

Fruit and vegetable consumption

Health indicator report

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 residents aged 12 and over living in Halton Region and Ontario.
- 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 Canadian Community Health Survey (CCHS).

Key findings

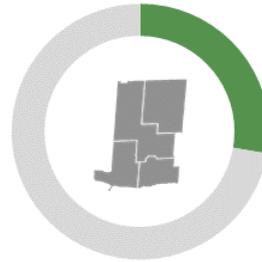
- 28% of both Halton and Ontario residents reported consuming fruits and vegetables five or more times per day.
- Males and young adults (aged 18-24) were **less** likely to report consuming fruits and vegetables five or more times per day.



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Halton vs. Ontario

- In 2015-16, 28% of Halton and Ontario residents reported consuming fruits and vegetables five or more times per day.



28%
of Halton
residents



28%
of Ontario
residents

Percentage of residents aged 12 and over who reported consuming fruits and vegetables five or more times per day, Halton Region and Ontario, 2015-16.

Sex

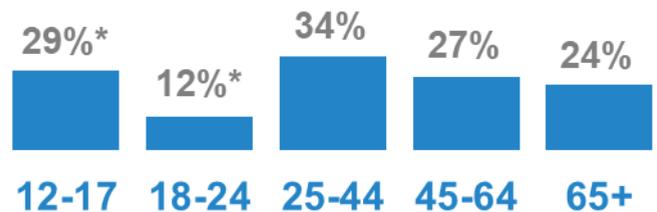
- In 2015-16, Halton females were more likely than males to report consuming fruits and vegetables five or more times per day, and this difference was **statistically significant**.



Percentage of residents aged 12 and over who reported consuming fruits and vegetables five or more times per day, by sex, Halton Region, 2015-16.

Age

- In 2015-16, young adults aged 18-24 were less likely than all other age groups to report consuming fruits or vegetables five or more times per day. This difference was **statistically significant** when comparing young adults aged 18-24 to adults aged 25-44 and 45-64.



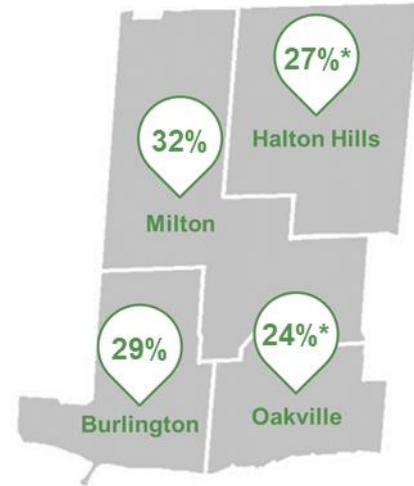
Percentage of residents aged 12 and over who reported consuming fruits and vegetables five or more times per day, by age, Halton Region, 2015-16.



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Municipality

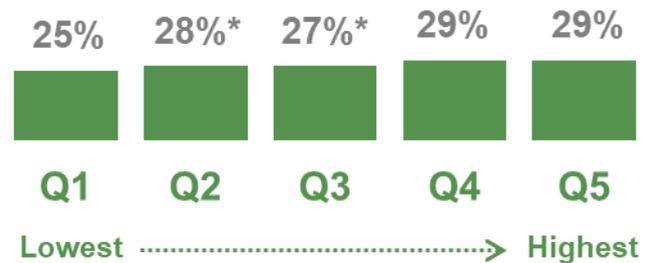
- In 2015-16, there were no statistically significant differences by municipality in the percentage of Halton residents who reported consuming fruits and vegetables five or more times per day.



Percentage of residents aged 12 and over who reported consuming fruits and vegetables five or more times per day, by municipality, Halton Region, 2015-16.

Income

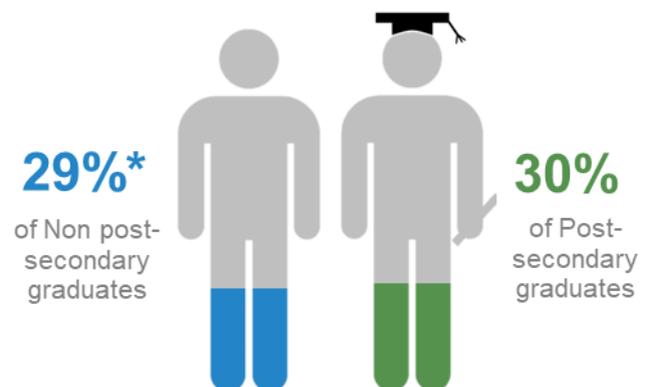
- In 2015-16, there were no statistically significant differences by income in the percentage of Halton residents who reported consuming fruits and vegetables five or more times per day.



Percentage of residents aged 12 and over who reported consuming fruits and vegetables five or more times per day, by income, Halton Region, 2015-16.

Education

- In 2015-16, there were no statistically significant differences by education in the percentage of Halton residents who reported consuming fruits and vegetables five or more times per day.



Percentage of residents aged 12 and over who reported consuming fruits and vegetables five or more times per day, by education, Halton Region, 2015-16.

About CCHS

- The Canadian Community Health Survey (CCHS) is a voluntary, cross-sectional survey that collects information related to health status, health system utilization and health determinants for the Canadian population. CCHS is conducted by Statistics Canada.
- Each year, CCHS surveys 65,000 people aged 12 and over from across Canada. The survey provides health information at the provincial and regional levels. CCHS is designed to provide reliable estimates at the health unit level every 2 years.
- In 2015, CCHS was redesigned, including major changes to content and methodology. **Therefore, it is not recommended to compare data from the 2015 cycle onwards to past CCHS cycles.**
- For more information on CCHS methodology, limitations and statistical terms see the CCHS Data Notes and Data Interpretation Guide at Halton.ca

Data notes

Definitions:

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

Data Source: Canadian Community Health Survey [2015-16], Statistics Canada, Share File, Ontario MOHLTC

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

References

1. Health Canada. 2008. Vegetables and Fruit. Accessed August 2018 from <https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/choosing-foods/vegetables-fruit.html>
2. Health Canada. 2008. How may food guide servings of vegetables and fruit do I need? Accessed August 2018 from <https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/choosing-foods/vegetables-fruit/many-food-guide-servings-fruits-vegetables-need-canada-food-guide.html>

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

Last updated: August 2018