Fruits and Vegetables

Fruits and Vegetables

Eating fruits and vegetables lowers the risk of developing many chronic diseases and can also help with weight management.[23] The estimate of adults who indicated they eat five or more fruits or vegetables daily is shown in Table 28.

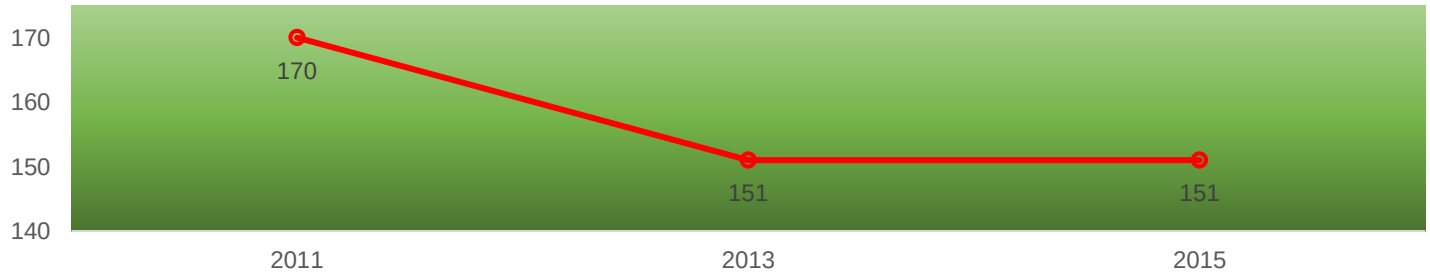
- In 2015, 15 percent of Pennsylvania adults indicated that they ate five or more fruits or vegetables daily.
- Pennsylvania men (13 percent) had a significantly lower percentage than Pennsylvania women (17 percent).
- Pennsylvania adults age 18-29 (12 percent) and adults age 65 and older (12 percent) had a significantly lower percentage than Pennsylvania adults age 30-44 (19 percent).
- Pennsylvania adults with a high school education (11 percent) had a significantly lower percentage than Pennsylvania adults with some college education (17 percent) and adults with a college degree (19 percent).
- Pennsylvania white, non-Hispanic adults (14 percent) had a significantly lower percentage than Pennsylvania black, non-Hispanic adults (21 percent).
- The percentage of Pennsylvania adults did not significantly differ by household income.
- The overall number of Pennsylvania adults per 1,000 Pennsylvania population remained the same in 2015 compared to 2013.

Table 28A: Fruits and Vegetables, 2015

	Eat 5 or More Fruits or Vegetables Daily*	
Demographics	**%**	**CI**
All adults	15	14-16
Gender		
Male	13	11-15
Female	17	16-19
Age		
18-29	12	9-15
30-44	19	16-23
45-64	16	14-19
65+	12	10-14
Education		
<High school	11	7-17
High school	11	9-13
Some college	17	15-20
College degree	19	17-22
Household income		
<$15,000	13	8-19
$15,000 to $24,999	14	11-19
$25,000 to $49,999	18	15-22
$50,000 to $74,999	15	12-18
$75,000+	16	14-19
Race		
White, non-Hispanic	14	13-15
Black, non-Hispanic	21	16-27
Hispanic	17	10-28

*Excludes missing, don't know and refused

Figure 28: Eat 5 or More Fruits or Vegetables Daily Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2015



Eat Five or More Fruits or Vegetables Daily
Magnitude of Significant Differences – 2015

Gender

- Female respondents were 1.7 times more likely to report they eat five or more fruits or vegetables daily than were male respondents.

Age

- Respondents age 30-44 were:
  - 1.4 times more likely to report they eat five or more fruits or vegetables daily than were respondents age 18-29; and
  - 1.4 times more likely to report they eat five or more fruits or vegetables daily than were respondents age 65 and older.

Education

- Respondents with some college education were 1.7 times more likely to report they eat five or more fruits or vegetables daily than were respondents with a high school education.
- Respondents with a college degree were 2.2 times more likely to report they eat five or more fruits or vegetables daily than were respondents with a high school education.

Race/ethnicity

- Black, non-Hispanic respondents were 1.7 times more likely to report they eat five or more fruits or vegetables daily than were white, non-Hispanic respondents.

Table 28B: Magnitude of Significantly Different Demographics by Eat Five or More Fruits or Vegetables Daily, 2015

Significantly different demographics	Odds ratio	CI
Gender		
Female vs. male	1.7	1.4 - 2.0
Age		
30-44 vs. 18-29	1.4	1.1 - 1.9
30-44 vs. 65+	1.4	1.1 - 1.7
Education		
Some college vs. high school	1.7	1.3 - 2.1
College degree vs. high school	2.2	1.8 - 2.6
Race		
Black, non-Hispanic vs. white, non-Hispanic	1.7	1.3 - 2.1

Fruits and Vegetables (continued)

Fruits and Vegetables

Adults in the United States consume fruit about 1.1 times per day and vegetables about 1.6 times per day.[23] The esitmate of adults who indicated they consume two or more fruits or 100 percent fruit juice daily or consume three or more vegetables daily is shown in Table 29.

