

## Health | Behaviors

2009 Update

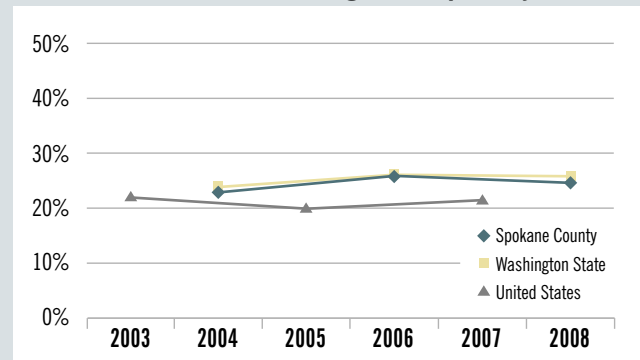
This indicator is 1 of 44 Spokane Counts indicators found at [www.srhd.org/SpokaneCounts](http://www.srhd.org/SpokaneCounts)

### Fruit and Vegetable Intake (youth)

Fruit and vegetable intake is measured by the percent of youth in grades 8, 10, or 12 who ate the recommended 5 or more servings per day. Fruits and vegetables contain vitamins, minerals, fiber and other substances that are important for good health. A healthy diet in adolescence is important for proper growth and development and can help prevent some health problems such as obesity, dental caries, and iron deficiency anemia.<sup>1</sup>

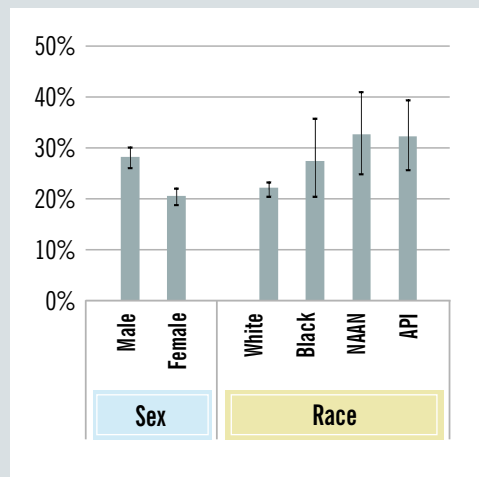
In Spokane County, a quarter of youth ate the recommended amount of fruits and vegetables. There was no significant increase in fruit and vegetable intake from 2004 to 2008. The proportion of Spokane County youth who ate the recommended number of fruits and vegetables in 2008 was similar to that of Washington State in 2008 and significantly higher than the national percentage in 2007.

### Youth Who Ate 5 Fruits and Vegetables per Day



Source: Washington State Healthy Youth Survey; Youth Risk Behavior Surveillance System Data

### Demographic Disparities in Youth Who Ate 5 Fruits and Vegetables per Day Spokane County, 2008



Source: Washington State Healthy Youth Survey  
NAAN=Native American/Alaska Native, API=Asian/Pacific Islander

#### Among Spokane County youth in 2008:

- Males were more likely to have eaten 5 or more servings per day than females; and
- Compared to Whites, both Native American/Alaska Native and Asian/Pacific Islanders were more likely to have eaten 5 or more servings per day.

There was no difference in fruit and vegetable intake by age.

## Indicator: Fruit and Vegetable Intake (youth)

Percent

(95% Confidence Interval)

	2004	2006	2008	
<b>Total</b>	Spokane County	22.2% (20.6, 24.0)	25.4% (24.1, 26.8)	24.3% (23.0, 25.6)
	Washington State	23.9% (23.1, 24.7)	26.4% (25.6, 27.3)	25.6% (24.7, 26.5)
	National	22.0% (2003)	20.1% (2005)	21.4% (2007)
<b>Grade Level</b>	8th grade	23.2% (20.6, 25.9)	27.9% (25.7, 30.1)	25.2% (23.2, 27.2)
	10th grade	21.3% (18.4, 24.5)	25.2% (23.0, 27.5)	24.8% (22.7, 27.1)
	12th grade	22.0% (18.9, 25.5)	21.9% (19.4, 24.6)	22.3% (19.9, 24.9)
<b>Sex</b>	Male	25.2% (22.6, 28.0)	28.9% (26.9, 30.9)	28.3% (26.4, 30.3)
	Female	19.7% (17.6, 22.1)	22.3% (20.6, 24.1)	20.6% (19.0, 22.3)
<b>Race</b>	White	21.3% (19.5, 23.2)	23.9% (22.4, 25.5)	22.1% (20.7, 23.6)
	Black	30.5% (18.8, 45.5)	29.0% (20.7, 38.9)	27.6% (20.5, 36.0)
	Native American/Alaska Native	21.4% (14.2, 30.9)	29.3% (21.1, 39.1)	32.8% (25.2, 41.4)
	Asian/Pacific Islander	22.5% (15.2, 32.0)	32.2% (25.4, 39.8)	32.3% (25.8, 39.6)

Source: Washington State Healthy Youth Survey; Youth Risk Behavior Surveillance System Data



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