

Health Indicator Report

Fruit and Vegetable Consumption

Background

The purpose of this health indicator report is to provide information about consumption of fruits and vegetables five or more times per day among adults aged 18 and over living in Halton Region.

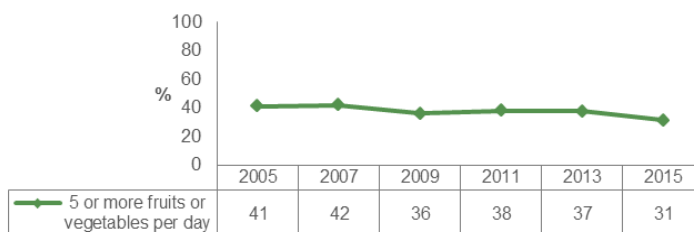
A healthy diet incorporating a variety of fruits and vegetables may lower your risk of heart disease and some types of cancers.¹ Canada's Food Guide recommends females aged 19-50 consume 7-8 servings of fruits and vegetables per day, males aged 19-50 consume 8-10 servings of fruits and vegetables per day, and all adults aged 51+ consume 7 servings of fruits and vegetables per day.²

This Health Indicator Report uses data from the Rapid Risk Factor Surveillance System.

Trends Over Time

In 2015, 31% of Halton adults reported consuming fruits and vegetables five or more times per day.

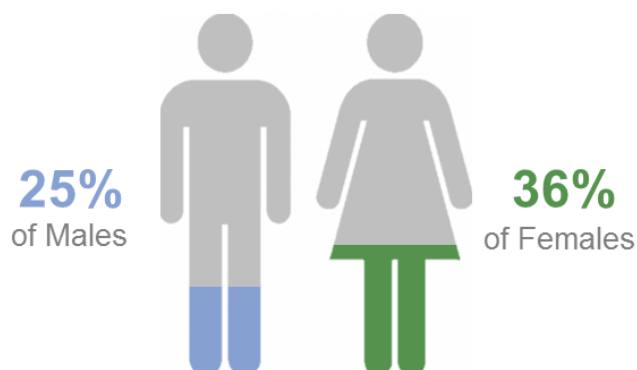
From 2005 to 2015 the percentage of adults in Halton who reported consuming fruits and vegetables five or more times per day decreased from 41% to 31% and this decrease was **statistically significant**.



Percentage of adults aged 18 and over who reported consuming fruits and vegetables five or more times per day, Halton Region, 2005-2015

Sex

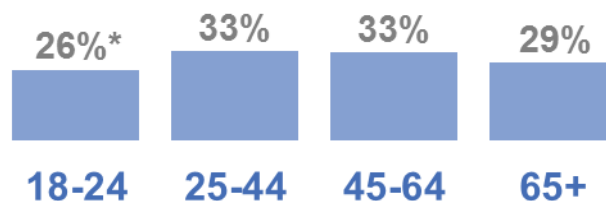
In 2015, Halton females were more likely than males to report consuming fruits and vegetables five or more times per day, and this difference was **statistically significant**.



Percentage of adults aged 18 and over who reported consuming fruits and vegetables five or more times per day, by sex, Halton Region, 2015

Age

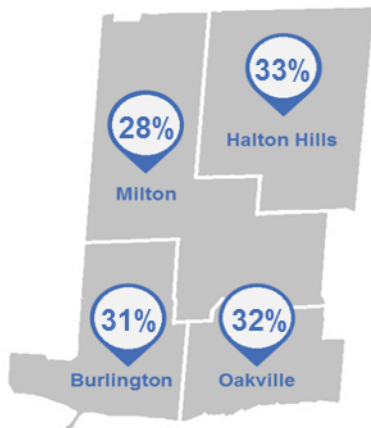
In 2015, there were no statistically significant differences by age in the percentage of Halton adults who reported consuming fruits and vegetables five or more times per day.



Percentage of adults aged 18 and over who reported consuming fruits and vegetables five or more times per day, by age, Halton Region, 2015

Municipality

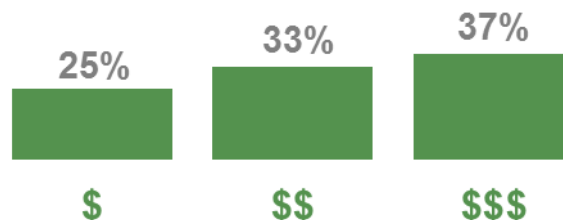
In 2015, there were no statistically significant differences by municipality in the percentage of Halton adults who reported consuming fruits and vegetables five or more times per day.



Percentage of adults aged 18 and over who reported consuming fruits and vegetables five or more times per day, by municipality, Halton Region, 2015

Income

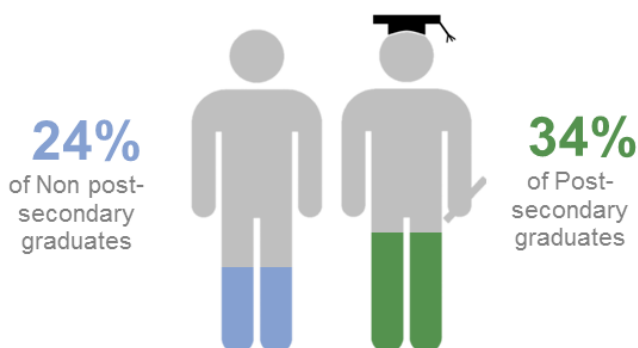
In 2015, the percentage of Halton adults who reported consuming fruits and vegetables five or more times per day increased as income increased. This difference was **statistically significant** when comparing the low income group to the high income group.



Percentage of adults aged 18 and over who reported consuming fruits and vegetables five or more times per day, by income, Halton Region, 2015

Education

In 2015, the percentage of Halton adults who reported consuming fruits and vegetables five or more times per day was higher among those who were post-secondary graduates compared to those who were not post-secondary graduates, and this difference was **statistically significant**.



Percentage of adults aged 25 and over who reported consuming fruits and vegetables five or more times per day, by education, Halton Region, 2015

Data Notes

For more information on RRFSS, methods, statistical significance and limitations associated with health indicator reports, please see the Data Notes and Guide available at halton.ca.

Definitions:

Fruit and vegetable consumption refers to the average number of times fruits and vegetables are consumed daily.

Data Source: Rapid Risk Factor Surveillance System [2005, 2007, 2009, 2011, 2013, and 2015], Halton Region Health Department and Institute for Social Research, York University.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

References

1. Health Canada. 2008. Vegetables and Fruit. Accessed June 2016 from <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/fruit/index-eng.php>
2. Health Canada. 2008. How Many Food Guide Servings of Vegetables and Fruit Do I Need? Accessed June 2016 from <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/fruit/need-besoin-eng.php>

For more health indicator and health status reports, visit the Halton Health Statistics website at halton.ca.

Last Revised: June 1st, 2016
Expected Update: 2018