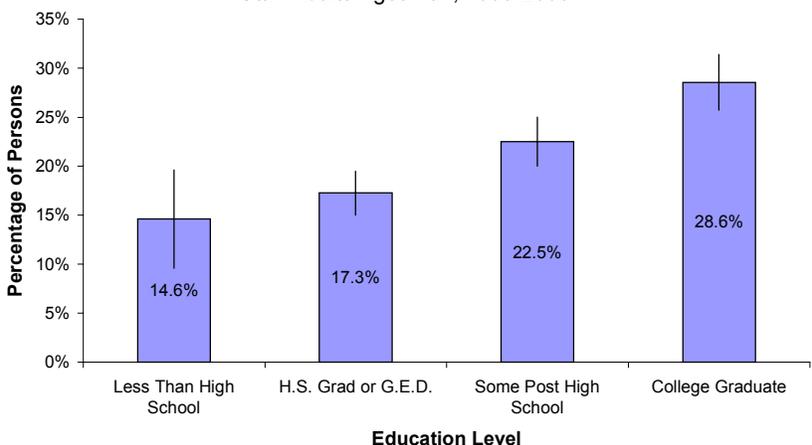
- Utah women were more likely to report eating three or more servings of vegetables daily (25.8%) than men (18.4%).
- Older adults were more likely to report three servings of vegetables daily.

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



- The percentage of adults who reported three or more servings of vegetables daily increased with education level from 14.6% for adults with less than high school to 28.6% for adults with a college degree or more.

Percentage of Persons Who Reported Eating Three or More Vegetables 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 three daily servings of vegetables to 52% (age adjusted to the U.S. 2000 standard population).

HP2010 Objective 19-6: Increase the proportion of persons aged two years or over who consume at least three daily servings of vegetables, with at least one-third being dark green or orange vegetables to 50% (age adjusted to the U.S. 2000 standard population).



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Percentage of Persons Who Reported Eating Three or More Vegetables 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 Three+ Daily Servings of Vegetables ²			Number of Persons ^{1,3}	Distribution of Persons Who Reported Eating Three+ Daily Servings of Vegetables by Category
			95% Confidence Intervals	Lower	Upper		
Vegetable Servings							
Less Than 1 per Day or Never	13.0%	198,200					
1 to 2 Times per Day	64.8%	987,200					
3 or More Times per Day	22.2%	338,100					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	18.4%	16.4%	20.5%	138,800	41.2%
Females	50.5%	769,800	25.8%	23.8%	27.8%	198,500	58.8%
Total, All Adults	100.0%	1,523,500	22.2%	20.8%	23.6%	338,100	100.0%
Age Group							
18 to 34	42.6%	648,500	15.9%	13.7%	18.0%	102,900	31.4%
35 to 49	28.5%	433,700	23.1%	20.4%	25.8%	100,200	30.6%
50 to 64	16.4%	250,000	26.9%	23.3%	30.4%	67,100	20.5%
65 or Over	12.6%	191,300	29.8%	26.0%	33.6%	57,000	17.4%
Total, All Adults	100.0%	1,523,500	22.2%	20.8%	23.6%	338,100	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	22.5%	21.0%	24.0%	302,900	89.8%
Hispanic	8.3%	126,000	18.6%	13.4%	23.8%	23,400	6.9%
Non-White, Non-Hispanic	3.4%	51,500	21.1%	13.1%	29.1%	10,900	3.2%
Total, All Adults	100.0%	1,523,500	22.2%	20.8%	23.6%	338,100	100.0%
Income							
Less Than \$20,000	13.6%	207,700	19.5%	15.9%	23.0%	40,400	12.3%
\$20,000-\$49,999	47.8%	727,500	20.5%	18.4%	22.5%	148,800	45.2%
\$50,000 or Over	38.6%	588,400	23.8%	21.2%	26.5%	140,000	42.5%
Total, All Adults	100.0%	1,523,500	22.2%	20.8%	23.6%	338,100	100.0%
Education							
Less Than High School	6.0%	91,700	14.6%	9.6%	19.6%	13,400	4.0%
H.S. Grad or G.E.D.	30.1%	458,100	17.3%	15.0%	19.5%	79,100	23.4%
Some Post High School	35.1%	534,100	22.5%	20.0%	25.0%	120,200	35.5%
College Graduate	28.9%	439,500	28.6%	25.7%	31.4%	125,600	37.1%
Total, All Adults	100.0%	1,523,500	22.2%	20.8%	23.6%	338,100	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.