

# Oregon Action Guide on Fruits and Vegetables



CDC's State Indicator Report on Fruits and Vegetables, 2018, shows national and state-level fruit and vegetable access and production data for 50 states and the District of Columbia. This guide provides actionable steps that public health practitioners, decision makers, and agriculture and food systems leaders can take to promote a healthy food environment and support fruit and vegetable consumption in Oregon. Full Report: <https://www.cdc.gov/nutrition/data-statistics/2018-state-indicator-report-fruits-vegetables.html>

## Fruit and Vegetable Consumption in the United States Is Too Low

- Eating a diet rich in fruits and vegetables can help protect against many serious and costly chronic diseases, including heart disease, type 2 diabetes, some cancers, and obesity <sup>(1)</sup>.
- Despite the health benefits, nationwide, only 12.2% of adults meet the daily fruit recommendation and only 9.3% meet the vegetable recommendation <sup>(2)</sup>.
- States and communities can make fruits and vegetables convenient and affordable in the places where children and adults live, work, learn, and play <sup>(3)</sup>.

## Fruit and Vegetable Consumption in Oregon

**Only 13.4%**

of adults  
meet the daily  
fruit intake  
recommendation <sup>(2)</sup>



**Only 11.9%**

of adults  
meet the daily  
vegetable intake  
recommendation <sup>(2)</sup>

## Select Resources to Support Fruit and Vegetable Consumption

1. Dietary Guidelines for Americans 2015–2020, 8th ed: <https://health.gov/dietaryguidelines/2015/guidelines/>
2. Disparities in State-Specific Adult Fruit and Vegetable Consumption — United States, 2015. <http://dx.doi.org/10.15585/mmwr.mm6645a1>
3. CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables: <http://www.cdc.gov/obesity/resources/recommendations.html>
4. USDA WIC Farmers Market Nutrition Program: <https://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program-fmnp>
5. CDC Healthy Food Service Guidelines webpage: <https://www.cdc.gov/obesity/strategies/food-serv-guide.html>
6. CDC Early Care and Education webpage: <https://www.cdc.gov/obesity/strategies/childcare.html>
7. USDA Office of Community Food Systems: Farm to School/Preschool: <https://www.fns.usda.gov/farmtoschool/farm-preschool>
8. CDC Salad Bars to School webpage: <https://www.cdc.gov/obesity/strategies/saladbars2schools.html>
9. USDA Regional Food Hub and Food Value Chain Resources: <https://www.ams.usda.gov/reports/food-value-chains>

## Improving Access to Fruits and Vegetables for Individuals and Families

| Indicator                                                                                                                                                         | Oregon | U.S.      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------|
| Number of Farmers Markets per 100,000 Residents, 2017                                                                                                             | 4.1    | 2.7       |
| Percentage of Farmers Markets Accepting the Supplemental Nutrition Program for Women, Infants, and Children (WIC) Farmers Market Nutrition Program Vouchers, 2017 | 57.4%  | 30.8%     |
| State Policy on Food Service Guidelines in Place, 2014                                                                                                            | No     | 10 States |

### Potential Actions:

- Educate WIC clients on the benefits of using Farmers Market Nutrition Program vouchers at participating markets and provide nutrition education services to support fruit and vegetable consumption <sup>(4)</sup>.
- Encourage farmers markets to locate in convenient places that are visible to the community and easily accessible <sup>(3)</sup>.
- Connect with stakeholders to provide healthier foods in public places, including government buildings, hospitals, and park and recreation centers, by using food service guidelines <sup>(5)</sup>.
- Share the health and economic benefits of healthy food service guidelines in the workplace—for example, enhanced healthy food options, positive impact on worker health, and strengthened local food system <sup>(5)</sup>.

## Improving Access to Fruits and Vegetables for Children

| Indicator                                                                                                                  | Oregon | U.S.      |
|----------------------------------------------------------------------------------------------------------------------------|--------|-----------|
| Has State Early Care and Education (ECE) Licensing Regulations That Align with National Standards for Serving Fruits, 2016 | No     | 9 states  |
| Has State ECE Licensing Regulations That Align with National Standards for Serving Vegetables, 2016                        | No     | 3 states  |
| State Farm to School or Farm to ECE Policy in Place, 2002–2017                                                             | Yes    | 47 states |
| Percentage of School Districts Participating in Farm to School Programs, 2014                                              | 54.9%  | 41.8%     |
| Percentage of Middle and High Schools Offering Salad Bars, 2016                                                            | 74.9%  | 44.8%*    |

\* Median across 48 states and D.C.

### Potential Actions:

- Include best practices for serving fruits and vegetables at meals and snack times in state ECE licensing requirements, quality rating systems, provider trainings, and professional development opportunities <sup>(6)</sup>.
- Provide trainings to school districts and ECE providers on how to source and purchase local fruits and vegetables and serve them in meals and snacks <sup>(7)</sup>.
- Work with district administrators, school food service directors, and parent-teacher association wellness groups to place salad bars in school cafeterias <sup>(3,8)</sup>.

## Food System Support for Fruits and Vegetables

| Indicator                                  | Oregon | U.S.      |
|--------------------------------------------|--------|-----------|
| State Food Policy Council, 2018            | No     | 32 states |
| Number of Local Food Policy Councils, 2018 | 4      | 234       |
| Number of Food Hubs, 2017                  | 5      | 212       |

### Potential Actions:

- Link large-scale purchasers of fruits and vegetables—such as school districts, hospitals, and food retailers—with local farms and regional food hubs that aggregate and distribute produce <sup>(9)</sup>.
- Support state and local food policy councils or coalitions that bring together diverse food system stakeholders and prioritize fruit and vegetable access and affordability, particularly among underserved communities <sup>(3)</sup>.