

Hennepin County
Public Health
Assessment Team

FACT SHEET



Adult Fruit and Vegetable Consumption

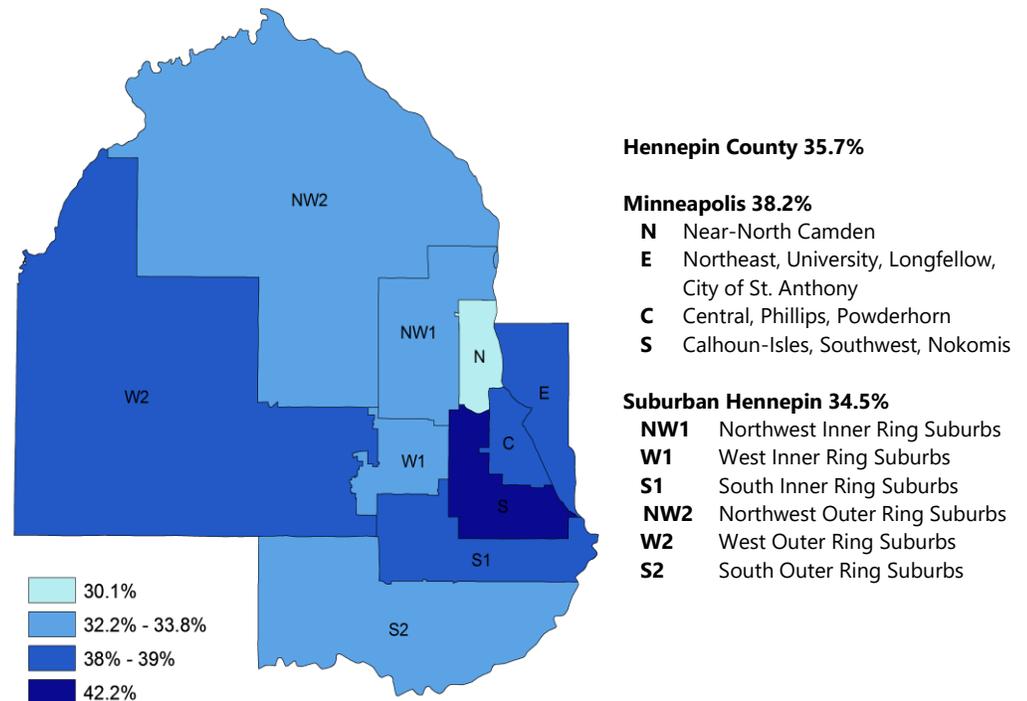
Why is this indicator important?

Healthy eating is one of the vital components of a lifestyle that contributes to our quality of life and to the prevention of many chronic diseases and conditions. Eating a diet rich in fruits and vegetables is an important element of healthy eating. This has been associated with lower risks for many chronic diseases, including stroke, type 2 diabetes, obesity, some types of cancer, and heart disease and high blood pressure. The World Health Organization (WHO) advises that we eat a minimum of 400g of fruit and vegetables every day, equating to five portions.

What is the current status?

In 2014, 36% of Hennepin County adults aged 25 and older reported consuming five or more servings of fruits and vegetables a day. Thirty-five percent of adults reported having 3-4 servings of fruits and vegetables a day compared to 29% consuming fewer than 3 servings.

Figure 1: Adults aged 25 and older consuming five or more servings a day of fruits and vegetables by geography, 2014.



Hennepin County
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For more information on the health of Hennepin County residents, visit: www.Hennepin.us/PublicHealthData or email: PublicHealthData@hennepin.us

What is the current status?

Figure 2 shows that 28% of the adults aged 25 and older in Hennepin County households where the household income is less than 200% of the Federal Poverty Level had five servings or more a day of fruits and vegetables compared to 37% of the adults where the household income is at or above 200% of the Federal Poverty Level.

