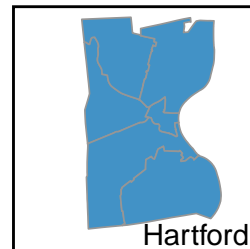**Map 48**

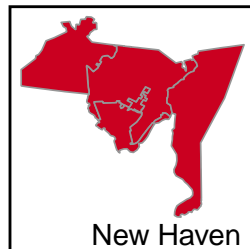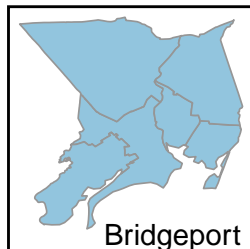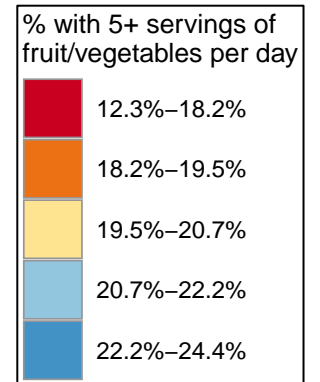# Percentage of Persons Age 60+ Years with 5+ Servings of Fruit/Vegetables per Day
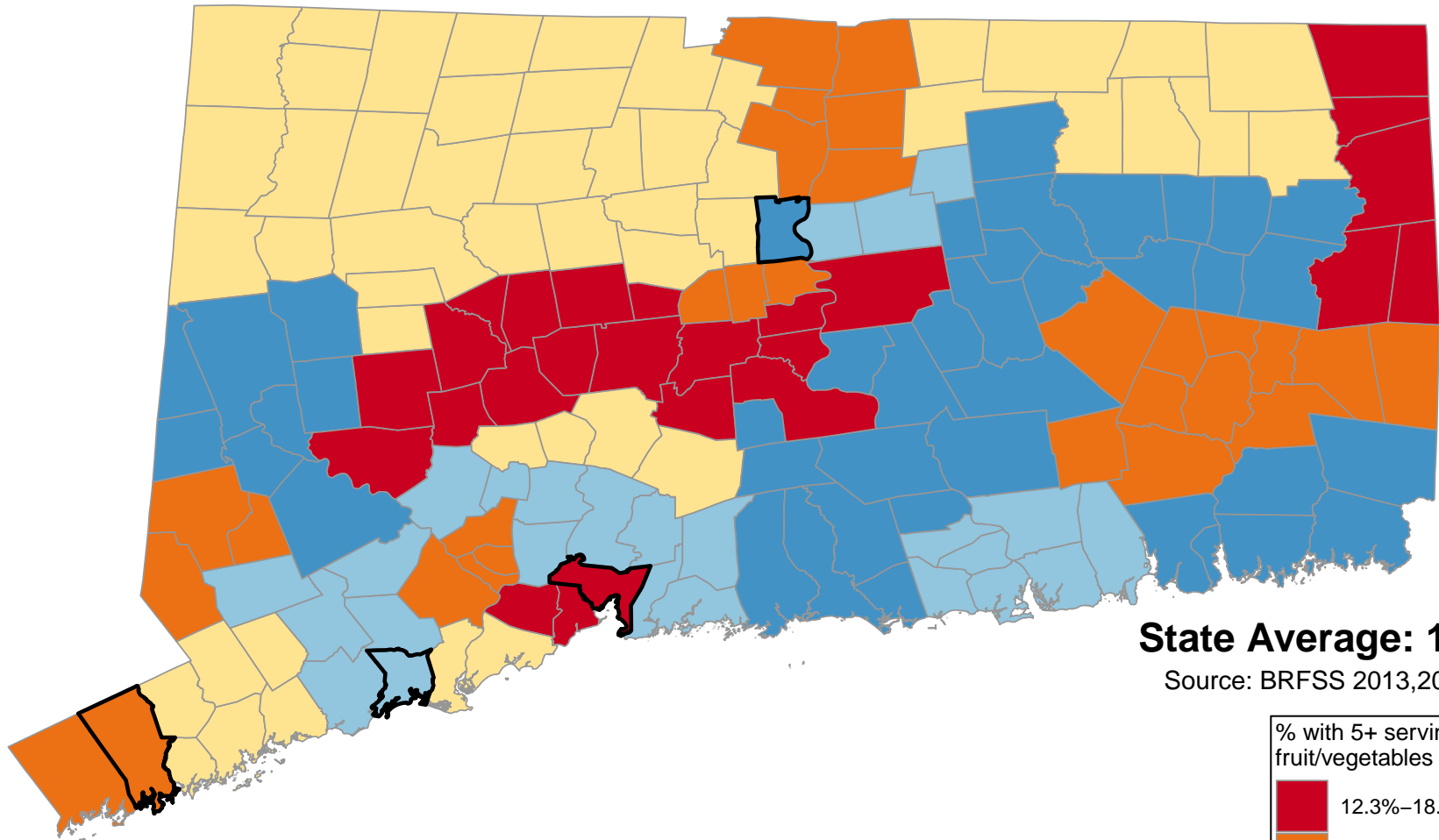
State Average: 19.9%

