

Table 105-0449<sup>1</sup>

Fruit and vegetable consumption, by age group and sex, household population aged 12 and over, Canada, provinces, territories and selected health regions (June 2005 boundaries), every 2 years

Survey or program details:

Canadian Community Health Survey - [3226](#)

Geography<sup>2</sup>=Yukon Territory [60]

Age group	Sex	Fruit and vegetable consumption <sup>5,6</sup>	Characteristics <sup>7,8,9,10</sup>	2005
Total, 12 years and over	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	27,188
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	14,372
			Percent	52.9
		Consume fruits and vegetables 5 or more times per day	Number of persons	11,672
			Percent	42.9
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	10,895
	Males		Percent	40.1
		Consume fruits and vegetables more than 10 times per day	Number of persons	777 <sup>E</sup>
			Percent	2.9 <sup>E</sup>
		Fruit and vegetable consumption, not stated	Number of persons	1,144 <sup>E</sup>
			Percent	4.2 <sup>E</sup>
		Total population for the variable fruit and vegetable consumption	Number of persons	13,664
			Percent	100.0
	Females	Consume fruits and vegetables less than 5 times per day	Number of persons	7,599
			Percent	55.6
		Consume fruits and vegetables 5 or more times per day	Number of persons	5,338
			Percent	39.1
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	4,922
			Percent	36.0
		Consume fruits and vegetables more than 10 times per day	Number of persons	416 <sup>E</sup>
			Percent	3.0 <sup>E</sup>
		Fruit and vegetable consumption, not stated	Number of persons	727 <sup>E</sup>
			Percent	5.3 <sup>E</sup>
		Total population for the variable fruit and vegetable consumption	Number of persons	13,524
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	6,772
			Percent	50.1
		Consume fruits and vegetables 5 or more times per day	Number of persons	6,335
			Percent	46.8
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	5,974
			Percent	44.2
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	417 <sup>E</sup>
			Percent	3.1 <sup>E</sup>
		Total population for the variable fruit and vegetable consumption	Number of persons	3,854
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,625
			Percent	42.2

12 to 19 years	Both sexes	Consume fruits and vegetables 5 or more times per day	Number of persons	2,017
		Percent	Percent	52.3
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,786
		Percent	Percent	46.4
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
		Percent	Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
		Percent	Percent	F
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	2,016
		Percent	Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	669 <sup>E</sup>
		Percent	Percent	33.2 <sup>E</sup>
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,158
		Percent	Percent	57.4
	Females	Consume fruits and vegetables 5 to 10 times per day	Number of persons	945 <sup>E</sup>
		Percent	Percent	46.9 <sup>E</sup>
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
		Percent	Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
		Percent	Percent	F
20 to 34 years	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	1,838
		Percent	Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	957
		Percent	Percent	52.1
		Consume fruits and vegetables 5 or more times per day	Number of persons	859 <sup>E</sup>
		Percent	Percent	46.7 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	842 <sup>E</sup>
		Percent	Percent	45.8 <sup>E</sup>
	Males	Consume fruits and vegetables more than 10 times per day	Number of persons	F
		Percent	Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
		Percent	Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	6,422
		Percent	Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	3,090
		Percent	Percent	48.1
	Females	Consume fruits and vegetables 5 or more times per day	Number of persons	3,240
		Percent	Percent	50.4
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	2,903
		Percent	Percent	45.2
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
		Percent	Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
		Percent	Percent	F

			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	3,501
			Percent	100.0
	Females	Consume fruits and vegetables less than 5 times per day	Number of persons	1,532
			Percent	43.8
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,909
			Percent	54.5
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,688
			Percent	48.2
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	5,580
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	3,148
			Percent	56.4
		Consume fruits and vegetables 5 or more times per day	Number of persons	2,144
			Percent	38.4
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	2,132
			Percent	38.2
	Males	Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	2,807
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,789
35 to 44 years			Percent	63.7
	Females	Consume fruits and vegetables 5 or more times per day	Number of persons	870 <sup>E</sup>
			Percent	31.0 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	870 <sup>E</sup>
			Percent	31.0 <sup>E</sup>
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	2,773
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,359
			Percent	49.0
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,274 <sup>E</sup>
			Percent	45.9
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,262 <sup>E</sup>
			Percent	45.5
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	9,228
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	5,291

