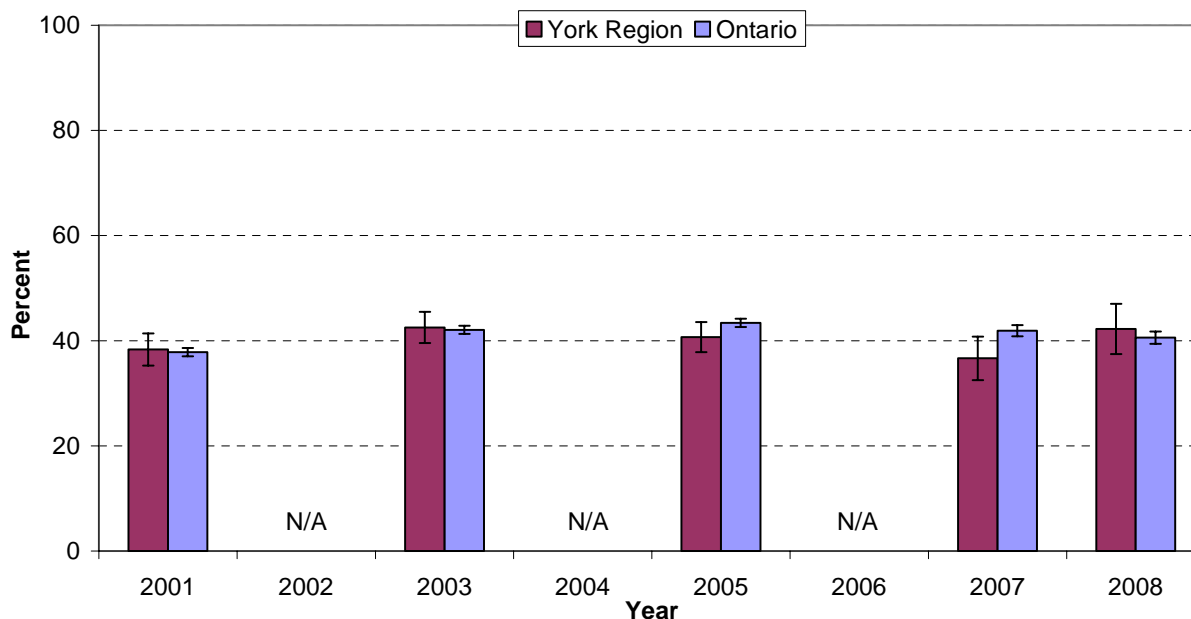


Vegetable and Fruit Consumption

This summary focuses on the percent of the population, aged 12 years and over, that consume vegetables and fruits five or more times daily.

Ontario Public Health Standards, Chronic Diseases and Injuries Program Standard, Chronic Disease Prevention – Req 1.

Vegetable and Fruit Consumption, York Region and Ontario, 2001- 2008

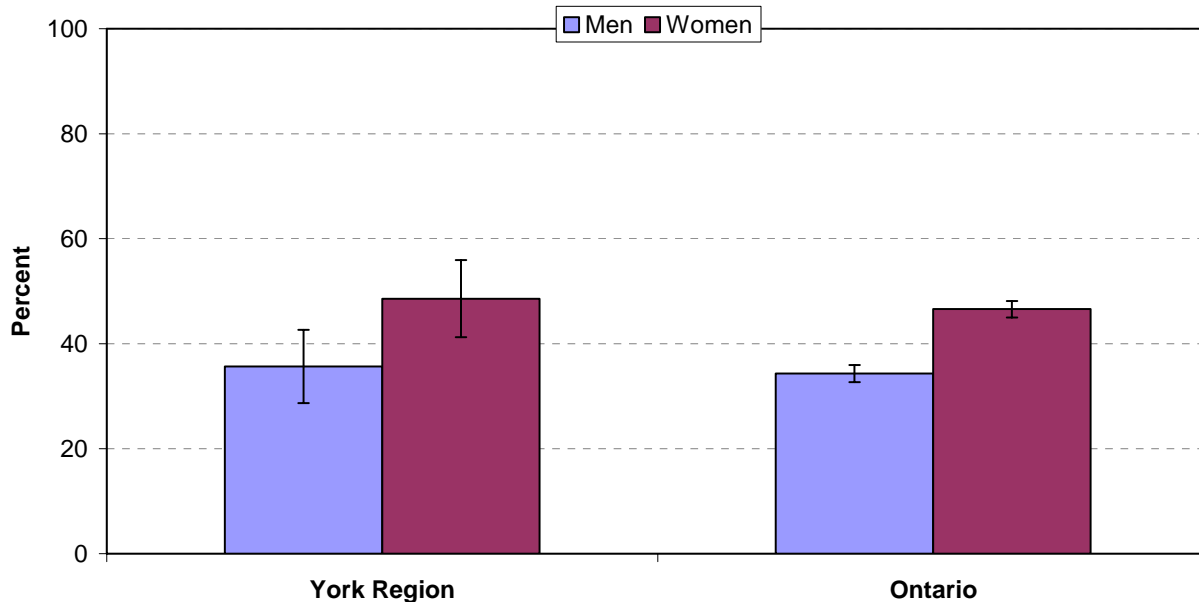


Data Source: Canadian Community Health Survey, 2001-2008, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.

Interpretation:

- In 2008, York Region residents and Ontario residents over the age of 12 years reported similar rates for consumption of vegetables and fruits at least five times per day (42% ±5 and 41% ±1, respectively). This trend was consistent across all years except for in 2007.
- In general for Ontario residents, vegetable and fruit consumption was highest among those over the age of 65 years (48% ±2 in 2008) (data not shown).

Vegetable and Fruit Consumption in York Region and Ontario by Sex, 2008



Data Source: Canadian Community Health Survey, 2008, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.

- Since 2001, York Region women have been more likely than men to report consuming vegetables and fruits five or more times daily. The same trend also occurred between Ontario women and men (data not shown).
- In 2008, York Region men and Ontario men reported similar rates for consumption of vegetables and fruits (36% ±7 and 34% ±2, respectively). This trend was consistent across all years except for in 2007.
- York Region and Ontario women reported similar rates of consuming vegetables and fruits five or more times daily across all years (49% ±7 and 47% ±2, respectively in 2008).

Data Source: Canadian Community Health Survey (CCHS), 2001-2008, Fruit and Vegetable Consumption Module. For more information on CCHS, visit <http://www.statcan.ca/>

The CCHS is a federal survey of residents aged 12 years and older in all provinces and territories, excluding populations on Indian Reserves, Canadian Forces Bases and some remote areas. Data collection is done by a combination of computer assisted personal and telephone interviewing.

The indicators from the survey are based on self-reported information and may be subject to biases, such as recall bias or social desirability bias, or result in high non-response. As such, the estimates may be an underestimate or overestimate of the true prevalence in the population.

The data represents that number of times per day that vegetables and fruits are consumed and does not take into account serving sizes.

┆ and ± represents the 95% confidence interval, meaning 19 times out of 20 the results will fall within this range.