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Fruits, vegetables easy to access, but cost an issue for some Kentuckians

Healthy eating is critical to living a healthy life. In 2013 and 2016, the **Kentucky Health Issues Poll (KHIP)** asked Kentucky adults about their access to and consumption of healthy foods.

Most report easy access to healthy foods

The vast majority of Kentucky adults (80%) agreed that it is easy to buy healthy foods such as whole-grain foods, low-fat options, and fruits and vegetables in their neighborhoods. This was similar to 2013 (81%).

Access to healthy food differed by household income. Nearly 9 in 10 Kentucky adults in households earning more than 200% of the Federal Poverty Guidelines¹ (FPG) (87%) reported easy access. That compares with more than 7 in 10 Kentucky adults with household incomes of 200% FPG or less (74%).

Cost poor for some Kentucky adults

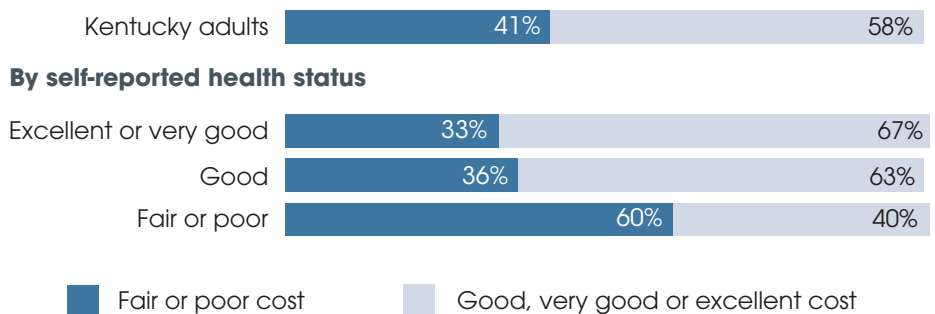
KHIP also asked about the cost of fruits and vegetables.² The

¹ In 2015, 200% of the Federal Poverty Guidelines was \$48,500 for a family of four.

It is easy to purchase healthy foods in my neighborhood such as whole-grain foods, low-fat options, and fruits and vegetables.
(Graph shows only those who strongly agreed or agreed.)



How would you rate the cost of fruits and vegetables? (Percentages may not add to 100% because the response "don't know" is not included.)



perceived cost of fruits and vegetables varied widely by self-reported health status.³ Kentucky adults reporting fair or poor health were more likely to report fair or poor produce costs (60%) compared with adults reporting

² KHIP asked, "And thinking about your primary source for fruits and vegetables ... how would you rate the cost of fruits and vegetables they have available? Would you rate it excellent, very good, good, fair or poor?"

³ KHIP asked, "Would you say that in general your health is ... excellent, very good, good, fair or poor?"

excellent or very good health (33%). This variation in perceived cost was similar to 2013.

Four in 10 do not meet fruit and vegetable recommendations

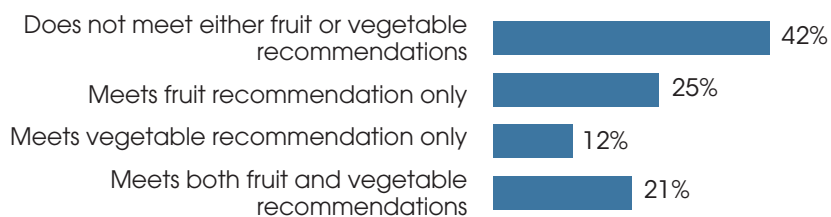
The U.S. Department of Health and Human Services and the U.S. Department of Agriculture offer dietary guidelines for healthy

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eating.⁴ They suggest that half of each plate be made up of fruits and vegetables.

About 4 in 10 adults (42%) did not eat the recommended amount of *either* fruits or vegetables. More than 2 in 10 adults (25%) ate the recommended daily amount of *fruits only* while about 1 in 10 adults (12%) ate the recommended daily amount of *vegetables only*. Two in 10 Kentucky adults (21%) ate the recommended daily amount of *both* fruits and vegetables. This is unchanged from 2013.

Percentage of Kentucky adults who meet dietary recommendations



⁴ U.S. Department of Health and Human Services and the U.S. Department of Agriculture (USDA). Dietary Guidelines for Americans 2010 and 2015. Accessed Jan. 12, 2017, from <https://health.gov/dietaryguidelines/>.