

Healthful Nutrition Among Adults with Diabetes in Florida, 2002



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Healthful nutrition is important for diabetes control. Since its inception in 1991, the 5-A-Day for Better Health Program has become one of the most widely recognized health promotion programs in the world. The goal of the program is to increase the consumption of fruits and vegetables in the United States to five to nine servings every day¹. In addition to this goal, the program seeks to inform Americans that eating fruits and vegetables can improve their health and reduce the risk of chronic diseases, such as diabetes². One way to help keep blood glucose levels as close to normal (non-diabetes level) as possible is by eating well-balanced meals in the correct amounts. Improving nutrition has the potential to reduce the risk of complications associated with diabetes.

Data from the 2002 Florida County Behavioral Risk Factor Surveillance System (BRFSS) survey were used for this analysis and are based on a sample size of 34,551 respondents, of whom 3,582 reported being told by their doctors that they have diabetes, which is the definition of “diabetes” for this report. The focus of this report is nutrition indicators among adults with diagnosed diabetes in Florida.

Healthful nutrition among all adults.

The prevalence of consuming five to nine servings of fruits and vegetables a day (5-A-Day) among people diagnosed with diabetes (30.2 percent) is significantly higher than among people without diabetes (25.3 percent). However, among people with diabetes, almost 70 percent of respondents consume less than the recommended amount. (See Figure 1.)

Healthful nutrition among adults diagnosed with diabetes.

Among adults diagnosed with diabetes, the prevalence of consumption of fruits and vegetables is different by gender and among racial groups. Men are significantly less likely to consume 5-A-Day than women in their respective ethnic/racial groups. (See Figure 2.) Hispanic men have significantly lower prevalence of consuming 5-A-Day than both men and women of other ethnic groups. The prevalence of consuming 5-A-Day is also significantly different by age. Adults between the ages 18 and 44 years have a higher prevalence (77.7 percent) of not consuming 5 or more a day than adults age 65 years and older (63.4 percent). (See Table 1.) The prevalence of 5-A-Day consumption does not differ significantly by income or marital status.

Receiving advice on eating more fruits and vegetables from a health professional.

Overall, 51.3 percent of adults with diabetes reported receiving advice about their fruit and vegetable intake from a health professional, a prevalence greater than that among people without diabetes (25.8 percent).

Among men with diabetes, the prevalence of receiving advice was significantly higher among Hispanics (87.7 percent) and non-Hispanic Blacks (69.2 percent) than for non-Hispanic Whites (41.6 percent). Among women with diabetes, the prevalence of receiving advice was significantly higher among non-Hispanic Blacks (68.3 percent) than for non-Hispanic Whites (47.1 percent) and Hispanics (26.8 percent). There was no difference in receiving advice on fruit and vegetable consumption by age, income, or marital status.

Conclusion: Consuming less than 5 servings of fruit and vegetables a day is more prevalent among adults without diabetes than among adults with diabetes. Among those with diabetes, men, Hispanics, young adults, and those with the lowest level of education are less likely to consume 5 servings of fruit and vegetables than are women, non-Hispanics, middle-aged and older adults, and those with more than a high school education. The prevalence of receiving advice on eating more fruits and vegetables was the highest for Hispanic men and non-Hispanic black women.

