

Oregon 2015 BRFSS
Nutrition

Fruit and vegetable servings index - Meets FDA nutritional requirements of 5 or more servings of fruits and vegetables per day.

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Consume < one serving per day or never		6.9	6.8	7.9	8.2	7.8	5.1	6.1
Consume 1 to less than 3 servings per day		41.6	47.9	37.3	38.7	45.4	40.5	42.0
Consume 3 to less than 5 servings per day		31.5	28.6	30.3	30.5	31.4	32.6	33.9
Consume 5 or more servings per day		19.9	16.7	24.5	22.6	15.4	21.7	18.0
Male	Consume < one serving per day or never	8.5	6.1	9.2	11.7	10.2	6.5	6.8
	Consume 1 to less than 3 servings per day	46.5	47.0	42.8	41.7	51.9	45.3	50.1
	Consume 3 to less than 5 servings per day	28.5	31.7	27.9	29.3	25.6	29.4	28.1
	Consume 5 or more servings per day	16.5	15.3	20.1	17.4	12.3	18.8	15.0
Female	Consume < one serving per day or never	5.4	7.6	6.5	4.6	5.4	3.9	5.5
	Consume 1 to less than 3 servings per day	37.0	48.8	31.7	35.7	38.9	36.2	35.1
	Consume 3 to less than 5 servings per day	34.3	25.4	32.7	31.8	37.2	35.5	38.9
	Consume 5 or more servings per day	23.2	18.2	29.0	28.0	18.5	24.4	20.6

Denominator is: All survey respondents.

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(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		4,894	275	463	559	714	1,040	1,843
Consume < one serving per day or never		270	20	29	33	47	49	92
Consume 1 to less than 3 servings per day		1,960	132	183	209	307	401	728
Consume 3 to less than 5 servings per day		1,635	77	145	179	233	343	658
Consume 5 or more servings per day		1,029	46	106	138	127	247	365
Male	Total	2,152	151	235	252	354	444	716
	Consume < one serving per day or never	142	9	16	22	31	24	40
	Consume 1 to less than 3 servings per day	1,006	77	107	105	176	197	344
	Consume 3 to less than 5 servings per day	639	42	70	79	94	137	217
	Consume 5 or more servings per day	365	23	42	46	53	86	115
Female	Total	2,742	124	228	307	360	596	1,127
	Consume < one serving per day or never	128	11	13	11	16	25	52
	Consume 1 to less than 3 servings per day	954	55	76	104	131	204	384
	Consume 3 to less than 5 servings per day	996	35	75	100	139	206	441
	Consume 5 or more servings per day	664	23	64	92	74	161	250

Denominator is: All survey respondents.

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Nutrition

Less than 5 fruit and vegetable servings per day and more than 5 fruit and vegetable servings per day.

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Less than 5 per day or never		80.1	83.3	75.5	77.4	84.6	78.3	82.0
5 or more times per day		19.9	16.7	24.5	22.6	15.4	21.7	18.0
Male	Less than 5 per day or never	83.5	84.7	79.9	82.6	87.7	81.2	85.0
	5 or more times per day	16.5	15.3	20.1	17.4	12.3	18.8	15.0
Female	Less than 5 per day or never	76.8	81.8	71.0	72.0	81.5	75.6	79.4
	5 or more times per day	23.2	18.2	29.0	28.0	18.5	24.4	20.6

Denominator is: All survey respondents.

Less than 5 fruit and vegetable servings per day and more than 5 fruit and vegetable servings per day.

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		4,894	275	463	559	714	1,040	1,843
Less than 5 per day or never		3,865	229	357	421	587	793	1,478
5 or more times per day		1,029	46	106	138	127	247	365
Male	Total	2,152	151	235	252	354	444	716
	Less than 5 per day or never	1,787	128	193	206	301	358	601
	5 or more times per day	365	23	42	46	53	86	115
Female	Total	2,742	124	228	307	360	596	1,127
	Less than 5 per day or never	2,078	101	164	215	286	435	877
	5 or more times per day	664	23	64	92	74	161	250

Denominator is: All survey respondents.