|  |  |
| --- | --- |
| **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? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | 551 | 19.4 | 15.8 - 23.6 | 46.9 | 41.6 - 52.2 | 21.0 | 17.4 - 25.0 | 12.7 | 9.0 - 17.8 |
| 30-44 | 627 | 14.7 | 11.4 - 18.8 | 42.9 | 37.7 - 48.3 | 27.6 | 22.3 - 33.6 | 14.8 | 11.7 - 18.5 |
| 45-59 | 383 | 15.5 | 11.7 - 20.3 | 41.8 | 36.2 - 47.6 | 22.6 | 18.0 - 27.9 | 20.1 | 15.6 - 25.5 |
| 60-69 | 174 | 26.8 | 19.6 - 35.4 | 34.8 | 27.1 - 43.3 | 23.7 | 16.3 - 33.0 | 14.8 | 9.1 - 23.2 |
| **Total** | **1735** | **17.6** | **15.4 - 20.0** | **44.2** | **40.7 - 47.6** | **23.6** | **20.7 - 26.7** | **14.7** | **12.3 - 17.5** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1382 | 19.1 | 16.6 - 21.9 | 43.5 | 39.8 - 47.3 | 23.1 | 20.1 - 26.4 | 14.3 | 11.6 - 17.4 |
| Urban | 353 | 12.0 | 7.9 - 17.8 | 46.4 | 38.2 - 54.9 | 25.3 | 18.4 - 33.6 | 16.3 | 11.2 - 23.1 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | 802 | 18.0 | 14.6 - 22.0 | 42.9 | 38.3 - 47.7 | 24.2 | 20.5 - 28.3 | 14.9 | 11.9 - 18.6 |
| 30-44 | 1021 | 16.6 | 13.4 - 20.4 | 47.7 | 43.1 - 52.2 | 20.2 | 17.3 - 23.4 | 15.5 | 12.7 - 18.9 |
| 45-59 | 571 | 15.1 | 11.7 - 19.4 | 45.3 | 40.5 - 50.2 | 22.6 | 18.4 - 27.4 | 17.0 | 13.4 - 21.4 |
| 60-69 | 325 | 16.1 | 12.0 - 21.2 | 43.8 | 37.3 - 50.6 | 18.5 | 13.7 - 24.4 | 21.6 | 16.5 - 27.8 |
| **Total** | **2719** | **16.9** | **14.6 - 19.5** | **44.9** | **41.7 - 48.2** | **22.2** | **20.1 - 24.6** | **15.9** | **13.9 - 18.2** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 2282 | 17.9 | 15.4 - 20.8 | 44.7 | 41.1 - 48.3 | 22.4 | 20.0 - 24.9 | 15.1 | 12.9 - 17.6 |
| Urban | 437 | 11.4 | 7.1 - 17.8 | 46.3 | 38.3 - 54.5 | 21.5 | 16.5 - 27.5 | 20.8 | 15.9 - 26.8 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | 1353 | 18.7 | 16.0 - 21.8 | 44.9 | 41.1 - 48.8 | 22.6 | 19.9 - 25.5 | 13.8 | 11.2 - 16.9 |
| 30-44 | 1648 | 15.7 | 13.2 - 18.5 | 45.3 | 41.7 - 49.0 | 23.9 | 20.9 - 27.2 | 15.2 | 12.8 - 17.9 |
| 45-59 | 954 | 15.3 | 12.6 - 18.5 | 43.6 | 39.8 - 47.6 | 22.6 | 19.1 - 26.5 | 18.5 | 15.3 - 22.1 |
| 60-69 | 499 | 20.6 | 16.6 - 25.4 | 40.0 | 34.8 - 45.4 | 20.7 | 16.2 - 25.9 | 18.7 | 14.6 - 23.6 |
| **Total** | **4454** | **17.3** | **15.5 - 19.2** | **44.5** | **41.9 - 47.2** | **22.9** | **21.0 - 24.9** | **15.3** | **13.5 - 17.3** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 3664 | 18.5 | 16.5 - 20.6 | 44.1 | 41.3 - 47.1 | 22.7 | 20.7 - 24.9 | 14.7 | 12.8 - 16.8 |
| Urban | 790 | 11.8 | 8.6 - 15.9 | 46.4 | 40.1 - 52.7 | 23.7 | 19.0 - 29.1 | 18.2 | 13.8 - 23.6 |