



**Haliburton, Kawartha, Pine Ridge District Health Unit
RRFSS (2007) Fruit and Vegetable Consumption**

Proportion of adults (18+) consuming fruits and vegetables 5 or more times daily, RRFSS
January - December 2007

Table 1: Fruit and Vegetable Consumption (overall)

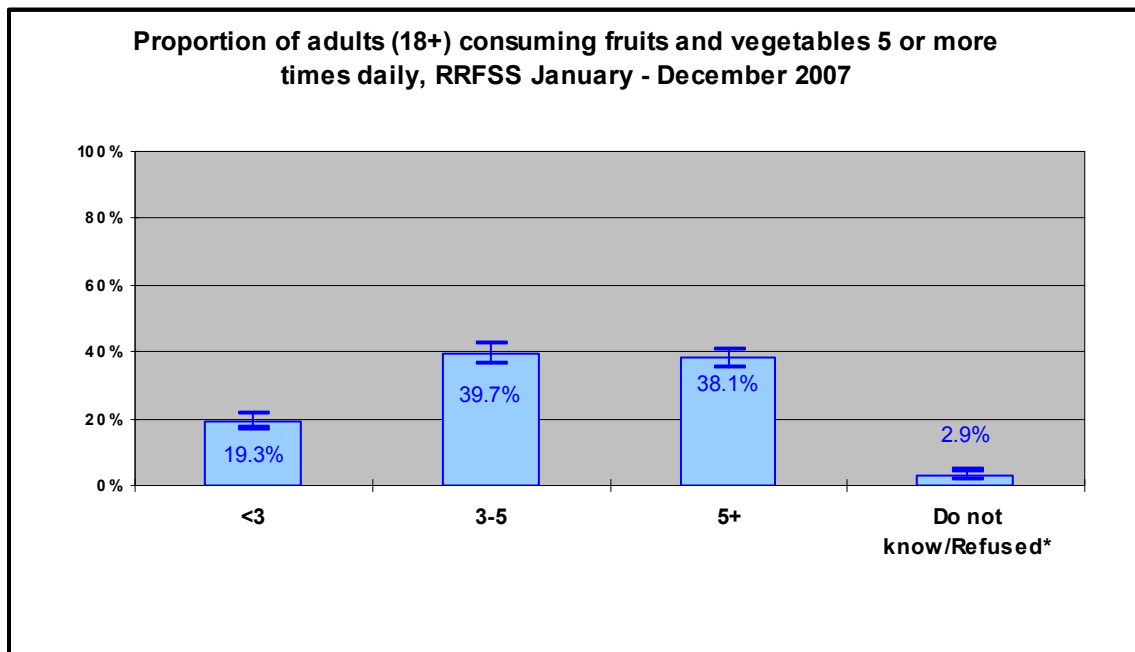
Frequency of daily fruit and vegetable consumption	Proportion	95% upper confidence limit	95% lower confidence limit
<3	19.3%	21.6%	17.0%
3-5	39.7%	42.5%	36.8%
5+	38.1%	40.9%	35.2%
Do not know/Refused*	2.9%	3.9%	1.9%

* Interpret with caution, high variability

** Data not released

sample size 1126

Figure 1: Fruit and Vegetable Consumption (overall)



Interpretation:

19.3% (+/-2%) of adults (18+) reported consuming fruits and vegetables less than 3 times daily.
 39.7% (+/-3%) of adults (18+) reported consuming fruits and vegetables 3-5 times daily.
 38.1% (+/-3%) of adults (18+) reported consuming fruits and vegetables 5 or more times daily.
 2.9%* (+/-1%) of adults (18+) responded that they did not know the answer to this question or they refused to answer.

Proportion of adult males (18+) consuming fruits and vegetables 5 or more times daily, RRFSS January - December 2007

