

Module: Fruits & Vegetables

NNHS.Q59: During the past month, how many times per day, week, or month did you drink 100% PURE fruit juices? Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice.

	Mean	Lower Estimate	Upper Estimate	N
Servings per day	0.72	0.63	0.80	2,263
Male	0.72	0.53	0.9	795
Female	0.72	0.61	0.83	1,468

Fruit juices per day, by Age Group

	Point	Lower	Upper	N
<30	0.81	0.57	1.06	317
30-39	0.74	0.39	1.09	262
40-49	0.70	0.54	0.87	320
50-59	0.66	0.46	0.87	491
60-69	0.59	0.46	0.73	445
70-79	0.55	0.42	0.69	304
80+	0.91	0.29	1.53	124

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Fruit juices per day, by Agency

Agency	Point	Lower	Upper	N
Chinle	0.76	0.63	0.88	690
Eastern	0.92	0.65	1.19	468
Ft. Defiance	0.66	0.55	0.77	332
Northern	0.62	0.54	0.69	505
Western	0.66	0.47	0.85	268

NNHS.Q60: During the past month, not counting juice, how many times per day, week or month did you eat fruit? Count fresh, frozen or canned fruit.

	Mean	Lower Estimate	Upper Estimate	N
Servings per day	1.17	1.01	1.33	2,295
Male	1.05	0.84	1.25	808
Female	1.27	1.09	1.45	1,487

Fruit servings per day, by Age Group

	Point	Lower	Upper	N
<30	1.37	0.90	1.85	324
30-39	1.27	1.02	1.51	265
40-49	1.18	0.96	1.40	325
50-59	0.95	0.69	1.22	496
60-69	1.05	0.84	1.25	452
70-79	0.98	0.64	1.32	305
80+	0.75	0.52	0.97	128

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Fruit servings per day, by Agency

Agency	Point	Lower	Upper	N
Chinle	1.08	0.89	1.28	697
Eastern	1.43	1.08	1.77	474
Ft. Defiance	0.88	0.73	1.03	345
Northern	1.00	0.78	1.22	511
Western	1.41	1.14	1.69	268

NNHS.Q61: During the past month, how many times per day, week, or month did you eat cooked or canned beans, such as refried, baked, black, garbanzo beans, beans in soup, soybeans, edamame, tofu or lentils. Do NOT include long green beans.

	Mean	Lower Estimate	Upper Estimate	N
Servings per day	0.22	0.20	0.25	2,290
Male	0.23	0.19	0.27	801
Female	0.22	0.18	0.26	1,489

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Servings of beans per day by Age Group

	Point	Lower	Upper	N
<30	0.19	0.15	0.23	323
30-39	0.26	0.17	0.35	262
40-49	0.21	0.17	0.26	325
50-59	0.19	0.15	0.24	496
60-69	0.31	0.21	0.42	451
70-79	0.24	0.13	0.34	305
80+	0.18	0.08	0.28	128

Servings of beans per day by Agency

Agency	Point	Lower	Upper	N
Chinle	0.24	0.15	0.32	704
Eastern	0.22	0.19	0.26	476
Ft. Defiance	0.23	0.17	0.29	338
Northern	0.20	0.15	0.25	506
Western	0.25	0.17	0.34	266

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NNHS.Q62: During the past month, how many times per day, week or month did you eat dark green vegetables for example broccoli or dark leafy greens including romaine, chard, collard greens or spinach?

	Mean	Lower Estimate	Upper Estimate	N
Servings per day	0.77	0.65	0.88	2,294
Male	0.74	0.55	0.93	805
Female	0.79	0.66	0.91	1,489

Dark green vegetable servings per day, by Age Group

	Point	Lower	Upper	N
<30	0.79	0.61	0.97	322
30-39	0.70	0.52	0.88	264
40-49	1.03	0.61	1.45	328
50-59	0.52	0.39	0.66	494
60-69	0.77	0.59	0.95	456
70-79	0.78	0.52	1.05	304
80+	0.47	0.32	0.61	126

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Dark green vegetable servings per day, by Agency

Agency	Point	Lower	Upper	N
Chinle	0.88	0.73	1.04	704
Eastern	0.94	0.77	1.10	471
Ft. Defiance	0.73	0.49	0.96	342
Northern	0.59	0.44	0.74	508
Western	0.68	0.46	0.90	269

NNHS.Q63: During the past month how many times per day, week, or month did you eat orange-colored vegetables such as sweet potatoes, pumpkin, winter squash, or carrots?

