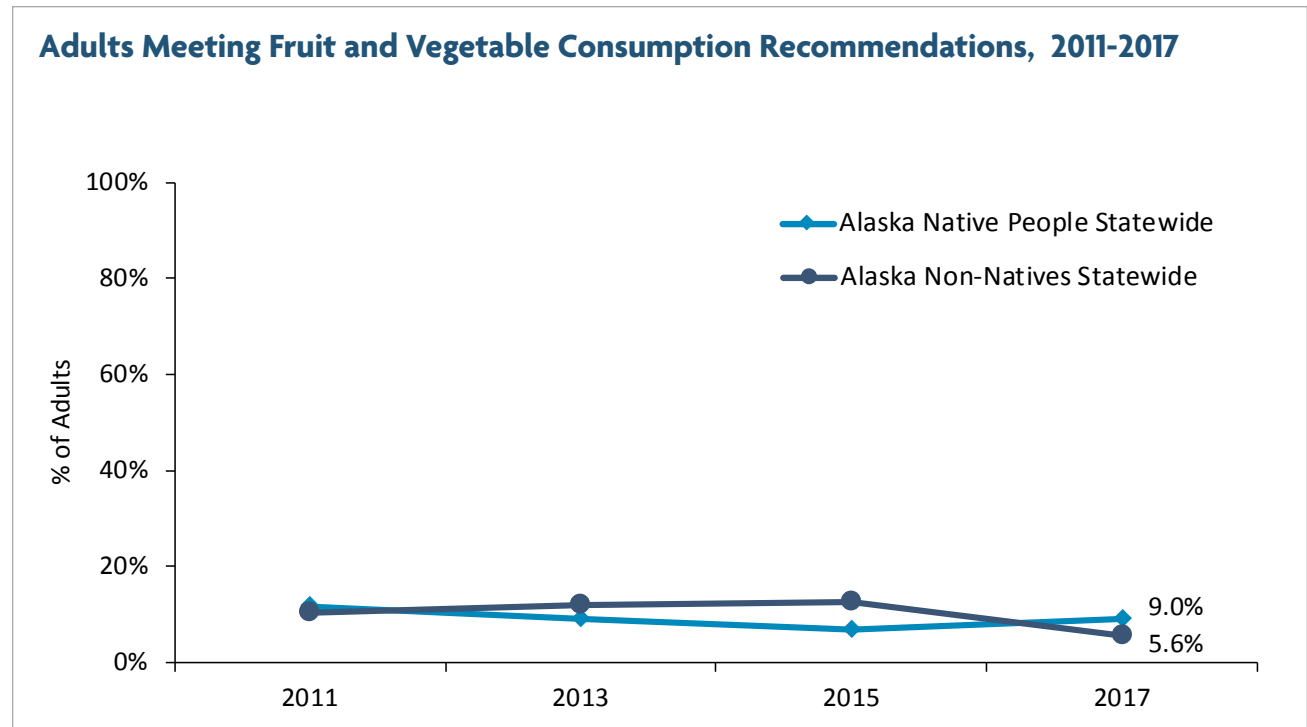


Diet - Fruit & Vegetable Consumption



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System
Table C-116

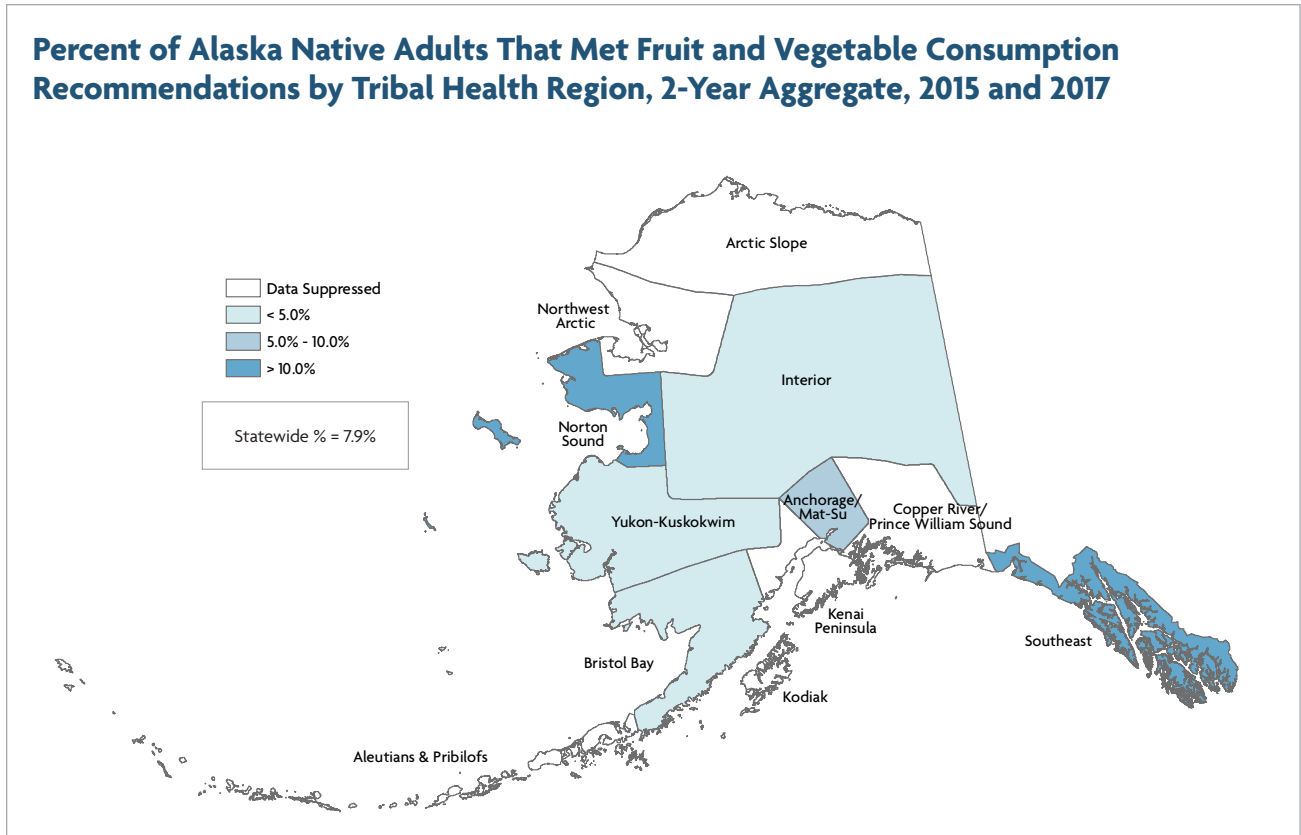
Definition

One method of assessing the adult diet is to measure consumption of fruits and vegetables. The amount of fruits and vegetables recommended daily varies based on age, sex, and level of physical activity. One of the key recommendations from the Dietary Guidelines for Americans, 2020–2025 is to consume a diet that includes a variety of vegetables and fruits.³⁴ The data show the percentage of adults who report having eaten at least 3 servings of vegetables and at least 2 servings of fruit per day during the past month. Vegetables include green salad, potatoes (excluding french fries, fried potatoes, or potato chips), carrots, or other vegetables. Fruits include 100% fruit juice and fruit.

Summary

- » During 2017, about one in eleven (9.0%) Alaska Native adults reported eating at least 3 servings of vegetables and 2 servings of fruit per day.
- » During 2017, there was no statistically significant difference in fruit and vegetable consumption between Alaska Native and Alaska non-Native adults.
- » Fruit and vegetable consumption has remained relatively stable among Alaska Native adults between 2011 and 2017.
- » During 2015-2017, the percent of Alaska Native adults meeting fruit and vegetable recommendations varied by Tribal health region, ranging from 2.6% to 12.4%.

