



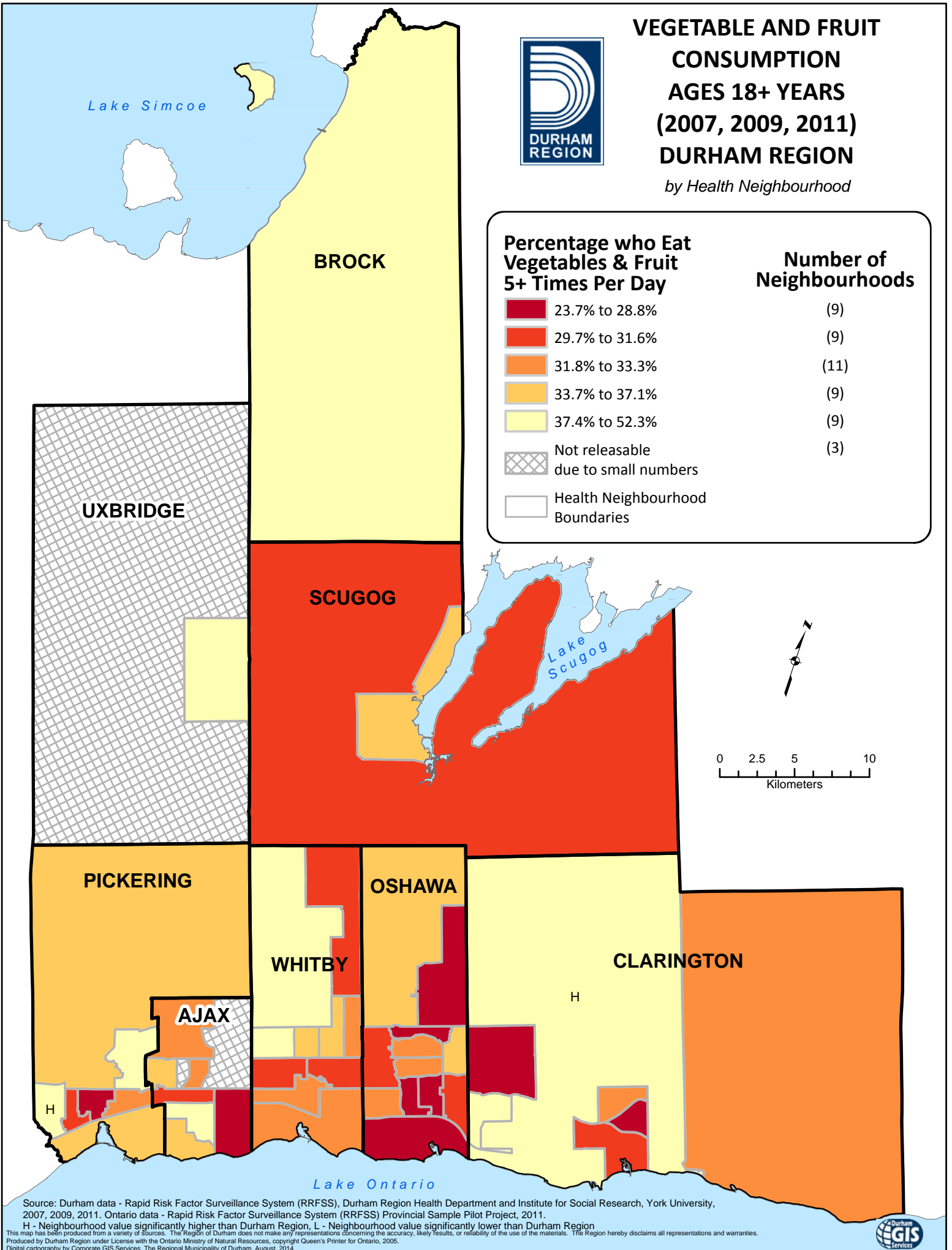
# VEGETABLE AND FRUIT CONSUMPTION AGES 18+ YEARS (2007, 2009, 2011) DURHAM REGION

by Health Neighbourhood

**Percentage who Eat  
Vegetables & Fruit  
5+ Times Per Day**

**Number of  
Neighbourhoods**

	23.7% to 28.8%	(9)
	29.7% to 31.6%	(9)
	31.8% to 33.3%	(11)
	33.7% to 37.1%	(9)
	37.4% to 52.3%	(9)
	Not releasable due to small numbers	(3)
	Health Neighbourhood Boundaries	



Source: Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2007, 2009, 2011. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.

