

## Fruit and vegetable consumption, adults 18+

Health Priority B: Adequate and Appropriate Nutrition

Objective B2a: By 2010, increase the proportion of Wisconsin's population that makes healthy food choices to 40 percent.

2010 Target: 40%

Indicator: Fruit and vegetable consumption, adults 18+

### Percent of Wisconsin Adults Aged 18+ Who Eat Five or More Servings of Fruits and Vegetables per Day

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
2000	22%	2%	16%	2%	27%	2%
(N)	2,720		1,222		1,498	
2001	21%	1%	15%	2%	27%	2%
(N)	3,603		1,622		1,981	
2002	24%	1%	19%	2%	28%	2%
(N)	4,356		1,789		2,567	
2003	22%	1%	16%	2%	27%	2%
(N)	4,054		1,633		2,421	
2004	23%	1%	16%	2%	29%	3%
(N)	4,231		1,686		2,545	
2005	22%	2%	16%	2%	28%	2%
(N)	4,755		1,936		2,819	
2007	24%	2%	17%	2%	31%	2%
(N)	7,121		2,856		4,265	
2009	23%	2%	18%	3%	27%	3%
(N)	4,274		1,849		2,425	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health Services.

Note: The fruit/vegetable question module is only included in the survey in odd-numbered years beginning in 2005.

N        Number in sample. See data documentation.

+/-      Confidence interval. See data documentation.

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## Fruit and vegetable consumption, adults 18+, continued

### Percent of Wisconsin Adults Aged 18+ Who Eat Five or More Servings of Fruits and Vegetables per Day, by Age

Year (N)	Ages 18-24		Ages 25-34		Ages 35-44		Ages 45-54		Ages 55-64		Ages 65+	
	Percent	+/-	Percent	+/-								
2000	14%	5%	17%	3%	17%	3%	22%	3%	23%	4%	36%	4%
(N)	194		491		636		566		351		471	
2001	13%	3%	17%	3%	17%	2%	21%	3%	25%	4%	35%	4%
(N)	361		659		874		694		411		590	
2002	18%	4%	20%	3%	19%	3%	21%	3%	27%	4%	36%	3%
(N)	347		723		934		862		616		847	
2003	20%	5%	16%	3%	20%	3%	20%	3%	22%	3%	31%	3%
(N)	303		653		865		841		557		805	
2004	18%	5%	22%	4%	19%	3%	20%	3%	24%	4%	33%	4%
(N)	269		683		825		914		641		868	
2005	18%	6%	19%	4%	19%	3%	22%	3%	23%	3%	32%	3%
(N)	275		645		879		1,029		794		1,086	
2007	21%	7%	21%	4%	23%	3%	23%	3%	25%	3%	33%	3%
(N)	296		737		1,138		1,654		1,398		1,846	
2009	16%	7%	21%	6%	22%	4%	22%	4%	24%	4%	30%	4%
(N)	162		344		585		929		992		1,262	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health Services.

Note: The fruit/vegetable question module is only included in the survey in odd-numbered years beginning in 2005.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

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## Fruit and vegetable consumption, adults 18+, continued

### Percent of Wisconsin Adults Aged 18+ Who Eat Five or More Servings of Fruits and Vegetables per Day, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000-2002	22%	1%	21%	3%	15%	6%	28%	9%	21%	4%
(N)	10,679		830		135		102		475	
2001-2003	22%	1%	23%	3%	18%	6%	28%	8%	21%	4%
(N)	12,011		996		138		110		510	
2002-2004	23%	1%	24%	4%	21%	9%	29%	10%	17%	5%
(N)	12,652		1,120		139		116		260	
2003-2005	22%	1%	21%	4%	24%	10%	28%	11%	16%	5%
(N)	13,040		1,135		120		109		251	
2005, 2007	24%	1%	22%	5%	27%	15%	n.r.		24%	9%
(N)	11,862		935		142				192	
2007, 2009	24%	1%	24%	7%	23%	12%	n.r.		20%	9%
(N)	11,395		746		185				171	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health Services.

Note: The fruit/vegetable module was not included in the survey in 2006. The '2005, 2007' estimates by race/ethnicity are based on two aggregated years of data rather than three as in previous estimates.

n.r. Estimate not reliable

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

\* Non-Hispanic

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## Fruit and vegetable consumption, adults 18+, continued

### Percent of Wisconsin Adults Aged 18+ Who Eat Five or More Servings of Fruits and Vegetables per Day, by Race/Ethnicity

Years (N)	White*		Multiple Races*	
	Percent	+/-	Percent	+/-
2000-2002 (N)	22%	1%	**	
2001-2003 (N)	22%	1%	20%	7%
2002-2004 (N)	22%	1%	30%	11%
2003-2005 (N)	22%	1%	33%	11%
2005, 2007 (N)	23%	1%	n.r.	
2007, 2009 (N)	23%	1%	40%	18%

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health Services.

Note: The fruit/vegetable module is on the survey in odd-numbered years beginning in 2005. The '2005, 2007' and '2007, 2009' estimates by race/ethnicity are based on two aggregated years of data rather than three as in previous estimates.

N        Number in sample. See data documentation.  
 +/-     Confidence interval. See data documentation.  
 \*        Non-Hispanic  
 n.r.     Estimate not reliable  
 \*\*      Multiple races category not used in 2000