

Vegetables and Fruit Consumption

fast facts

Information to prepare this report was derived from the Canadian Community Health Survey (CCHS), Share Files 2003, 2005, 2007-08, 2009-10 and 2011-12, which are maintained by the Newfoundland and Labrador Centre for Health Information (NLCHI). The CCHS is a cross-sectional survey that collects information related to health status, health care utilization and health determinants for the Canadian population.

In this issue...

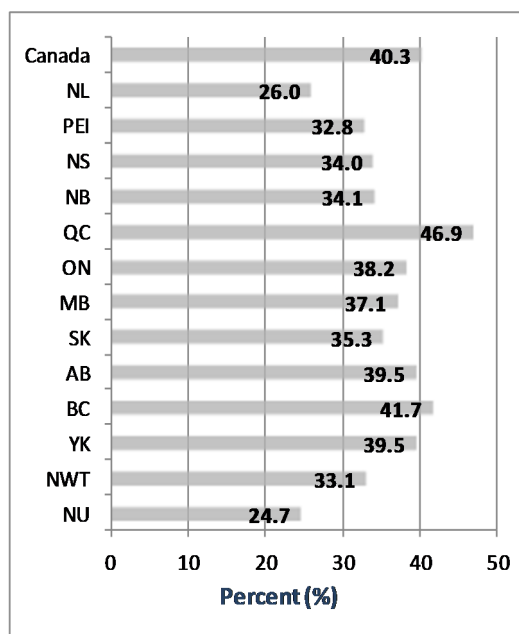
Vegetable and Fruit Consumption by:

- Province and Territory
- Sex
- Age Group
- Regional Health Authority
- Household Income
- About Our Organization



Nunavut had the lowest percentage of individuals meeting the daily recommendation for vegetables and fruit consumption in the country (24.7%) in 2011-2012. Newfoundland and Labrador followed with 26.0% of the province meeting the recommendation.

Percentage of Individuals Aged 12+ Consuming Vegetables and Fruit ≥ 5 times per day by Province/Territory, 2011-2012



Source: Statistics Canada, Canadian Community Health Survey, Share File, 2011-2012

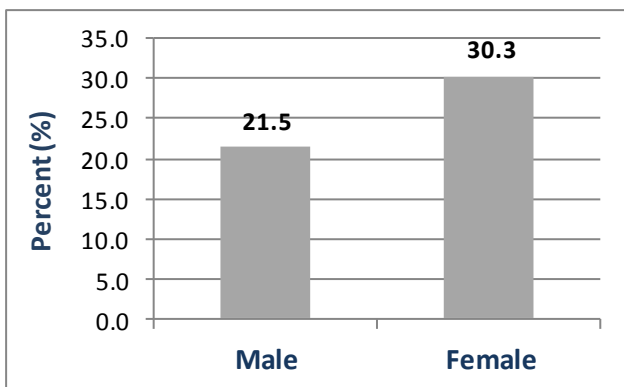


Age did not significantly affect consumption of vegetables and fruit in 2011-2012. There was no statistically significant difference in the percentage of individuals consuming vegetables and fruit 5 or more times per day among age groups in Newfoundland and Labrador.

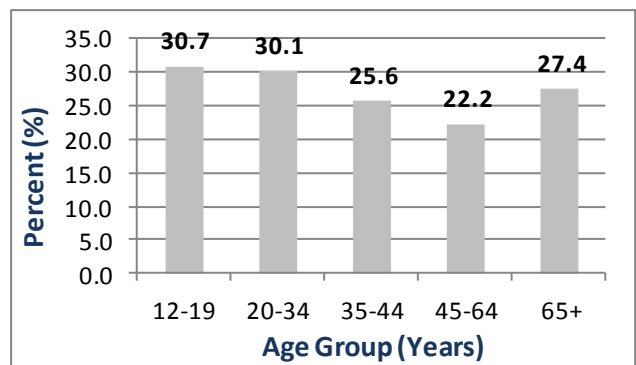
Percentage of Individuals Aged 12+ Consuming Vegetables and Fruit ≥ 5 times per day by Age Group, Newfoundland and Labrador, 2011-2012

Province-wide, males consumed less vegetables and fruit than females in 2011-2012. This difference was statistically significant.

Percentage of Individuals Aged 12+ Consuming Vegetables and Fruit ≥ 5 times per day, by Sex, Newfoundland and Labrador, 2011-2012



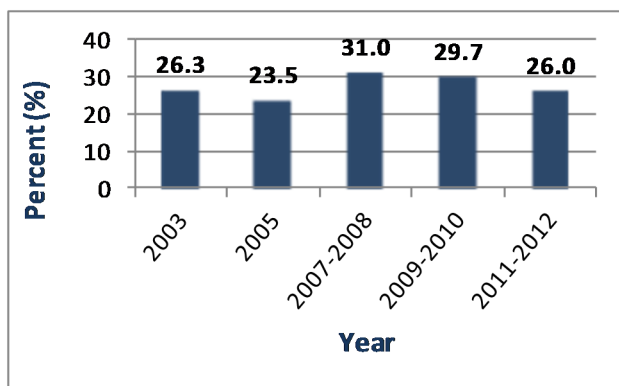
Source: Statistics Canada, Canadian Community Health Survey, Share File, 2011-2012



Source: Statistics Canada, Canadian Community Health Survey, Share File, 2011-2012

Since 2007-2008, vegetable and fruit consumption in Newfoundland and Labrador is decreasing. The percentage of individuals consuming vegetables and fruit 5 or more times per day in Newfoundland and Labrador significantly decreased from 31.0% in 2007-2008 to 26.0% in 2011-2012.

