

Facts on Vegetable and Fruit Consumption in Durham Region

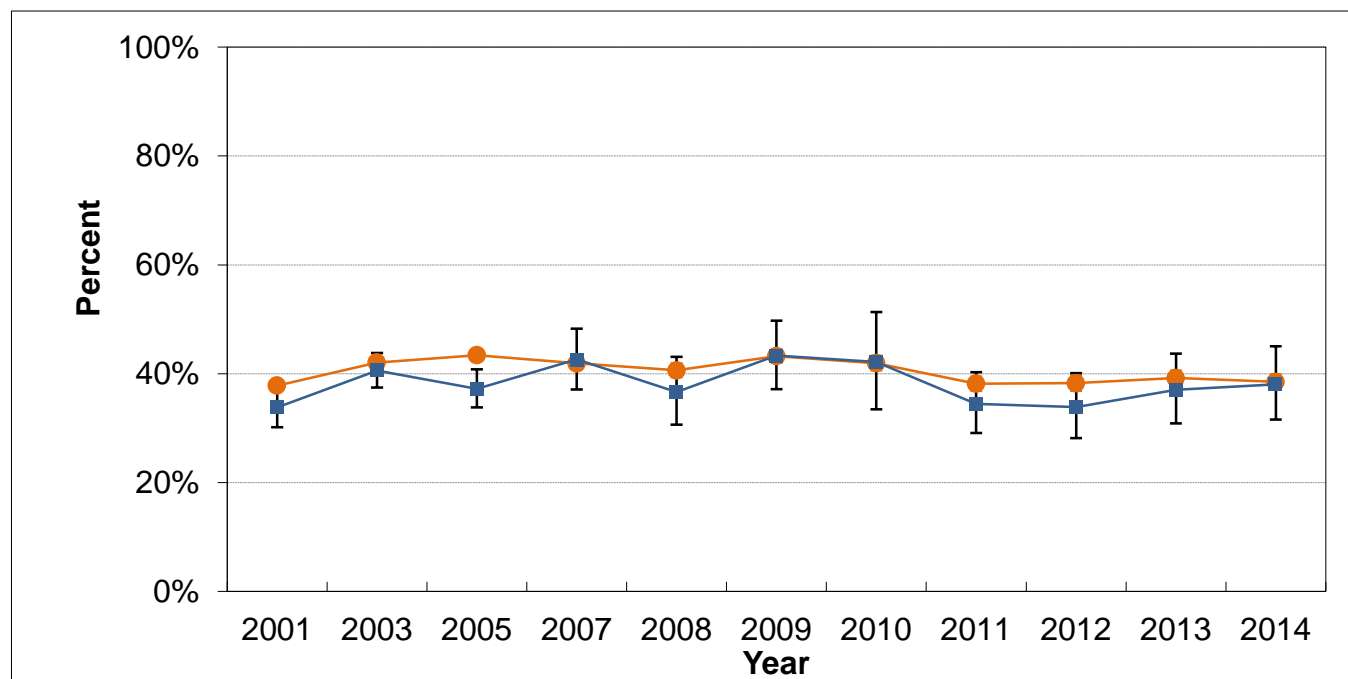


Highlights

- In 2014, over one third (38%) of the Durham Region residents aged 12 and over ate vegetables and fruits five or more times per day. The rate remained relatively stable since 2001. In Ontario, the peak was found between 2003 and 2010.
- Percentage of people who ate vegetables and fruits five or more times per day in 2014 ranged from 26% to 45% among 36 Ontario health units. Durham's rate was higher than that of the lowest health unit and similar to the provincial rate of 38%.
- Compared to their counterparts, youth, seniors, females, as well as people with higher income and higher education levels were more likely to eat vegetables and fruits five or more times per day in Ontario.

