

Fruits and Vegetables: More Matters for People with Disabilities

Adults with mobility and/or cognitive disabilities



44%

Adults with mobility and/or cognitive disabilities



31%

are **less likely** than

Adults without disabilities



53%

are **more likely** than

Adults without disabilities



23%

to eat fruit and vegetables at least once a day.

to drink sugar-sweetened beverages at least once a day.

Policy Options to Promote Healthy Food & Beverages

- September is "Fruit and Vegetables: More Matters" Month - share accessible and inclusive messages about healthy eating ([DPH can help](#))
- Educate individuals with disabilities, families, and direct support staff, offering practical strategies to make fruit and vegetables part of their daily routine
- Facilitate access to health promotion efforts such as [Nutrition is for Everyone](#)

