



FIVE FRUITS & VEGGIES EVERY DAY,
MOVE2HEALTH THE COLORFUL WAY!

EAT Challenge Outcomes

23, 181
fruits & veggies logged

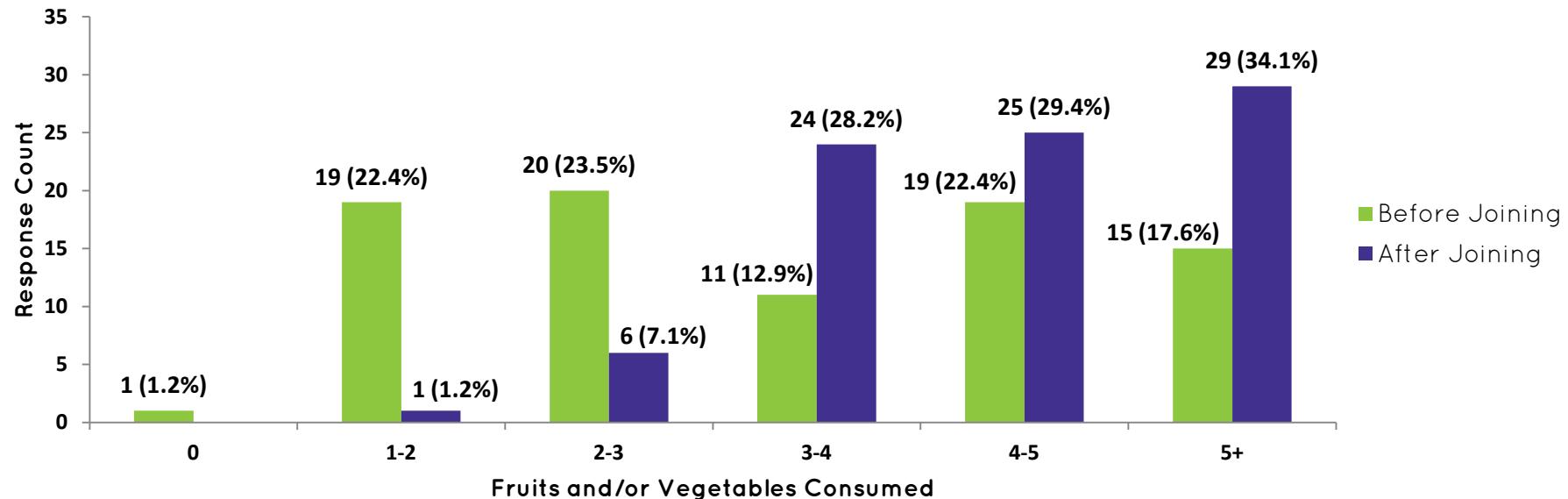


Challenge Leaderboard

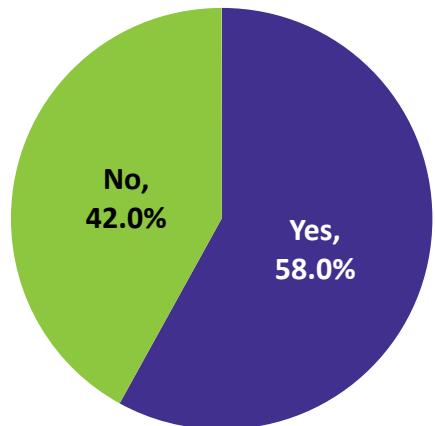
Most Fruits and Veggies Logged

- (1) Charlottesville/Albemarle Health Department
- (2) City of Charlottesville
- (3) NBC 29
- (4) JAUNT
- (5) acac
- (6) Albemarle County Employees
- (7) Louisa County Department of Human Services
- (8) University of Virginia
- (9) Bethany Baptist Church
- (10) Walker Upper Elementary Staff

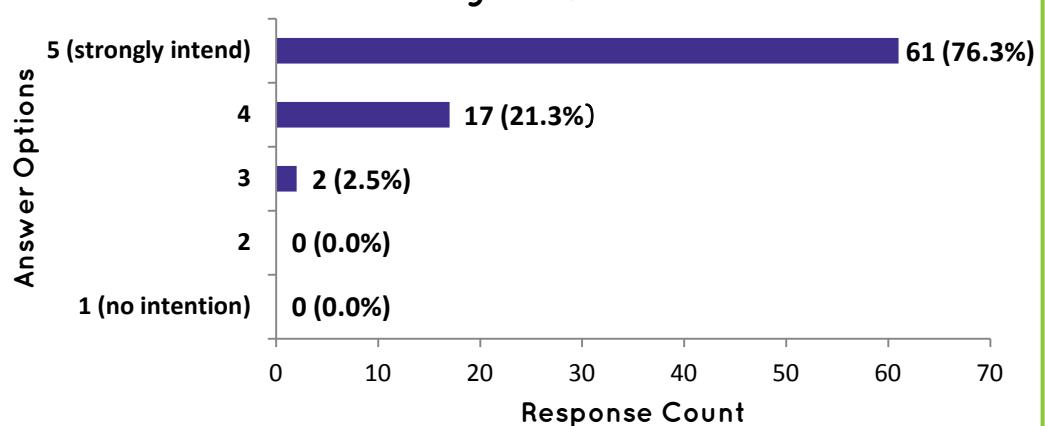
Fruit and vegetable consumption before and after joining EAT Challenge



Do you eat more fruits and/or vegetables now as a result of participating in the EAT Challenge?



On a scale of 1-5, how strong is your intention to continue eating at least five fruits and vegetables every day now that the EAT Challenge is over?



How did the EAT Challenge help you eat more fruits and vegetables?

30 (65.2%) respondents said the Challenge made them more aware of their current diet.

22 (47.8%) respondents said logging fruits and vegetables motivated them to eat healthier.

17 (37.0%) respondents liked the competitive nature of the Challenge.

15 (32.6%) respondents joined the Challenge with friends, coworkers, or family members.

“The Challenge made me aware of my current diet.”

“I liked the competitive nature of the Challenge.”

“Logging fruits and vegetables motivated me to eat healthier.”

“I liked seeing the colors of the fruits and vegetables I logged.”

“I like that I eat healthier as a result of the Challenge.”

What was your favorite aspect of the EAT Challenge?

Thank you to our sponsors!

