

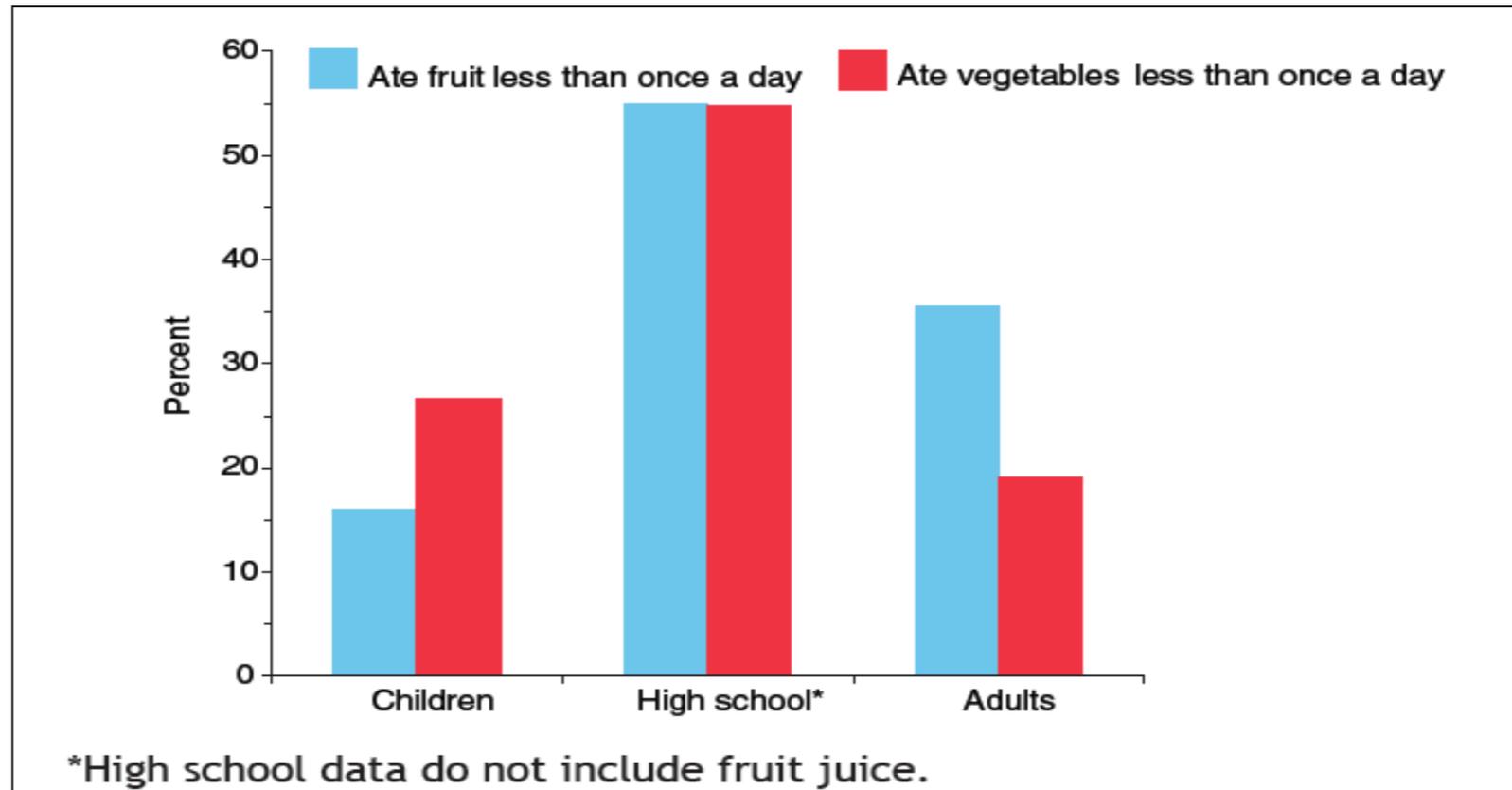
# *Fruit and Vegetable Consumption in Colorado*



Slides from the chronic disease factsheet series

# Fruit and Vegetable Consumption

Percent of children (ages 1-14), high school students (grades 9-12), and adults (ages 18+) who did not eat fruits and vegetables at least once a day, Colorado, 2013.



