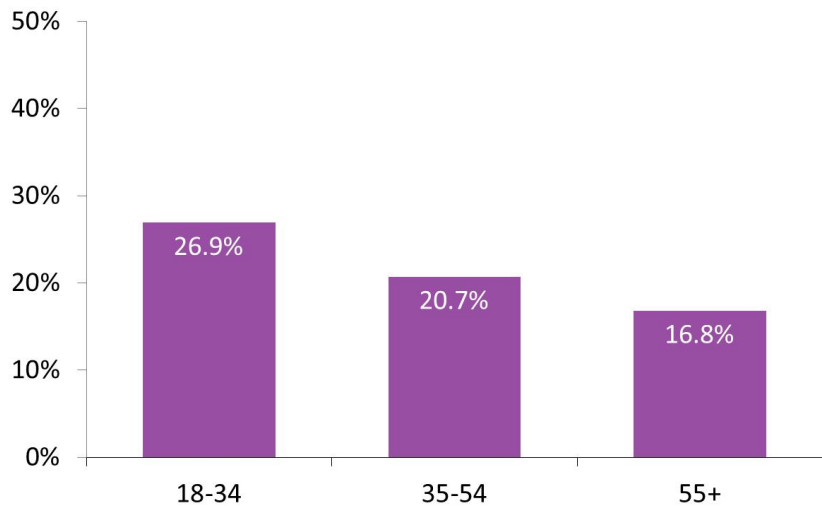


Fruit and Vegetable Consumption

Key Findings

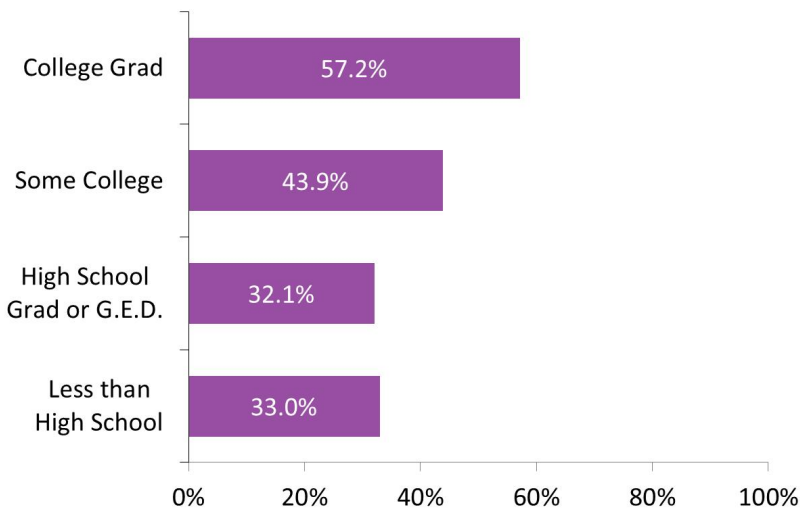
- Fruit and vegetable consumption can help maintain health by reducing the risk of overweight, obesity and chronic diseases including cancer, hypertension and type 2 diabetes.
- The 2013 Community Health Survey asked residents to report the average number of servings of fruit (not counting juice) and vegetables they consumed per day.

Consume 5+ Fruits and/or Vegetables per Day by Age



The national recommendation is at least five total servings of fruit and vegetables per day, including at least three servings of vegetables and two servings of fruit.

Consumes Two Servings or More of Fruit per Day by Education Level



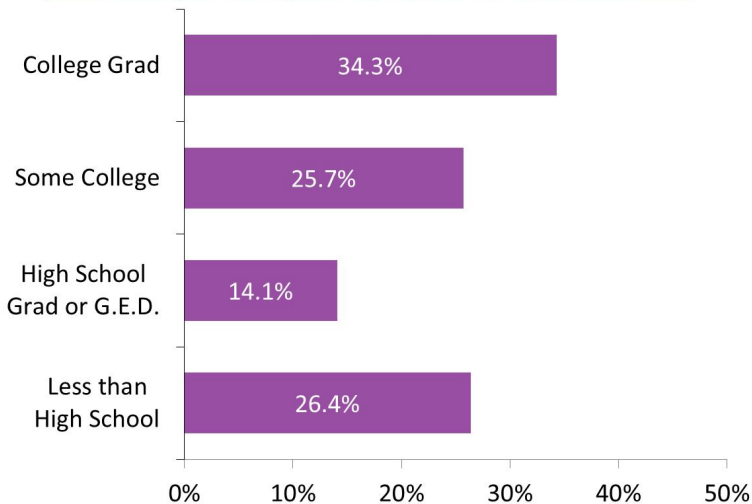
- Countywide, 22% met and 78% did not meet the recommendations for fruit and vegetable consumption. Slightly more Coloradans (86%) do not meet this guideline.
- Fruit and vegetable consumption varied by age. About 1 out of 4 adults aged 18 to 34 years consumed the recommended amount whereas only 1 out of 6 adults aged 55 years or older consumed 5 and/or more fruits and vegetables a day.
- Residents with at least a college degree most often met the daily recommendation of at least 2 servings of fruit per day (57.2%). **See chart to left.**
- About eight out of ten people (83%) consumed at least one serving of fruit per day. This percentage was even greater among college graduates (91%).



