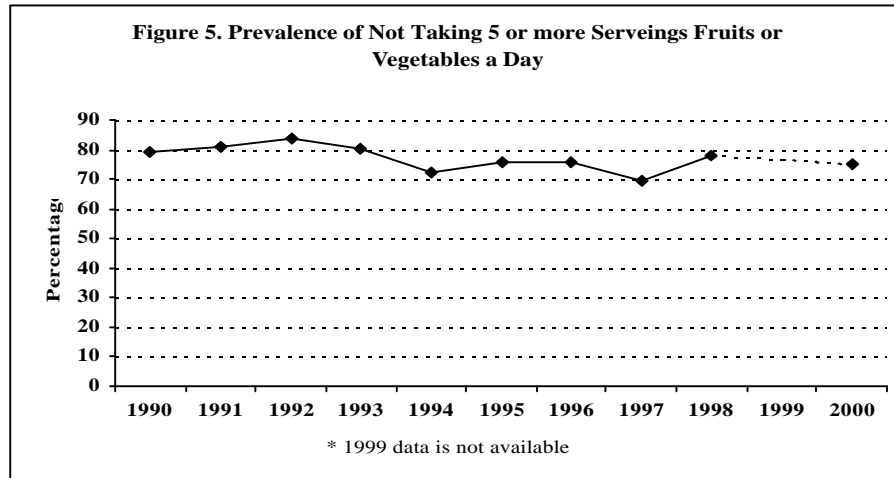


# **Nutrition**

Good nutrition is essential for proper growth and development, overall good health, and physical and mental wellness. The consumption of too much fat and too few vegetables, fruits, and grain products has been found to increase the risk of developing coronary heart disease, some types of cancer, stroke, and type II diabetes. To reduce the risk of premature death caused by diseases associated with a poor diet, the US Recommended Daily Allowance (RDA) of fruits and vegetables is 5 or more servings daily. In order to assess South Carolina's current nutritional status, the BRFSS asked respondents questions about their dietary choices. Trend data indicates that in 1990, about 80 percent of South Carolinians did not consume the RDA of fruits and vegetables, and by 2000, 75.4 percent were still not eating enough fruits and vegetables.

## ***At Least Five or More Servings of Fruits or Vegetables a Day***

Most adults in South Carolina said that they did not eat daily at least five or more servings of fruits or vegetables. Black males fared the worst of the four race-sex groups, as 81 percent of those surveyed reported that they did not eat at least five fruits and vegetables daily. About 73 percent of black females claimed that they ate fewer than five fruits or vegetables a day. Overall, 73 percent of women reported that they did not eat at least five servings of fruits or vegetables each day, compared to 78 percent of men. Younger people, those who are more educated, and those with a higher income level were more likely to meet the RDA standard of consuming at least 5 servings of fruits or vegetables daily.



**Table 5. Prevalence of Not Taking 5 or More Servings of Fruits and/or Vegetables a Day, 2000**

	%	95% CI	
<b>Overall</b>	75.4		
<b>Sex</b>			
Male	78.0	75.4	80.7
Female	73.0	70.8	75.2
<b>Race</b>			
White	75.6	73.7	77.6
Black	76.0	72.5	79.6
<b>Race and Gender</b>			
White Male	77.5	74.4	80.6
White Female	73.8	71.4	76.3
Black Male	80.7	75.2	86.2
Black Female	72.5	67.9	77.1
<b>Age Group</b>			
18-24	84.1	79.8	88.4
25-34	76.0	71.5	80.5
35-44	75.0	71.5	78.5
45-54	78.5	74.9	82.0
55-64	70.5	65.6	75.3
65 +	68.5	64.0	73.0
<b>Education</b>			
<High School	79.6	75.2	84.1
HS Graduate	77.8	75.0	80.7
College	75.3	71.6	78.9
College or higher	69.9	66.7	73.1
<b>House Hold Income</b>			
<\$25,000	76.9	73.5	80.2
<\$50,000	76.5	73.3	79.6
<\$75,000	74.7	70.3	79.1
>\$75,000	70.2	65.5	75.0
<b>Employment</b>			
Employed	76.8	74.7	78.9
Unemployed	75.2	66.3	84.1
Others	70.6	67.1	74.1
Unable to work	81.5	74.9	88.0