	Mean	Lower Estimate	Upper Estimate	N
Servings per day	0.56	0.47	0.64	2,282
Male	0.54	0.42	0.65	800
Female	0.58	0.49	0.66	1,482

Orange colored vegetables per day, by Age Group

	Point	Lower	Upper	N
<30	0.58	0.37	0.78	320
30-39	0.57	0.40	0.73	263
40-49	0.58	0.46	0.69	327
50-59	0.46	0.30	0.62	494
60-69	0.58	0.41	0.74	450
70-79	0.63	0.45	0.80	301
80+	0.47	0.33	0.62	127

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Orange colored vegetables per day, by Agency

Agency	Point	Lower	Upper	N
Chinle	0.53	0.41	0.66	699
Eastern	0.74	0.55	0.94	470
Ft. Defiance	0.45	0.34	0.55	336
Northern	0.43	0.32	0.54	511
Western	0.63	0.39	0.87	266

NNHS.Q64: Not counting what you just told me about, during the past month, about how many times per day, week, or month did you eat OTHER vegetables? Examples of other vegetables include tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried such as baked or mashed potatoes.

	Mean	Lower Estimate	Upper Estimate	N
Servings per day	0.88	0.74	1.01	2,291
Male	0.85	0.70	1.00	799
Female	0.92	0.74	1.10	1,492

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Other vegetables per day, by Age Group

	Point	Lower	Upper	N
<30	0.94	0.67	1.21	321
30-39	0.99	0.72	1.26	263
40-49	0.86	0.69	1.03	327
50-59	0.78	0.58	0.98	495
60-69	0.77	0.59	0.95	456
70-79	0.70	0.57	0.83	301
80+	1.17	0.49	1.84	128

Other vegetables per day, by Agency

Agency	Point	Lower	Upper	N
Chinle	1.14	0.99	1.28	697
Eastern	0.97	0.84	1.11	475
Ft. Defiance	0.60	0.52	0.69	341
Northern	0.63	0.51	0.75	510
Western	1.17	0.81	1.54	268

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Average Total Fruit and Vegetable Consumption per day

	Mean	Lower Estimate	Upper Estimate	N
Servings per day	4.30	3.89	4.71	2,180
Male	4.18	3.54	4.82	757
Female	4.41	3.96	4.86	1,423

Average total fruit and vegetable consumption per day, by Age Group

	Point	Lower	Upper	N
<30	4.69	3.72	5.67	305
30-39	4.55	3.67	5.43	251
40-49	4.59	3.85	5.34	307
50-59	3.46	2.62	4.30	478
60-69	4.09	3.36	4.82	433
70-79	4.03	3.13	4.92	288
80+	3.39	2.84	3.94	118

Average total fruit and vegetable consumption per day, by Agency

Agency	Point	Lower	Upper	N
Chinle	4.69	4.01	5.38	668
Eastern	5.16	4.45	5.86	457
Ft. Defiance	3.48	2.98	3.97	316
Northern	3.48	3.00	3.96	487
Western	4.78	3.72	5.85	252

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Percent who averaged consuming at least a combination of 5 fruits and vegetables per day

	Percent	Lower Estimate	Upper Estimate	N
Averaged 5-a-day	27.4%	22.6%	32.7%	2,223
Male	25.2%	18.3%	33.6%	772
Female	28.7%	24.1%	33.8%	1,451

Percent who averaged consuming at least a combination of 5 fruits and vegetables per day, by Age Group

	Point	Lower	Upper	N
<30	31.9%	21.3%	44.9%	313
30-39	24.5%	16.5%	34.7%	254
40-49	32.2%	22.2%	44.0%	315
50-59	20.4%	14.3%	28.3%	485
60-69	27.5%	18.8%	38.5%	442
70-79	23.6%	14.7%	35.6%	292
80+	17.4%	9.1%	31.0%	122

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Percent who averaged consuming at least a combination of 5 fruits and vegetables per day, by Agency

Agency	Point	Lower	Upper	N
Chinle	31.2%	23.4%	40.2%	682
Eastern	38.7%	30.6%	47.4%	463
Ft. Defiance	19.3%	11.3%	30.9%	328
Northern	23.1%	15.3%	33.3%	495
Western	24.4%	19.4%	30.2%	255

