

Health | Behaviors

2009 Update

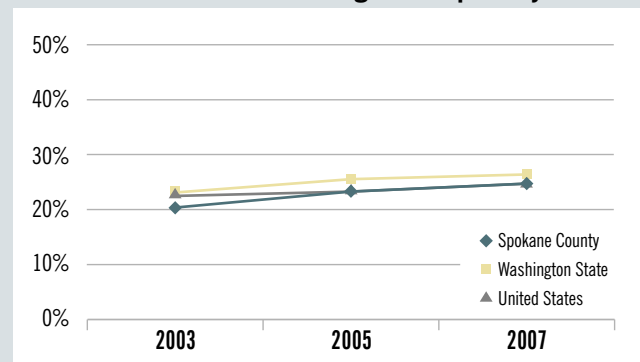
This indicator is 1 of 44 Spokane Counts indicators found at www.srhd.org/SpokaneCounts

Fruit and Vegetable Intake (adult)

Fruit and vegetable intake is measured by the percent of adults 18 years of age or older who ate the recommended 5 or more servings per day. Fruits and vegetables contain vitamins, minerals, fiber and other substances that are important for good health. Diets with adequate fruits and vegetables may reduce the risk of some cancers and other chronic diseases.¹

In Spokane County, one-quarter of adults ate the recommended amount of fruits and vegetables. There was a significant increase in fruit and vegetable intake from 2003 to 2007. The proportion of Spokane County adults eating the recommended amount of fruits and vegetables was similar to that of Washington State and the U.S. in 2007.

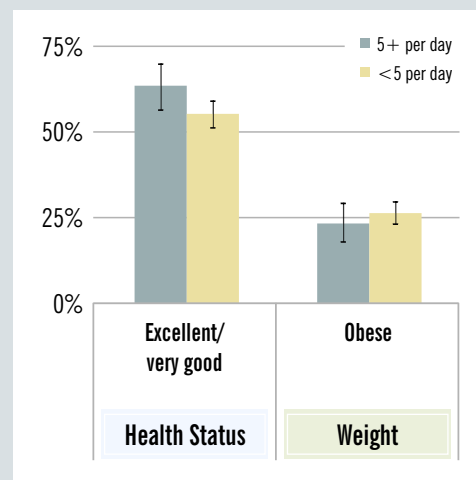
Adults Who Ate 5 Fruits and Vegetables per Day



Source: Behavioral Risk Factor Surveillance System

There was no difference in fruit and vegetable intake by age, sex, race, education level, or poverty level.

Demographic Disparities in Adults Who Ate 5 Fruits and Vegetables per Day Spokane County, 2007



Source: Behavioral Risk Factor Surveillance System

Adults who ate 5 or more servings of fruits and vegetables were significantly more likely to report their general health as excellent or very good than adults eating fewer servings. The proportion of adults who were obese was similar among those eating 5 or more servings of fruits and vegetables per day and those who did not.

Indicator: Fruit and Vegetable Intake (adult)

Percent
(95% Confidence Interval)

	2003	2005	2007	
Total	Spokane County (17.2, 22.9)	19.9% (17.2, 22.9)	23.2% (20.0, 26.7)	24.5% (21.6, 27.6)
	Washington State (22.5, 24.1)	23.3% (22.5, 24.1)	25.2% (24.5, 26.0)	26.0% (25.2, 26.7)
	National	22.6%	23.2%	24.4%
Age Group (years)	18-34 (12.3, 22.6)	16.8% (12.3, 22.6)	21.0% (14.8, 29.0)	26.9% (19.8, 35.5)
	35-44 (9.7, 20.9)	14.4% (9.7, 20.9)	17.4% (12.0, 24.6)	17.4% (12.5, 23.6)
	45-64 (18.4, 28.4)	23.0% (18.4, 28.4)	26.4% (21.1, 32.5)	23.3% (19.7, 27.4)
	65+ (20.2, 35.4)	27.1% (20.2, 35.4)	27.4% (21.6, 34.2)	29.6% (24.9, 34.8)
Sex	Male (10.0, 17.2)	13.2% (10.0, 17.2)	19.0% (14.7, 24.2)	22.0% (17.6, 27.2)
	Female (22.1, 30.4)	26.0% (22.1, 30.4)	27.1% (22.8, 31.9)	26.8% (23.3, 30.7)
Income	≤100% FPL* (2.3, 18.4)	6.8% (2.3, 18.4)	17.9% (6.2, 41.6)	24.2% (12.4, 42.0)
	101-200% FPL (14.1, 24.4)	18.7% (14.1, 24.4)	20.6% (15.4, 27.0)	23.9% (18.4, 30.3)
	>200% FPL (17.8, 24.9)	21.1% (17.8, 24.9)	25.2% (21.4, 29.5)	24.4% (20.8, 28.4)
Education	Less than high school (6.2, 26.0)	13.2% (6.2, 26.0)	18.2% (10.1, 30.7)	18.7% (8.9, 35.2)
	High school graduate (9.3, 18.3)	13.2% (9.3, 18.3)	19.6% (14.3, 26.2)	21.5% (15.3, 29.2)
	Some college (17.8, 27.8)	22.4% (17.8, 27.8)	23.3% (17.9, 29.8)	25.0% (20.2, 30.6)
	4+ yrs college, graduate (18.6, 29.1)	23.5% (18.6, 29.1)	26.9% (21.8, 32.7)	26.6% (22.4, 31.4)
Race	White (17.0, 22.8)	19.7% (17.0, 22.8)	23.3% (20.1, 26.9)	23.8% (20.9, 27.0)
	Non-White (11.3, 36.9)	21.5% (11.3, 36.9)	19.2% (8.2, 38.7)	30.5% (17.2, 48.1)

*FPL=Federal Poverty Level; NOTE: National data not available.
Source: Behavioral Risk Factor Surveillance System



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