

Appendix: data tables for “Fruit and Vegetable Consumption in Colorado”

Table 1. Percent of Coloradans who did not eat fruits and vegetables at least once a day, Colorado, 2013.

	Percent	95% LCL	95% UCL
Percent of children ages 1-14 who did not eat fruit (including 100% fruit juice) 1+ times per day, 2013	15.8	13.2	18.3
Percent of children ages 1-14 who did not eat fruit (excluding 100% fruit juice) 1+ times per day, 2013	24.1	21.2	27.1
Percent of children ages 1-14 who did not eat vegetables 1+ times per day, 2013	26.4	23.3	29.6
Percent of adults ages 18+ who did not eat fruit (including 100% fruit juice) 1+ times per day, 2013	35.7	34.5	36.8
Percent of adults ages 18+ who did not eat vegetables 1+ times per day, 2013	19.1	18.1	20.0
Percent of high school students (grades 9-12) who did not eat fruit (excluding 100% fruit juice) 1+ times per day, 2013	54.9	53.3	56.4
Percent of high school students (grades 9-12) who did not eat vegetables 1+ times per day, 2013	54.8	53.3	56.3

Data sources: Colorado Child Health Survey, Healthy Kids Colorado Survey, Behavioral Risk Factor Surveillance System, 2013, Colorado Department of Public Health and Environment.
95% LCL, UCL: lower and upper limit of the 95% confidence interval.

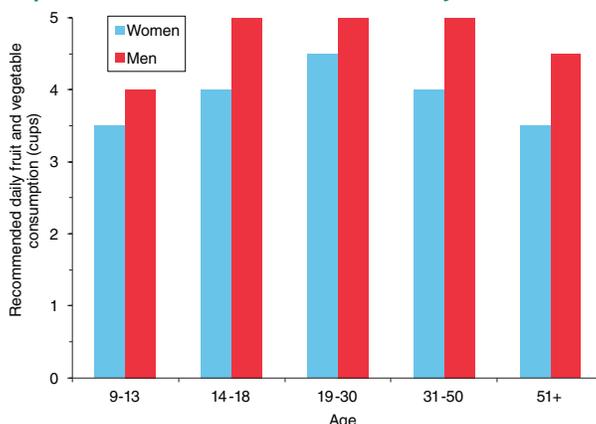
Table 2. Percent of children who did not eat fruits and vegetables at least once per day by demographics, Colorado, 2011-2013.

	Percent of children ages 1-14 who did not eat fruits at least once per day, 2011-2013			Percent of children ages 1-14 who did not eat vegetables at least once per day, 2011-2013		
	Percent	95% LCL	95% UCL	Percent	95% LCL	95% UCL
Overall	14.9	13.3	16.5	27.8	25.8	29.9
1-4 years	6.8	4.6	8.9	20.2	16.5	24.0
5-11 years	14.6	12.2	17.0	27.7	24.8	30.7
12-14 years	25.6	22.0	29.3	37.6	33.3	41.9
White	12.0	10.5	13.6	21.0	18.9	23.0
Hispanic	19.6	15.6	23.6	42.5	37.5	47.5
Black	22.4	12.7	32.0	34.9	24.1	45.8
Other	14.6	9.4	19.8	25.7	19.1	32.4
<\$25,000	18.4	13.9	22.8	36.2	30.3	42.1
\$25,000-\$49,999	17.5	13.4	21.5	32.2	27.2	37.2
\$50,000+	12.6	10.9	14.2	22.1	19.9	24.2
Often/sometimes food insecure	18.7	15.3	22.0	34.7	30.4	39.0
Never food insecure	13.0	11.4	14.7	24.7	22.4	26.9
Underweight	10.9	6.7	15.1	29.2	22.9	35.5
Healthy weight	14.9	12.8	17.0	25.4	22.7	28.1
Overweight	15.7	11.6	19.8	30.8	24.2	37.4
Obese	18.3	12.9	23.7	38.8	32.4	45.2

Data source: Colorado Child Health Survey, 2011-2013, Colorado Department of Public Health and Environment.
95% LCL, UCL: lower and upper limit of the 95% confidence interval.

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Age- and sex-specific recommendations for daily fruit and vegetable consumption.



Source: <http://www.choosemyplate.gov/food-groups/fruits-amount.html>
<http://www.choosemyplate.gov/food-groups/vegetables-amount.html>

Table 3. Percent of adults not meeting fruit and vegetable consumption recommendations by demographics, Colorado, 2013.

	Percent	95% LCL	95% UCL
Overall	86.2	85.1	87.2
Sex			
Male	94.2	93.0	95.4
Female	78.3	76.5	80.0
Age			
18-24 yrs	88.6	84.7	92.5
25-34 yrs	86.2	83.3	89.2
35-44 yrs	82.4	79.6	85.1
45-54 yrs	84.8	82.4	87.2
55-64 yrs	87.8	85.8	89.7
65+ yrs	88.2	86.5	90.0
Race/ethnicity			
White	84.4	83.2	85.7
Black	92.9	88.2	97.6
Hispanic	92.6	90.4	94.9
Asian/Pacific Islander	85.6	75.7	95.4
Other	78.5	69.7	87.2
Household income			
<\$15,000	91.4	88.0	94.9
\$15-24,999	90.4	87.8	92.9
\$25-34,999	89.8	86.5	93.2
\$35-49,999	86.8	83.8	89.8
\$50,000+	82.2	80.5	83.9
Education			
<High school	94.7	91.6	97.8
High school grad	91.5	89.6	93.3
Some college	85.6	83.5	87.7
College grad	80.4	78.6	82.2
Sexual orientation			
Heterosexual	85.9	84.8	87.0
Gay, lesbian, bisexual, or other	87.6	81.7	93.4
Weight status			
Underweight	86.8	79.0	94.6
Healthy weight	82.9	80.9	84.8
Overweight	88.2	86.5	89.9
Obese	90.2	88.3	92.1
Affordability			
Always worried/stressed about affording nutritious meals	93.4	89.7	97.1
Usually worried/stressed about affording nutritious meals	89.6	84.9	94.2
Sometimes worried/stressed about affording nutritious meals	88.9	86.3	91.5
Rarely worried/stressed about affording nutritious meals	84.2	81.2	87.1
Never worried/stressed about affording nutritious meals	85.0	83.6	86.4

Data source: Colorado Behavioral Risk Factor Surveillance System, 2013, Colorado Department of Public Health and Environment.

