

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 2000

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		3.9	8.5	6.8	4.3	2.6	1.4	.5
1 to <3 servings per day		31.0	39.1	37.5	35.4	30.1	29.6	16.6
3 to <5 servings per day		38.3	30.8	33.9	36.6	44.0	36.7	44.7
5+ servings per day		26.8	21.6	21.7	23.7	23.3	32.4	38.2
Male	Less than one serving per day or none	4.6	6.2	8.9	5.7	3.6	1.5	.7
	1 to <3 servings per day	34.9	40.7	38.9	39.4	31.5	37.5	21.8
	3 to <5 servings per day	38.5	32.5	32.9	35.9	45.6	36.6	46.1
	5+ servings per day	21.9	20.6	19.3	19.1	19.2	24.4	31.3
Female	Less than one serving per day or none	3.1	10.9	4.6	3.0	1.6	1.2	.3
	1 to <3 servings per day	27.4	37.3	36.1	31.5	28.8	22.1	12.7
	3 to <5 servings per day	38.1	29.1	35.0	37.3	42.3	36.8	43.7
	5+ servings per day	31.3	22.7	24.3	28.2	27.3	40.0	43.3

Denominator is: All survey respondents.

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(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		3,723	335	721	758	736	512	661
Less than one serving per day or none		145	26	44	37	25	10	3
1 to <3 servings per day		1,166	138	274	268	224	148	114
3 to <5 servings per day		1,423	104	250	277	311	189	292
5+ servings per day		989	67	153	176	176	165	252
Male	Total	1,491	158	315	301	286	197	234
	Less than one serving per day or none	76	12	24	19	14	5	2
	1 to <3 servings per day	539	65	128	124	95	75	52
	3 to <5 servings per day	559	51	105	104	124	69	106
	5+ servings per day	317	30	58	54	53	48	74
Female	Total	2,232	177	406	457	450	315	427
	Less than one serving per day or none	69	14	20	18	11	5	1
	1 to <3 servings per day	627	73	146	144	129	73	62
	3 to <5 servings per day	864	53	145	173	187	120	186
	5+ servings per day	672	37	95	122	123	117	178

Denominator is: All survey respondents.