

## Daily Fruit And Vegetable Consumption Among Vermonters

Foster TA, Paulozzi LJ, Spengler RF, Gardner A, Finley, CA Vermont Department  
of Health Burlington VT

A telephone survey of cancer-related behaviors in the adult Vermont population was conducted in February and March 1990. Survey methodology was very similar to that used by the Behavioral Risk Factor Prevalence Surveys. The sample size was 1,314; the response rate was 57 percent. The questionnaire included ten questions that asked "how often" respondents ate fruit and vegetables. Information on food consumption was collected to assist in the development of a statewide campaign to increase the proportion of Vermonters consuming five or more servings of fruit or vegetables a day (the 5-a-day camp) . Only 2.6 percent of respondents reported eating five or more servings of fruit or vegetables per day; 20.6 percent reported eating three or more. Twenty-nine percent of women and 11.2 percent of men ate three or more. Consumption of three or more servings was highest among people in the 30-39 age group (25.9%) and lowest among people 60 or more years old (15.1%). Consumption increased in a continuous fashion with increasing education level. These results indicate lower consumption of fruits and vegetables than found nationwide in NHANESII, especially among men and older people, and dramatically lower consumption in all categories when compared to the 1989 California Dietary Practices Survey. The telephone survey was repeated during March of this year, preliminary results were discussed.