

## Adults Consuming Fruit Less Than Once Daily (2013)

| State Comparison               | Percent |
|--------------------------------|---------|
| Alabama                        | 45.9    |
| United States                  | 39.2    |
| Historic Trend                 |         |
| 2013                           | 45.9    |
| 2011                           | 43.8    |
| Public Health Area             |         |
| 1 & 2*                         | 45.7*   |
| 3                              | 47.6    |
| 4                              | 40.4    |
| 5                              | 46.6    |
| 6                              | 49.4    |
| 7 & 8*                         | 48.2*   |
| 9,10 & 11*                     | 44.8*   |
| Rurality                       |         |
|                                | N.A.    |
| Age                            |         |
| 18 - 24                        | 51.2    |
| 25 - 34                        | 43.3    |
| 35 - 44                        | 48.5    |
| 45 - 54                        | 50.2    |
| 55 - 64                        | 47.1    |
| 65 and over                    | 37.6    |
| Gender                         |         |
| Female                         | 43.0    |
| Male                           | 49.1    |
| Race                           |         |
| African American               | 42.7    |
| American Indian/Alaskan Native | N.A.    |
| Caucasian                      | 47.6    |
| Ethnicity                      |         |
|                                | N.A.    |
| Income                         |         |
| Under \$15,000                 | 49.3    |
| \$15,000 - \$24,999            | 50.4    |
| \$25,000 - \$34,999            | 46.3    |
| \$35,000 - \$49,999            | 44.8    |
| \$50,000 and over              | 43.0    |
| Education                      |         |
| Less than high school          | 50.7    |
| High school or G.E.D.          | 49.5    |
| Post high school               | 44.2    |
| College graduate and higher    | 39.5    |

\* A reduction in federal funding reduced the 2013 BRFSS sample size, which resulted in a necessity to combine some contiguous PHAs in order to obtain sub-state level data. PHA level 2013 BRFSS data is not directly comparable to previous years of PHA level data.

## Adults Consuming Fruit Less Than Once Daily<sup>17</sup>

- Fruit and vegetable intake is an indicator of an overall healthy diet and may reduce the risk of many chronic diseases.
- In 2013, Alabama ranked as the seventh highest state in the nation to consume fruit less than one time per day.
- Nearly one in two Alabama adults (45.9 percent) does not consume fruit, including 100 percent fruit juices, one or more times daily.
- College graduates are significantly more likely to have consumed one or more servings of fruit, compared to Alabamians whose highest level of education is high school graduate or less.
- Alabama males are significantly less likely to consume one or more servings of fruit per day when compared to females.

