

Healthy Eating: Vegetable and Fruit Consumption

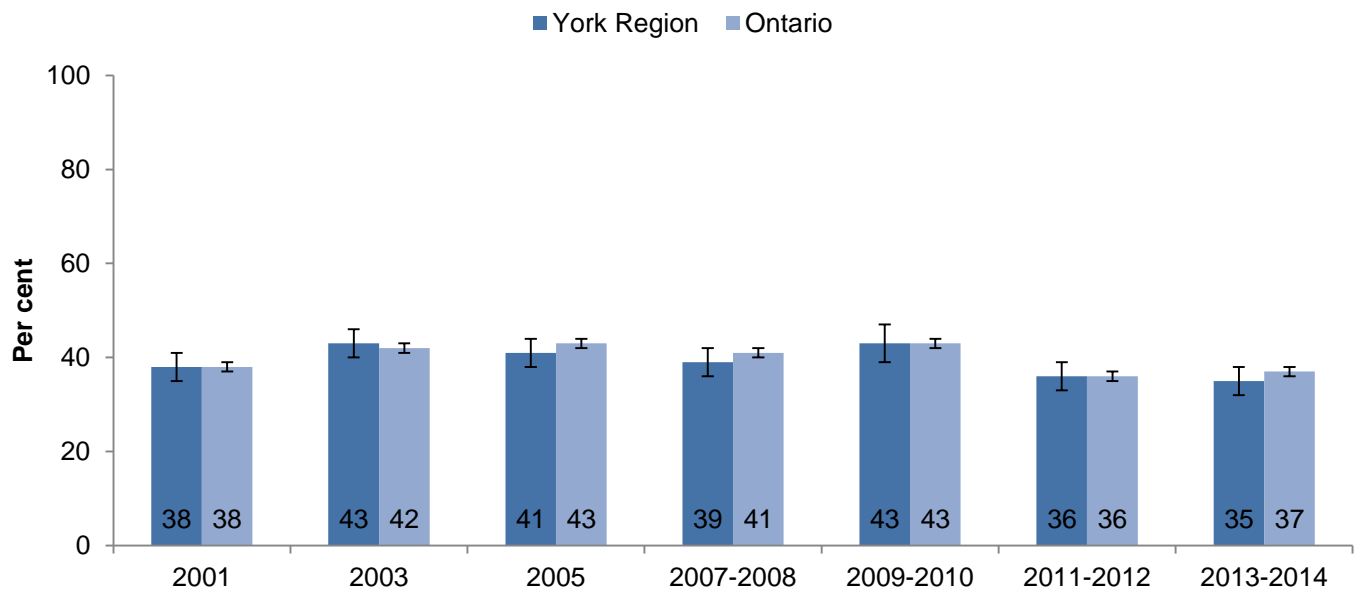
Indicator: Proportion of the population (12+ years) who consumed vegetables and fruits five or more times daily.¹

Data Source: Canadian Community Health Survey (CCHS)

Key Findings

- In 2013-2014, 35 (±3) per cent of York Region residents consumed vegetables and fruits five or more times daily which is statistically similar to the 37 (±1) per cent of Ontario residents.
- A higher proportion of York Region females (40 ±5 per cent) consistently consume vegetables and fruits versus York Region males (30 ±5 per cent).
- The proportion of York Region residents who consumed vegetables and fruits five or more times daily was statistically similar between age groups (data not shown).

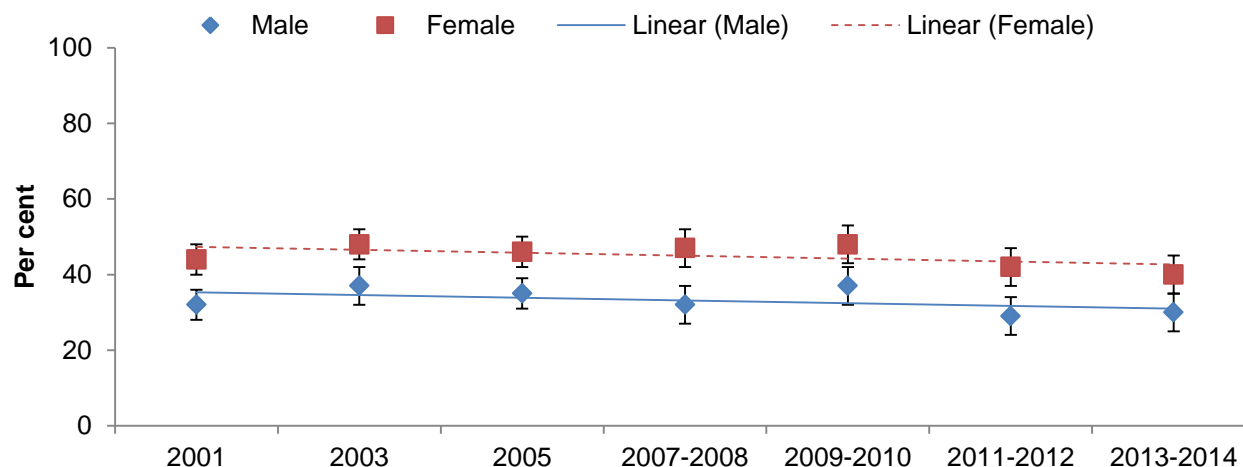
Proportion of individuals (12+ years) who have consumed vegetables and fruit five or more times daily, York Region and Ontario in 2001-2014



Data Source: Canadian Community Health Survey, 2001-2014, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.



Proportion of individuals (12+ years) who have consumed vegetables and fruit five or more times daily by sex, York Region in 2001-2014



Data Source: Canadian Community Health Survey, 2001-2014, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.

Limitations

- The module asks about how many times any vegetables or fruits are consumed, not the amount that was consumed. This does not allow these statistics to be compared to the Canada Food Guide.
- Eating patterns may vary depending on what time of year the respondent is asked.
- The data used for this indicator are self-reported and may be subject to errors in recall, over or under-reporting due to social desirability, and errors from proxy reporting.

Data Source: Canadian Community Health Survey, 2001-2014, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.

Relevant Time Period: 2001-2014; Data updates every one to two years

Last revised: December 2015

Data Notes:

Symbol	Description
I and ±	Represents the 95% confidence interval, meaning 19 times out of 20 the results will fall into this range.
*	Represents high variability associated with the estimate. Interpret with



Symbol	Description
	caution.
**	Estimate not released, does not meet data release standards.
N/A	Data was not collected.

- 'Don't know' and 'refused' responses are excluded.
- Estimates are weighted to be representative of the population.
- Confidence intervals are reported as equal, though this is not always the case as the estimate approaches zero or 100%.

Contact Information: For more information please contact the Epidemiology and Research manager at 1-800-361-5653 extension 74507.

ⁱ Association of Public Health Epidemiologist in Ontario (APHEO). Core Indicators. Accessed 2015-10-19 from <http://www.apheo.ca/index.php?pid=128>

