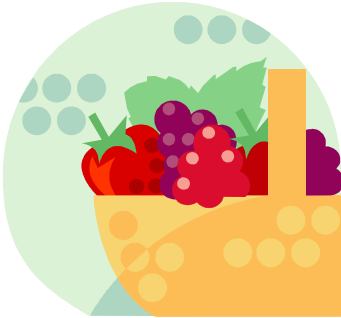


Small Changes for Health 2006

Week 9



Is it really that hard to eat five or more servings of fruits and vegetables per day? Well according to the Centers for Disease Control and Prevention, it is. In 2003, only 22.7% of the population in the St. Louis Metropolitan area ate five or more fruits and/or vegetables per day. This is just slightly more than the state average of 20.7%. In the spirit of Small Changes, start small and try to eat at least 3 servings of fruits and/or vegetables per day.

Your Small Change: For this week, make sure that you eat at least 3 servings of fruits and/or vegetables everyday.

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. **You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.**

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Follow-Up: Week 9

Your Small Change: For this week, make sure that you eat at least 3 servings of fruits and/or vegetables everyday.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments: _____

Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.

