

Adults Consuming Vegetables Less Than Once Daily (2013)

State Comparison	
State Comparison	Percent
Alabama	25.8
United States	22.9
Historic Trend	
2013	25.8
2011	24.3
Public Health Area	
1 & 2*	23.7*
3	25.8
4	28.9
5	20.4
6	30.6
7 & 8*	29.2*
9,10 & 11*	24.8*
Rurality	
	N.A.
Age	
18 - 24	36.0
25 - 34	27.7
35 - 44	25.9
45 - 54	25.3
55 - 64	21.9
65 and over	21.4
Gender	
Female	23.5
Male	28.2
Race	
African American	40.8
American Indian/Alaskan Native	N.A.
Caucasian	20.8
Ethnicity	
	N.A.
Income	
Under \$15,000	36.3
\$15,000 - \$24,999	36.1
\$25,000 - \$34,999	25.8
\$35,000 - \$49,999	22.1
\$50,000 and over	16.4
Education	
Less than high school	38.2
High school or G.E.D.	30.0
Post high school	21.4
College graduate and higher	16.6

* A reduction in federal funding reduced the 2013 BRFSS sample size, which resulted in a necessity to combine some contiguous PHA 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 Vegetables Less Than Once Daily¹⁸

- Fruit and vegetable intake is an indicator of overall healthy diet and may reduce the risk of many chronic diseases.
- One in every four Alabama adults (25.8 percent) consumes vegetables less than once per day.
- Alabama ranks as the tenth highest state in the nation to eat less than one serving of vegetables per day.
- Alabama adults under age 25 are much less likely to consume one or more servings of vegetables per day.
- African American adults are significantly more likely to consume less than one serving of vegetables per day than Caucasian Alabama adults.
- Among those least likely to consume at least one serving of vegetables in Alabama are those with a lower educational attainment and those with a low household income, especially households with less than \$15,000 per year.

