

HEALTHY NUTRITION

HEALTH PRIORITY | **#8**

Defined as: Having enough and nutritious food for healthy eating (i.e. balanced meals, breastfeeding infants, fruits & vegetables)

LOCAL DATA

Infants in WIC (Women, Infants, Children) exclusively breastfed for three months¹



37% Eau Claire County
28% Wisconsin

Percent of adults that consume vegetables less than one time per day²

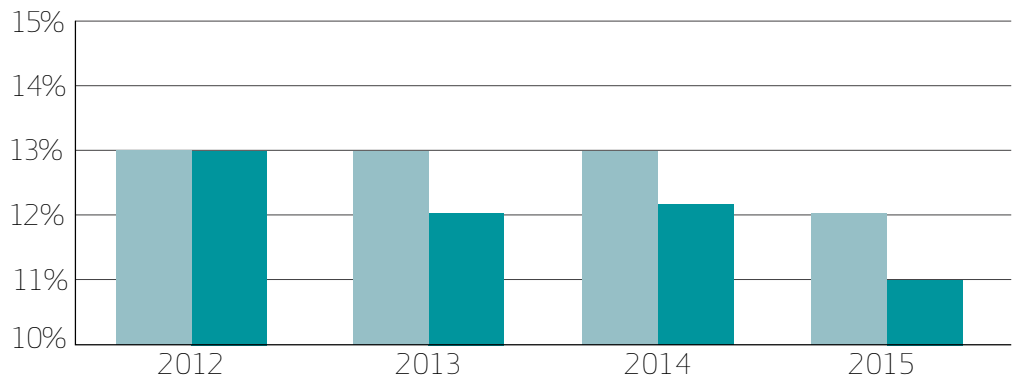


24% Wisconsin
22% U.S.

91% of Eau Claire County high school students reported consuming 1+ vegetables in the past 7 days (Youth Risk Behavior Survey, 2017).

Percentage that lack adequate access to a reliable food source³

■ Eau Claire County
■ Wisconsin



In 2015, food insecurity affected 12,490 Eau Claire County residents (County Health Rankings, 2015-2018).

COMMUNITY HEALTH SURVEY⁴

Top reasons this is a problem in our community:

Some people can't afford enough food

69%

Not everyone knows how to eat healthy or has the skills to prepare healthy food

64%

Some people don't have enough food

57%

How serious is this health topic?

Major problem..... **18%**

Moderate problem..... **43%**

Slight problem..... **29%**

Not a problem **11%**

¹Breastfeeding Composite Report (2017)
²CDC (Winnable Battles, 2015)
³2017 County Health Rankings (Map the Meal Gap, 2014)
⁴2017 Eau Claire County Community Health Survey