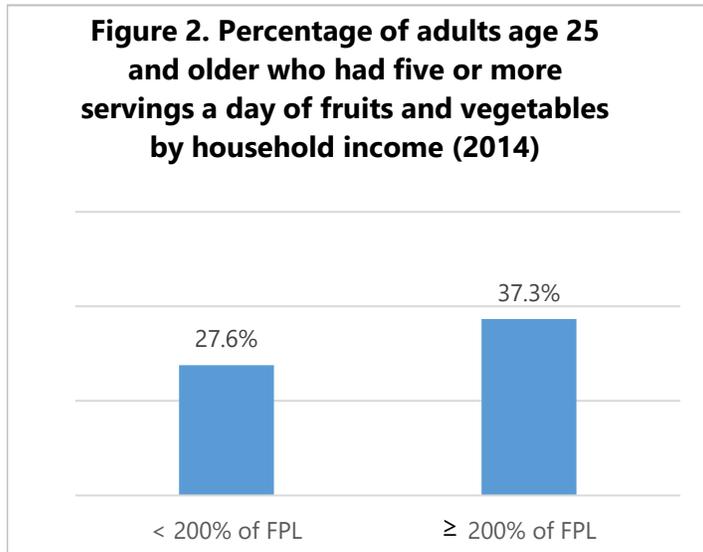
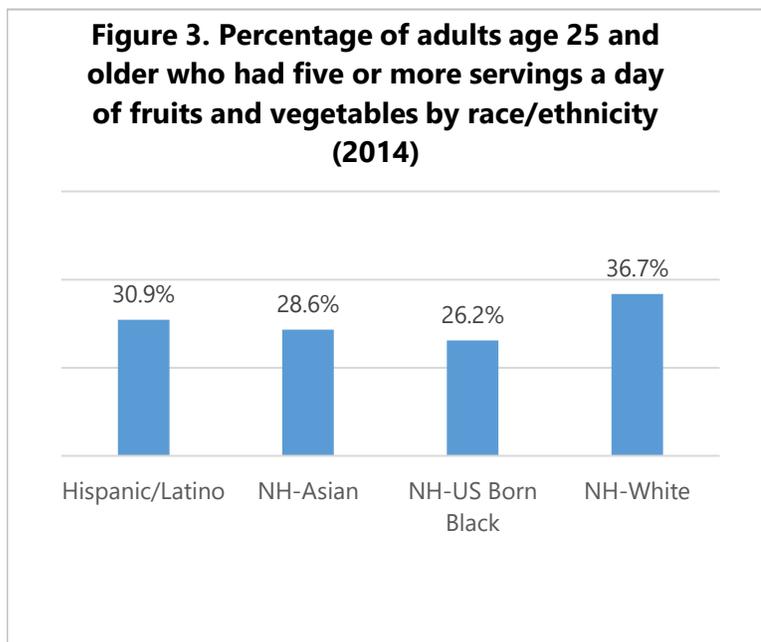
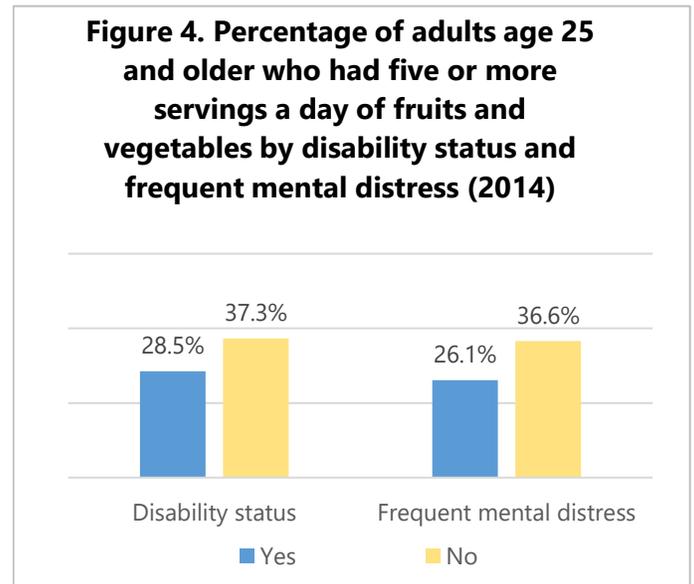


Figure 3 shows that the percent of adults age 25 and older who had five servings or more a day of fruits and vegetables by race/ethnicity. Non-Hispanic US Born Blacks are least likely to have five or more servings a day of fruits and vegetables compared to adults from other racial and ethnic groups.



Adults with a disability or who reported frequent mental distress were less likely to consume five servings or more a day of fruits and vegetable than those without a disability or frequent mental distress (figure 4).



The data shown in this fact sheet come from the Metro SHAPE 2014 survey for Hennepin County for adults aged 25 and older. The questions asked were: "Yesterday, how many servings of vegetables did you eat?" and "Yesterday, how many servings of fruit did you eat?" 0 servings, 1 serving, 2 servings, or 3 or more servings.