Trend over Time

Figure 1: Vegetable and Fruit Consumption Five Times or More per Day, Durham Region and Ontario, 2001 to 2014, Ages 12+



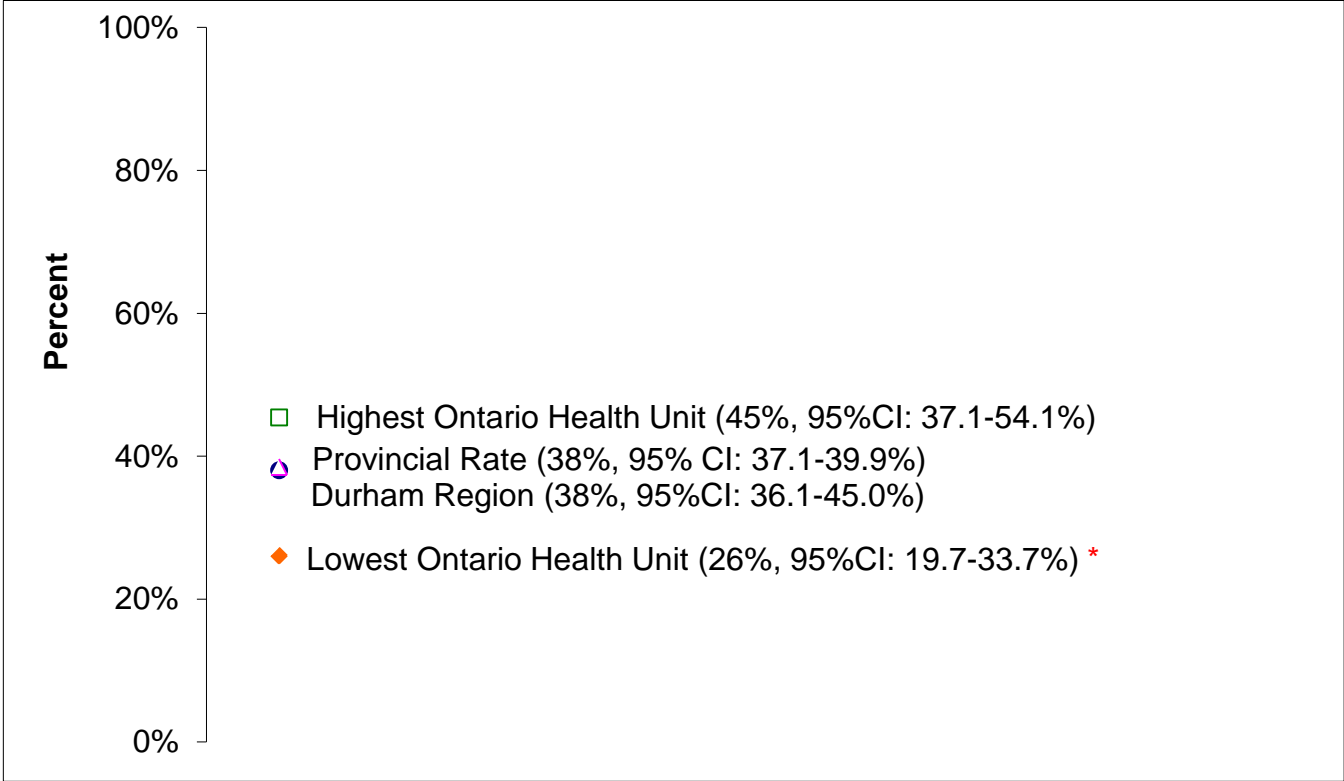
	2001	2003	2005	2007	2008	2009	2010	2011	2012	2013	2014
Durham	34%	41%	37%	43%	37%	43%	42%	34%	34%	37%	38%
Ontario	38%	42%	43%	42%	41%	43%	42%	38%	38%	39%	38%

Source: Canadian Community Health Survey [2001, 2003, 2005, 2007-08, 2009-10, 2011-12, 2013-14].
Statistics Canada, Share File, Ontario Ministry of Health and Long-Term Care

In 2014, over one third (38% with 95%CI: 36.1-45.0%) of the Durham Region residents aged 12 and over ate vegetables and fruits five or more times per day. The percentage of people eating vegetables and fruits five or more times per day remained relatively stable from 2001 to 2014. The fluctuations in rates between years were not statistically significant, which indicates that they were likely due to chance. In Ontario, rates increased from 38% in 2001 to 42% in 2003, it remained stable between 2003 and 2010, and then decreased to 38% in 2014 (Figure 1).

