|  |  |
| --- | --- |
| **Fruit and vegetable consumption per day** | Description: Frequency of fruit and/or vegetable consumption |
| Instrument question: D1: In a typical week, on how many days do you eat fruit? D2: How many servings of fruit do you eat on one of those days? D3: In a typical week, on how many days do you eat vegetables? D4: How many servings of vegetables do you eat on one of those days? |

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| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 266 | 35.2 | 26.2 - 45.4 | 47.9 | 38.2 - 57.8 | 11.5 | 6.5 - 19.6 | 5.4 | 1.9 - 14.3 |
| 30-44 | 471 | 11.1 | 7.6 - 16.0 | 65.7 | 55.5 - 74.5 | 14.1 | 9.3 - 20.8 | 9.2 | 5.1 - 16.1 |
| 45-59 | 443 | 25.3 | 10.2 - 50.3 | 46.5 | 30.3 - 63.4 | 17.7 | 8.6 - 32.8 | 10.5 | 3.9 - 25.4 |
| 60-69 | 298 | 7.1 | 4.0 - 12.4 | 39.0 | 29.5 - 49.4 | 37.4 | 26.5 - 49.7 | 16.5 | 8.0 - 30.9 |
| **Total** | **1478** | **22.8** | **15.9 - 31.5** | **51.0** | **43.7 - 58.3** | **17.0** | **12.8 - 22.1** | **9.2** | **5.9 - 14.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 21.0 | 9.4 - 40.7 | 54.3 | 39.5 - 68.3 | 16.2 | 9.2 - 26.9 | 8.5 | 3.3 - 20.1 |
| Urban | 1035 | 24.3 | 19.1 - 30.3 | 48.3 | 43.0 - 53.6 | 17.6 | 13.8 - 22.2 | 9.9 | 6.8 - 14.2 |

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| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 241 | 24.0 | 15.6 - 35.0 | 61.2 | 47.5 - 73.4 | 11.2 | 5.9 - 20.1 | 3.6 | 1.6 - 7.8 |
| 30-44 | 503 | 16.6 | 9.6 - 27.1 | 57.3 | 45.1 - 68.7 | 21.3 | 13.1 - 32.8 | 4.8 | 2.5 - 9.2 |
| 45-59 | 481 | 8.3 | 4.9 - 13.7 | 52.2 | 42.3 - 62.0 | 27.0 | 18.4 - 37.7 | 12.6 | 7.0 - 21.6 |
| 60-69 | 304 | 13.1 | 5.3 - 28.7 | 56.1 | 42.6 - 68.8 | 22.0 | 14.1 - 32.6 | 8.8 | 4.9 - 15.5 |
| **Total** | **1529** | **16.6** | **12.8 - 21.3** | **57.2** | **51.3 - 62.9** | **19.4** | **15.2 - 24.4** | **6.8** | **4.7 - 9.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 453 | 14.2 | 8.6 - 22.5 | 64.7 | 56.1 - 72.5 | 16.6 | 10.6 - 25.0 | 4.5 | 2.0 - 9.6 |
| Urban | 1076 | 18.8 | 14.3 - 24.4 | 50.2 | 43.5 - 56.9 | 22.1 | 16.9 - 28.3 | 8.9 | 6.4 - 12.4 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 507 | 28.8 | 22.0 - 36.6 | 55.6 | 46.3 - 64.4 | 11.3 | 7.3 - 17.1 | 4.4 | 2.2 - 8.3 |
| 30-44 | 974 | 14.4 | 9.7 - 20.7 | 60.7 | 52.2 - 68.5 | 18.4 | 12.8 - 25.7 | 6.6 | 4.2 - 10.0 |
| 45-59 | 924 | 17.0 | 8.1 - 32.5 | 49.3 | 39.0 - 59.6 | 22.2 | 14.6 - 32.1 | 11.5 | 6.5 - 19.5 |
| 60-69 | 602 | 10.6 | 5.4 - 19.7 | 49.0 | 39.8 - 58.2 | 28.4 | 20.9 - 37.4 | 12.0 | 7.3 - 19.1 |
| **Total** | **3007** | **19.3** | **15.3 - 24.2** | **54.5** | **49.7 - 59.2** | **18.3** | **15.2 - 21.9** | **7.9** | **5.9 - 10.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 896 | 17.2 | 10.3 - 27.1 | 60.2 | 51.7 - 68.1 | 16.4 | 11.5 - 22.9 | 6.2 | 3.2 - 11.6 |
| Urban | 2111 | 21.3 | 17.7 - 25.4 | 49.3 | 44.8 - 53.9 | 20.0 | 16.5 - 24.2 | 9.4 | 7.3 - 11.9 |