Figure 1: 5-A-Day Consumption Among Adults with Diabetes, Florida, 2002

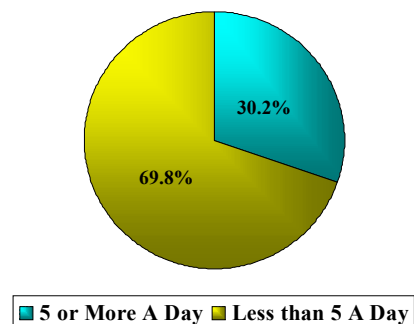
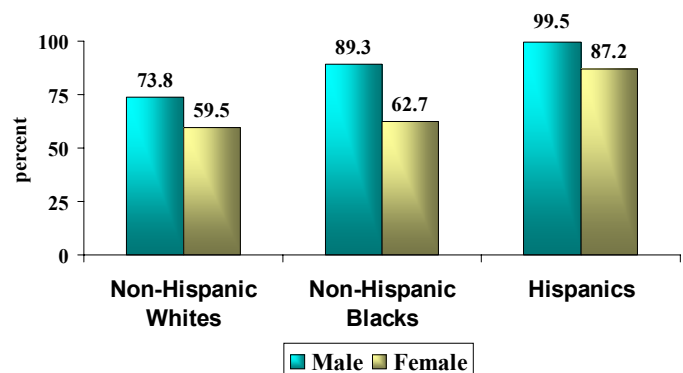


Figure 2: Prevalence of Less than 5-A-Day Among Adults with Diabetes, Florida, 2002



The Behavioral Risk Factor Surveillance System (BRFSS)

The BRFSS survey is a telephone survey of civilian, non-institutionalized adults (age 18 and older) with telephones, designed to monitor trends in risk behaviors related to preventable chronic diseases and conditions. Respondents are asked about health status, including diabetes and blood pressure; health behaviors, such as nutrition, physical activity, tobacco, and alcohol use; use of screening services, such as mammography; and access to health insurance and health care.

The BRFSS data are weighted. Because the BRFSS is a random survey, the results from the county survey are slightly different than results from the state survey. For more information about the Florida BRFSS, please visit our web site at http://www.doh.state.fl.us/disease_ctrl/epi/brfss/index.htm. For more information about the strengths and limitations of the BRFSS, please visit The Centers for Disease Control and Prevention web site at www.cdc.gov/brfss/. For more information on the 5-A-Day program, visit the National Cancer Institute (NCI) or the Produce for Better Health (PBH).

¹5-A-Day is assessed using the following questions 4.1 through 4.6 in Section 4: Fruits and Vegetables of the BRFSS. Each of the dietary indicators is transposed into servings per day, then all are summed as an integer. If this integer is less than 5, then FIVEADAY="Less than Five Servings per Day."

²Diabetes is assessed by the following question, "Have you ever been told by a doctor that you have diabetes?"

*Confidence intervals for Table 1 are constructed utilizing the Statistical Analysis Software (SAS) 9.1 version.

Table 1: Prevalence of consuming less than 5 fruits and vegetables a day among adults without and with diabetes, Florida, 2002

	Adults without Diabetes			Adults with Diabetes		
	%	95% CI*		%	95% CI*	
All	74.7	73.5	75.9	69.8	66.3	73.3
Sex						
Male	78.3	76.3	80.3	77.4	73.1	81.7
Female	71.6	70.1	73.1	62.2	57.0	67.5
Age Group						
18-44	78.8	77.2	80.3	77.7	69.4	86.0
45-64	72.9	70.3	75.5	73.7	67.8	79.6
65+	68.2	65.9	70.4	63.4	58.4	68.5
Race/Ethnicity						
White, non-Hispanic	73.9	72.8	75.0	66.8	63.2	70.5
Black, non-Hispanic	76.3	71.9	80.8	71.2	60.6	81.9
Hispanic	80.2	75.7	84.8	95.2	89.7	100.0
Marital Status						
Never Married	77.6	73.2	81.9	77.2	65.5	88.9
Married/cohabitating	74.1	72.7	75.5	69.2	64.4	74.1
Divorced/ widowed/ separated	74.4	72.5	76.4	68.1	62.8	73.4
Education						
Less than high school	81.0	74.4	87.5	77.7	70.3	85.1
High school, GED	77.6	75.7	79.5	76.9	72.0	81.8
More than high school	72.1	70.7	73.6	62.3	57.0	67.7
Annual Household income						
Less than \$25,000	77.4	74.2	80.5	76.1	71.4	80.8
\$25,000—\$50,000	74.4	72.4	76.5	68.8	62.0	75.7
More than \$50,000	74.8	73.0	76.6	67.1	58.7	75.6

**For more information about the BRFSS survey,
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