

Hennepin County
Public Health
Assessment Team

FACT SHEET



Children who consume “5 a day” fruits and vegetables

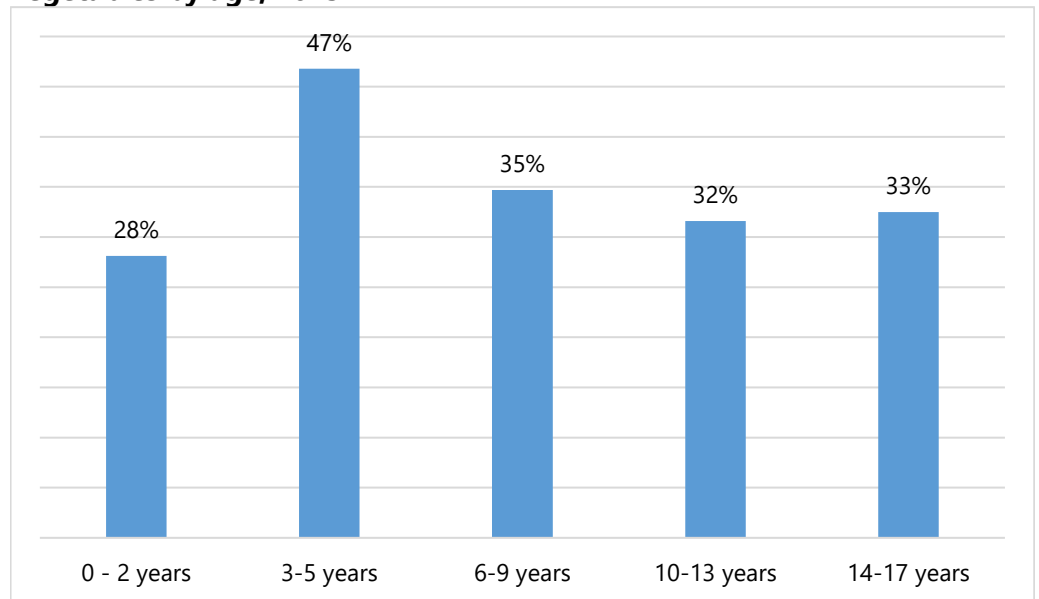
Why is this indicator important?

To maintain healthy growth and development, it is recommended that children eat a well-balanced diet that includes two or more servings of fruit and three or more servings of vegetables per day. Fruits and vegetables are important sources of vitamins and dietary fiber, essential for maintaining healthy weight.

What is the current status?

The results of the Child SHAPE 2015 survey conducted in Hennepin County show children ages 3-5 were most likely to consume 5 fruits and vegetables. The consumption of five or more fruits and vegetables among kids of other age groups in Hennepin County in 2015 is shown below.

Figure 1. Percentage of children consuming “5 a day” of fruits and vegetables by age, 2015



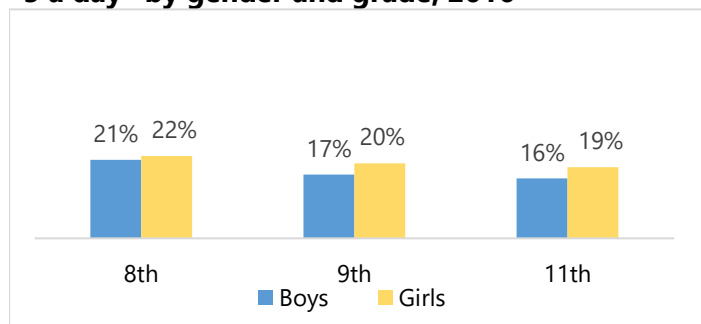
Hennepin County
Public Health

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?