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

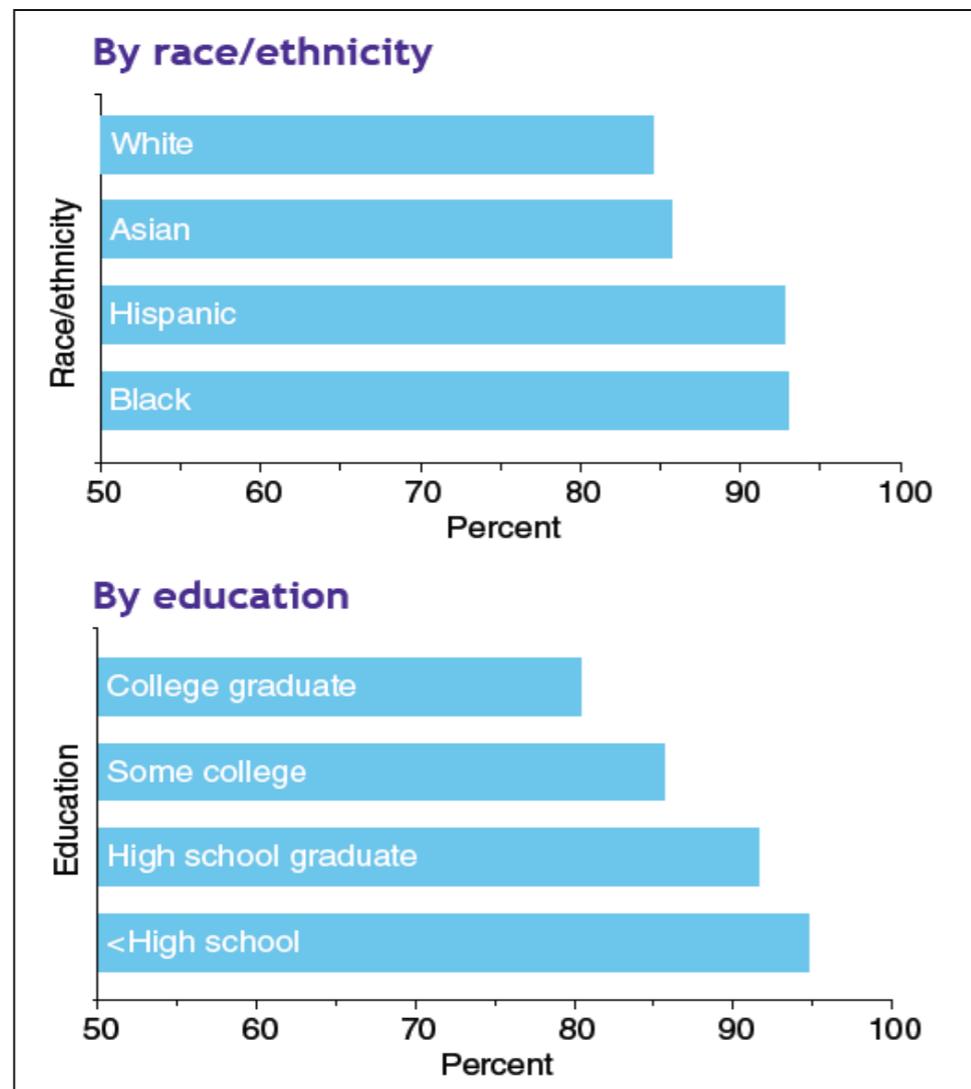
- 16% of children, 55% of high school students and 36% of adult Coloradans did not eat fruit at least once a day.
- 29% of children, 55% of high school students and 19% of adult Coloradans did not eat vegetables at least once a day.



Facts for Action: Chronic Diseases and Related Risk Factors  
in Colorado

# Disparities in Fruit and Vegetable Consumption

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



Data source: Behavioral Risk Factor Surveillance System.

