

Table 1 Daily frequency of fruit and vegetable consumption by Kuwaiti adults (n = 9350) by demographic and lifestyle characteristics, 2006–2008

Variable	Total	2006					2007					2008				
		< 1 time		1–2 times	3–4 times	≥ 5 times	< 1 time		1–2 times	3–4 times	≥ 5 times	< 1 time		1–2 times	3–4 times	≥ 5 times
		No.	%	%	%	%	No.	%	%	%	%	No.	%	%	%	%
Sex^a																
Women	4888	1560	5.0	46.7	39.0	9.3	1653	3.7	45.1	38.6	12.6	1675	7.5	44.1	36.4	12.1
Men	4462	1227	4.6	48.0	37.4	10.0	1649	4.1	48.2	35.8	11.9	1586	5.7	49.2	33.8	11.3
Age (years)^b																
18–29	2414	737	3.7	49.5	37.3	9.5	749	4.3	47.7	34.7	13.4	928	7.5	49.2	32.2	11.0
30–39	2496	704	5.7	48.9	36.5	8.9	895	3.7	50.4	34.2	11.7	897	7.8	49.3	32.7	10.3
40–49	2482	795	5.8	48.6	37.0	8.7	879	4.6	48.1	37.0	10.4	808	5.4	44.9	36.1	13.5
50–59	1406	410	3.7	40.2	44.6	11.5	541	2.6	39.9	44.2	13.3	455	5.1	39.6	42.9	12.5
> 60	552	141	4.3	41.1	41.1	13.5	238	4.2	39.1	41.6	15.1	173	4.6	44.5	38.2	12.7
Education																
Below high school	2279	653	4.9	46.2	38.9	10.0	865	5.3	48.0	35.1	11.6	761	5.4	50.3	33.4	10.9
High school	1825	502	6.4	49.0	35.9	8.8	656	3.7	46.0	37.5	12.8	667	5.8	46.9	35.1	12.1
Diploma	2347	676	5.0	48.8	37.9	8.3	796	4.1	48.5	36.6	10.8	875	7.7	46.9	35.0	10.5
Above college education	2899	956	3.8	46.0	39.4	10.8	985	2.6	44.4	39.4	13.6	958	7.1	43.1	36.6	13.2
Employment^c																
No	3557	1146	6.0	46.5	37.0	10.5	1278	4.4	46.6	36.1	12.9	1133	6.9	43.1	37.2	12.9
Yes	5693	1541	4.0	47.8	39.2	9.0	2024	3.6	46.6	37.9	11.8	2128	6.4	48.4	34.0	11.1
Exercise^d																
No	6590	1938	5.6	50.9	35.4	8.1	2279	4.2	50.3	35.0	10.6	2373	7.1	49.4	33.4	10.1
Yes	2760	849	3.1	39.0	44.9	13.1	1023	3.3	38.5	42.2	15.9	888	5.3	39.0	39.6	16.1
BMI (kg/m²)																
≤ 25	2030	603	4.0	49.1	38.8	8.1	677	4.7	47.8	35.3	12.1	750	6.9	48.4	34.1	10.7
25–30	3442	998	5.1	47.4	37.3	10.2	1204	4.1	46.3	37.1	12.5	1240	6.5	45.8	35.2	12.5
≤ 30	3869	1184	5.0	46.3	38.9	9.9	1417	3.4	46.4	38.2	12.1	1268	6.6	46.3	35.6	11.5
Smoking^e																
No	4753	1217	3.6	48.1	38.8	9.5	1458	4.3	47.7	36.8	11.2	2078	7.2	45.0	35.4	12.4
Yes	1775	486	6.8	48.1	35.0	10.1	635	4.6	48.3	34.6	12.4	654	6.3	48.5	33.9	11.3

P < 0.05, chi-squared tests: ^aBetween men and women (2008); ^bBetween age groups (2007 and 2008); ^cBetween employed and unemployed (2006 and 2008); ^dBetween exercisers and non-exercisers (2006, 2007 and 2008); ^eBetween smokers and non-smokers (2006).

BMI = body mass index.