Provincial Comparisons

Figure 2: Vegetable and Fruit Consumption Five Times or More per Day, Provincial Comparisons, 2014, Ages 12+



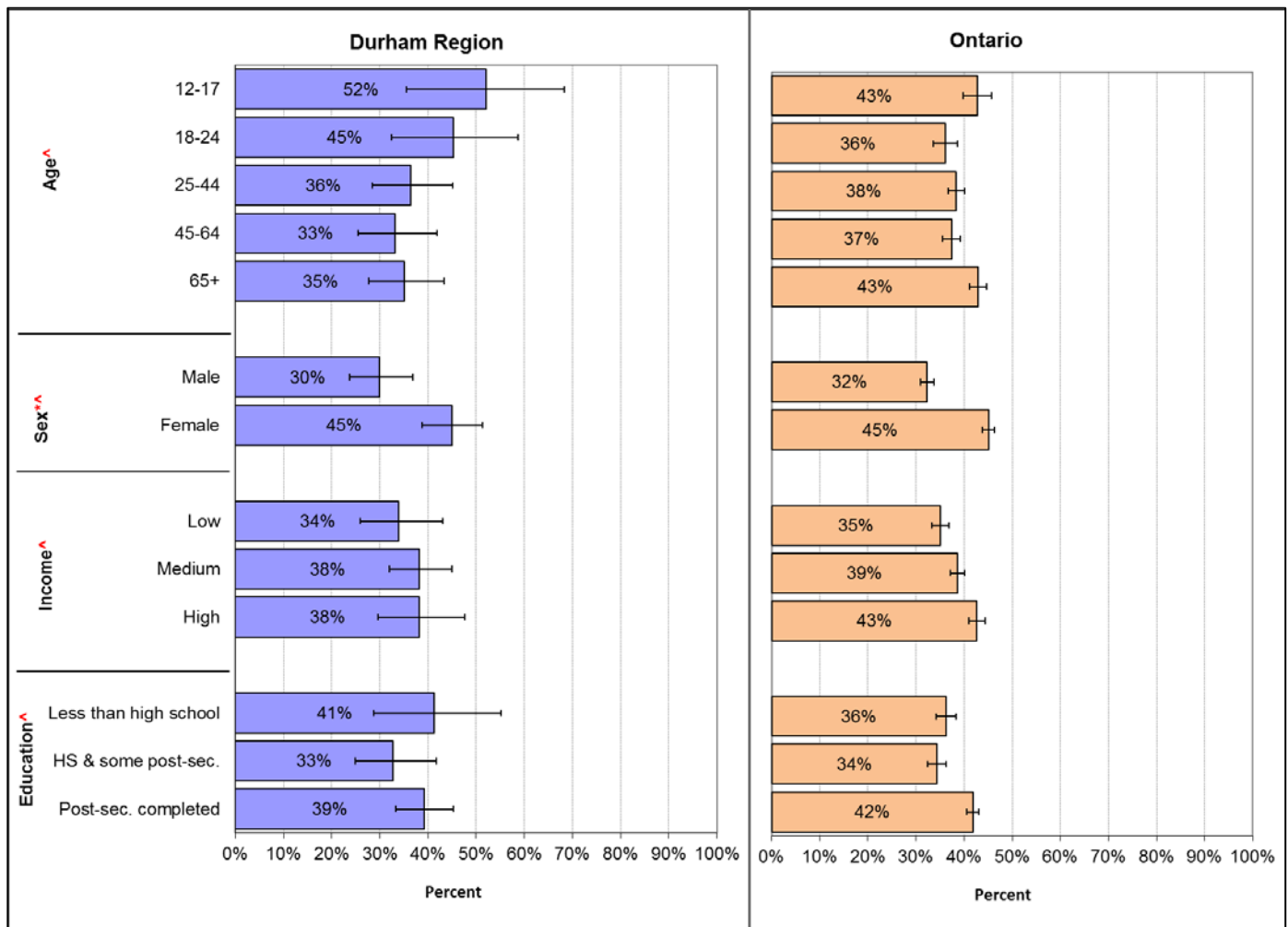
Source: Canadian Community Health Survey [2014], Statistics Canada, Share File, Ontario Ministry of Health and Long-Term Care

*: Statistically significant compared to Durham Region based on $p < 0.05$

Percentage of people who ate vegetables and fruits five or more times per day in 2012 ranged from 26% to 45% among the 36 Ontario health units. Durham’s rate higher than the lowest health unit’s rate; it was similar to the provincial rate (Figure 2).

