

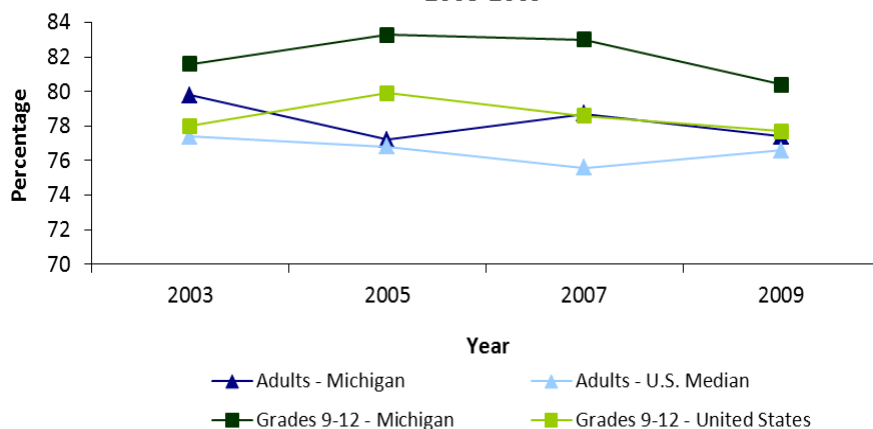
Nutrition

Indicator Definition: Percentage of adults and children (grades 9-12) who report inadequate fruit and vegetable intake, based on current recommendations.

Indicator Overview:

- Good nutrition is necessary for a healthy, long life. Dietary factors are associated with cardiovascular disease, stroke, cancer and diabetes, which are estimated to cost society billions of dollars each year in healthcare and lost productivity. Good nutrition is especially important in early childhood development.

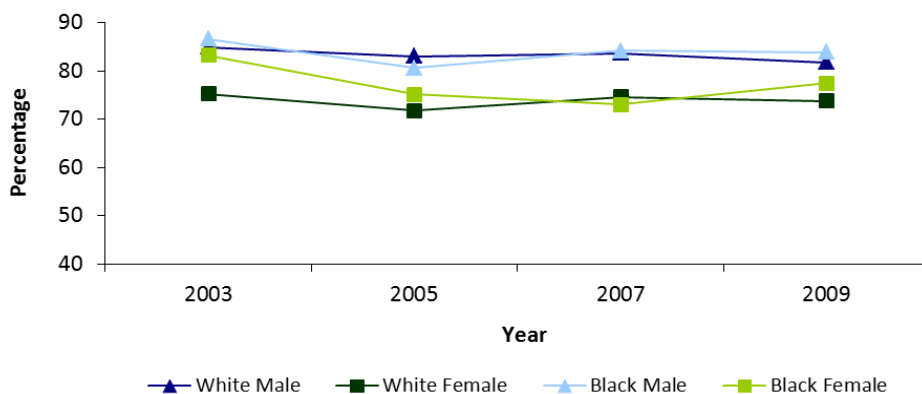
Inadequate Fruit/Vegetable Consumption Among Adults and Children Grades 9-12, Michigan and the United States, 2003-2009



← **Trends:** The percentage of adults who report inadequate fruit and vegetable consumption has remained relatively stable over the past ten years for both Michigan and the United States. In 2009, Michigan adults reported a slightly higher prevalence of inadequate fruit and vegetable consumption (77.4%) when compared to the nation as a whole (76.6%). The percentage of children grades 9-12 reporting inadequate fruit and vegetable consumption is consistently higher in Michigan. In 2009, 80.4 percent of Michigan adolescents reported inadequate consumption, while 77.7 percent of adolescents in the United States reported the same.

→ **Health Disparities:** In Michigan, White females have consistently reported lower prevalence rates of inadequate fruit and vegetable consumption when compared to White males, Black males, and Black females. Since 2003, the prevalence of inadequate fruit and vegetable consumption among Black females has decreased to a level comparable to that of White females. Both White and Black males continue to report substantially higher levels of inadequate fruit and vegetable consumption.

Inadequate Fruit/Vegetable Consumption Among Michigan Adults by Race and Gender, 2003-2009



Links to Other Sources of Information:

Michigan Behavioral Risk Factor Surveillance System: <http://www.michigan.gov/brfs>
 Behavioral Risk Factor Surveillance System Survey Data, CDC: <http://www.cdc.gov/brfss>
 Youth Risk Behavior Surveillance System, CDC: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

Links to Related Public Health Programs:

Building Healthy Communities: <http://www.michigan.gov/healthycommunities>
 Obesity Prevention: <http://www.michigan.gov/preventobesity>
 Michigan Food Policy Council: <http://www.michigan.gov/mfpc>
 Centers for Disease Control and Prevention: <http://www.cdc.gov/nutrition>
 Healthy Kids, Healthy Michigan: <http://www.americanheart.org/healthykidshealthymichigan>