



# Cost may affect fruit, vegetable consumption

The *Dietary Guidelines for Americans, 2010*,<sup>1</sup> a joint project of the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS), recommends that Americans make half their plate fruits and vegetables at every meal. Interact for Health asked questions about fruits and vegetables and diet on the most recent **Ohio Health Issues Poll (OHIP)**.

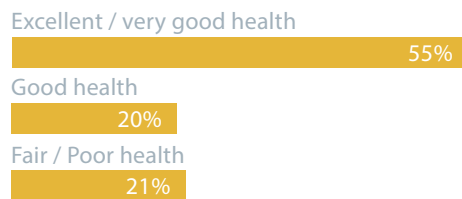
## Fewer than 4 in 10 adults report excellent or very good diet

If half the plate should be fruits and vegetables, adults would be eating at least 2 servings of fruit 3 servings of vegetables per day. Adults in Ohio are far short of meeting this recommendation.

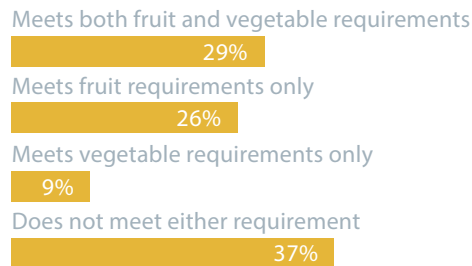
In fact, many Ohio adults recognize that they do not have a healthy diet. Ohio adults were asked, "In general, how healthy is your overall diet? Would you say excellent, very good, good, fair or poor?" Only 4 in 10 Ohio adults (38%) said they have an excellent or very good diet. Adults who report better general health<sup>2</sup> also tend to report better diets (see chart).

Adults living at or below 100% of the federal poverty level (FPL) are less likely to report having an excellent or very good diet.<sup>3</sup>

## Percentage reporting an excellent or very good diet by general health status



## Percentage of Ohio adults meeting dietary requirements



## Only 3 in 10 Ohio adults meet fruit and vegetable recommendations

Only about 3 in 10 Ohio adults (29%) eat the recommended amount of fruits and vegetables each day. An additional 3 in 10 (26%) eat only the daily fruit amount and 1 in 10 (9%) eat only the daily vegetable amount. Nearly 4 in 10 adults (37%) do not meet either recommendation.

Interestingly, nearly 4 in 10 adults (36%) who report excellent or very good health also do not meet either diet recommendation.

## 9 in 10 get vegetables, fruits from supermarket

Nearly 9 in 10 Ohio adults (86%) report getting most of their fruits and vegetables from a grocery store or supermarket. Only 1 in 10 Ohio adults get fruits and vegetables from a farmers market (7%) or home or community garden (3%).

## Many say cost of fruits and vegetables is fair or poor

Many Ohio adults (41%) say the cost of fruits and vegetables where they typically shop is fair or poor, while only 26% say the cost is excellent or very good and 33% say the cost is good.

However, Ohio adults living at or below 138% FPL are more likely to report the cost of fruits and vegetables is poor. Two in 10 (22%) adults living at or below 138% FPL report the cost is poor. This compares with fewer than 1 in 10 (7%) adults living above 138% FPL.

<sup>1</sup> For more information on the Dietary Guidelines, please visit: <http://www.health.gov/dietaryguidelines/>.

<sup>2</sup> OHIP asks, "Would you say that, in general, your health is excellent, very good, good, fair or poor?"

<sup>3</sup> 100% of the federal poverty level (FPL) in 2012 was \$23,050 for a family of four; 138% FPL is \$31,800