

FRUIT & VEGETABLES: FIVE OR MORE A DAY FOR ADULTS

ISSUE

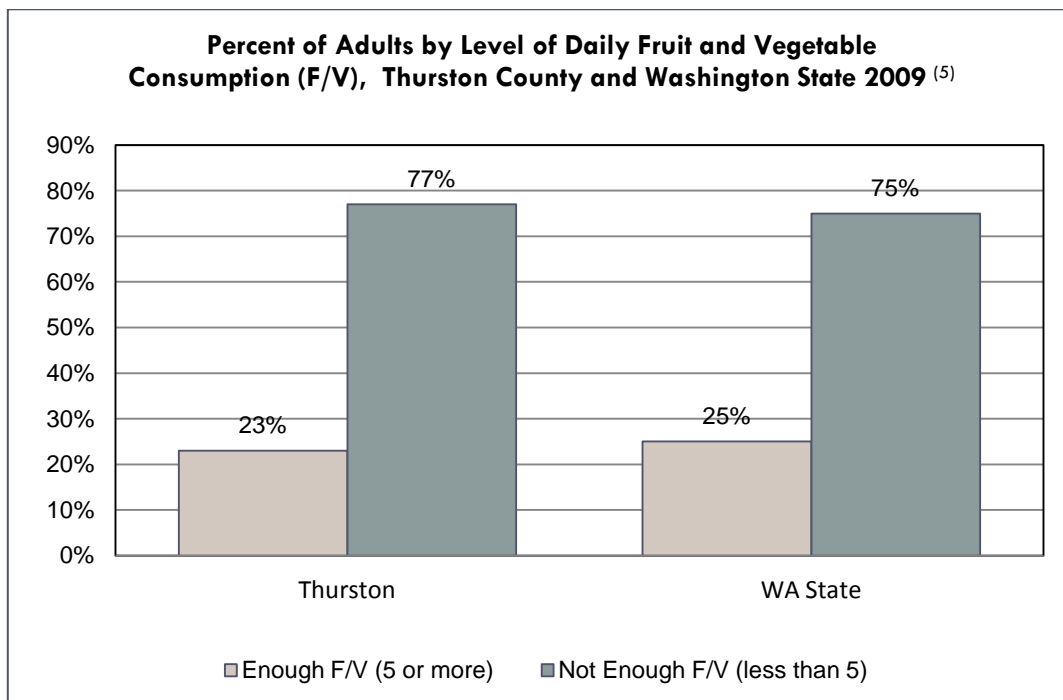
The health benefits of fruit and vegetable consumption include: ⁽¹⁻⁴⁾

- Reduced risk of heart disease.
- Improved ability to maintain a healthy weight.
- Possible protection against some types of cancer.

Fruit and vegetables contain vitamins, minerals and other natural substances that protect health. Whether consumed through eating or drinking, they contribute to a balanced diet. ⁽¹⁻²⁾

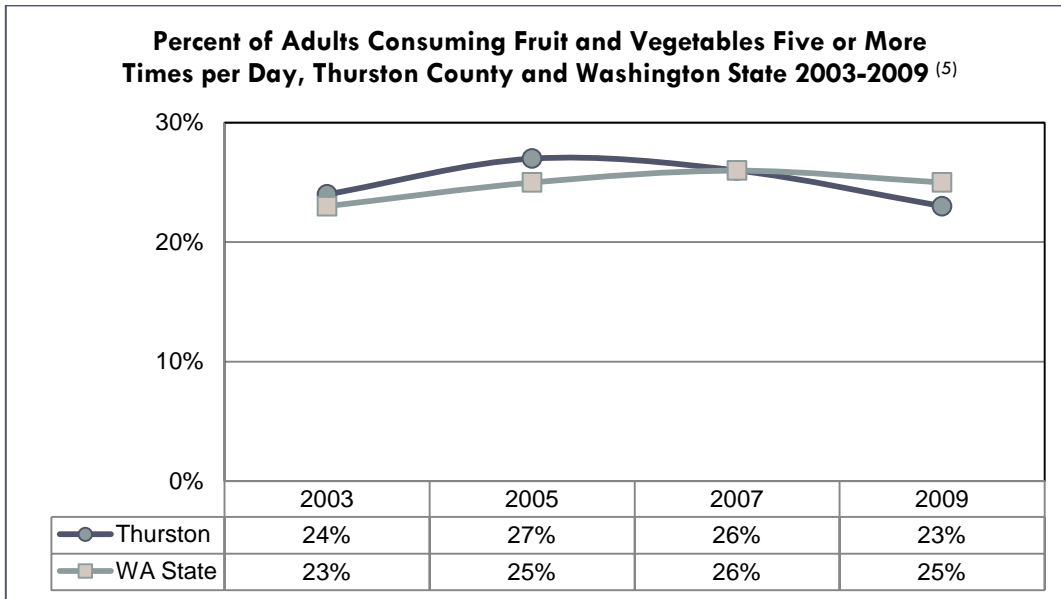
FINDINGS

- In 2009, about 1 in 4 (23%) of Thurston County adults consumed fruit and vegetables five or more times per day. About 3 in 4 (77%) of county adults consumed fruit and vegetables *less* than five times a day. ⁽⁵⁾

