

## Oregon BRFSS 2004

**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+
Consume < one serving per day or never		4.0	7.2	5.6	4.1	4.2	2.2	1.3
Consume 1 to less than 3 servings per day		32.4	39.5	33.6	37.7	33.9	29.2	20.8
Consume 3 to less than 5 servings per day		36.0	32.2	35.3	31.4	34.8	42.0	41.6
Consume 5 or more servings per day		27.5	21.2	25.5	26.8	27.1	26.6	36.3
Male	Consume < one serving per day or never	5.1	8.7	7.7	5.9	4.7	2.6	.7
	Consume 1 to less than 3 servings per day	37.6	46.7	39.5	40.6	36.9	35.1	26.4
	Consume 3 to less than 5 servings per day	34.0	26.4	32.0	27.8	32.9	43.0	44.6
	Consume 5 or more servings per day	23.3	18.1	20.8	25.6	25.5	19.4	28.3
Female	Consume < one serving per day or never	3.0	5.6	3.6	2.1	3.6	1.9	1.8
	Consume 1 to less than 3 servings per day	27.5	32.0	27.6	34.8	30.9	23.5	16.5
	Consume 3 to less than 5 servings per day	37.9	38.1	38.6	35.1	36.6	41.0	39.3
	Consume 5 or more servings per day	31.6	24.3	30.3	28.0	28.8	33.6	42.4

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		3,000	204	402	514	640	552	688
Consume < one serving per day or never		111	13	22	22	29	15	10
Consume 1 to less than 3 servings per day		920	79	133	181	221	157	149
Consume 3 to less than 5 servings per day		1,115	68	147	167	221	228	284
Consume 5 or more servings per day		852	44	100	144	168	152	244
Don't know/Not sure/Refused to ALL 6 F & V questions		2				1		1
Male	Total	1,157	90	159	207	237	233	231
	Consume < one serving per day or never	58	6	12	14	16	8	2
	Consume 1 to less than 3 servings per day	419	41	64	81	86	81	66
	Consume 3 to less than 5 servings per day	412	25	53	59	78	95	102
	Consume 5 or more servings per day	268	18	30	53	57	49	61
Female	Total	1,843	114	243	307	403	319	457
	Consume < one serving per day or never	53	7	10	8	13	7	8
	Consume 1 to less than 3 servings per day	501	38	69	100	135	76	83
	Consume 3 to less than 5 servings per day	703	43	94	108	143	133	182
	Consume 5 or more servings per day	584	26	70	91	111	103	183
	Don't know/Not sure/Refused to ALL 6 F & V questions	2				1		1

Denominator is:  
All survey respondents.