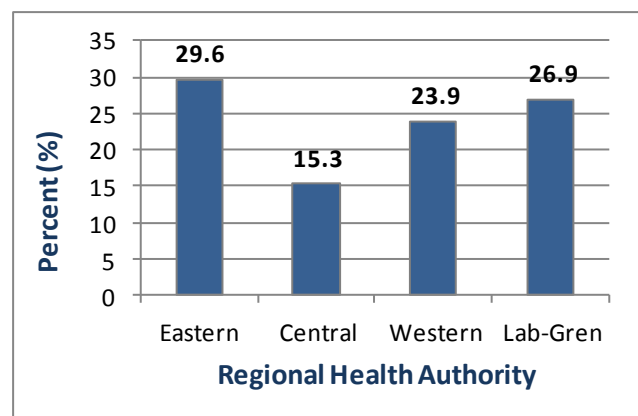
Percentage of Individuals Aged 12+ Consuming Vegetables and Fruit ≥ 5 times per day by Year, Newfoundland and Labrador, 2003 to 2011-2012



Source: Statistics Canada, Canadian Community Health Survey, Share File, 2011-2012

Residents within the Central Health region consumed the least amount of vegetables and fruit of all health regions (15.3%) in 2011-2012. This difference was statistically significant when compared to consumption by residents in the Eastern (29.6%), Western (23.9%) and Labrador-Grenfell (26.9%) Health regions.

Percentage of Individuals Aged 12+ Consuming Vegetables and Fruit ≥ 5 times per day by Regional Health Authority, Newfoundland and Labrador, 2011-2012

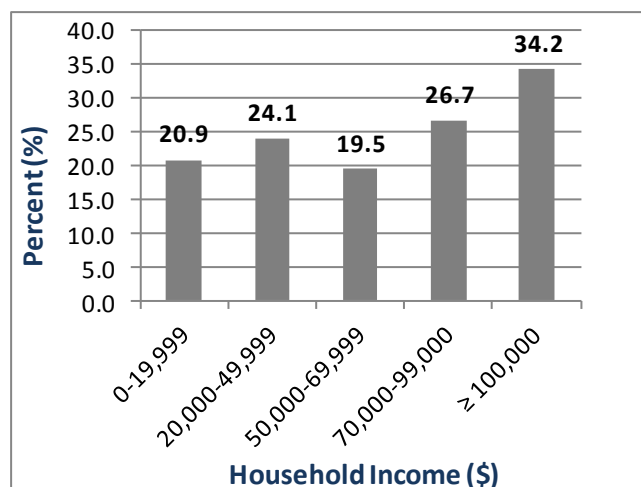


Source: Statistics Canada, Canadian Community Health Survey, Share File, 2011-2012

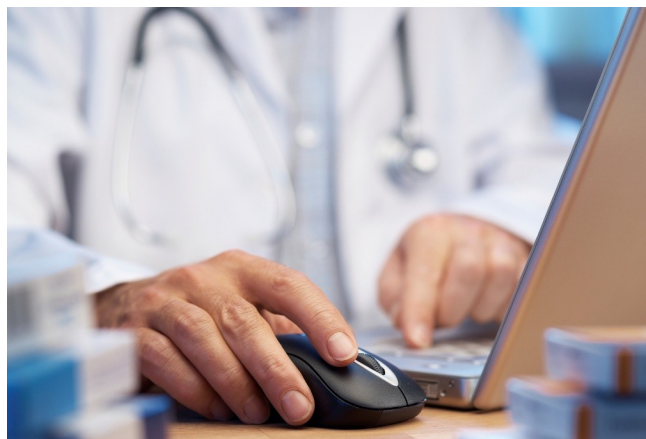


Province-wide, vegetable and fruit consumption increased with increasing income in 2011-2012. The difference was statistically significant between the lowest income category (0-\$19,999) and the highest income category (\geq \$100,000).

Percentage of Individuals Aged 12+ Consuming Vegetables and Fruit \geq 5 times per day by Household Income, Newfoundland and Labrador, 2011-2012



Source: Statistics Canada, Canadian Community Health Survey, Share File, 2011-2012



About the Centre for Health Information

The Newfoundland and Labrador Centre for Health Information (NLCHI) provides quality information to health professionals, the public, researchers and health system decision-makers. Through collaboration with the health system, NLCHI supports the development of data and technical standards, maintains key health databases, prepares and distributes health reports, and supports and carries out applied health research and evaluations. NLCHI's mandate also includes the development and implementation of a confidential and secure provincial electronic health record, including the change management required to support adoption by end user clinicians.