

# Few adults eat recommended amount of fruits, vegetables

According to the Centers for Disease Control and Prevention (CDC), people who eat a healthy diet with many fruits and vegetables have a reduced risk of chronic conditions such as stroke, cardiovascular diseases and certain cancers compared with those who eat few fruits and vegetables.<sup>1</sup>

The *Dietary Guidelines for Americans 2010*,<sup>2</sup> a joint project of the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS), recommends that each meal include half a plate of fruits and vegetables. Adults meeting this recommendation would eat at least 2 servings of fruits *and* 3 servings of vegetables per day.

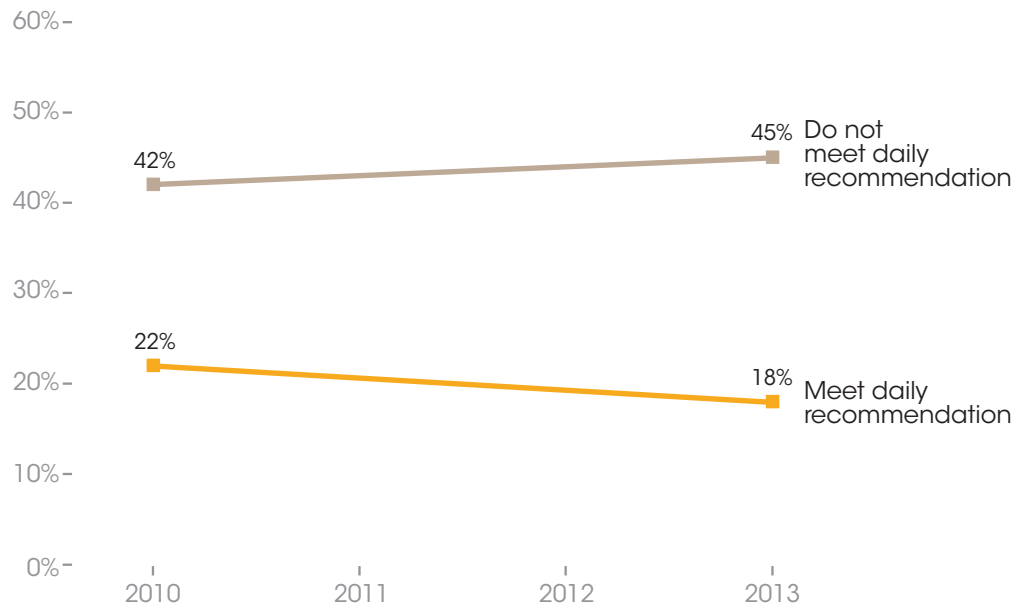
### Fewer than 2 in 10 Greater Cincinnati adults meet recommendations

Most local adults fall far short of eating the recommended daily amount of fruits and vegetables. In fact, 45% of adults do not eat the recommended daily amount of fruits and vegetables, more than double the percentage of adults who do (18%).

<sup>1</sup> For more information about the benefits of fruits and vegetables, visit [www.fruitsandveggiesmatter.gov/benefits/index.html](http://www.fruitsandveggiesmatter.gov/benefits/index.html).

<sup>2</sup> For more information on the Dietary Guidelines, please visit: [www.health.gov/dietaryguidelines/](http://www.health.gov/dietaryguidelines/).

### Fruit and vegetable consumption in Greater Cincinnati



Consumption of fruits and vegetables has also declined over time. In 2010, 22% of Greater Cincinnati adults reported eating the recommended daily amount of fruits and vegetables. In 2013 this declined to 18%. Adults are more likely to eat the recommended daily amount of fruits (28%) than vegetables (9%).

Adults with a college education (23%) are more likely to report eating the recommended amount of fruits and vegetables than adults with less than a college education (17%). Eating a healthy diet directly affects an

individual's overall health. Only 15% of adults who reported poor or fair health eat the recommended daily amount of fruits and vegetables, while 20% of adults who reported excellent or very good health eat the recommended amount.

### More than 8 in 10 adults have healthy food options in their neighborhood

To eat a healthy diet, it is crucial that people can easily buy healthy food such as whole grains, low-fat

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food items, and fruits and vegetables without having to travel far. A large majority of Greater Cincinnati adults (81%) report that it is easy to purchase healthy foods in their neighborhood.

However, easy access to healthy food is not evenly distributed. Adults living in Hamilton County's suburbs (88%) are more likely to report that it is easy to buy healthy foods in their neighborhood than adults living in the City of Cincinnati (65%) and some rural counties<sup>3</sup> in Kentucky (69%).

Access to healthy food also differs by income and race. More than 8 in 10 adults (83%) living above 100% of the Federal Poverty Level (FPL)<sup>4</sup> report that it is easy to buy healthy foods in their neighborhood. That compares with more than 7 in 10 adults (74%) living below 100% FPL. Similarly, only about 7 in 10 African-American adults (66%) report having healthy food options in their neighborhood, compared with more than 8 in 10 adults (83%) of other races.

<sup>3</sup> Bracken, Carroll, Gallatin, Owen and Pendleton counties.

<sup>4</sup> In 2013, 100% FPL was \$23,550 for a family of four. counties.

### Percentage of adults who agree that it is easy to buy healthy foods such as whole grain foods, low-fat options and fruits and vegetables in their neighborhoods