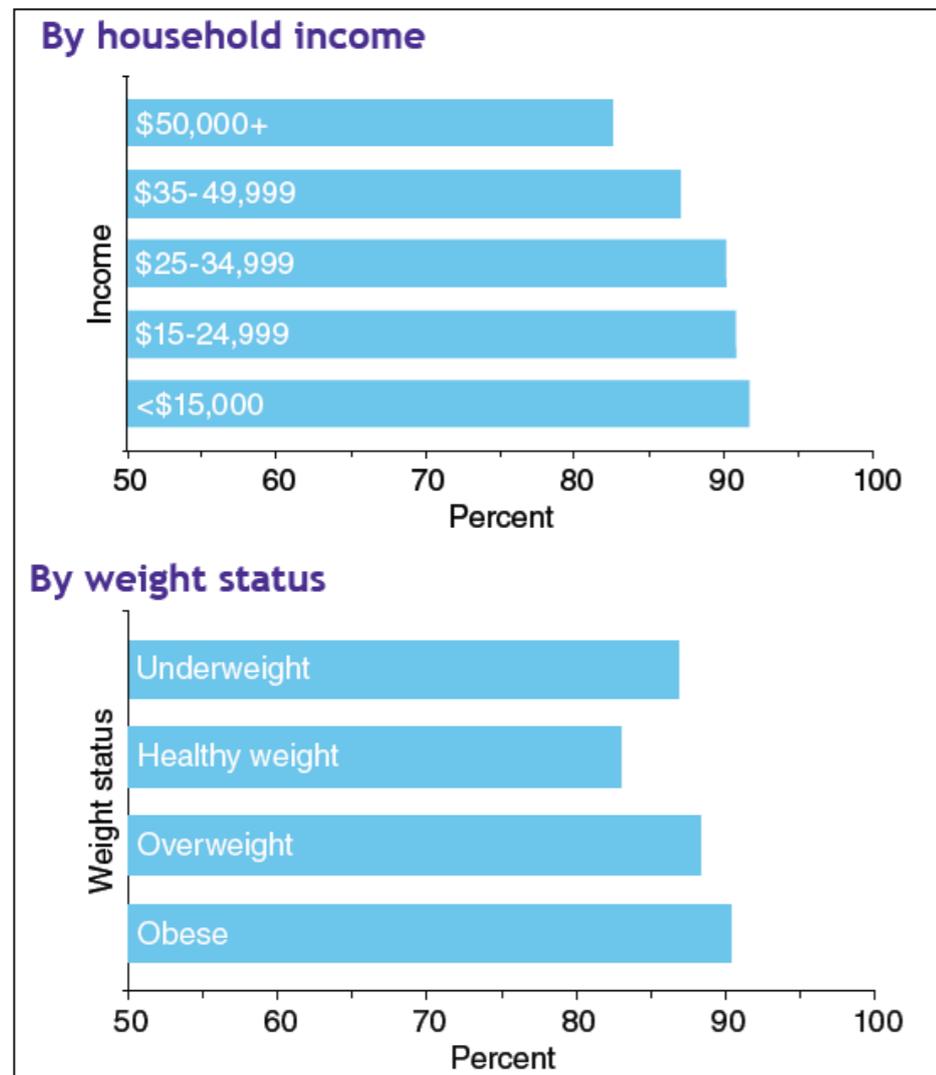
- White adult Coloradans were significantly more likely to meet recommendations compared to Hispanic and Black adults.
- Adults with higher education levels were significantly more likely to meet recommendations.



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# Disparities in Fruit and Vegetable Consumption

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



- Adults with household incomes above \$50,000 were significantly more likely to meet recommendations than those earning <\$35,000.
- Coloradans with a healthy weight were significantly more likely to meet recommendations than overweight and obese adults.

