



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.<sup>1</sup> Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.<sup>2</sup>

**Where are we** | In 2011, 14.3% 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. for 2011.

**Health Disparities** | Among adults in Douglas County in 2011:

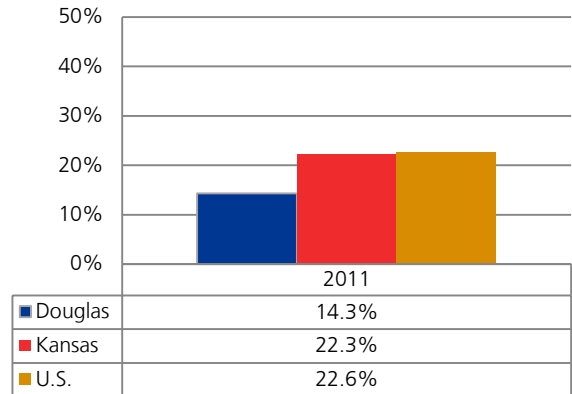
- Those in the age category of 45 – 64 years were less likely to consume vegetables than those over the age of 65.

**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.<sup>2</sup>

## Trend Analysis

Percent consuming vegetables less than one time per day<sup>3</sup>

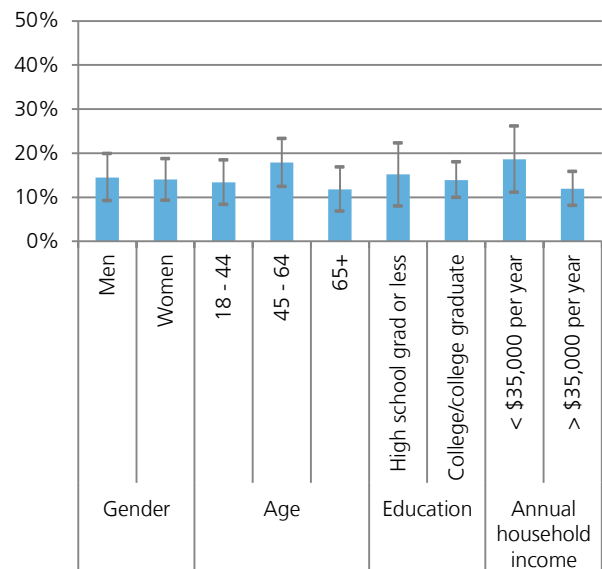


\*The 2011 BRFSS data should be considered a baseline year for data analysis and is not directly comparable to previous years of BRFSS data because of changes in weighting methodology and the addition of cell phone respondents.

## Disparity Analysis

Disparities in adults consuming vegetables less than one time per day<sup>3</sup>

Douglas County 2011



<sup>1</sup>Centers for Disease Control and Prevention

<sup>2</sup>United States Department of Agriculture, ChooseMyPlate.gov

<sup>3</sup>BRFSS, Kansas Department of Health and Environment