



Together, day by day, building a healthy community

Fruit Consumption | Adult

Definition | Percent of adults who consumed fruit less than one time per day

Importance | Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are important for good health. Fruits and vegetables, as part of a healthy diet, are important for optimal child growth, weight management, and chronic disease prevention.¹ Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.²

Where are we | In Douglas County in 2013, 34.9% of adults ate fruit less than one time per day. This was lower than the state of Kansas and U.S.

Health Disparities | Among adults in Douglas County in 2013:

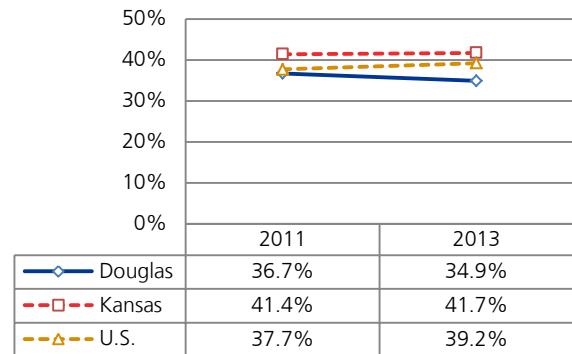
- More men reported consuming fruit less than one time per day

Healthy People 2020 Goal | Not Available

Additional Information | Fruits are sources of many essential nutrients that are under consumed, including potassium, dietary fiber, vitamin C, and folate (folic acid). Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or puréed.²

Trend Analysis

Percent consuming fruits less than one time per day³

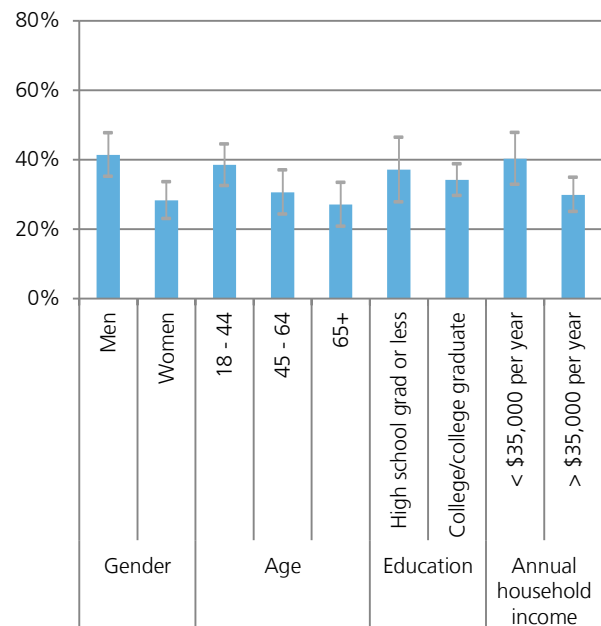


*The 2011 BRFSS data should be considered a baseline year for data analysis and is not directly comparable to previous years of BRFSS data because of changes in weighting methodology and the addition of cell phone respondents.

Disparity Analysis

Disparities in adults consuming fruits less than one time per day³

Douglas County, 2013



¹Centers for Disease Control and Prevention

²United States Department of Agriculture, ChooseMyPlate.gov

³BRFSS, Kansas Department of Health and Environment