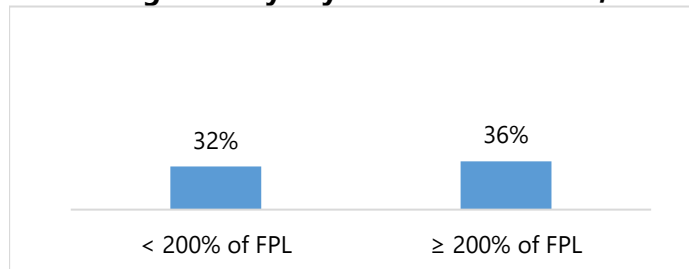
According to the 2016 Minnesota Student Survey 2016, adolescent girls report consuming "5 a day" at higher rates than boys.

Figure 2. Suburban Hennepin students consuming "5 a day" by gender and grade, 2016



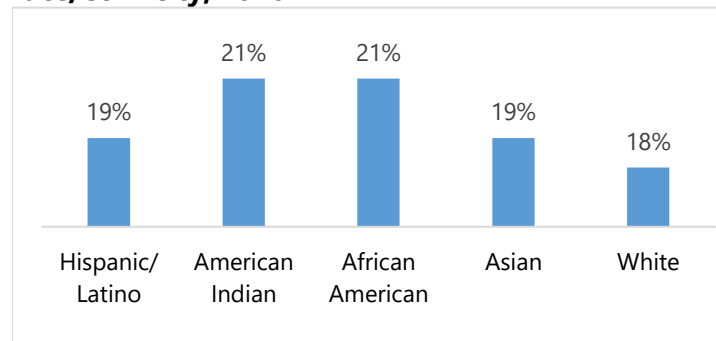
Just over 30 percent of children living in low income households reported consuming fewer fruits and vegetables compared to 36 percent of children in non-low income households. (The data reported below is from the Child SHAPE 2015 survey.)

Figure 3. Percentage of children age 2-17 consuming "5 a day" by household income, 2015



The consumption of fruits and vegetables did not vary much by race/ethnicity among 9th graders, according to the Minnesota Student Survey 2016.

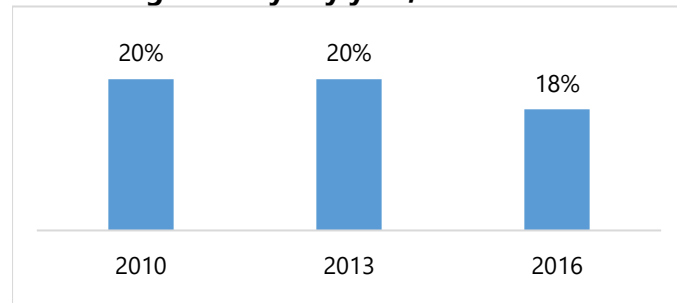
Figure 4. Percentage of Suburban Hennepin 9th grade students consuming "5 a day" by race/ethnicity, 2016



How do we compare?

According to data from the 2016 Minnesota Student Survey, fewer 9th graders reported consuming 5 a day of fruits and vegetables in 2016 compared to 2013 and 2010 in Suburban Hennepin County (2016).

Figure 5. Percentage of 9th grade students consuming "5 a day" by year, 2016



The data on fruit and vegetable consumption were drawn from the Minnesota Student Survey 2016 data. Students were asked: "During the last 7 days, how many times did you drink 100% fruit juices, such as orange, apple, or grape juice?" and "During the last 7 days, how many times did you eat fruit?" and "During the last 7 days, how many times did you eat green salad, potatoes, carrots, or other vegetables?" Response options ranged from "I did NOT eat or drink this" to "4 or more times per day." A composite measure was calculated using these three questions to create a variable "Fruit and vegetable consumption per day." The data shown in this fact sheet come from the Child SHAPE 2015 survey for Hennepin County, based on the parent's report of the numbers of servings of fruits and vegetables a child consumed.

1. State Indicator Report on Fruits and Vegetables 2013, retrieved December 15, 2016.
<https://www.cdc.gov/nutrition/downloads/state-indicator-report-fruits-vegetables-2013.pdf>