Source: BRFSS 2013,2015,2017

% with 5+ servings of fruit/vegetables per day

- 12.3%–18.2%
- 18.2%–19.5%
- 19.5%–20.7%
- 20.7%–22.2%
- 22.2%–24.4%

Stamford

Bridgeport

New Haven

Hartford

Questions or ideas?
Beth.Dugan@umb.edu
12/2020

TUFTS Health Plan FOUNDATION

UMASS BOSTON

% 60+ with 5 or More Servings of Fruit or Vegetables per Day

Town	%	Town	%	Town	%	Town	%	Town	%
Andover	22.23%	Durham	24.34%	Lyme	21.34%	Pomfret	20.73%	Warren	19.47%
Ansonia	18.48%	East Granby	20.70%	Madison	22.90%	Portland	24.34%	Washington	23.83%
Ashford	20.73%	East Haddam	24.34%	Manchester	21.17%	Preston	18.16%	Waterbury	17.83%
Avon	20.47%	East Hampton	24.34%	Mansfield	22.23%	Prospect	20.64%	Waterford	22.55%
Barkhamsted	20.70%	East Hartford	21.17%	Marlborough	24.34%	Putnam	13.09%	Watertown	17.49%
Beacon Falls	20.74%	East Haven	20.77%	Meriden	16.41%	Redding	22.11%	West Hartford	20.47%
Berlin	17.43%	East Lyme	21.34%	Middlebury	17.83%	Ridgefield	18.69%	West Haven	12.40%
Bethany	20.74%	East Windsor	18.33%	Middlefield	24.34%	Rocky Hill	17.43%	Westbrook	21.34%
Bethel	18.69%	Eastford	20.73%	Middletown	16.41%	Roxbury	23.83%	Weston	20.35%
Bethlehem	19.47%	Easton	22.11%	Milford	20.38%	Salem	18.16%	Westport	20.35%
Bloomfield	20.70%	Ellington	20.73%	Monroe	22.11%	Salisbury	19.47%	Wethersfield	19.15%
Bolton	22.23%	Enfield	18.33%	Montville	18.16%	Scotland	22.23%	Willington	20.73%
Bozrah	18.16%	Essex	21.34%	Morris	19.47%	Seymour	18.48%	Wilton	20.35%
Branford	20.77%	Fairfield	22.11%	Naugatuck	20.64%	Sharon	19.47%	Winchester	19.47%
Bridgeport	21.98%	Farmington	20.47%	New Britain	19.15%	Shelton	18.48%	Windham	22.23%
Bridgewater	23.83%	Franklin	18.16%	New Canaan	20.35%	Sherman	23.83%	Windsor	18.33%
Bristol	17.49%	Glastonbury	17.43%	New Fairfield	23.83%	Simsbury	20.70%	Windsor Locks	18.33%
Brookfield	23.83%	Goshen	19.47%	New Hartford	20.70%	Somers	20.73%	Wolcott	16.92%
Brooklyn	22.23%	Granby	20.70%	New Haven	12.65%	South Windsor	18.33%	Woodbridge	20.74%
Burlington	20.47%	Greenwich	19.29%	New London	22.55%	Southbury	17.83%	Woodbury	17.83%
Canaan	19.47%	Griswold	18.16%	New Milford	23.83%	Southington	16.92%	Woodstock	20.73%
Canterbury	22.23%	Groton	22.55%	Newington	19.15%	Sprague	18.16%	*Neighborhoods*	
Canton	20.70%	Guilford	22.90%	Newtown	23.83%	Stafford	20.73%	Bridgeport Area1	21.98%
Chaplin	22.23%	Haddam	24.34%	Norfolk	19.47%	Stamford	19.29%	Bridgeport Area2	21.98%
Cheshire	20.64%	Hamden	20.74%	North Branford	20.77%	Sterling	13.09%	Bridgeport Area3	21.98%
Chester	24.34%	Hampton	22.23%	North Canaan	19.47%	Stonington	22.55%	Hartford Area1	23.90%
Clinton	22.90%	Hartford	23.90%	North Haven	20.77%	Stratford	20.38%	Hartford Area2	23.90%
Colchester	24.34%	Hartland	20.70%	North Stonington	22.55%	Suffield	18.33%	Hartford Area3	23.90%
Colebrook	19.47%	Harwinton	20.47%	Norwalk	20.35%	Thomaston	17.49%	New Haven Area1	12.65%
Columbia	22.23%	Hebron	24.34%	Norwich	18.16%	Thompson	13.09%	New Haven Area2	12.65%
Cornwall	19.47%	Kent	19.47%	Old Lyme	21.34%	Tolland	22.23%	New Haven Area3	12.65%
Coventry	22.23%	Killingly	13.09%	Old Saybrook	21.34%	Torrington	19.47%	Stamford Area1	17.15%
Cromwell	17.43%	Killingworth	22.90%	Orange	12.40%	Trumbull	22.11%	Stamford Area2	17.15%
Danbury	18.69%	Lebanon	18.16%	Oxford	20.74%	Union	20.73%	Stamford Area3	17.15%
Darien	20.35%	Ledyard	22.55%	Plainfield	13.09%	Vernon	21.17%		
Deep River	21.34%	Lisbon	18.16%	Plainville	16.92%	Voluntown	18.16%		
Derby	18.48%	Litchfield	19.47%	Plymouth	17.49%	Wallingford	20.64%		

