

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Center for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

Fruit and Vegetable Consumption New York State Adults 2007

Introduction

Consuming fruits and vegetables is an integral part of a healthy lifestyle. Compared to people who consume few servings of fruits and vegetables daily, those who regularly consume a greater number of servings are at reduced risk for developing heart disease, type 2 diabetes, and some types of cancer.¹

The National Cancer Institute (NCI) and the Produce for Better Health Foundation have promoted eating five or more daily servings of fruits and vegetables for improved health. Moreover, Healthy People 2010 established objectives to increase the percentage of people in the population who consume 3 vegetables and 2 fruits per day.²

The BRFSS questions used to report on fruit and vegetable consumption in this report were developed as a valid assessment of fruit and vegetable consumption according to the earlier NCI guidelines.

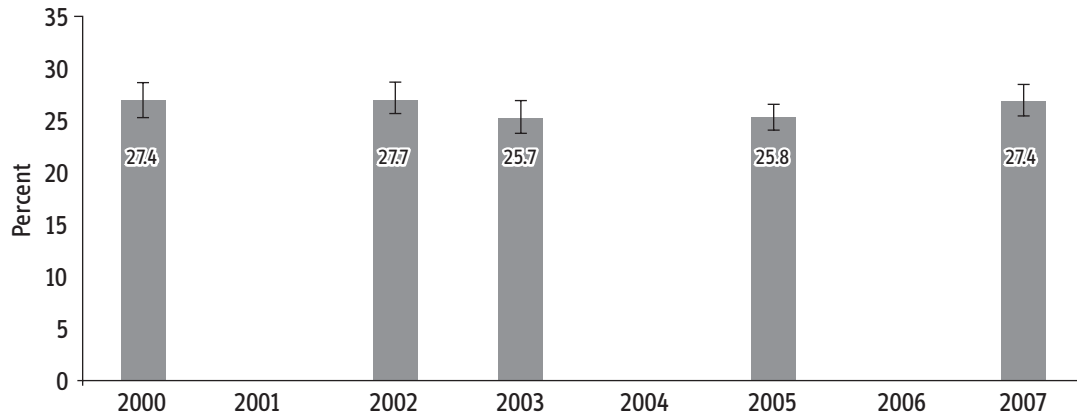
BRFSS Questions

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home.

- 1. How often do you drink fruit juices such as orange, grapefruit, or tomato?*
- 2. Not counting juice, how often do you eat fruit?*
- 3. How often do you eat green salad?*
- 4. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?*
- 5. How often do you eat carrots?*
- 6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?*

Responses to the six questions were combined to create a composite measure of average daily fruit and vegetable consumption.

Consumption of 5 or more servings of fruits and vegetables per day among New York State adults, by BRFSS survey year



Note: Data on fruit and vegetable consumption not collected in 2001, 2004, or 2006 New York BRFSS.

Note: Error bars represent 95% confidence intervals.

Note: Prevalence estimates are age-adjusted to 2000 US census population.

Fruit and vegetable consumption (average number of servings per day) among New York State adults: 2007 BRFSS

	Servings per day							
	<1, or none		1 to <3		3 to <5		5 or more	
New York State (NYS) [n=6,525]	4.9	4.0-5.8	33.3	31.7-34.9	34.3	32.7-35.9	27.4	25.9-28.9
Sex								
Male	5.4	4.1-7.1	38.2	35.6-40.9	33.2	30.8-35.7	23.2	20.9-25.7
Female	4.4	3.6-5.4	28.9	27.0-30.9	35.4	33.4-37.4	31.3	29.4-33.2
Age								
18-24	7.5	4.4-12.5	38.3	31.5-45.5	26.2	20.5-32.8	28.1	21.8-35.3
25-34	7.1	4.5-11.0	36.0	31.4-40.9	28.1	23.9-32.7	28.8	24.6-33.4
35-44	4.2	3.0-5.8	38.4	34.8-42.1	32.9	29.5-36.5	24.5	21.6-27.7
45-54	5.0	3.8-6.7	33.7	30.8-36.8	38.2	35.2-41.2	23.1	20.7-25.8
55-64	3.4	2.3-4.8	30.6	27.6-33.8	37.1	33.9-40.4	28.9	25.9-32.1
≥65	2.7	2.0-3.6	23.4	21.1-25.9	41.4	38.7-44.2	32.4	29.8-35.2
Race/ethnicity								
White, non-Hispanic	3.9	3.2-4.7	32.9	31.3-34.6	36.2	34.6-37.9	27.0	25.5-28.6
Black, non-Hispanic	7.4	4.6-11.6	34.2	29.1-39.7	31.5	26.7-36.8	26.9	22.4-31.9
Hispanic	6.9	4.4-10.6	37.5	32.1-43.2	27.4	22.9-32.4	28.2	23.2-33.8
Other, non-Hispanic	5.0	2.3-10.3	28.2	22.2-35.0	37.3	30.8-44.3	29.5	23.5-36.5
Annual household income								
<\$15,000	8.0	5.5-11.4	30.3	24.6-36.8	32.7	26.9-39.1	29.0	22.9-35.9
\$15,000-\$24,999	4.4	3.0-6.5	38.3	33.7-43.1	34.5	30.2-39.2	22.8	18.7-27.5
\$25,000-\$34,999	5.7	3.3-9.6	33.7	28.8-39.0	35.5	30.8-40.5	25.1	20.6-30.3
\$35,000-\$49,999	5.6	3.1-9.9	33.8	29.6-38.3	31.7	27.6-36.1	28.9	24.9-33.3
≥\$50,000	3.4	2.5-4.7	32.0	29.7-34.4	35.9	33.6-38.2	28.7	26.6-30.9
Missing	6.8	4.5-10.2	33.5	28.8-38.5	32.1	27.8-36.7	27.7	23.6-32.2
Education								
Less than high school	8.6	5.9-12.3	42.3	36.3-48.5	25.8	20.9-31.3	23.4	18.4-29.3
High school or GED	5.5	4.2-7.1	35.6	32.6-38.8	33.8	30.9-36.8	25.1	22.3-28.2
Some post-high school	5.8	4.0-8.5	34.5	31.3-37.9	33.0	30.0-36.2	26.7	23.7-29.8
College graduate	2.4	1.6-3.6	28.2	25.9-30.7	38.2	35.8-40.8	31.1	28.9-33.5
Weight status categories								
Obese	6.1	4.7-7.8	35.2	32.1-38.4	33.1	30.2-36.2	25.6	22.8-28.7
Overweight	4.0	2.8-5.9	35.3	32.6-38.2	33.0	30.5-35.7	27.6	25.0-30.3
Neither overweight nor obese	4.4	3.2-6.1	30.2	27.5-32.9	36.0	33.4-38.8	29.4	27.0-32.0
Region								
New York City (NYC)	5.5	4.2-7.2	34.4	31.2-37.7	32.7	29.7-35.8	27.5	24.6-30.6
NYS exclusive of NYC	4.6	3.7-5.8	32.8	31.0-34.7	35.2	33.4-37.0	27.4	25.8-29.2

^a % = weighted percentage; CI = confidence interval.

^b "Missing" category included because more than 10% of the sample did not report income.

^c All respondents who report activity limitations due to physical, mental, or emotional problems OR have health problems that require the use of special equipment.

References

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th ed. Washington, DC: U.S. Government Printing Office, January 2005.
2. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

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