

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>=Northwest Territories [61]

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	34,664
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	23,991
			Percent	69.2
		Consume fruits and vegetables 5 or more times per day	Number of persons	9,642
			Percent	27.8
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	8,094
			Percent	23.3
		Consume fruits and vegetables more than 10 times per day	Number of persons	1,548 <sup>E</sup>
			Percent	4.5 <sup>E</sup>
		Fruit and vegetable consumption, not stated	Number of persons	1,031 <sup>E</sup>
			Percent	3.0 <sup>E</sup>
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	18,070
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	13,269
			Percent	73.4
		Consume fruits and vegetables 5 or more times per day	Number of persons	4,211 <sup>E</sup>
			Percent	23.3 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	3,506
			Percent	19.4
		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	590 <sup>E</sup>
			Percent	3.3 <sup>E</sup>
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	16,594
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	10,722
			Percent	64.6
		Consume fruits and vegetables 5 or more times per day	Number of persons	5,431
			Percent	32.7
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	4,588
			Percent	27.6
		Consume fruits and vegetables more than 10 times per day	Number of persons	843 <sup>E</sup>
			Percent	5.1 <sup>E</sup>
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	5,716
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	3,795
			Percent	66.4

12 to 19 years	Both sexes	Consume fruits and vegetables 5 or more times per day	Number of persons	1,320 <sup>E</sup>
			Percent	23.1 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,119 <sup>E</sup>
			Percent	19.6 <sup>E</sup>
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	F
			Percent	F
		Consume fruits and vegetables less than 5 times per day	Number of persons	F
			Percent	F
		Consume fruits and vegetables 5 or more times per day	Number of persons	F
			Percent	F
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	F
			Percent	F
		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
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	F
			Percent	F
		Consume fruits and vegetables less than 5 times per day	Number of persons	F
			Percent	F
		Consume fruits and vegetables 5 or more times per day	Number of persons	F
			Percent	F
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	F
			Percent	F
		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
20 to 34 years	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	10,944
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	8,199
			Percent	74.9
		Consume fruits and vegetables 5 or more times per day	Number of persons	2,620
			Percent	23.9
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	2,284
			Percent	20.9
		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
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	5,591
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	4,278
			Percent	76.5
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,288 <sup>E</sup>
			Percent	23.0 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,102 <sup>E</sup>
			Percent	19.7 <sup>E</sup>
			Number of persons	F
			Percent	F

		Consume fruits and vegetables more than 10 times per day	Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	5,352
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	3,921
			Percent	73.3
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,332
			Percent	24.9 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,182 <sup>E</sup>
			Percent	22.1 <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
35 to 44 years	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	7,169
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	5,005
			Percent	69.8
		Consume fruits and vegetables 5 or more times per day	Number of persons	2,151
			Percent	30.0 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,628 <sup>E</sup>
			Percent	22.7 <sup>E</sup>
		Consume fruits and vegetables more than 10 times per day	Number of persons	523 <sup>E</sup>
			Percent	7.3 <sup>E</sup>
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	3,710
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	2,844
			Percent	76.7
		Consume fruits and vegetables 5 or more times per day	Number of persons	852 <sup>E</sup>
			Percent	23.0 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	690 <sup>E</sup>
			Percent	18.6 <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
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	3,459
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	2,161
			Percent	62.5
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,298 <sup>E</sup>
			Percent	37.5
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	937 <sup>E</sup>
			Percent	27.1 <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
		Total population for the variable fruit and vegetable consumption	Number of persons	9,053
			Percent	100.0

45 to 64 years	Both sexes	Consume fruits and vegetables less than 5 times per day	Number of persons	5,707
			Percent	63.0
		Consume fruits and vegetables 5 or more times per day	Number of persons	3,149
			Percent	34.8
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	2,680
			Percent	29.6
		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
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	4,888
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	3,393
			Percent	69.4
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,380 <sup>E</sup>
			Percent	28.2 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,040 <sup>E</sup>
			Percent	21.3 <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
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	4,164
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	2,315
			Percent	55.6
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,769 <sup>E</sup>
			Percent	42.5 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,639 <sup>E</sup>
			Percent	39.4 <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
65 years and over	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	1,782
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,284
			Percent	72.0
		Consume fruits and vegetables 5 or more times per day	Number of persons	402 <sup>E</sup>
			Percent	22.5 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	383 <sup>E</sup>
			Percent	21.5 <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
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	894
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	651
			Percent	72.9
		Consume fruits and vegetables 5 or more times per day	Number of persons	F
			Percent	F
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	F

			Percent	F
		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
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	889
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	633
			Percent	71.2
		Consume fruits and vegetables 5 or more times per day	Number of persons	223 <sup>E</sup>
			Percent	25.1 <sup>E</sup>
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	223 <sup>E</sup>
			Percent	25.1 <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:

<sup>E</sup> Use with caution

<sup>F</sup> 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=C11\C11\\_1\\_E.htm&RootDir=C11/](http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?Lang=E&CANSIMFile=C11\C11_1_E.htm&RootDir=C11/)

(accessed: October 3, 2008)

[Printer-friendly format](#)