TUFTS Health Plan FOUNDATION **UMASS BOSTON**

% 60+ with 5 or More Servings of Fruit or Vegetables per Day (Ranked)

Town	%	Town	%	Town	%	Town	%	Town	%
Chester	24.34%	Mansfield	22.23%	Woodstock	20.73%	Sharon	19.47%	Bristol	17.49%
Colchester	24.34%	Scotland	22.23%	Barkhamsted	20.70%	Torrington	19.47%	Plymouth	17.49%
Durham	24.34%	Tolland	22.23%	Bloomfield	20.70%	Warren	19.47%	Thomaston	17.49%
East Haddam	24.34%	Windham	22.23%	Canton	20.70%	Winchester	19.47%	Watertown	17.49%
East Hampton	24.34%	Easton	22.11%	East Granby	20.70%	Greenwich	19.29%	Berlin	17.43%
Haddam	24.34%	Fairfield	22.11%	Granby	20.70%	Stamford	19.29%	Cromwell	17.43%
Hebron	24.34%	Monroe	22.11%	Hartland	20.70%	New Britain	19.15%	Glastonbury	17.43%
Marlborough	24.34%	Redding	22.11%	New Hartford	20.70%	Newington	19.15%	Rocky Hill	17.43%
Middlefield	24.34%	Trumbull	22.11%	Simsbury	20.70%	Wethersfield	19.15%	Plainville	16.92%
Portland	24.34%	Bridgeport	21.98%	Cheshire	20.64%	Bethel	18.69%	Southington	16.92%
Hartford	23.90%	Deep River	21.34%	Naugatuck	20.64%	Danbury	18.69%	Wolcott	16.92%
Bridgewater	23.83%	East Lyme	21.34%	Prospect	20.64%	Ridgefield	18.69%	Meriden	16.41%
Brookfield	23.83%	Essex	21.34%	Wallingford	20.64%	Ansonia	18.48%	Middletown	16.41%
New Fairfield	23.83%	Lyme	21.34%	Avon	20.47%	Derby	18.48%	Killingly	13.09%
New Milford	23.83%	Old Lyme	21.34%	Burlington	20.47%	Seymour	18.48%	Plainfield	13.09%
Newtown	23.83%	Old Saybrook	21.34%	Farmington	20.47%	Shelton	18.48%	Putnam	13.09%
Roxbury	23.83%	Westbrook	21.34%	Harwinton	20.47%	East Windsor	18.33%	Sterling	13.09%
Sherman	23.83%	East Hartford	21.17%	West Hartford	20.47%	Enfield	18.33%	Thompson	13.09%
Washington	23.83%	Manchester	21.17%	Milford	20.38%	South Windsor	18.33%	New Haven	12.65%
Clinton	22.90%	Vernon	21.17%	Stratford	20.38%	Suffield	18.33%	Orange	12.40%
Guilford	22.90%	Branford	20.77%	Darien	20.35%	Windsor	18.33%	West Haven	12.40%
Killingworth	22.90%	East Haven	20.77%	New Canaan	20.35%	Windsor Locks	18.33%	*Neighborhoods*	
Madison	22.90%	North Branford	20.77%	Norwalk	20.35%	Bozrah	18.16%	Hartford Area1	23.90%
Groton	22.55%	North Haven	20.77%	Weston	20.35%	Franklin	18.16%	Hartford Area2	23.90%
Ledyard	22.55%	Beacon Falls	20.74%	Westport	20.35%	Griswold	18.16%	Hartford Area3	23.90%
New London	22.55%	Bethany	20.74%	Wilton	20.35%	Lebanon	18.16%	Bridgeport Area1	21.98%
North Stonington	22.55%	Hamden	20.74%	Bethlehem	19.47%	Lisbon	18.16%	Bridgeport Area2	21.98%
Stonington	22.55%	Oxford	20.74%	Canaan	19.47%	Montville	18.16%	Bridgeport Area3	21.98%
Waterford	22.55%	Woodbridge	20.74%	Colebrook	19.47%	Norwich	18.16%	Stamford Area1	17.15%
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Canterbury	22.23%	Pomfret	20.73%	Litchfield	19.47%	Voluntown	18.16%	New Haven Area2	12.65%
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Questions ? Beth.Dugan@umb.edu

https://healthyagingdatareports.org