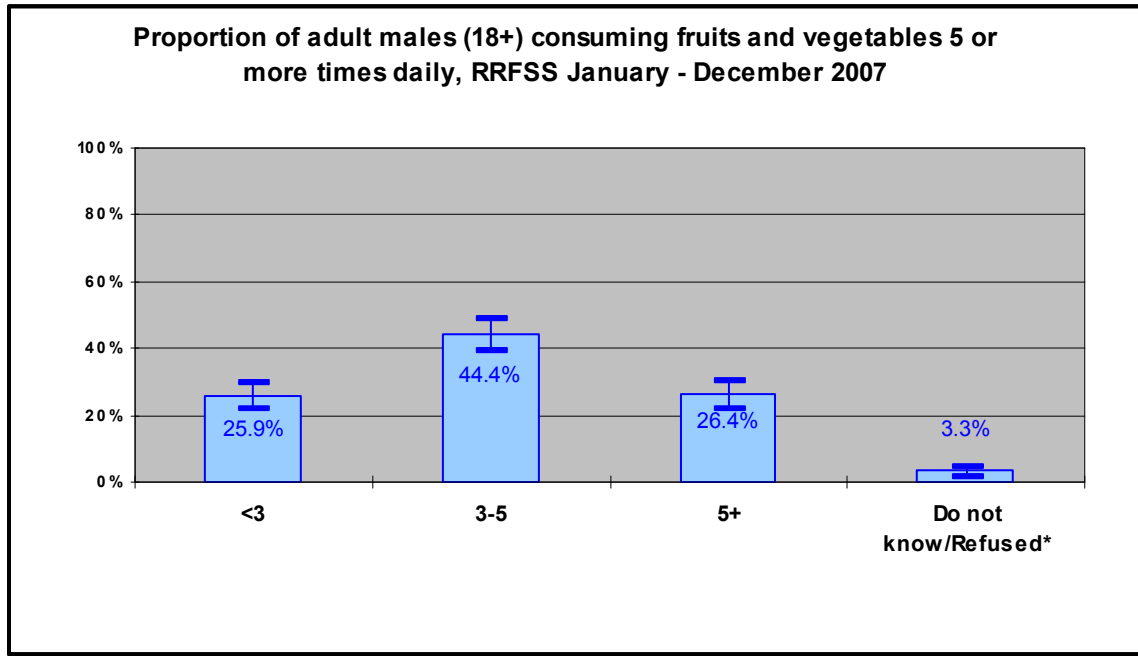
Table 2: Fruit and Vegetable Consumption (males only)

Frequency of daily fruit and vegetable consumption	Proportion	95% upper confidence limit	95% lower confidence limit
<3	25.9%	30.0%	21.9%
3-5	44.4%	48.9%	39.8%
5+	26.4%	30.4%	22.3%
Do not know/Refused*	3.3%	5.0%	1.7%

* Interpret with caution, high variability
 ** Data not released

sample size 454

Figure 2: Fruit and Vegetable Consumption (males only)



Interpretation:

25.9% (+/-4%) of adult males (18+) reported consuming fruits and vegetables less than 3 times daily.
 44.4% (+/-5%) of adult males (18+) reported consuming fruits and vegetables 3-5 times daily.
 26.4% (+/-4%) of adult males (18+) reported consuming fruits and vegetables 5 or more times daily.

Proportion of adult females (18+) consuming fruits and vegetables 5 or more times daily, RRFSS January - December 2007

Table 3: Fruit and Vegetable Consumption (females only)

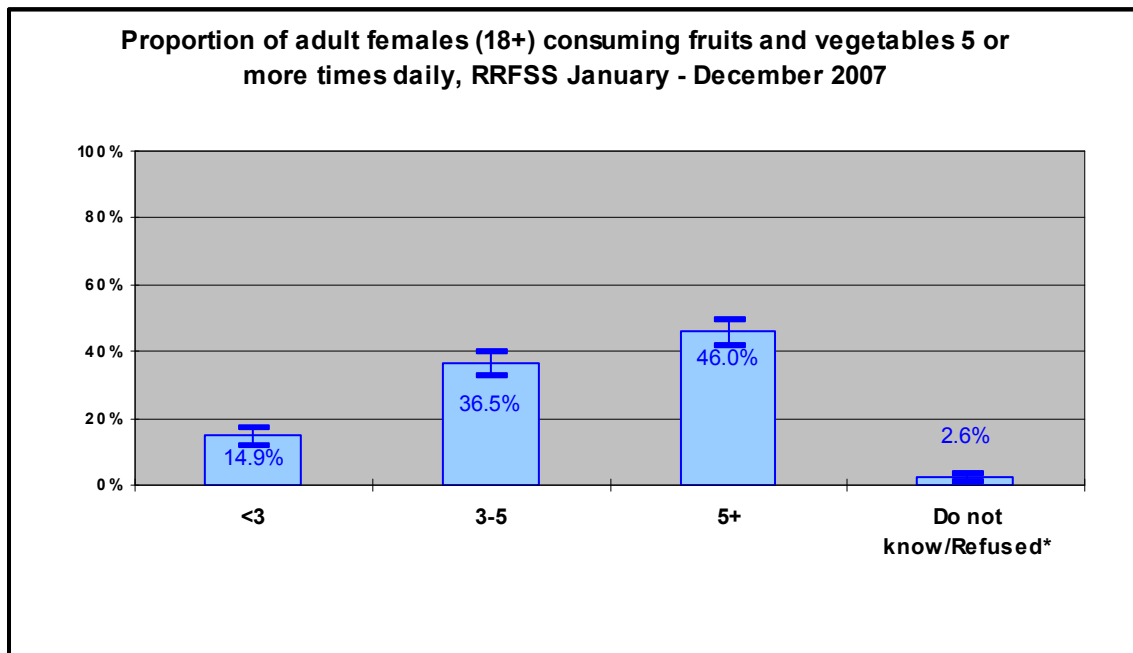
Frequency of daily fruit and vegetable consumption	Proportion	95% upper confidence limit	95% lower confidence limit
<3	14.9%	17.6%	12.2%
3-5	36.5%	40.1%	32.8%
5+	46.0%	49.7%	42.2%
Do not know/Refused*	2.6%	3.9%	1.4%

