

Oregon BRFSS 2002

Index of Fruit and Vegetable Consumption. Current recommendation is to eat five or more servings per day, to reduce the risk of chronic disease, including some types of cancer, heart disease, and stroke.

(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Less than one serving per day or none	4.3	6.9	5.9	4.1	3.9	3.8	1.8
1 to < 3 servings per day	34.4	42.8	35.5	38.1	34.4	31.4	25.1
3 to < 5 servings per day	34.9	27.4	33.3	35.8	34.9	37.3	39.2
5+ servings per day	26.4	23.0	25.3	22.0	26.9	27.5	33.9
Male							
Less than one serving per day or none	5.1	8.4	4.4	4.6	5.5	4.9	3.4
1 to < 3 servings per day	39.5	41.0	40.7	42.2	39.1	39.1	34.1
3 to < 5 servings per day	34.8	31.0	32.6	36.6	33.2	37.0	38.6
5+ servings per day	20.6	19.7	22.2	16.6	22.2	19.0	23.9
Female							
Less than one serving per day or none	3.6	5.3	7.5	3.6	2.3	2.8	.7
1 to < 3 servings per day	29.5	44.6	29.9	33.9	29.7	23.9	18.5
3 to < 5 servings per day	35.0	23.7	34.0	35.0	36.5	37.7	39.7
5+ servings per day	31.9	26.4	28.6	27.5	31.5	35.6	41.1

Denominator is:
All survey respondents.

Oregon BRFSS 2002

Index of Fruit and Vegetable Consumption. Current recommendation is to eat five or more servings per day, to reduce the risk of chronic disease, including some types of cancer, heart disease, and stroke.

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		3,054	224	492	590	639	488	621
Less than one serving per day or none		117	13	25	27	25	17	10
1 to < 3 servings per day		999	101	173	218	201	155	151
3 to < 5 servings per day		1,101	58	169	211	234	188	241
5+ servings per day		837	52	125	134	179	128	219
Male								
Total		1,220	85	216	234	265	207	213
Less than one serving per day or none		64	7	11	13	17	10	6
1 to < 3 servings per day		472	36	85	97	98	82	74
3 to < 5 servings per day		432	24	72	85	92	80	79
5+ servings per day		252	18	48	39	58	35	54
Female								
Total		1,834	139	276	356	374	281	408
Less than one serving per day or none		53	6	14	14	8	7	4
1 to < 3 servings per day		527	65	88	121	103	73	77
3 to < 5 servings per day		669	34	97	126	142	108	162
5+ servings per day		585	34	77	95	121	93	165

Denominator is:
All survey respondents.