#### INTERACT FOR HEALTH

Greater Cincinnati
Community Health Status Survey



July 2014

# Few adults eat recommended amount of fruits, vegetables

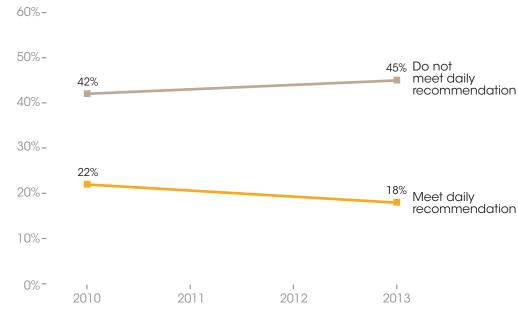
According to the Centers for Disease Control and Prevention (CDC), people who eat a healthy diet with many fruits and vegetables have a reduced risk of chronic conditions such as stroke, cardiovascular diseases and certain cancers compared with those who eat few fruits and vegetables.<sup>1</sup>

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%).





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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The Greater Cincinnati Community Health Status Survey (CHSS) is a project of Interact for Health. The CHSS is conducted by the Institute for Policy Research at the University of Cincinnati. A total of 4,929 randomly selected adults residing in 8 Ohio counties, 9 Kentucky counties, and 5 Indiana counties were interviewed by telephone between Aug. 20, 2013, and Jan. 19, 2014. This included 4,324 landline interviews and 605 cell phone interviews. The potential sampling error for the survey is ±1.5%. For more information, including other topics and the list of community partners, please visit our web site at <a href="https://www.interactforhealth.org/greater-cincinnati-community-health-status-survey">www.interactforhealth.org/greater-cincinnati-community-health-status-survey</a>. For the complete survey dataset, visit <a href="https://www.oasisdataarchive.org">www.oasisdataarchive.org</a>. If you have further questions, email Jennifer Chubinski at <a href="https://interactforhealth.org">jchubinski@interactforhealth.org</a>.

<sup>&</sup>lt;sup>1</sup> For more information about the benefits of fruits and vegetables, visit <a href="https://www.fruitsandveggiesmatter.gov/">www.fruitsandveggiesmatter.gov/</a> benefits/index.html.

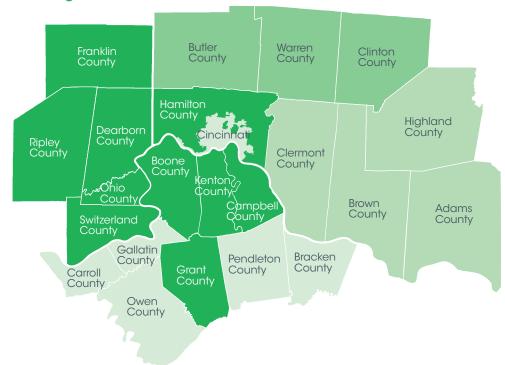
<sup>&</sup>lt;sup>2</sup> For more information on the Dietary Guidelines, please visit: <a href="https://www.health.gov/dietaryguidelines/">www.health.gov/dietaryguidelines/</a>.

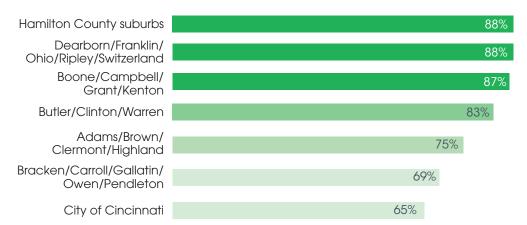
food items, and fruits and vegetables without having to travel far. A large majority of Greater Cincinnati adults (81%) report that it is easy to purchase healthy foods in their neighborhood.

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.

#### 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





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

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