

NUTRITION IN BEXAR COUNTY

NUTRITION is a vital part of a healthy lifestyle. The Dietary Guidelines for Americans recommends; vegetables and fruits, whole grains, and low-fat dairy products. Choosing to eat in this manner may reduce the risks of chronic disease and obesity as well as provide essential vitamins, minerals, fiber, and other substances that are important for good health. Drinking enough water each day also has a positive impact on health, while drinking soft drinks such as; soda, sports drinks, fruit drinks and sweetened milk should be limited.

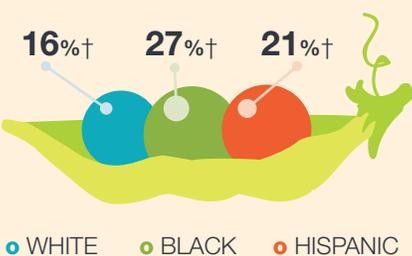
HIGH SCHOOL STUDENT NUTRITION IN BEXAR COUNTY

STUDENT FRUIT & VEGETABLE CONSUMPTION†

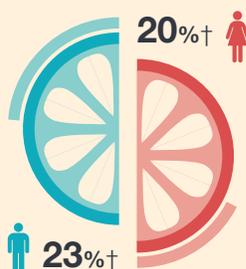
Total Consumption



By Race*



By Gender



†Percentage (%) of students that consume the Recommended Daily Amount (RDA) of fruits and vegetables, at least 5 servings per day

KEY MESSAGES



2010 USDA guidelines indicate that adults require 5-13 servings of fruit and vegetables a day, to maintain a healthy weight and prevent disease.



Over 95% of the people in San Antonio eat less than the recommended five servings of fruit and vegetables daily.



Currently, the average American adult only eats 3 servings of fruit and vegetables a day according to the Harvard School of Public Health.*

STUDENT SODA CONSUMPTION*



Soda consumed more than 1 time per day*

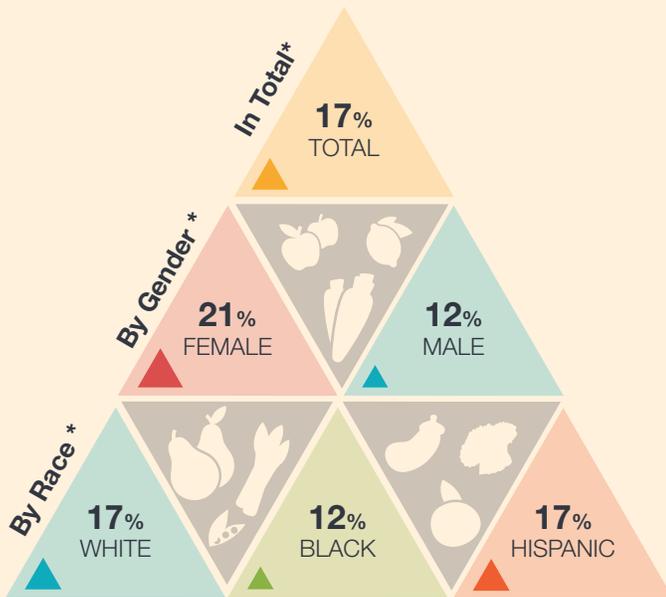
WHITE 24% BLACK 19% HISPANIC 28%



POOR NUTRITION CAN CAUSE HEART DISEASE, OBESITY, STROKES, HIGH BLOOD PRESSURE AND SOME CANCERS

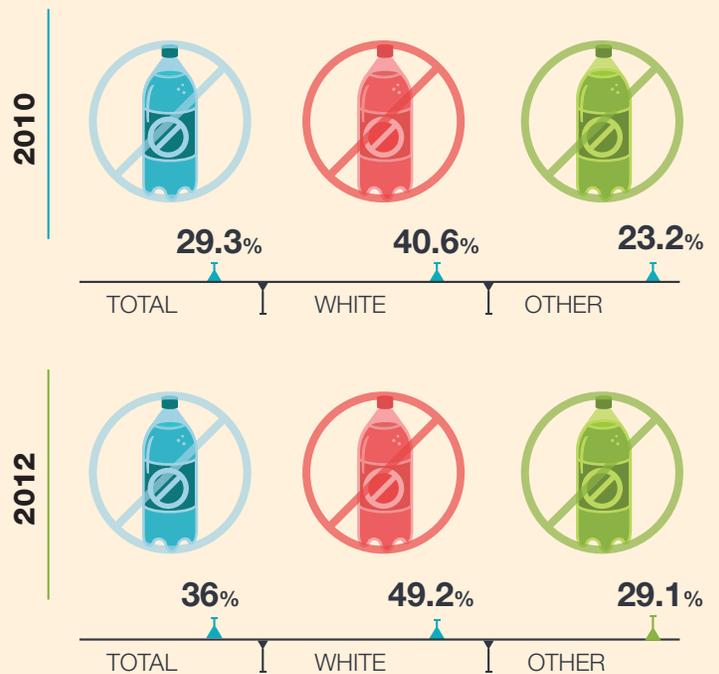
ADULT NUTRITION IN BEXAR COUNTY

ADULT FRUIT & VEGETABLE CONSUMPTION*



* Percentage (%) of adults in Bexar County that consume the Recommended Daily Amount (RDA) of fruits and vegetables

SODA CONSUMPTION PLUMMETS, MORE ADULTS DRINKING LESS SODA*



FROM 2010 TO 2012 MORE ADULTS ARE DRINKING ZERO SODAS A DAY. WITHIN THAT GROUP, MORE WHITE ADULTS REPORT CONSUMING ZERO SODAS THAN OTHER RACES.



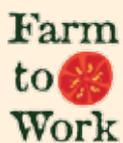
ADULTS' AGE, RACE/ ETHNICITY, EDUCATION AND INCOME, MADE NO DIFFERENCES IN THE AMOUNTS OF FRUITS OR VEGETABLES CONSUMED

IN YOUR COMMUNITY

SA FARM TO WORK

SA Farm to Work is a wellness program that delivers local organic produce to employees at their worksite. For more information contact Robert Maggiani.

robertm@ncat.org or 210-265-3905



POR VIDA

Por Vida helps adults and children make healthier food choices by identifying those menu items that meet nutritional guidelines developed by the Healthy Restaurant Coalition.

www.PORVIDASA.com



HEALTHY VENDING

Healthy vending is a way to build healthier snack habits in the worksite, these habits can extend to the home and throughout the community

www.fitcitysa.com/Portals



DATA SOURCES:

San Antonio Metropolitan Health District (SAMHD) Youth Risk Behavior Survey (YRBS) 2010 and 2013
 *San Antonio Metropolitan Health District (SAMHD) Behavioral Risk Factor Surveillance System (BRFSS) 2010
 San Antonio Metropolitan Health District (SAMHD) Behavioral Risk Factor Surveillance System (BRFSS) 2012 or as indicated