* Interpret with caution, high variability

** Data not released

sample size 673

Figure 3: Fruit and Vegetable Consumption (females only)



Interpretation:

14.9% (+/-3%) of adult females (18+) reported consuming fruits and vegetables less than 3 times daily.

36.5% (+/-4%) of adult females (18+) reported consuming fruits and vegetables 3-5 times daily.

46.0% (+/-4%) of adult females (18+) reported consuming fruits and vegetables 5 or more times daily.

Proportion of adults (18+) consuming fruits and vegetables 5 or more times daily, by age, RRFSS January - December 2007

Table 4: Fruit and Vegetable Consumption (by age)

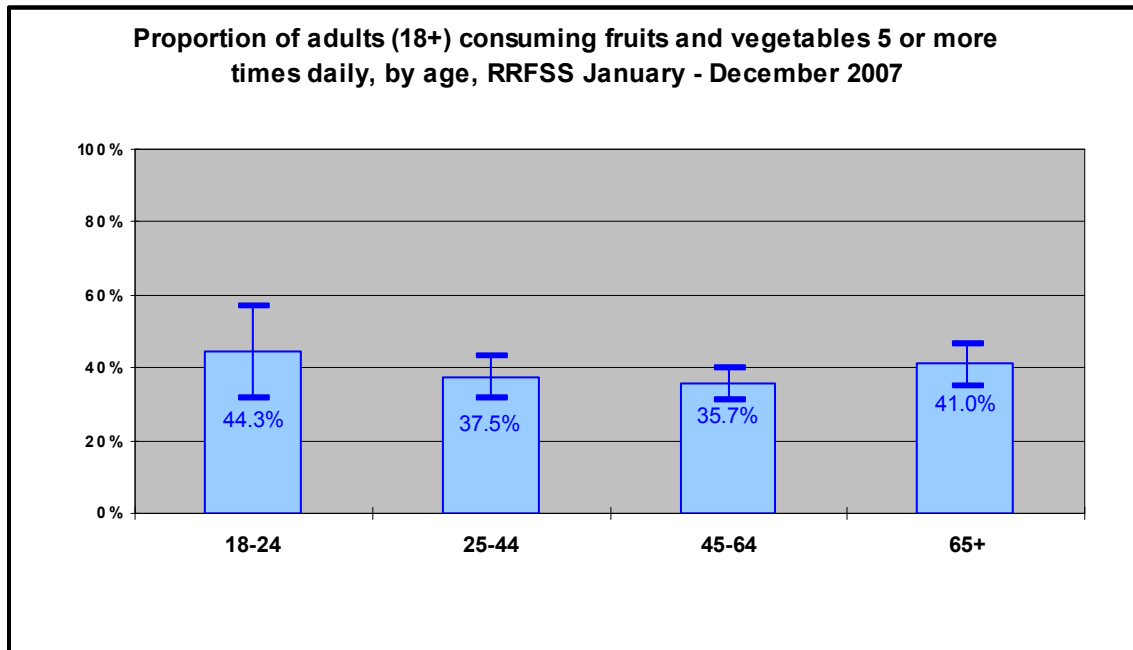
Fruit and vegetable consumption (5+)	Proportion	95% upper confidence limit	95% lower confidence limit
18-24	44.3%	57.0%	31.7%
25-44	37.5%	43.3%	31.8%
45-64	35.7%	39.9%	31.5%
65+	41.0%	46.7%	35.2%

* Interpret with caution, high variability

** Data not released

sample size 1117

Figure 4: Fruit and Vegetable Consumption (by age)



Interpretation:

44.3% (+/-13%) of adults (age 18-24) reported consuming fruits and vegetables 5 or more times daily.

37.5% (+/-6%) of adults (age 25-44) reported consuming fruits and vegetables 5 or more times daily.

35.7% (+/-4%) of adults (age 45-64) reported consuming fruits and vegetables 5 or more times daily.

41.0% (+/-6%) of adults (age 65+) reported consuming fruits and vegetables 5 or more times daily.

Proportion of adults (18+) consuming fruits and vegetables 5 or more times daily, by education, RRFSS January - December 2007

Table 5: Fruit and Vegetable Consumption (by education)

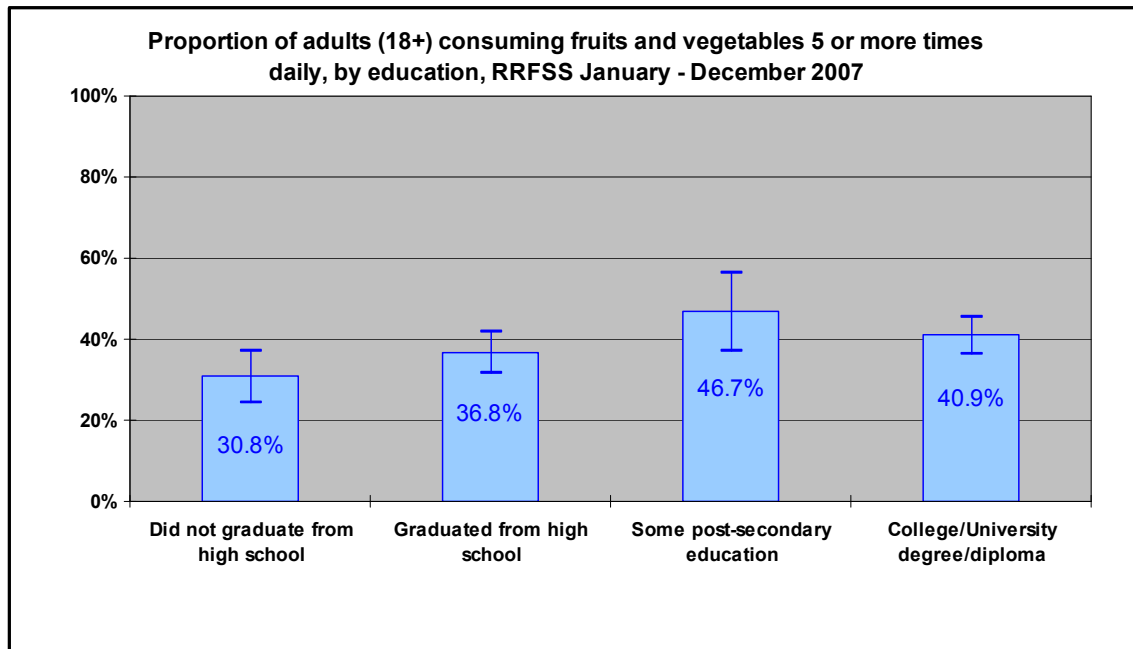
Fruit and vegetable consumption (5+)	Proportion	95% upper confidence limit	95% lower confidence limit
Did not graduate from high school	30.8%	37.2%	24.3%
Graduated from high school	36.8%	42.0%	31.6%
Some post-secondary education	46.7%	56.4%	37.1%
College/University degree/diploma	40.9%	45.3%	36.5%

* Interpret with caution, high variability

** Data not released

sample size 1114

Figure 5: Fruit and Vegetable Consumption (by education)



Interpretation:

30.8% (+/-6%) of adults (18+) who have not graduated from high school reported consuming fruits and vegetables 5 or more times daily.

36.8% (+/-5%) of adults (18+) who have graduated from high school reported consuming fruits and vegetables 5 or more times daily.

46.7% (+/-10%) of adults (18+) who have graduated from high school and have completed some post-secondary education reported consuming fruits and vegetables 5 or more times daily.

40.9% (+/-4%) of adults (18+) who have completed a college or university degree or diploma reported consuming fruits and vegetables 5 or more times daily.

Limitations:

1. Questions only asked of adult residents aged 18+.
2. Telephone survey only conducted in English.
3. Results are based on self-reported behaviours.
4. (*) indicates that results are based on small sample size, thus estimates have high variability.

Notes:

- 1) The numbers in the tables and graphs are weighted.
 - 2) Missing responses are not included in the analysis.
 - 3) Don't know and refused responses are analyzed according to RRFSS analysis guideline.
 - 4) Release criteria of the data are according to RRFSS analysis guideline.
- * Interpret with caution, high variability.
** Data not released.