

## Vegetable & Fruit Consumption, Waterloo Region & Ontario, 2009-2010, 2011-2012, 2013-2014

Table 1. Proportion of population aged 12 years and older, by frequency of daily vegetable and fruit consumption, Waterloo Region & Ontario, 2009-2010, 2011-2012, 2013-2014

Place of residence	Frequency of daily vegetable and fruit consumption	2009-2010	2011-2012	2013-2014
	<b>Waterloo Region</b>	<b>Less than five times per day</b>	59.1 (CI: 55.0-63.2)	65.2 (CI: 61.0-69.3)
	<b>5 to 10 times per day</b>	37.0 (CI: 33.1-40.8)	32.6 (CI: 28.6-36.7)	37.4 (CI: 33.7-41.1)
	<b>More than 10 times per day</b>	3.9 (CI: 2.4-5.4) <sup>E</sup>	2.2 (CI: 1.3-3.1) <sup>E</sup>	3.8 (CI: 2.3-5.2) <sup>E</sup>
	<b>Five or more times per day</b>	<b>40.9 (CI: 36.8-45.0)</b>	<b>34.8 (CI: 30.7-39.0)</b>	<b>41.2 (CI: 37.4-44.9)</b>
<b>Ontario</b>	<b>Less than five times per day</b>	57.4 (CI: 56.5-58.3)	61.8 (CI: 60.8-62.7)	61.1 (CI: 60.3-62.0)
	<b>5 to 10 times per day</b>	38.7 (CI: 37.8-39.5)	34.9 (CI: 34.0-35.9)	35.8 (CI: 35.0-36.7)
	<b>More than 10 times per day</b>	3.9 (CI: 3.5-4.3)	3.3 (CI: 3.0-3.6)	3.0 (CI: 2.7-3.3)
	<b>Five or more times per day</b>	<b>42.6 (CI: 41.7-43.5)</b>	<b>38.2 (CI: 37.3-39.2)</b>	<b>38.9 (CI: 38.0-39.7)</b>

### Definition:

Proportion of the population aged 12 years and older who consumed vegetables and fruit less than five, five to ten, more than ten, and five or more times per day.

**Table 2. Proportion of population aged 12 years and older who consumed vegetables and fruit five or more times per day, by sex, age group, municipality, Waterloo Region, 2013-2014**

	Measure	Per cent
<b>Sex</b>	<b>Male</b>	31.7 (CI: 26.6-36.8)
	<b>Female</b>	50.3 (CI: 45.0-55.7)
<b>Age group</b>	<b>12 to 17 years</b>	52.6 (CI: 40.5-64.7)
	<b>18 to 24 years</b>	48.9 (CI: 38.7-59.0)
	<b>25 to 34 years</b>	37.2 (CI: 27.8-46.6)
	<b>35 to 49 years</b>	37.5 (CI: 28.5-46.6)
	<b>50 to 64 years</b>	37.7 (CI: 30.4-44.9)
	<b>65 years and older</b>	45.7 (CI: 38.0-53.4)
<b>Municipality</b>	<b>Cambridge</b>	42.1 (CI: 35.9-48.4)
	<b>Kitchener</b>	37.4 (CI: 31.8-42.9)
	<b>Waterloo</b>	40.8 (CI: 30.9-50.7)
	<b>Townships</b>	52.1 (CI: 42.2-62.0)

### Limitations and Notes:

The CCHS is based on self-reported data collected in telephone and in-person interviews. The CCHS excludes individuals living on Indian reserve communities, institutions, full-time members of the Canadian Armed Forces, and residents of remote regions of the country. (continued on next page)

'Don't know', refused and not stated responses were removed from analysis when they represented less than five per cent of the sample. In removing these responses from the denominator, the assumption is that the missing values are random, which is not always the case.

The 'Townships' category combines responses from North Dumfries, Wellesley, Wilmot and Woolwich townships.

'CI' refers to 95 per cent confidence limits. The superscript 'E' denotes high sampling variability, and estimates must be interpreted with caution.

Estimates provided at the municipal level may not be representative of the given population as the CCHS sampling frame was not designed for analysis below the health region level.

## Limitations and Notes (continued):

Frequency of vegetable and fruit consumption is a proxy measure for number of servings. Validity of short vegetable and fruit frequency questionnaires has been sometimes found to be problematic.

Health Canada currently recommends between 4 to 10 servings of vegetables and fruit every day, depending on age and sex. As these guidelines refer to number of servings rather than frequency, age and sex-specific thresholds could not be used.

## Source:

Canadian Community Health Survey, 2009-2010, 2011-2012, 2013-2014, Statistics Canada, Share File, Ontario MOHLTC.

**Table 3. Proportion of population aged 12 years and older who consumed vegetables and fruit five or more times per day, by household income, level of education & immigration status, Waterloo Region, 2013-2014**

	Measure	Per cent
<b>Household income</b>	<b>Less than \$40,000</b>	36.5 (CI: 28.5-44.5)
	<b>\$40,000-\$69,999</b>	37.4 (CI: 29.3-45.4)
	<b>\$70,000-\$99,999</b>	43.6 (CI: 34.8-52.4)
	<b>\$100,000 or more</b>	44.3 (CI: 38.6-50.1)
<b>Level of education</b>	<b>Less than high school</b>	44.1 (CI: 36.5-51.7)
	<b>High school diploma</b>	34.3 (CI: 25.0-43.5)
	<b>Some post-secondary</b>	40.6 (CI: 24.4-56.8) <sup>E</sup>
	<b>Post-secondary degree</b>	43.4 (CI: 37.8-49.0)
<b>Immigration status</b>	<b>Immigrant</b>	46.6 (CI: 37.8-55.3)
	<b>Canadian-born</b>	39.8 (CI: 35.6-44.0)

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