H - Neighbourhood value significantly higher than Durham Region, L - Neighbourhood value significantly lower than Durham Region

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# Vegetable and Fruit Consumption Rate, Ages 18+ Years (2007, 2009, 2011)

## Table 1: Health Neighbourhoods Indicator Summary



↑ Higher is Better

	Percentage who Eat Vegetables & Fruit 5+ Times Per Day	95% Confidence Interval	Compared to Durham Rate		
			Lower	Similar	Higher
<b>Pickering</b>	<b>36%</b>	31% - 41%			
Frenchman's Bay (P1)	37%	28% - 47%			
West Rouge (P2)	52%	38% - 66%			↕
Amberlee (P3)	30%*	18% - 46%			
Dunbarton (P4)	24%*	15% - 35%			
Pickering City Centre (P5)	33%*	22% - 47%			
Brock Ridge Pickering (P6)	43%*	28% - 59%			
Pickering North (P7)	35%*	23% - 50%			
<b>Ajax</b>	<b>33%</b>	28% - 37%			
Ajax Waterfront (A1)	37%	27% - 49%			
Downtown Ajax (A2)	37%	26% - 50%			
Carruthers (A3)	26%*	16% - 40%			
Central Ajax (A4)	31%*	20% - 46%			
Riverside-Hermitage (A5)	35%*	23% - 49%			
Westney Heights (A6)	NR				
Applecroft (A7)	32%*	19% - 48%			
Ajax Northwest (A8)	32%*	19% - 48%			
Ajax Northeast (A9)	NR				
<b>Whitby</b>	<b>33%</b>	30% - 37%			
Whitby South (W1)	33%	24% - 45%			
Downtown Whitby (W2)	32%	24% - 41%			
Cochrane South (W3)	30%*	20% - 42%			
Manning (W4)	30%*	21% - 41%			
Williamsburg (W5)	41%*	26% - 58%			
Whitby Brock North (W6)	35%*	24% - 47%			
Dryden-Anderson (W7)	34%*	23% - 46%			
Dryden East (W8)	32%*	22% - 44%			
Brooklin East (W9)	30%*	21% - 41%			
Brooklin West (W10)	37%*	26% - 50%			
<b>Oshawa</b>	<b>30%</b>	27% - 33%			
Lakeview (O1)	24%*	17% - 33%			
Gibb West (O2)	33%	23% - 44%			
Downtown Oshawa (O3)	28%*	19% - 40%			
Central Park (O4)	29%*	20% - 40%			
Grandview South (O5)	30%	21% - 41%			
Stevenson North (O6)	32%	23% - 41%			
Hillsdale (O7)	33%	23% - 44%			
Beatrice South (O8)	33%	24% - 43%			
Grandview North (O9)	35%*	24% - 48%			
Beatrice North (O10)	26%*	15% - 39%			
Oshawa Northwest (O11)	36%*	25% - 49%			
Oshawa Northeast (O12)	25%*	15% - 38%			
<b>Clarington</b>	<b>34%</b>	30% - 38%			
Courtice South (C1)	40%	31% - 51%			
Courtice North (C2)	26%*	17% - 39%			
Bowmanville South (C3)	30%	21% - 40%			
Bowmanville Central (C4)	26%*	16% - 39%			
Bowmanville North (C5)	33%*	23% - 45%			
Darlington (C6)	47%	36% - 59%			↕
Clarke (C7)	33%	25% - 43%			
<b>Scugog</b>	<b>32%</b>	26% - 38%			
Port Perry (S1)	34%	25% - 44%			
Rural Scugog (S2)	30%	22% - 39%			
<b>Uxbridge</b>	<b>39%</b>	30% - 49%			
Urban Uxbridge (U1)	39%	29% - 50%			
Rural Uxbridge (U2)	NR				
<b>Brock</b>					
Brock (B1)	39%	29% - 50%			
<b>Durham Region</b>	<b>33%</b>	31% - 35%	Similar to Ontario		
<b>Range</b>	24%-52%				
<b>Ontario - 2011</b>	<b>35%</b>	33%-38%			

Source: Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2007 2009, 2011. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.

Note: Estimates marked with \* should be used with caution because of high sampling variability with a Coefficient of Variation (CV) between 16.5% and 33.3%. Estimates with a CV greater than 33.3%, a numerator less than 5 or a denominator less than 30 have been suppressed and are marked as Not Releaseable (NR). Lower (down arrow) or Higher (up arrow) means that the 95% confidence intervals do not overlap with those of Durham Region and are significantly different.