Diet - Fruit & Vegetable Consumption



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System Table C-117

Diet - Fruit & Vegetable Consumption

Table C-116: Adults Meeting Fruit and Vegetable Consumption Recommendations, 2011-2017

	Alaska Native People Statewide		Alaska Non-Natives Statewide	
	%	95% Confidence Interval	%	95% Confidence Interval
2011	11.7%	(7.6%-17.6%)	10.4%	(9.0%-11.8%)
2013	9.0%	(6.2%-12.9%)	12.0%	(10.4%-13.5%)
2015	6.7%	(3.4%-10.0%)	12.5%	(10.4%-14.6%)
2017	9.0%	(3.7%-14.2%)	5.6%	(3.9%-7.3%)

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution.

Table C-117: Percent of Alaska Native Adults That Met Fruit and Vegetable Consumption Recommendations by Tribal Health Region, 2-Year Aggregate, 2015 and 2017

	Alaska Native People	
	%	95% Confidence Interval
Yukon-Kuskokwim	2.6%	(0.3%-5.0%)
Interior	3.5%	(0.1%-6.9%)
Bristol Bay	4.3%	(0.9%-7.7%)
Anchorage/Mat-Su	6.8%	(1.5%-12.0%)
Norton Sound	11.0%	(0.0%-26.7%)
Southeast	12.4%	(4.1%-20.8%)
Statewide	7.9%	(4.7%-11.1%)

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution. Percent not reported for <5 cases.

Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System

34 U.S. Department of Agriculture and U.S. Department of Health and Human Services. (2020) 2020-2025 Dietary Guidelines for Americans. 9th Edition. Retrieved from www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials