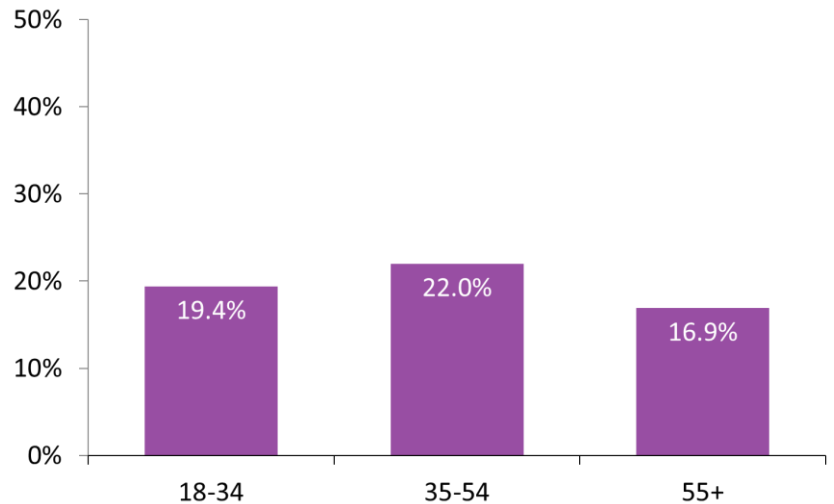


Fruit and Vegetable Consumption

Key Findings

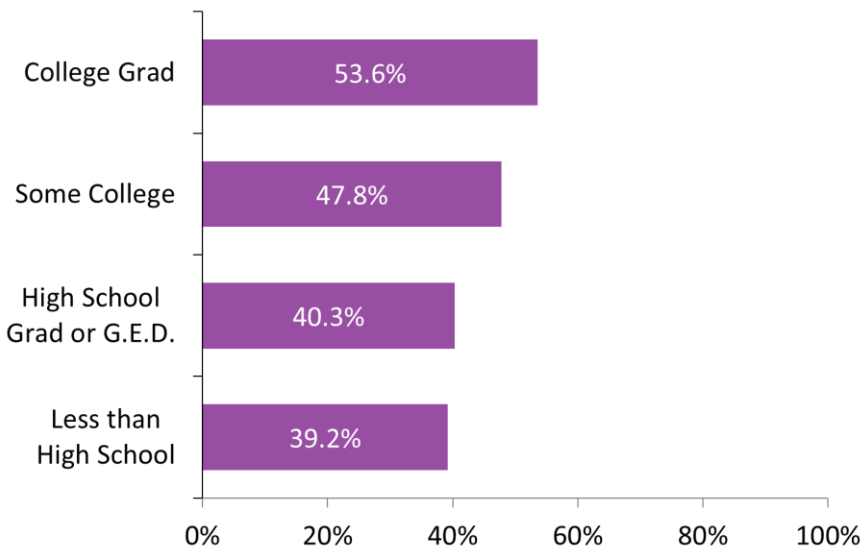
- Fruit and vegetable consumption can help maintain health by reducing the risk of overweight, obesity and chronic diseases including cancer, hypertension and type 2 diabetes.
- The 2016 Community Health Survey asked residents to report the average number of servings of fruit (not counting juice) and 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

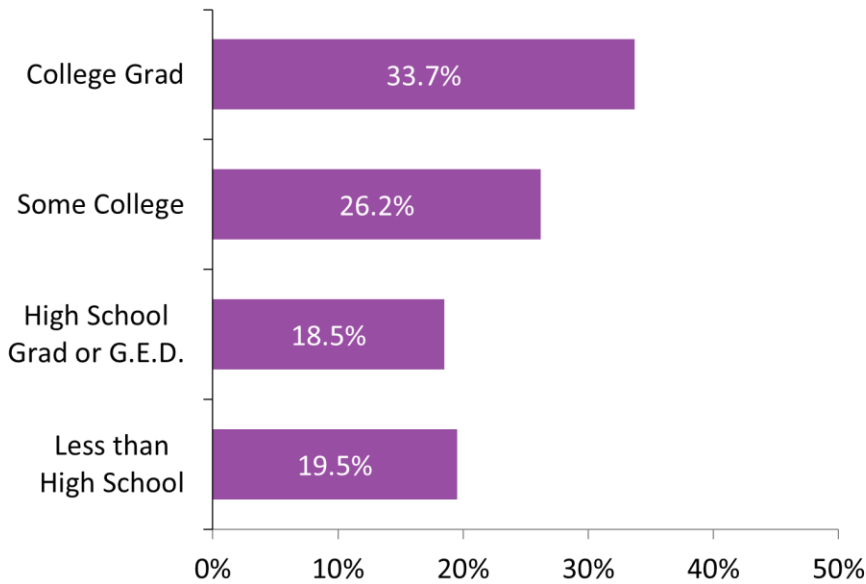


- Countywide, 20% met and 80% did not meet the recommendations for fruit and vegetable consumption.
- Fruit and vegetable consumption varied by age. About 1 in 5 adults aged 18 to 34 years consumed the recommended amount whereas only 1 in 6 adults aged 55 years or older consumed 5 and/or more fruits and vegetables a day (see chart above).
- Residents with at least a college degree most often met the daily recommendation of at least 2 servings of fruit per day (54%). See chart to left.

Weld County 2016 Community Health Survey

Key Findings

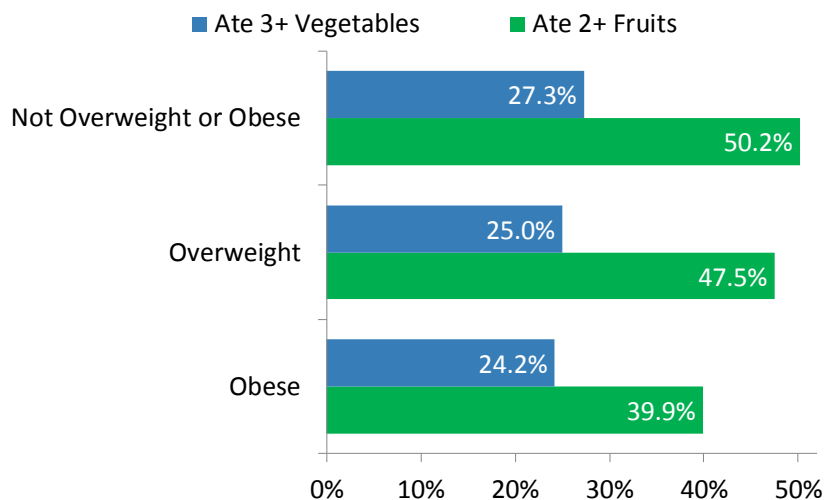
Consumes Three Servings or More of Vegetables per Day by Education Level



- Only about 1 in 3 residents with a college degree met the daily recommendation of 3 or more servings of vegetables per day (34%).
- Younger adults (aged 18-34 years) more often met the daily recommendation of 3 or more servings of vegetables per day (28%) than those who were aged 35-54 years (26%) or 55 and older (21%).

- About eight in ten people (83%) consumed at least one serving of fruit per day. This percentage was even greater among college graduates (90%).
- A higher percentage of Weld County adults (91%) ate one or more servings of vegetables daily compared to adults across Colorado (82%) or the United States (78%).
- Residents who are not overweight or obese consume more fruits (50%) and vegetables (27%) compared to obese residents (40% and 24% respectively).

Fruit and Vegetable Consumption per Day by Weight Status



Questions?

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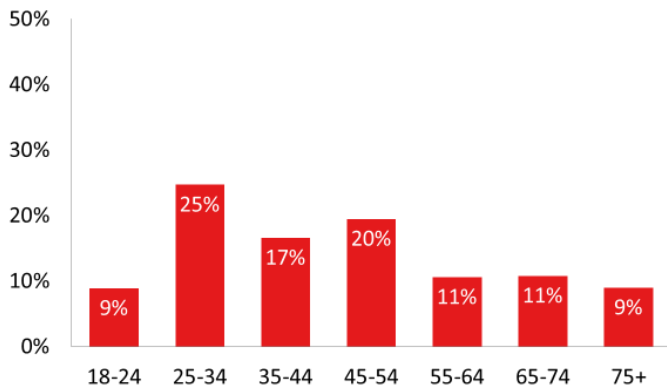


Weld County 2016 Community Health Survey

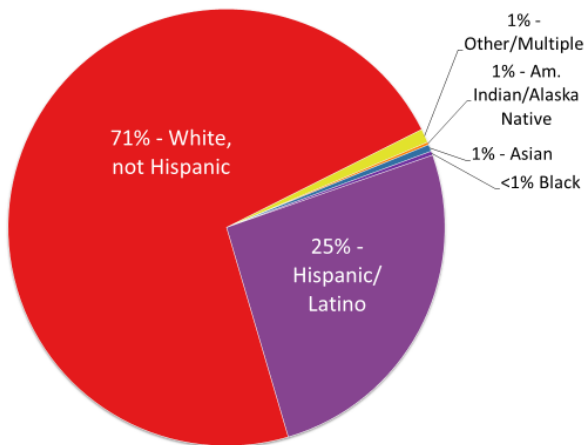
About the Survey

Description of Responders

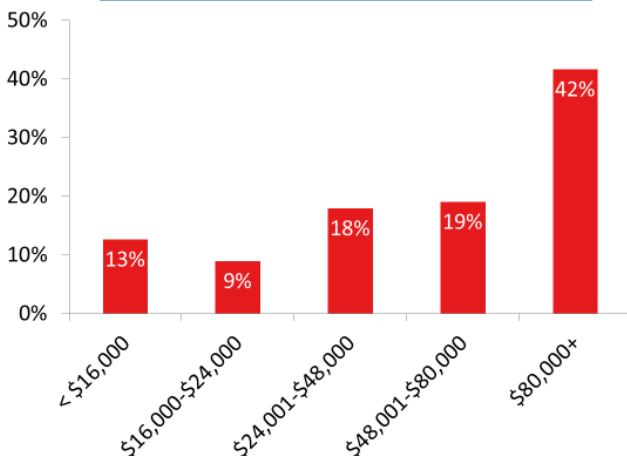
Age Groups



Race/Ethnicity



Household Income



The Survey Explained

- In order to periodically assess the health status of county residents, between September 6, 2016 and November 17, 2016, Weld County Department of Public Health & Environment contacted 8,494 households by mail requesting an adult to complete the 55-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, and demographics.
- Households were selected randomly by first dividing the mailing list into **four regions (see map below)** and two household types (single-family vs. multi-family). The list was certified by the post office but did not contain residents' names.
- After multiple contacts, 2,080 community residents returned usable surveys for a 25 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

