

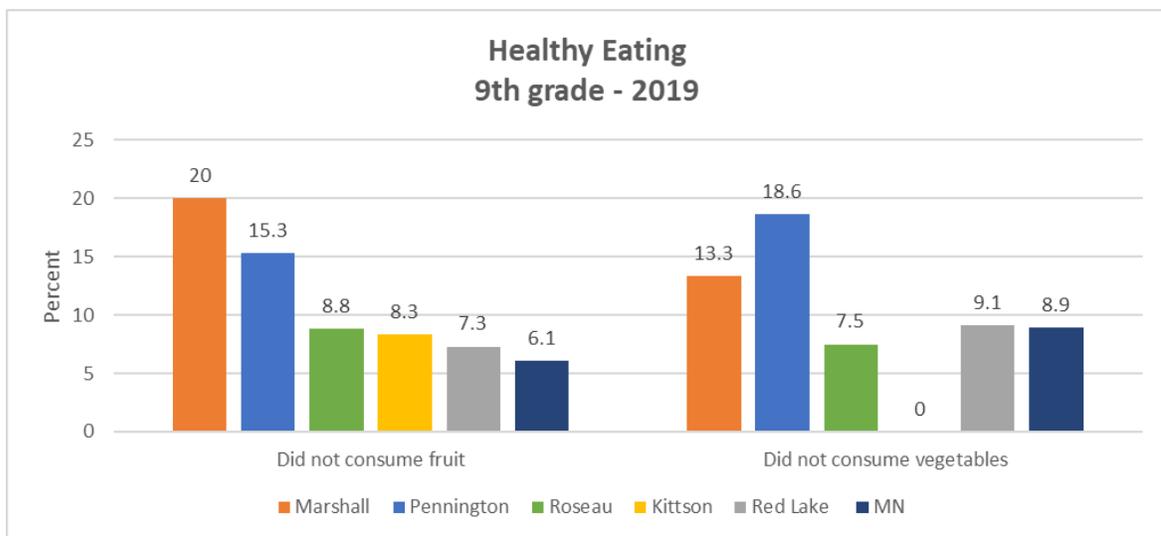


Healthy Eating - Social and Community Context

Social and community context is one of the five domains identified in the social determinants of health (SDoH). SDoH are non medical factors that influence health outcomes.¹ The conditions in the environment where people are born, live, learn, work, play, worship, and age affect a wide range of health, functioning, and quality-of-life outcomes and risks.²

Healthy Eating in the Five Northwest County (Quin) Community Health Board (CHB) Region

Youth who did not consume fruit or vegetables in the past 7 days



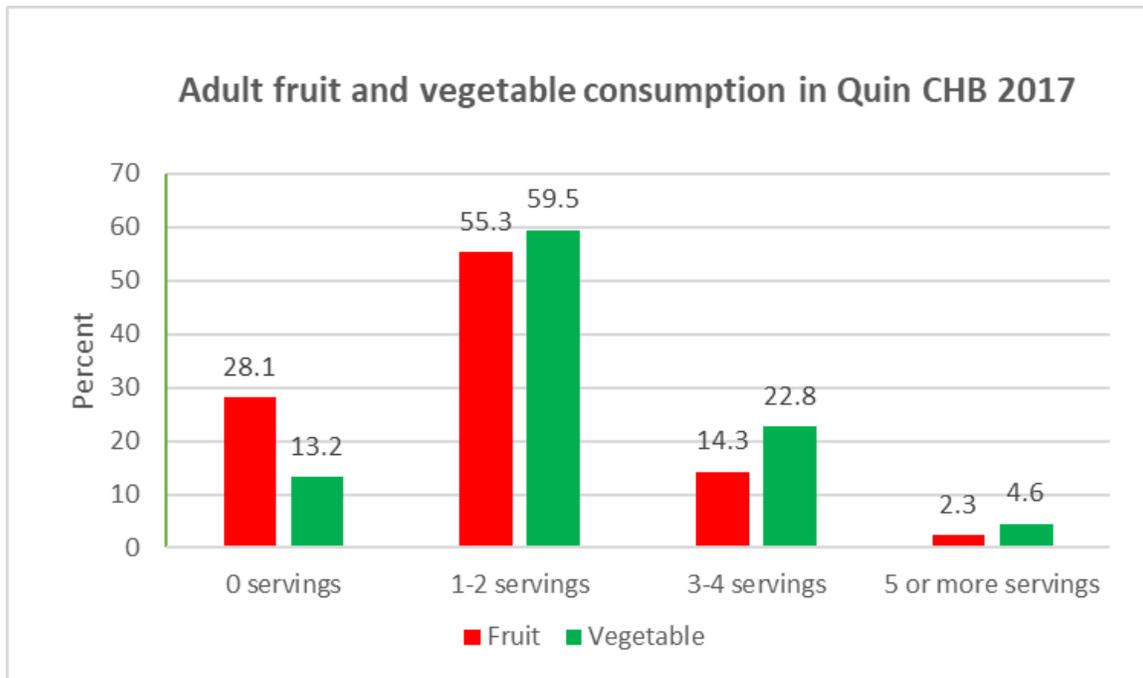
Source: Minnesota Student Survey, 2019

SUMMARY

- Youth in northwest counties are not consuming fruits and vegetables at higher rates compared to the state of Minnesota.
- 9th graders in Marshall county did not consume fruit in the previous 7 days of the survey in 2019 at a rate 3 times that of all 9th graders in the state.
- 9th graders in Pennington county did not consume vegetables in the previous 7 days of the survey in 2019 at a rate 2 times that of all 9th graders in the state.



Adults - servings of fruits and vegetables in Quin Community Health Board (CHB) Region



Source: Northwest Region Adult Health Behavior Survey

SUMMARY

- Adults in the Quin CHB region are consuming higher rates of 1-2 servings of fruits and vegetables.
- Vegetable consumption is slightly higher than fruit consumption
- Adults are consuming fruits and vegetables but they are not consuming the recommended amounts, which are 2 and 2.5 cup equivalents, respectively, based on a 2,000 calorie diet for adult age 19-59.³