45 to 64 years	Both sexes	Percent	57.3
		Number of persons	3,495
		Percent	37.9
		Number of persons	3,324
		Percent	36.0
	Males	Number of persons	F
		Percent	F
		Number of persons	F
		Percent	F
		Number of persons	4,816
	Females	Percent	100.0
		Number of persons	2,814
		Percent	58.4
		Number of persons	1,645
		Percent	34.2
65 years and over	Both sexes	Number of persons	1,573
		Percent	32.7
		Number of persons	F
		Percent	F
		Number of persons	F
	Males	Percent	F
		Number of persons	4,412
		Percent	100.0
		Number of persons	2,478
		Percent	56.2
	Females	Number of persons	1,851
		Percent	41.9
		Number of persons	1,751
		Percent	39.7
		Number of persons	F
		Percent	F
		Number of persons	F
		Percent	F
		Number of persons	2,103
		Percent	100.0
	Both sexes	Number of persons	1,216
		Percent	57.8
		Number of persons	777 <sup>E</sup>
		Percent	36.9 <sup>E</sup>
		Number of persons	751 <sup>E</sup>
	Males	Percent	35.7 <sup>E</sup>
		Number of persons	F
		Percent	F
		Number of persons	F
		Percent	F
		Number of persons	1,103
		Percent	100.0
	Females	Number of persons	769
		Percent	69.7
		Number of persons	F
		Percent	F
		Number of persons	F

		Percent	F
	Fruit and vegetable consumption, not stated	Number of persons	F
		Percent	F
	Total population for the variable fruit and vegetable consumption	Number of persons	1,000
		Percent	100.0
	Consume fruits and vegetables less than 5 times per day	Number of persons	447 <sup>E</sup>
		Percent	44.7 <sup>E</sup>
	Consume fruits and vegetables 5 or more times per day	Number of persons	443 <sup>E</sup>
		Percent	44.3 <sup>E</sup>
	Consume fruits and vegetables 5 to 10 times per day	Number of persons	431 <sup>E</sup>
		Percent	43.1 <sup>E</sup>
	Consume fruits and vegetables more than 10 times per day	Number of persons	F
		Percent	F
	Fruit and vegetable consumption, not stated	Number of persons	F
		Percent	F

#### Symbol legend:

- E Use with caution
- F Too unreliable to be published

#### Footnotes:

1. Source: Statistics Canada, Canadian Community Health Survey (CCHS 3.1), 2005. The CANSIM table 1050449 is an update of CANSIM table 1050249.
2. Health regions are defined by the provincial ministries of health. These are legislated administrative areas in all provinces. The health regions presented in this table are based on boundaries and names in effect as of June 2005. For complete Canadian coverage, each of the northern territories also represents a health region.
5. Canada and provincial estimates are based on sub-sample weights. Certain health regions selected the "Fruit and vegetable consumption" module as optional content.
6. Population aged 12 and over who reported the average number of times per day that they consume fruits and vegetables. "Fruit and vegetable consumption" was previously referred to as "Dietary practices".
7. When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate.
8. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
9. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.
10. Data with a coefficient of variation (CV) greater than 33.3% were suppressed due to extreme sampling variability and are identified as follows: (F) too unreliable to be published.

**Source:** Statistics Canada. *Table 105-0449 - Fruit and vegetable consumption, by age group and sex, household population aged 12 and over, Canada, provinces, territories and selected health regions (June 2005 boundaries), every 2 years, CANSIM (database).*

[http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?Lang=E&CANSIMFile=CII\CII\\_1\\_E.htm&RootDir=CII/](http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?Lang=E&CANSIMFile=CII\CII_1_E.htm&RootDir=CII/)

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