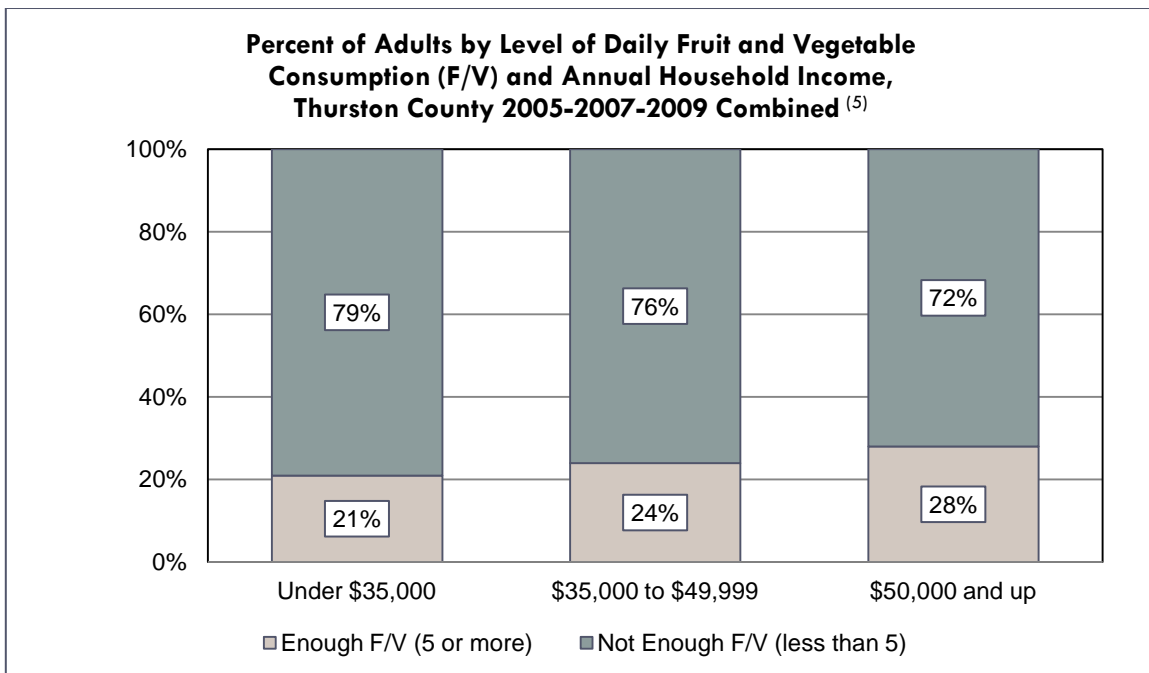


DETAILED DATA

- During the past decade adult rates of daily fruit and vegetable consumption remained similar for Thurston County and Washington State.



- Among adults, consuming fruit and vegetables five or more time each day varies somewhat by annual household income.



CITATIONS

- (1) Nutrient Information for Fruits and Vegetables. 2012. U.S. Department of Health & Human Services, Centers for Disease Control & Prevention.
www.cdc.gov/nutrition/everyone/fruitsvegetables/nutrient-info.html
- (2) Dietary Guidelines for Americans. 2010. U.S. Department of Agriculture and U.S. Department of Health & Human Services. health.gov/dietaryguidelines/
- (3) How to Use Fruit and Vegetables to Manage Your Weight. 2011. U.S. Department of Health & Human Services, Centers for Disease Control & Prevention.
www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html
- (4) Cancer Prevention Overview. 2012. National Cancer Institute.
www.cancer.gov/cancertopics/prevention
- (5) Behavioral Risk Factor Surveillance Survey (BRFSS) Data. 2003-2009. Washington State Department of Health. Prepared by Thurston County Public Health & Social Services Department. This survey topic is included every other year.

NOTES

- Enough fruit and vegetables = adults consuming (eating or drinking) fruit and/or vegetables five or more times each day.

MORE INFORMATION

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