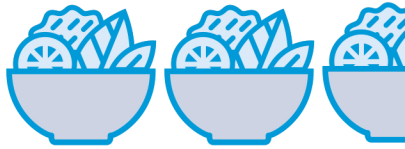
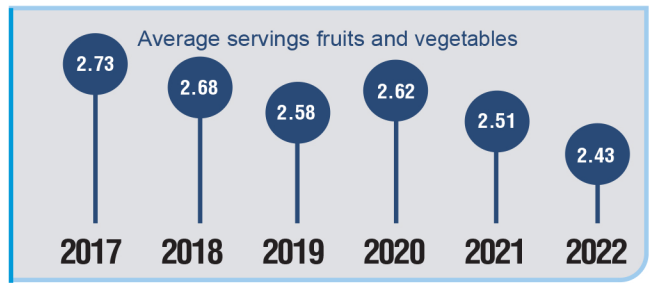




**2.6** **SERVINGS** fruits & vegetables! per day



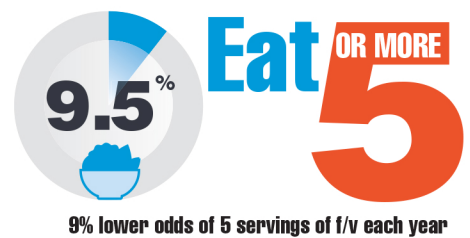
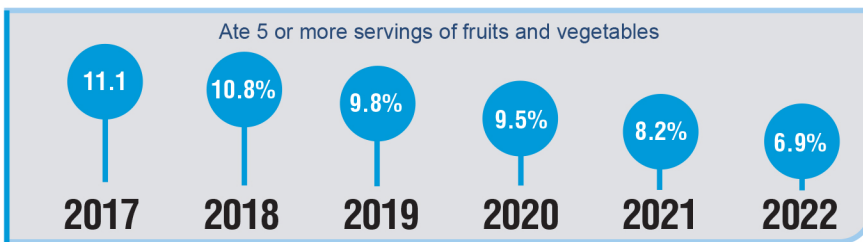
**DECREASE** OF **0.06** servings of fruits & vegetables (f/v) per year



Race/Ethnicity	Average servings of fruits and vegetables
White NH	2.70
Black NH	2.19
Asian Pacific Islander	2.10
Other	2.46
Hispanic	2.36
multiple races	2.61

Nurse licensure	Average servings of fruits and vegetables
RN	2.61
APRN	2.82
LPN	2.22
Student	2.53

- Asian/Pacific Islander nurses ate **0.6 fewer servings** of f/v than White nurses and Black nurses ate a **half serving** of f/v less than White nurses. Similarly, Hispanic nurse ate a **third of a serving less** than White nurses, and other races ate a **quarter fewer servings** of f/v than White nurses.
- Compared to RNs, APRNs eat **0.21 more servings** of f/v, and LPNs eat **0.39 fewer servings** of f/v.



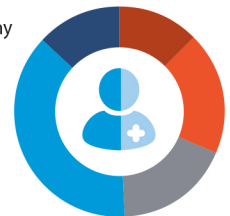
**NURSES with MORE EXPERIENCE EAT MORE** fruits & vegetables.

Years of nursing experience	Average servings of fruits and vegetables	5+ servings of fruits and vegetables
< 1 year or student	2.40	8.0%
1-2 years	2.38	7.4%
3-10 years	2.56	8.6%
11-20 years	2.66	10.2%
21-30 years	2.67	10.4%
31-40 years	2.90	12.5%
>40 years	3.07	15.7%

Over half of nurses agreed that there was **healthy food available at their worksite.**

In my current work environment, healthy food choices are available.

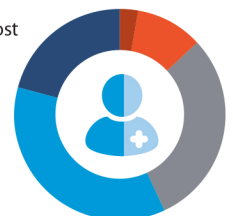
- strongly disagree | 12.5%
- disagree | 18.9%
- neither | 18.0%
- agree | 37.7%
- strongly agree | 12.9%



However, most nurses agreed that **healthy food at their worksite was more expensive.**

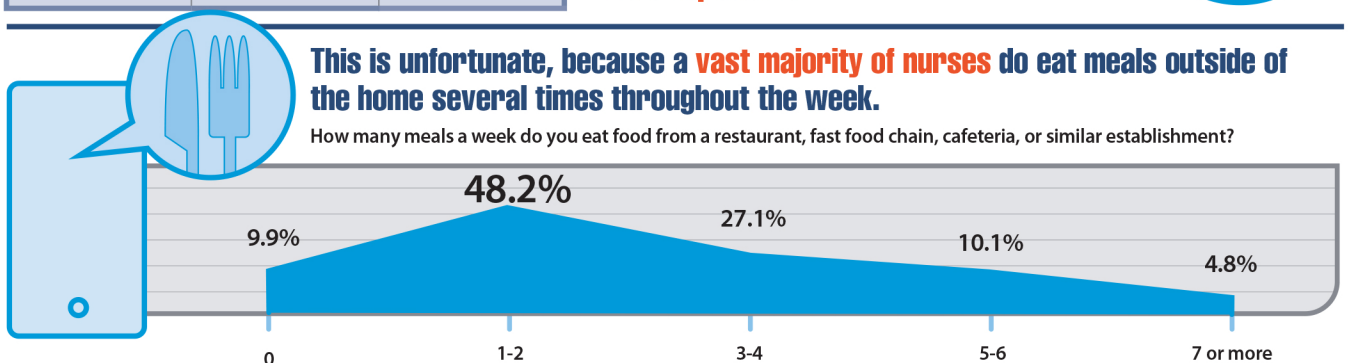
In my current work environment, the cost for healthier food choices are more \$.

- strongly disagree | 3.0%
- disagree | 10.2%
- neither | 29.9%
- agree | 36.2%
- strongly agree | 20.6%



This is unfortunate, because a **vast majority of nurses do eat meals outside of the home several times throughout the week.**

How many meals a week do you eat food from a restaurant, fast food chain, cafeteria, or similar establishment?



All estimates are controlled for year, years of experience, nurse licensure, race, and work setting.