

Oregon 2007 BRFSS

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 less than 1 serving per day or never	3.7	6.4	4.7	2.6	4.4	3.2	1.7
Consume 1 to less than 3 servings per day	34.6	44.6	34.6	39.1	33.5	29.4	28.6
Consume 3 to less than 5 servings per day	34.7	24.0	31.6	34.0	36.0	39.9	40.2
Consume 5 or more servings per day	27.0	25.0	29.1	24.3	26.1	27.5	29.5
Male							
Consume less than 1 serving per day or never	4.9	8.2	5.4	4.3	6.5	2.9	1.9
Consume 1 to less than 3 servings per day	40.7	49.3	44.9	44.5	38.7	34.8	32.2
Consume 3 to less than 5 servings per day	33.7	22.6	28.2	33.1	36.1	41.4	39.9
Consume 5 or more servings per day	20.7	20.0	21.5	18.0	18.7	20.9	26.0
Female							
Consume less than 1 serving per day or never	2.6	4.5	4.0	.9	2.3	3.5	1.5
Consume 1 to less than 3 servings per day	28.7	39.7	23.9	33.4	28.6	24.2	25.7
Consume 3 to less than 5 servings per day	35.6	25.4	35.2	34.9	35.9	38.6	40.4
Consume 5 or more servings per day	33.0	30.4	36.9	30.8	33.2	33.7	32.3

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		4,892	154	491	707	950	1,133	1,457
Consume less than 1 serving per day or never		151	10	19	16	43	36	27
Consume 1 to less than 3 servings per day		1,530	64	158	269	310	321	408
Consume 3 to less than 5 servings per day		1,814	41	158	244	337	458	576
Consume 5 or more servings per day		1,392	39	153	176	260	318	446
Don't know/Not sure/Refused to ALL 6 F&V questions		5		3	2			
Male								
Total		1,835	71	174	275	374	434	507
Consume less than 1 serving per day or never		77	6	9	11	27	15	9
Consume 1 to less than 3 servings per day		700	34	77	122	148	152	167
Consume 3 to less than 5 servings per day		666	17	49	93	128	179	200
Consume 5 or more servings per day		391	14	38	49	71	88	131
Don't know/Not sure/Refused to ALL 6 F&V questions		1		1				
Female								
Total		3,057	83	317	432	576	699	950
Consume less than 1 serving per day or never		74	4	10	5	16	21	18
Consume 1 to less than 3 servings per day		830	30	81	147	162	169	241
Consume 3 to less than 5 servings per day		1,148	24	109	151	209	279	376
Consume 5 or more servings per day		1,001	25	115	127	189	230	315
Don't know/Not sure/Refused to ALL 6 F&V questions		4		2	2			

Denominator is:

All survey respondents.