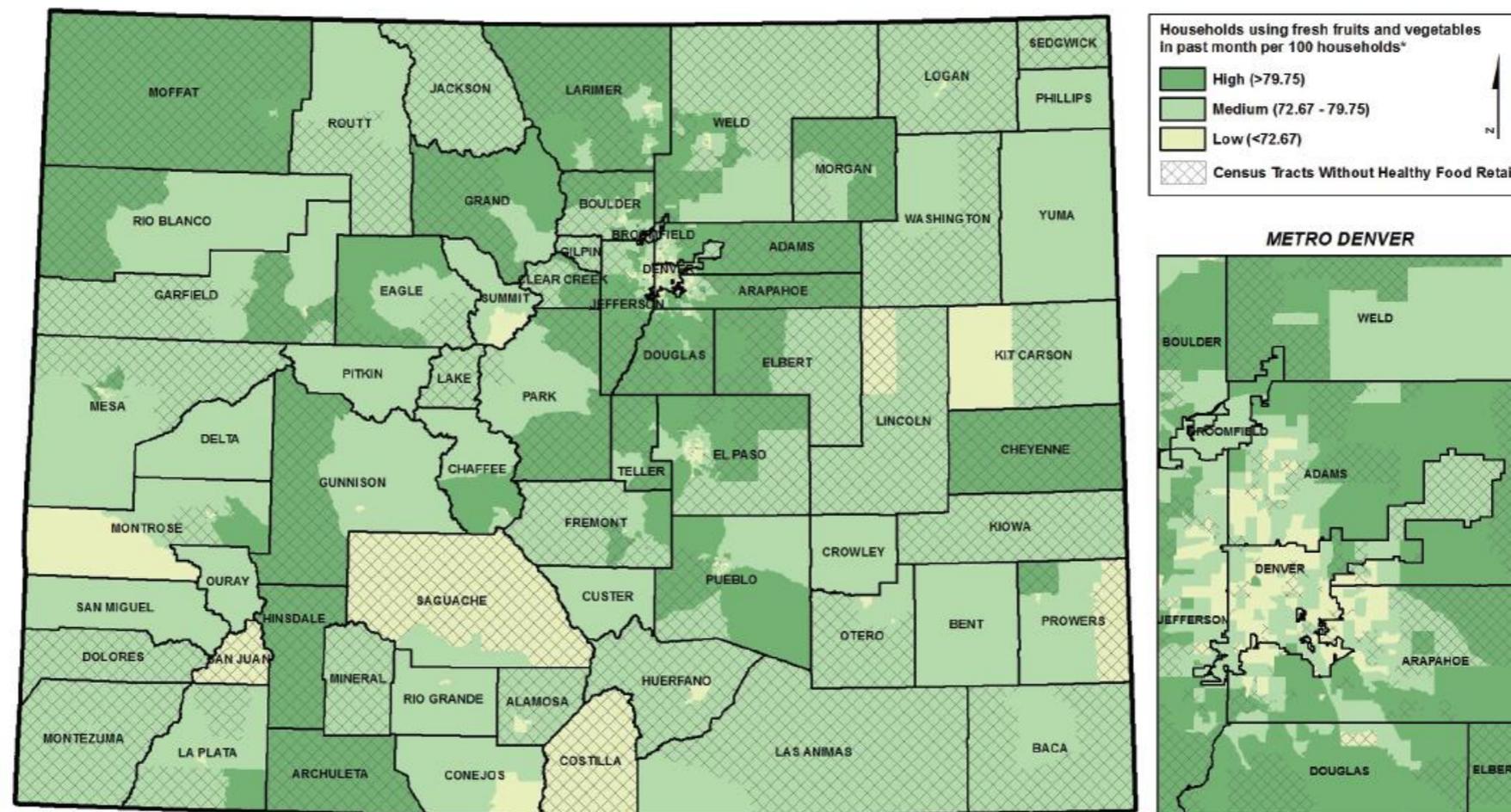
Data source: Behavioral Risk Factor Surveillance System.



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# Census Tract-Level Disparities in Consumption of Fresh Fruit and Vegetables

Households using fresh fruits and vegetables in past month (per 100 households).