Vegetable and Fruit Consumption and the Determinants of Health

Figure 3: Vegetable and Fruit Consumption Five Times or More per Day by Selected Socio-demographics, Durham Region and Ontario, 2013-2014, Ages 12+



Source: Canadian Community Health Survey [2013-14], Statistics Canada, Share File, Ontario Ministry of Health and Long-Term Care

*: Association between selected socio-demographics and vegetable and fruit consumption is significant based on $p < 0.05$ for Durham Region

^: Association between selected socio-demographics and vegetable and fruit consumption is significant based on $p < 0.05$ for Ontario

Note: "HS & some post-sec" = High school and some post-secondary education; "Post-sec. completed" = Completed post-secondary education

Figure 3 shows the percentage of people who ate vegetables and fruits five or more times per day by selected socio-demographic characteristics. In 2013-14, Durham Region female residents were more likely to eat vegetables and fruits five or more times per day than males. There were no statistically significant differences between frequent vegetable and fruit consumption and other socio-demographic factors including age, income and education.

However, all these socio-demographic factors were found to be statistically significantly associated with frequent vegetable and fruit consumption at the provincial level. Compared to their counterparts, youth between 12 and 17, seniors, females, as well as people with higher income and higher education levels were more likely to eat vegetables and fruits five or more times per day. The lack of association between frequent vegetable and fruit consumption and some of the selected socio-demographics in Durham Region was likely due to small sample size.

Data Notes

Date Source: The Canadian Community Health Survey (CCHS) is a cross-sectional survey that collects information related to health status, health care utilization and health determinants for the Canadian population. It surveys a large sample of respondents and is designed to provide reliable estimates at the health region level. Since 2007, data are collected on an ongoing basis with annual releases, rather than every two years as was the case prior to 2007. The CCHS data are collected from persons aged 12 and over living in private dwellings, excluding individuals living on Indian Reserves and on Crown Lands, institutional residents, full-time members of the Canadian Forces, and residents of certain remote regions. Interviews are conducted using computer assisted interviewing, either in person or over the telephone.

Do you Know?

Vegetables and fruits make up the largest proportion of the servings in the Canada's Food Guide. A healthy diet rich in a variety of vegetables and fruits may help reduce the risk of some types of cancer and lower your risk for heart disease.

To eat well start by following these easy tips from Canada's Food Guide:

- Eat at least one dark green and one orange vegetable each day.
- Go for dark green and orange vegetables such as broccoli, spinach carrots and sweet potatoes.
- Choose vegetables and fruits prepared with little or no added fat, sugar or salt.
- Enjoy vegetables steamed, baked or stir-fried instead of deep fried.
- Have vegetables and fruits more often than juice.

Definitions and Survey Questions: Frequent vegetable and fruit consumption in this report is defined as eating vegetables and fruits five or more times per day on average. The vegetable and fruit consumption module from the CCHS consists of a series of 30 questions that are derived into a variable to indicate how many times respondents consume vegetables and fruits per day. This variable measures the number of times vegetables and fruits consumed and does not take into consideration portion size (i.e., the amount consumed).

Data Analysis: The CCHS share file obtained from the Ontario Ministry of Health and Long-Term Care was used for analysis. Data were analyzed using PASW Statistics 20.0 Complex Samples. Estimates are weighted using the final CCHS sampling weight. Error bars (I) in the graphs represent the 95% confidence intervals (CI) around the percentage. The true or actual percentage falls within the range of values, 95 out of 100 times. For all variables, response options of 'Refusal', 'Don't Know', 'Not Stated' and 'Not Applicable' were excluded from the analysis.

The CCHS 2013 and 2014 dataset was used for the 'Vegetable and Fruit Consumption and the Determinants of Health' analysis. Statistical significance was based on a Chi-square test with a p -value less than 0.05 ($p < 0.05$). A statistically significant difference between groups means that the difference is not likely due to the chance.

The income categories of low, medium and high were based on a CCHS derived variable which distributed residents according to the adjusted ratio of their total household income to the low income cut-off corresponding to their household and community size. The ten categories in this variable were grouped with "low" income corresponding to the lowest 30%, "medium" including the fourth 10% to seventh 10%, and "high" corresponding to 80% or higher.

For more information on the CCHS, visit <http://www.statcan.gc.ca>.

