

Prevalence of risk factors (low fruit and vegetable consumption) by age, 2001

Risk factor	Sex	Age group (years)				19+ (ASR) ^(a)
		19–34	35–54	55–74	75+	
Low fruit consumption ^(b)	Males	61.6	55.2	43.9	38.1	55.3
	Females	50.2	43.2	30.0	31.7	41.5
	Persons	55.9	49.1	36.9	34.3	47.4
Low vegetable consumption ^(c)	Males	79.2	73.0	67.4	63.9	73.0
	Females	74.5	65.1	58.5	61.4	66.3
	Persons	76.8	69.0	62.9	62.4	69.6

(a) Age-standardised rate (ASR) standardised to the 2001 Australian population.

(b) Low fruit consumption is usual intake of less than 2 serves per day.

(c) Low vegetable consumption is usual intake of less than 4 serves per day.

Note: Based on self-reported data.

Source: AIHW analysis of the 2001 National Health Survey.