



Together, day by day, building a healthy community

Vegetable Consumption | Adult

Definition | Percent of adults who consumed vegetables 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 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 2013, 17.2% of adults in Douglas County consumed vegetables less than one time per day. Douglas County had a lower percentage than the state of Kansas and the U.S.

Health Disparities | Among adults in Douglas County in 2013:

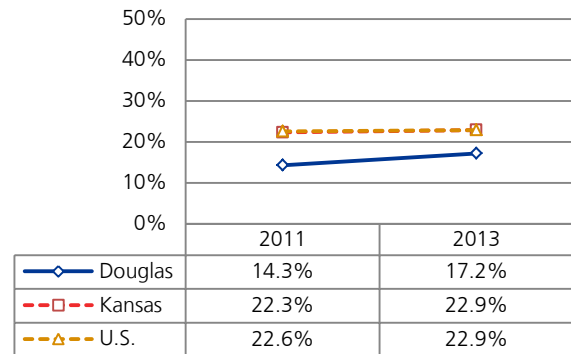
- More men reported consuming vegetables less than one time per day.

Healthy People 2020 Goal | Not Available

Additional Information | Most vegetables are naturally low in fat and calories. None have cholesterol (Sauces or seasonings may add fat, calories, or cholesterol). Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut, or mashed.²

Trend Analysis

Percent consuming vegetables less than one time per day³

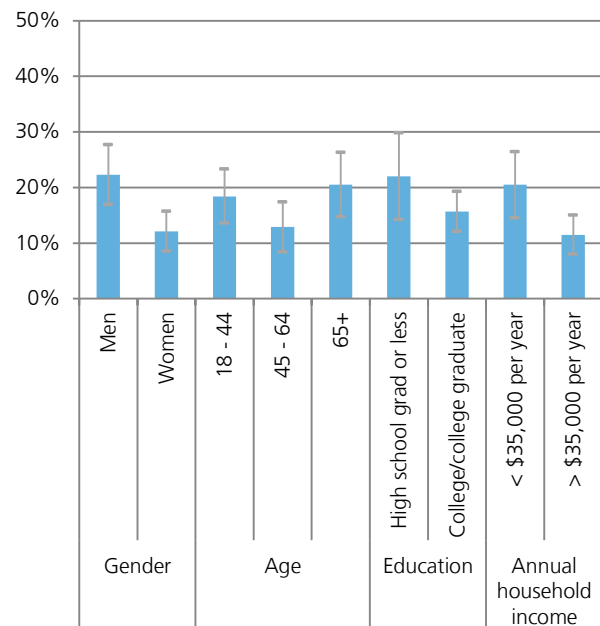


*The 2011 BRFSS data should be considered a baseline year for data analysis and is not directly comparable to previous years of BRFSS data because of changes in weighting methodology and the addition of cell phone respondents.

Disparity Analysis

Disparities in adults consuming vegetables 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