Data sources: Nielsen Homescan data (2013) linked to poverty data from U.S. Census 2012 American Community Survey 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>).

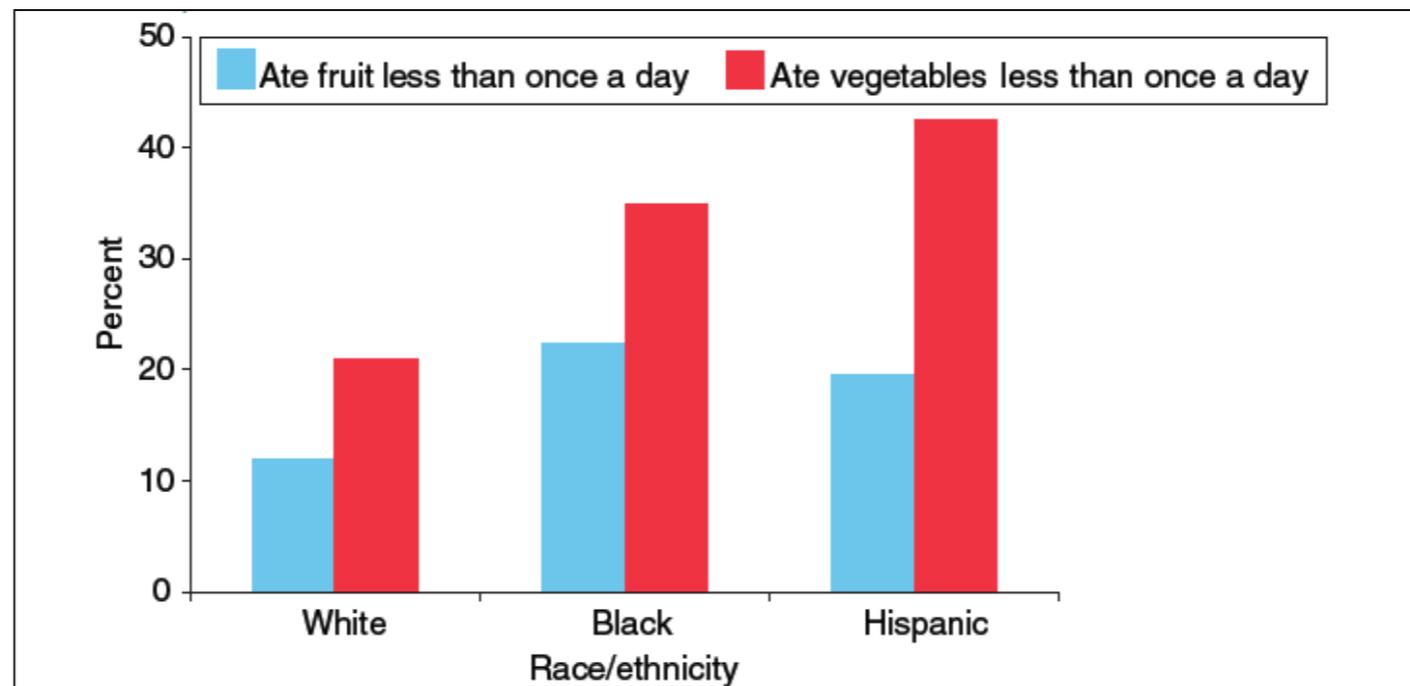
Census tracts that have low fresh fruit and vegetable consumption and/or do not have healthy food retail represent potential areas in need of interventions to increase their access.



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# Disparities in Fruit and Vegetable Consumption Among Colorado Children

Percent of children (ages 1-14) who did not eat fruits and vegetables at least once a day by race/ethnicity, Colorado, 2011-2013.



Data source: Colorado Child Health Survey.

- Black and Hispanic children were 1.8 and 2.0 times more likely not to eat vegetables every day compared with White children.
- 35% of Black children and 43% of Hispanic children did not eat vegetables at least once a day.
- Child consumption of fruits and vegetables was also effected by household income.



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