

September 2014

Fact Sheet

A Look at Fruit and Vegetable Consumption in Alberta

The DON SCN strives to improve the health and well-being of individual Albertans and our communities through a collaborative network that: encourages uptake of best practices, promotes improvements, and champions innovation in nutrition and in the prevention and management of diabetes and obesity across the health system to promote equitable access, quality and sustainability.

Fruits and vegetables constitute an important source of vitamins, minerals and fibre. Diets rich in fruit and vegetables may reduce the risk of chronic diseases, including diabetes and obesity¹.

DON SCN Fast Facts

- In 2012, 4 in 10 Albertans (38%) reported a daily intake of 5 or more servings of fruits and vegetables.
- More women (45%) reported a daily intake of 5 or more servings of fruits and vegetables than men (31%).
- Although intake of 5 or more fruits and vegetables was higher in the elderly, women aged 65 years or more were more likely to meet the requirement than men of the same age.
- In 2012, the lowest percentage of Albertans eating 5 or more servings of fruits and vegetables per day were in the North Zone (35%) and South Zone (34%).

How Many Albertans Are Eating The Recommended 5 Or More Servings Of Fruit And Vegetables Per Day?

- Overall, 38% of Albertans consume the recommended 5 or more servings of fruits and vegetables each day (**Figure 1**).
- When separated by sex, women (45%) reported higher daily intake of 5 or more servings of fruits and vegetables compared to men (31%).

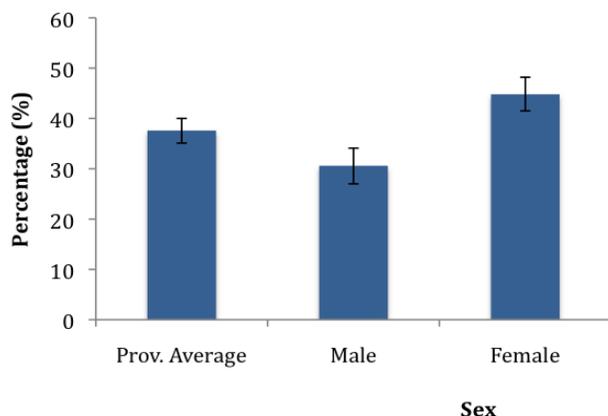


Figure 1. The proportion of persons consuming 5 or more servings of fruits and vegetables per day by sex in Alberta.

How Does Fruit and Vegetable Consumption Vary by Age in Alberta?

- The proportion of Albertans who reported eating 5 or more servings of fruits and vegetables per day was generally higher for persons of older age (**Figure 2**).
- Fruit and vegetable consumption was lowest in Alberta among younger male adults (ages 25-34 and 35-44) (**Figure 3**).

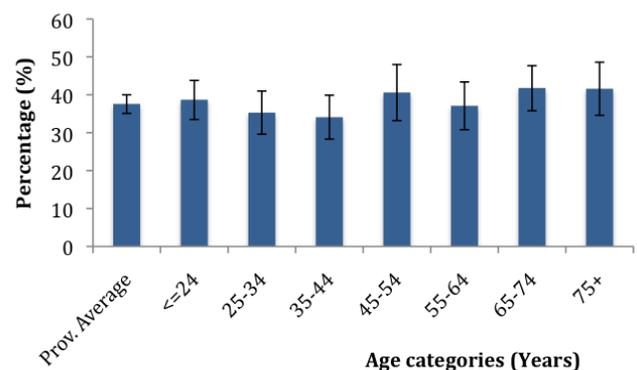


Figure 2. The proportion of persons consuming 5 or more servings of fruits and vegetables per day in Alberta by age.

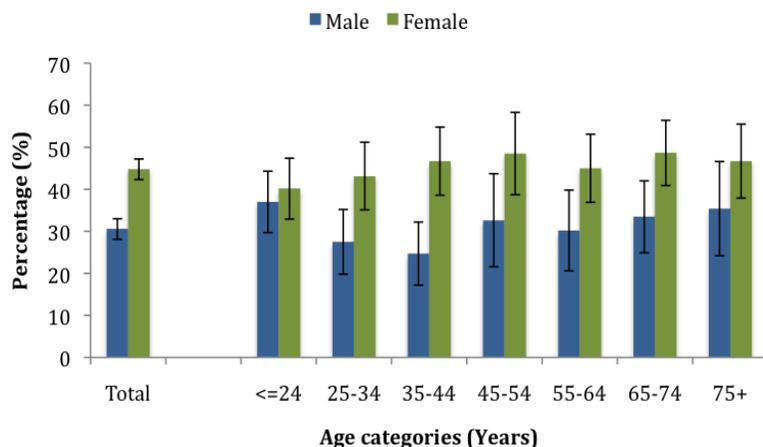


Figure 3. The proportion of persons consuming 5 or more servings of fruits and vegetables per day in Alberta by age for males and females.

How Does Fruit and Vegetable Consumption Compare Across Alberta Health Services Zones?

- The proportion of persons reporting daily intake of 5 or more servings of fruits and vegetables was about the same across Alberta Health Services Zones (Figure 4).
- Fruit and vegetable consumption was lowest in the South Zone (34%) and North Zone (35%), and highest in the Calgary Zone (40%) and Central Zone (39%).

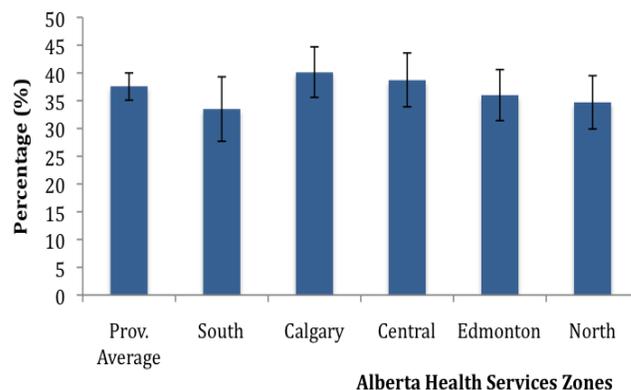


Figure 4. The proportion of persons consuming 5 or more servings of fruits and vegetables per day by Alberta Health Services Zones.

How Does Alberta Compare to the Canadian Average for Fruit and Vegetable Consumption?

- The proportion of Albertans consuming at least 5 or more servings of fruits and vegetables per day (38%) is **comparable** to the Canadian national average (40%).
- Compared to other provinces and regions, daily fruit and vegetable consumption in Alberta is higher than Nunavut (28%) and lower than in Quebec (47%).

Data Source

We used data from the Canadian Community Health Surveys 2012 cycle. The survey included 61,707 Canadians and 5,520 Albertans. The Survey measures self-reported fruit and vegetable intake and other socio-demographic and clinical characteristics of Canadians aged 12 and older. Fruit and vegetable consumption is calculated based on survey questions that measure self-reported intake of fruit and vegetables.

Reference

Pérez, Claudio E. 2002. "Fruit and vegetable consumption." *Health Reports*. Vol. 13, no. 3. March. Statistics Canada Catalogue no. 82-003. p. 23. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2002/6103-eng.pdf> (accessed October 3, 2014).