

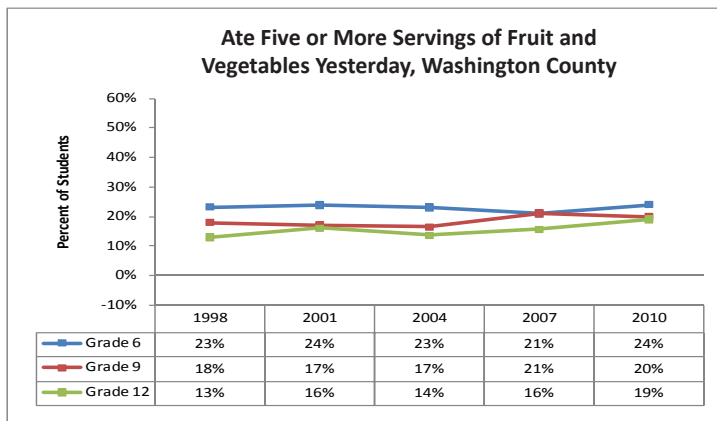
Nutrition

Consumption of healthy foods, such as fruits and vegetables, whole grains and unprocessed foods, is associated with a healthy body weight. Eating nutritious foods helps to combat a wide variety of chronic conditions including obesity, type 2 diabetes, heart disease, and stroke. It is also believed to reduce rates of some types of cancers. Yet, the majority of adults and children in Washington County do not consume the recommended amount of fruits and vegetables. The U.S. Department of Agriculture's 2010 Dietary Guidelines for Americans recommend that people in all age groups double the amount of fruits and vegetables currently consumed to an average of 4 ½ cups daily based on a 2,000 calorie per day diet. The Guidelines also recommend that Americans cut back on beverages with added sugars, such as sodas, fruit drinks, sports drinks and energy drinks, as they contribute to additional calorie intake without providing nutrition.

Key Trends

- Since 1998, less than 25% of youth in grades six, nine and twelve reported consuming the recommended amount of fruits and vegetables daily.
- Greater than one in ten students in grades six, nine and twelve reported consuming three or more glasses of pop/soda daily in 2010. However, pop consumption has gradually decreased for each grade reported since 1998.
- Slightly over one-third of adults in the county report consuming five or more servings of fruits and vegetables per day in 2010. This is the first year that county-level survey data for adult nutrition has been available.

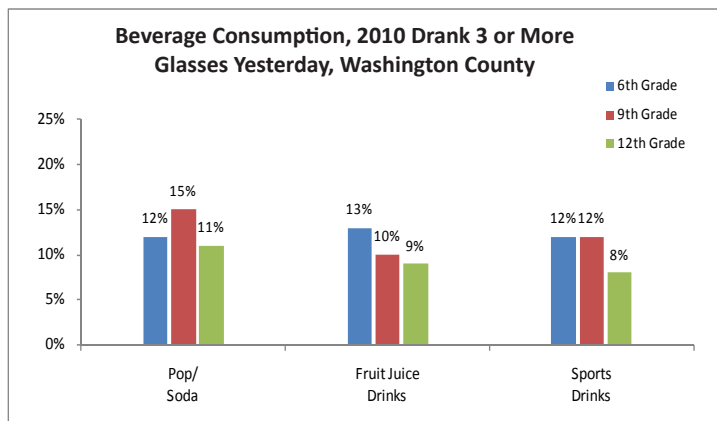
Youth Nutrition



Source: Minnesota Student Survey Interagency Team

Youth Consumption of Fruits and Vegetables

- In 2010, about one in four 6th graders were consuming five or more fruits and vegetables daily.
- Approximately one in five 9th and 12th graders was meeting the recommended daily intake of fruits and vegetables. Rates were similar on a state level.
- Since 1998, fruit and vegetable intake has remained steady among 6th and 9th graders. It has increased among 12th graders, from 13% in 1998 to 19% in 2010.



Source: Minnesota Student Survey Interagency Team

Youth Beverage Consumption

- Twelve percent of 6th graders, 15% of 9th graders and 11% of 12th graders reported consuming three or more glasses of pop/soda yesterday.
- On average, 11% of students in grades six, nine and twelve combined consume three or more glasses of fruit drinks per day. This does not include 100% fruit juice.
- Consumption of three or more glasses of sports drinks per day is slightly higher among 6th and 9th graders (12%), compared with 12th graders (8%).

Adult Nutrition

Five or more servings of fruit and vegetables eaten yesterday
Adults, Washington County, 2010

		5 or more servings
Total		37.0%
Gender	Male	28.0%
	Female	45.9%
Age categories	18-34	39.0%
	35-44	40.2%
	45-54	33.9%
	55-64	36.9%
	65-74	37.0%
	75+	29.0%
Education	High school graduate/GED or less	29.7%
	Some college	37.2%
	Bachelor's degree	36.2%
	Graduate or professional degree	44.6%
Poverty status	200% poverty or less	21.9%
	Greater than 200% poverty	37.6%

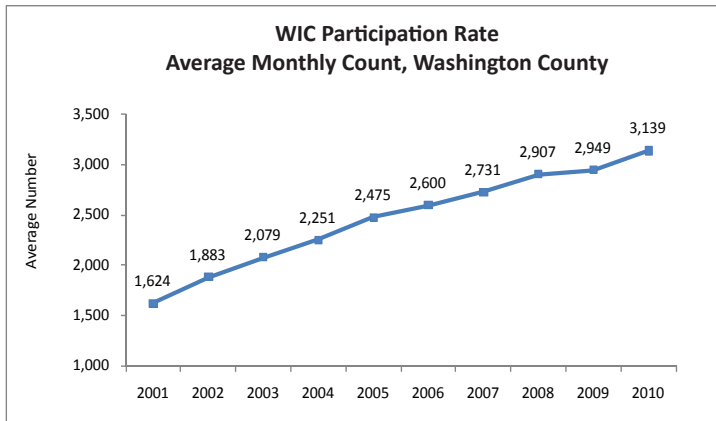
Source: Metro Adult Health Survey, 2010

Adult Fruit and Vegetable Consumption

- Only 37% of adults in Washington County report consuming five or more servings of fruits and vegetables daily, similar to the metro area rate of 38%.
- Consumption of fruits and vegetables is higher among females (46%) than males (28%).
- Based on age, the lowest levels of fruit and vegetable consumption were reported for those ages 75 and over.
- Adults with graduate or professional degrees reported the highest levels of fruit and vegetable consumption, with 45% consuming the recommended amount, nearly fifteen percentage points higher than those at the high school graduate/GED or less level.
- Slightly over one in five adults living at the 200% poverty level or less reported meeting the recommend daily intake of fruits and vegetables.

Family Nutrition

The Washington County Women, Infants and Children (WIC) program is a nutrition education program for women who are pregnant, breastfeeding or recently had a baby, for infants up to age one, and for children ages one to their fifth birthday. WIC staff offer nutrition counseling, vouchers for nutritious foods, and referrals to appropriate health care resources and services. Eligibility for the program is based on income and household size.



Source: Washington County Department of Public Health and Environment
Average monthly count of women, infants and children participating in the WIC program

- Throughout the past decade, the average monthly number of participants in the Washington County WIC program increased every year.
- Average monthly participation was 1,624 individuals in 2001, compared with 3,139 in 2010, a 48% increase. Participation in Washington County has increased despite more restrictive income eligibility requirements in recent years.



Contact Information:

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