95% LCL, UCL: lower and upper limit of the 95% confidence interval.

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Table 4. Percent of adults (ages 18+) not meeting fruit and vegetable consumption recommendations by comorbidities, Colorado, 2013.

	Percent	95% LCL	95% UCL
Overall	86.2	85.1	87.2
Ever told had diabetes	90.3	86.8	93.8
Never told had diabetes	85.9	84.7	87.0
Ever told had any other types of cancer	82.0	78.0	85.9
Never told had any other types of cancer	86.5	85.4	87.6
Ever told had heart attack, angina, coronary heart disease, or stroke	90.3	86.7	93.8
Never told had heart attack, angina, coronary heart disease, or stroke	85.9	84.7	87.0
Ever told had high blood pressure	88.8	87.1	90.5
Never told had high blood pressure	85.2	83.8	86.5
Ever had high blood cholesterol	87.3	85.5	89.1
Never had high blood cholesterol	83.3	81.7	84.9
Meets recommendations for aerobic physical activity	82.9	81.4	84.4
Does not meet recommendations for aerobic physical activity	91.1	89.8	92.5
Currently smokes	92.9	90.8	95.0
Does not currently smoke	84.7	83.5	86.0
Ever told had a depressive disorder	86.5	84.0	88.9
Never told had a depressive disorder	86.1	84.8	87.3

Data source: Colorado Behavioral Risk Factor Surveillance System, 2013, Colorado Department of Public Health and Environment.

95% LCL, UCL: lower and upper limit of the 95% confidence interval.

Table 5. Weight status of adults, United States and Colorado, 1995-2013.

Year	Percent of adults overweight		Percent of adults obese		Percent of adults overweight or obese	
	US	Colorado	US	Colorado	US	Colorado
1995	35.5	35.2	15.9	10.1	51.4	45.3
1996	35.4	32.2	16.8	10.3	52.2	42.5
1997	36.2	34.6	16.5	11.8	52.7	46.4
1998	36.3	34.9	18.3	14.4	54.6	49.3
1999	36.8	33.0	19.6	14.9	56.4	47.9
2000	36.7	33.8	20.0	14.2	56.7	48.0
2001	37.2	36.7	20.9	14.9	58.1	51.6
2002	37.0	37.0	21.9	16.5	58.9	53.5
2003	36.7	35.4	22.9	16.0	59.6	51.4
2004	36.8	36.2	23.2	16.8	60.0	53.0
2005	36.7	36.7	24.4	17.8	61.1	54.5
2006	36.5	36.7	25.1	18.2	61.6	54.9
2007	36.6	36.4	26.3	19.3	62.9	55.7
2008	36.5	36.2	26.7	19.1	63.2	55.3
2009	36.2	36.7	26.9	19.0	63.1	55.7
2010	36.2	36.2	27.5	21.4	63.7	57.6
2011	35.7	35.4	27.8	20.7	63.5	56.1
2012	35.8	35.2	27.6	20.5	63.4	55.7
2013	35.4	35.1	29.4	21.3	64.8	56.4

Data source: Behavioral Risk Factor Surveillance System, Colorado Department of Public Health and Environment.

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Table 6. Measures of household fresh fruit and vegetable consumption versus estimates of poverty, vehicle access, and distance to healthy food retail.

	Mean number of households using fresh fruits and vegetables in past month per 100 households averaged across Census tracts	Mean number of pounds of fresh fruits and vegetables used in past month per household using fresh fruits and vegetables in the past month averaged across Census tracts
Tracts with <10% of residents living below poverty	78.5	31.9
Tracts with 10%-19.9% of residents living below poverty	75.0	29.5
Tracts with 20%-29.9% of residents living below poverty	72.3	28.4
Tracts with 30%+ of residents living below poverty	70.3	27.7
Tracts with 0% workers 16 years and over in households with no vehicle access	78.7	31.7
Tracts with .1%-4.9% workers 16 years and over in households with no vehicle access	76.2	30.4
Tracts with 5%-9.9% workers 16 years and over in households with no vehicle access	72.1	28.5
Tracts with 10%+ workers 16 years and over in households with no vehicle access	69.4	28.0
Tracts with <10% of individuals in an urban tract living at least 1 mile from the nearest supermarket, supercenter, or large grocery store	73.9	29.8
Tracts with 10-39.9% of individuals in an urban tract living at least 1 mile from the nearest supermarket, supercenter, or large grocery store	75.9	30.2
Tracts with 40-79.9% of individuals in an urban tract living at least 1 mile from the nearest supermarket, supercenter, or large grocery store	76.9	30.6
Tracts with 80%+ of individuals in an urban tract living at least 1 mile from the nearest supermarket, supercenter, or large grocery store	78.4	30.9

Data source: Nielsen Homescan data (2013) linked to poverty data from U.S. Census 2012 American Community Survey 2012 5-year estimates (available from <http://factfinder2.census.gov/>).

Access data from USDA Food Environmental Atlas (available from <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>).