

Disparities in Fruit and Vegetable Consumption in Colorado



Disparities exist in the frequency of fruit and vegetable consumption.

Overall, **86%** of adult Coloradans did **not** meet recommendations for fruit and vegetable consumption in 2013. Depending upon the age of adults, 4-5 cups of fruits and vegetables is the recommended daily amount for men and 3.5-4.5 cups for women.¹

94%

94% of men in Colorado.

91%

91% of adult Coloradans earning less than \$15,000 annually.

93%

93% of adult Coloradans who identify as Hispanic.

95%

95% of adult Coloradans with less than a high school education.

93%

93% of adult Black Coloradans.

90%

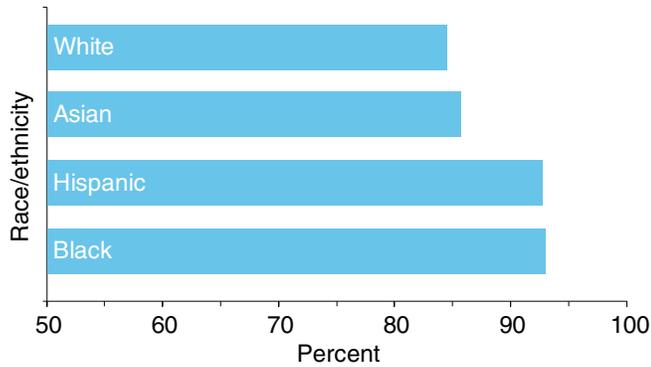
90% of adult Coloradans who were obese.

- Women were significantly more likely to meet recommendations compared to men.
- Whites were significantly more likely to meet recommendations compared to Hispanics and Blacks.
- Adults with household incomes above \$50,000 were significantly more likely to meet recommendations than those earning <\$35,000.
- Adults with higher education levels were significantly more likely to meet recommendations.
- Adults with a healthy weight were significantly more likely to meet recommendations than overweight and obese adults.

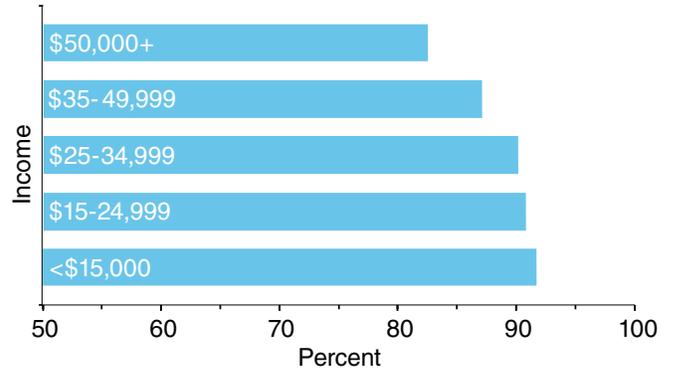
1. www.choosemyplate.gov/food-groups/

Percent of adults (ages 18+) not meeting age/sex-specific recommendations for fruit/vegetable consumption, Colorado, 2013.

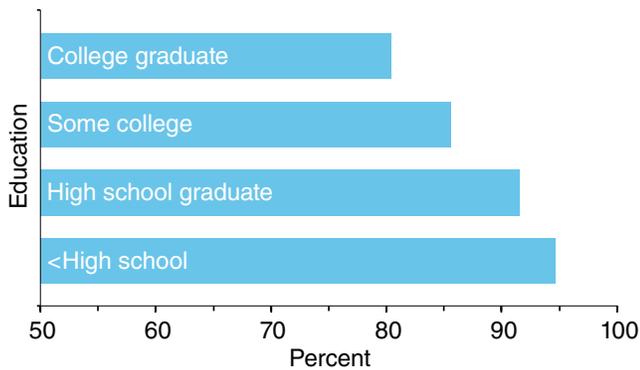
By race/ethnicity



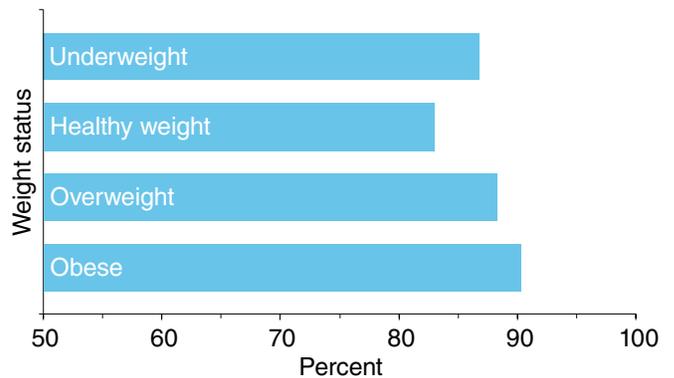
By household income



By education

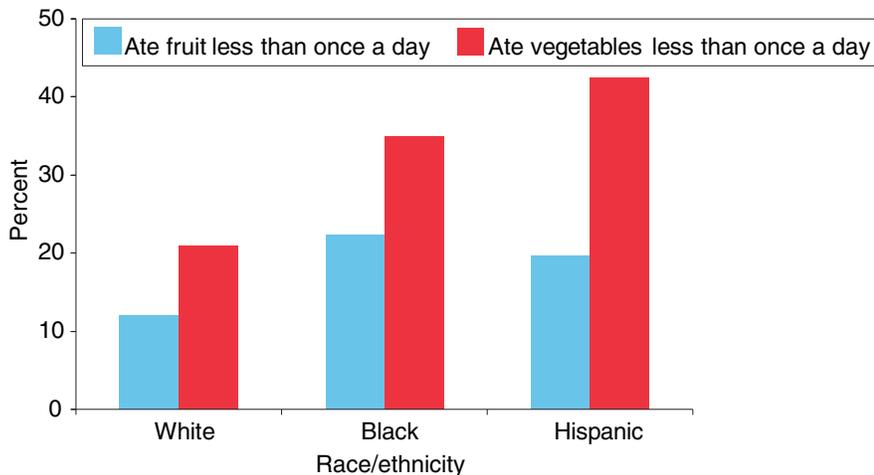


By weight status



Daily fruit and vegetable consumption among children varies by race/ethnicity and household income.

Percent of children (ages 1-14) who consumed fruits and vegetables less than daily by race/ethnicity, Colorado, 2011-2013.



- Black and Hispanic children were 1.8 and 2.0 times more likely to consume vegetables less than daily compared with White children, respectively.
- 35% of Black children and 43% of Hispanic children did not eat vegetables at least once a day.

Fruit and vegetable consumption by household income and body mass index.

- Children from households earning less than \$25,000 per year were 1.8 times more likely not to eat vegetables at least once a day compared with children from households earning \$50,000 or more per year.
- Consumption of fruits and vegetables did not differ based on children's body mass index.

Data sources: Behavioral Risk Factor Surveillance System, Colorado Child Health Survey.

Terminology for racial/ethnic groups matches that used during data collection.