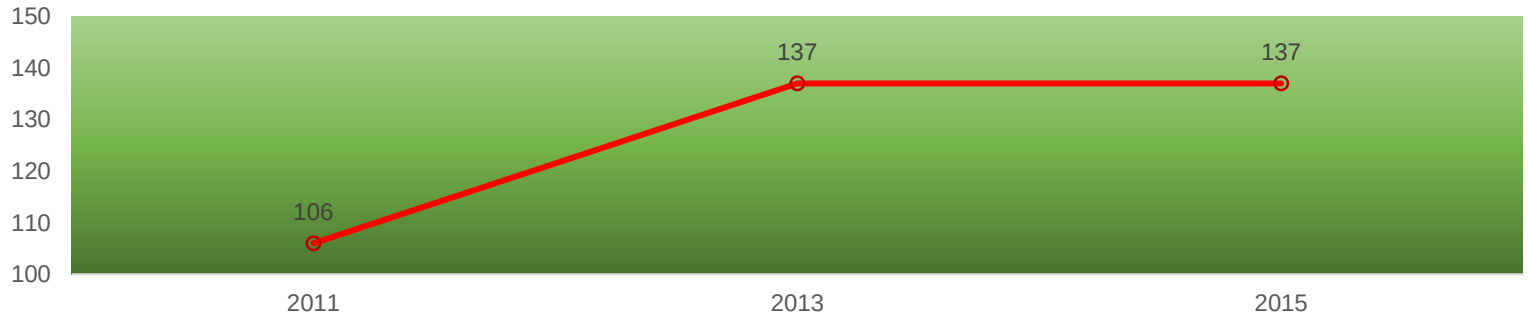
- In 2015, 29 percent of Pennsylvania adults reported they consumed two or more fruits or 100 percent fruit juice daily and 14 percent of Pennsylvania adults reported they consumed three or more vegetables daily.
- Pennsylvania men (25 percent) who consumed two or more fruits or 100 percent fruit juice daily had a significantly lower percentage than Pennsylvania women (32 percent) who consumed two or more fruits or 100 percent fruit juice daily.
- The percentage of Pennsylvania adults who consumed three or more vegetables daily increased as education levels increased.
- The percentage of Pennsylvania adults who consumed two or more fruits or 100 percent fruit juice daily did not significantly differ by age, household income or race.
- The percentage of Pennsylvania adults who consumed three or more vegetables daily did not significantly differ by gender, household income or race.
- The overall number of Pennsylvania adults per 1,000 Pennsylvania population who consumed three or more vegetables daily increased in 2013 and 2015 compared to 2011.

Table 29A: Fruits and Vegetables (continued), 2015

	Consume 2 or More Fruits or 100% Fruit Juice Daily*		Consume 3 or More Vegetables Daily*	
Demographics	**%**	**CI**	**%**	**CI**
All adults	29	27-30	14	13-15
Gender				
Male	25	23-27	12	10-14
Female	32	30-35	15	14-17
Age				
18-29	25	21-29	10	8-14
30-44	30	27-34	19	15-22
45-64	28	25-30	14	12-16
65+	32	29-35	11	9-13
Education				
<High school	23	17-30	8	4-13
High school	24	21-26	11	9-13
Some college	31	28-34	16	13-19
College degree	35	33-38	18	16-20
Household income				
<$15,000	26	20-32	10	6-15
$15,000 to $24,999	26	21-31	13	9-18
$25,000 to $49,999	32	28-36	16	13-19
$50,000 to $74,999	24	21-28	12	9-15
$75,000+	31	28-34	16	14-18
Race				
White, non-Hispanic	28	27-30	13	12-14
Black, non-Hispanic	33	27-39	16	12-21
Hispanic	28	20-39	13	7-23

*Excludes missing, don't know and refused

Figure 29: Consume 3 or More Vegetables Daily Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2015



Consume Two or More Fruits or 100% Fruit Juice Daily
Magnitude of Significant Differences – 2015

Gender

- Female respondents were 1.6 times more likely to report they consume two or more fruits or 100 percent fruit juice daily than were male respondents.

Education

- Respondents with some college education were 1.5 times more likely to report they consume two or more fruits or 100 percent fruit juice daily than were respondents with a high school education.
- Respondents with a college degree were:
  - 1.9 times more likely to report they consume two or more fruits or 100 percent fruit juice daily than were respondents with less than a high school education; and
  - 2.0 times more likely to report they consume two or more fruits or 100 percent fruit juice daily than were respondents with a high school education.

Table 29B: Magnitude of Significantly Different Demographics by Consume Two or More Fruits or 100% Fruit Juice Daily, 2015

Significantly different demographics	Odds ratio	CI
Gender		
Female vs. male	1.6	1.4 - 1.8
Education		
Some college vs. high school	1.5	1.3 - 1.7
College degree vs. < high school	1.9	1.4 - 2.5
College degree vs. high school	2.0	1.7 - 2.3

Consume Three or More Vegetables Daily
Magnitude of Significant Differences – 2015

Age

- Respondents age 30-44 were:
  - 1.6 times more likely to report they consume three or more vegetables daily than were respondents age 18-29; and
  - 1.5 times more likely to report they consume three or more vegetables daily than were respondents age 65 and older.

Education

- Respondents with a college degree were:
  - 3.2 times more likely to report they consume three or more vegetables daily than were respondents with less than a high school education; and
  - 2.2 times more likely to report they consume three or more vegetables daily than were respondents with a high school education.

Table 29C: Magnitude of Significantly Different Demographics by Consume Three or More Vegetables Daily, 2015

Significantly different demographics	Odds ratio	CI
Age		
30-44 vs. 18-29	1.6	1.2 - 2.2
30-44 vs. 65+	1.5	1.2 - 1.9
Education		
College degree vs. < high school	3.2	2.0 - 5.2
College degree vs. high school	2.2	1.8 - 2.6