Fruit consumption (adults)
King County, 2011 & 2013 average
Description: Median intake of fruits (number of times per day) among adults age 18+
Source: Behavioral Risk Factor Surveillance System
Most recent data (2013): Adults eat fruit a median of 1.1 times per day in King County.

<table>
<thead>
<tr>
<th></th>
<th>Median</th>
<th>Lower CI</th>
<th>Upper CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>King County</strong> (adults aged 18+)</td>
<td>1.1</td>
<td>1.1</td>
<td>1.1</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18-24</td>
<td>1.0</td>
<td>1.0</td>
<td>1.1</td>
</tr>
<tr>
<td>25-44</td>
<td>1.1</td>
<td>1.0</td>
<td>1.1</td>
</tr>
<tr>
<td>45-64</td>
<td>1.1</td>
<td>1.1</td>
<td>1.1</td>
</tr>
<tr>
<td>65+</td>
<td>1.3</td>
<td>1.2</td>
<td>1.4</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>1.3</td>
<td>1.1</td>
<td>1.3</td>
</tr>
<tr>
<td>Male</td>
<td>1.0</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>AIAN</td>
<td>0.9</td>
<td>0.6</td>
<td>1.7</td>
</tr>
<tr>
<td>Asian</td>
<td>1.0</td>
<td>1.0</td>
<td>1.1</td>
</tr>
<tr>
<td>Black</td>
<td>1.0</td>
<td>0.7</td>
<td>1.1</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1.1</td>
<td>1.0</td>
<td>1.3</td>
</tr>
<tr>
<td>Multiple</td>
<td>1.1</td>
<td>1.0</td>
<td>1.2</td>
</tr>
<tr>
<td>NHPI</td>
<td>1.0</td>
<td>0.7</td>
<td>1.4</td>
</tr>
<tr>
<td>White</td>
<td>1.1</td>
<td>1.1</td>
<td>1.2</td>
</tr>
<tr>
<td><strong>Household Income</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;$15,000</td>
<td>1.1</td>
<td>1.0</td>
<td>1.3</td>
</tr>
<tr>
<td>$15,000 - $24,999</td>
<td>1.0</td>
<td>1.0</td>
<td>1.1</td>
</tr>
<tr>
<td>$25,000 - $34,999</td>
<td>1.0</td>
<td>1.0</td>
<td>1.1</td>
</tr>
<tr>
<td>$35,000 - $49,999</td>
<td>1.1</td>
<td>1.0</td>
<td>1.3</td>
</tr>
<tr>
<td>$50,000 - $74,999</td>
<td>1.1</td>
<td>1.0</td>
<td>1.3</td>
</tr>
<tr>
<td>$75,000+</td>
<td>1.1</td>
<td>1.1</td>
<td>1.2</td>
</tr>
<tr>
<td><strong>Region</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>East</td>
<td>1.2</td>
<td>1.1</td>
<td>1.3</td>
</tr>
<tr>
<td>North</td>
<td>1.2</td>
<td>1.1</td>
<td>1.6</td>
</tr>
<tr>
<td>Seattle</td>
<td>1.1</td>
<td>1.0</td>
<td>1.1</td>
</tr>
<tr>
<td>South</td>
<td>1.1</td>
<td>1.0</td>
<td>1.1</td>
</tr>
</tbody>
</table>

**Notes:**
N/A: Not available
* Too few cases to protect confidentiality and/or report reliable rates
§ Too few cases to meet precision standard, interpret with caution
CI is 95% Confidence Interval
Persons of Hispanic ethnicity can be of any race and are included in the racial categories

Prepared By: Public Health - Seattle & King County; Assessment, Policy Development, & Evaluation, 5/2014
# Fruit consumption (adults) by comparison areas

*Source: Behavioral Risk Factor Surveillance System*

There is no Healthy People 2020 Objective for median intake of fruit.

<table>
<thead>
<tr>
<th></th>
<th>Latest Available Year</th>
<th>Median</th>
<th>Lower CI</th>
<th>Upper CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>2011</td>
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<td>N/A</td>
</tr>
<tr>
<td>Washington State</td>
<td>2011</td>
<td>1.1</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>King County</td>
<td>2013</td>
<td>1.1</td>
<td>1.0</td>
<td>1.1</td>
</tr>
</tbody>
</table>

### Notes:

- N/A: Not available
- CI is 95% Confidence Interval
- Median = median intake of fruits (number of times per day) among adults age 18+

Prepared By: Public Health - Seattle & King County; Assessment, Policy Development, & Evaluation, 1/2015
Fruit consumption (adults), King County, 2011 & 2013 Average

<table>
<thead>
<tr>
<th>Category</th>
<th>Median Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>King County</td>
<td>1.1</td>
</tr>
<tr>
<td>Age 18-24</td>
<td>1.0</td>
</tr>
<tr>
<td>25-44</td>
<td>1.1</td>
</tr>
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<td>Female</td>
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<tr>
<td>Male</td>
<td>1.0</td>
</tr>
<tr>
<td>AIAN</td>
<td>0.9</td>
</tr>
<tr>
<td>Asian</td>
<td>1.0</td>
</tr>
<tr>
<td>Black</td>
<td>1.0</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1.1</td>
</tr>
<tr>
<td>Multiple</td>
<td>1.1</td>
</tr>
<tr>
<td>NHPI</td>
<td>1.0</td>
</tr>
<tr>
<td>White</td>
<td>1.1</td>
</tr>
<tr>
<td>Income &lt;$15,000</td>
<td>1.1</td>
</tr>
<tr>
<td>$15,000 - $24,999</td>
<td>1.0</td>
</tr>
<tr>
<td>$25,000 - $34,999</td>
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<td>Seattle</td>
<td>1.1</td>
</tr>
<tr>
<td>South</td>
<td>1.1</td>
</tr>
</tbody>
</table>

Source: Behavioral Risk Factor Surveillance System
Prepared by: Public Health Seattle & King County, Assessment, Policy Development, & Evaluation, 1/2015

[-----]: Confidence interval shows range that includes true value 95% of the time
* Too few cases to protect confidentiality and/or report reliable rates
§ Too few cases to meet precision standard, interpret with caution
Fruit consumption (adults) by comparison Areas

- United States, 2011: 1.1
- Washington State, 2011: 1.1
- King County, 2013: 1.1

Source: Behavioral Risk Factor Surveillance System
Prepared by: Public Health Seattle & King County, Assessment, Policy Development, & Evaluation, 1/2015

[---]: Confidence interval shows range that includes true value 95% of the time