## Vegetable and Fruit Consumption Rate, Ages 18+ Years (2007, 2009, 2011)

Table 2: List of Health Neighbourhoods ranked from lowest to highest

Order	Health Neighbourhoods	Percentage who Eat Vegetables & Fruit 5+ Times Per Day	Compared to Durham Region (Higher is Better)	Quintile
1	Dunbarton (P4)	24%	similar	1
2	Lakeview (O1)	24%	similar	1
3	Oshawa Northeast (O12)	25%	similar	1
4	Beatrice North (O10)	26%	similar	1
5	Bowmanville Central (C4)	26%	similar	1
6	Carruthers (A3)	26%	similar	1
7	Courtice North (C2)	26%	similar	1
8	Downtown Oshawa (O3)	28%	similar	1
9	Central Park (O4)	29%	similar	1
10	Bowmanville South (C3)	30%	similar	2
11	Amberlee (P3)	30%	similar	2
12	Cochrane South (W3)	30%	similar	2
13	Brooklin East (W9)	30%	similar	2
14	Rural Scugog (S2)	30%	similar	2
15	Manning (W4)	30%	similar	2
16	Grandview South (O5)	30%	similar	2
17	Central Ajax (A4)	31%	similar	2
18	Stevenson North (O6)	32%	similar	2
19	Applecroft (A7)	32%	similar	3
20	Downtown Whitby (W2)	32%	similar	3
21	Ajax Northwest (A8)	32%	similar	3
22	Dryden East (W8)	32%	similar	3
23	Gibb West (O2)	33%	similar	3
24	Beatrice South (O8)	33%	similar	3
25	Hillsdale (O7)	33%	similar	3
26	Bowmanville North (C5)	33%	similar	3
27	Clarke (C7)	33%	similar	3
28	Pickering City Centre (P5)	33%	similar	3
29	Whitby South (W1)	33%	similar	3
30	Dryden-Anderson (W7)	34%	similar	4
31	Port Perry (S1)	34%	similar	4
32	Pickering North (P7)	35%	similar	4
33	Riverside-Hermitage (A5)	35%	similar	4
34	Whitby Brock North (W6)	35%	similar	4
35	Grandview North (O9)	35%	similar	4
36	Oshawa Northwest (O11)	36%	similar	4
37	Frenchman's Bay (P1)	37%	similar	4
38	Ajax Waterfront (A1)	37%	similar	4
39	Downtown Ajax (A2)	37%	similar	5
40	Brooklin West (W10)	37%	similar	5
41	Brock (B1)	39%	similar	5
42	Urban Uxbridge (U1)	39%	similar	5
43	Courtice South (C1)	40%	similar	5
44	Williamsburg (W5)	41%	similar	5
45	Brock Ridge Pickering (P6)	43%	similar	5
46	Darlington (C6)	47%	<b>HIGHER</b>	5
47	West Rouge (P2)	52%	<b>HIGHER</b>	5
48	Westney Heights (A6)	NR		
	Ajax Northeast (A9)	NR		
	Rural Uxbridge (U2)	NR		

## Vegetable and Fruit Consumption Rate, Ages 18+ Years (2007, 2009, 2011)

Table 3: Percentage eating vegetables and fruits 5+ times a day by Durham Region Municipality

Municipality	Percentage who Eat Vegetables and Fruit 5+ Times Per Day	Compared to Durham Region (Higher is Better)
Pickering	36%	similar
Ajax	33%	similar
Whitby	33%	similar
Oshawa	30%	similar
Clarington	34%	similar
Scugog	32%	similar
Uxbridge	39%	similar
Brock	39%	similar
Durham Region	33%	Similar to Ontario
Ontario	35%	

### What You Need to Know

- A higher rate of vegetable and fruit consumption is better for health.
- The percentage of adults who eat vegetables and fruit five or more times per day ranges by Health Neighbourhood from 24% to 52%.
- Eating vegetables and fruits contributes important nutrients to the diet, reduces the risk of many chronic diseases, and may help achieve and maintain a healthy weight. Intake was generally low across the region. The highest rates are in the Darlington and West Rouge Neighbourhoods.

### Indicator Notes

- This indicator measures the percentage of adults aged 18 years or older who eat vegetables and fruits five or more times per day.
- Source: Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2007 2009, 2011. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.
- RRFSS is an ongoing survey of adults in Durham Region that collects data related to health knowledge, attitudes and behaviours. Three years of data were combined to provide a large enough sample for analysis at the Neighbourhood level. Respondents were asked to report how often they consumed various types of vegetables and fruits.
- Neighbourhoods were sorted by the vegetable and fruit consumption rate and divided into quintiles (five equal groupings). Approximately 10 Neighbourhoods are in each quintile.
- Neighbourhoods were compared with Durham Region based on their confidence intervals. Those with rates that were lower or higher had 95% confidence intervals that did not overlap with those of Durham Region and were significantly different. Estimates marked with an asterisk (\*) should be used with caution because they have high sampling variability with a coefficient of variation between 16.5% and 33.3%. Estimates with a coefficient of variation greater than 33.3%, a numerator less than 5, or a denominator less than 30 are suppressed and marked as Not Releasable. Three Neighbourhoods had rates that were not releasable because the numbers were too small.
- For more information about healthy eating rates in Durham Region, see Chronic Disease Prevention at [durham.ca/healthstats](http://durham.ca/healthstats). For information about the indicator definition, see [APHEO Core Indicators](#).

Release Date: January 2015.

For more information, refer to The Guide to Health Neighbourhoods.

If you require this information in an accessible format, contact 1-800-841-2729.