Weld County 2013 Community Health Survey

Key Findings

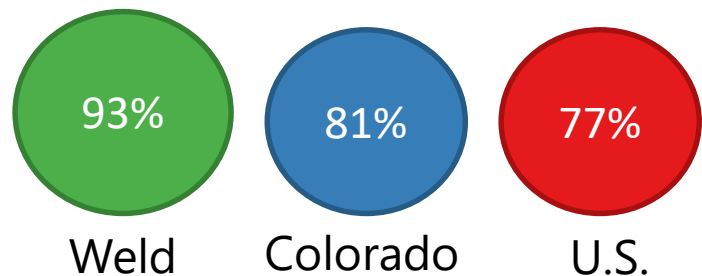
Consumes Three Servings or More of Vegetables per Day by Education Level



- Only about 1 out of 3 residents with a college degree met the daily recommendation of 3 or more servings of vegetables per day (34.3%).
- Younger adults (ages 18-34) more often met the daily recommendation of 3 or more servings of vegetables per day (32%) than those who were 35-54 (27%) or 55 and older (22%).
- The percentage of Weld County residents who consumed 3 or more servings of vegetables per day increased by 13% from 24% in 2010 to 27% in 2013.

- A higher percentage of Weld County adults (93%) ate one or more servings of vegetable daily than adults across Colorado (81%) or the United States (77%).
- Countywide, 46% of people were concerned about access to affordable, fresh foods. This concern was even more common among residents living at or below 185% of the Federal Poverty Level* (56%), and those living in Greeley/Evans (51%; chart not shown).

Adults Who Eat 1+ Vegetable Per Day



Questions?

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970-407-6470, ext. 2221

**185% Federal Poverty Level (185% FPL) in 2012 was \$20,665 for single person, \$7,326 for each additional person, and \$42,643 for a family of four is a definition of low income.*

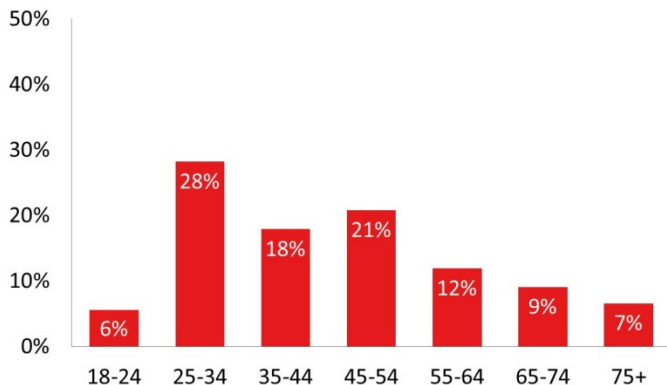


Weld County 2013 Community Health Survey

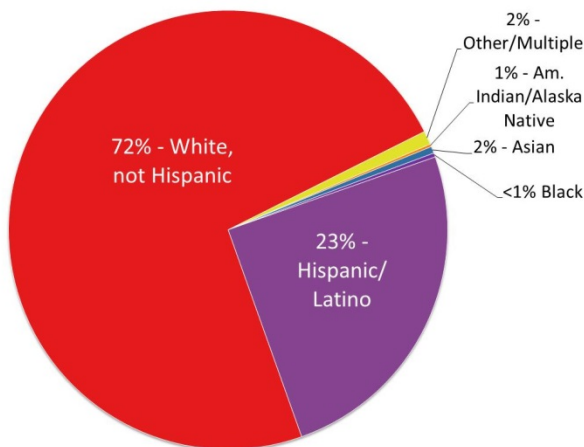
About the Survey

Description of Responders

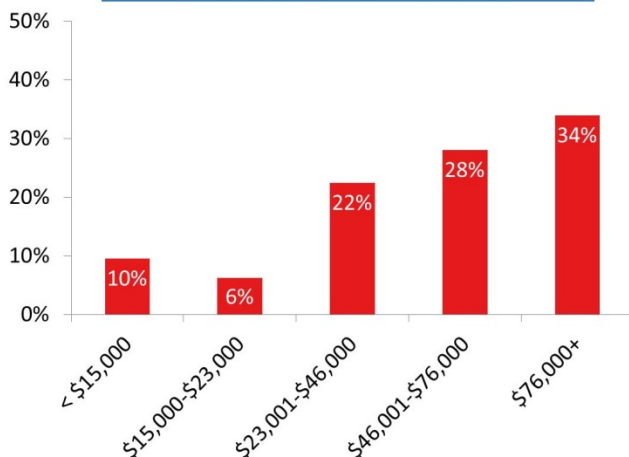
Age Groups



Race/Ethnicity



Household Income



The Survey Explained

- In order to periodically assess the health status of county residents, between October 15, 2013 and February 14, 2014, Weld County Department of Public Health & Environment contacted 7,502 households by mail requesting an adult to complete the 65-item survey or complete it online.
- Question topics included health, health care access and insurance, health conditions and lifestyle habits, preventive screenings, environmental issues, community concerns and needs, demographics, and the 2013 Flood Disaster.
- Households were selected randomly by first dividing the mailing list into **four regions (see map below)** and two household types. The list was certified by the post office but did not contain residents' names.
- After multiple contacts, 2,082 community residents returned usable surveys for a 28 percent response rate. The results are representative of the population within a ± 5.0 percent margin of error.
- To see the actual survey go to: www.weldhealth.org

