

## Oregon BRFSS 2003

**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		4.7	8.9	6.6	5.0	2.3	3.9	2.9
1 to < 3 servings per day		34.7	41.7	38.2	35.7	37.4	34.9	21.3
3 to < 5 servings per day		36.5	33.4	33.4	36.7	35.1	38.9	41.7
5+ servings per day		24.0	16.0	21.8	22.6	25.2	22.2	34.0
Male	Less than one serving per day or none	5.8	11.8	9.1	5.4	2.0	5.0	2.5
	1 to < 3 servings per day	41.5	52.1	44.4	38.0	46.0	41.0	26.8
	3 to < 5 servings per day	34.9	24.1	31.4	36.9	32.5	40.9	44.6
	5+ servings per day	17.8	12.0	15.1	19.7	19.5	13.1	26.0
Female	Less than one serving per day or none	3.7	5.7	3.9	4.7	2.5	3.0	3.2
	1 to < 3 servings per day	28.1	30.5	31.6	33.3	28.9	29.1	17.2
	3 to < 5 servings per day	38.1	43.4	35.5	36.6	37.6	37.0	39.6
	5+ servings per day	30.1	20.4	29.0	25.4	30.9	31.0	39.9

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		3,991	288	627	724	822	654	876
Less than one serving per day or none		170	27	40	31	20	26	26
1 to < 3 servings per day		1,289	108	229	254	286	224	188
3 to < 5 servings per day		1,480	98	217	269	296	244	356
5+ servings per day		1,050	54	141	170	220	160	305
Unknown		2	1					1
Male	Total	1,630	130	268	313	343	260	316
	Less than one serving per day or none	89	17	24	18	9	12	9
	1 to < 3 servings per day	637	61	114	119	149	108	86
	3 to < 5 servings per day	591	35	86	117	115	101	137
	5+ servings per day	311	16	44	59	70	39	83
	Unknown	2	1					1
Female	Total	2,361	158	359	411	479	394	560
	Less than one serving per day or none	81	10	16	13	11	14	17
	1 to < 3 servings per day	652	47	115	135	137	116	102
	3 to < 5 servings per day	889	63	131	152	181	143	219
	5+ servings per day	739	38	97	111	150	121	222
	Unknown							

Denominator is:  
All survey respondents.