

# Vegetable and Fruit Consumption by Sub-group

## Highlights

- Vegetable and fruit consumption is highest among females (43.3%) and post-secondary graduates (40.5%) (Table 1).
- To learn more about how these numbers were compiled, click [here](#).

**Table 1: Individuals Eating at Least Five Vegetables and Fruit per Day, by Sub-group, Saskatoon Health Region, 2010 to 2012**

	Number eating at least five vegetables and fruit per day	Percent eating at least five vegetables and fruit per day	Lower CI	Upper CI
Total Saskatoon Health Region	88,145	35.9	32.4	39.4
<b>Sex</b>				
Male	34,264	28.4	23.8	32.9
Female	53,880	43.3	38.6	48.0
<b>Age Group (Years)</b>				
12-19	11,852	39.7	30.0	49.4
20-44	39,065	35.7	30.1	41.3
45-64	25,423	33.5	27.6	39.4
65+	11,805	39.2	33.8	44.6
<b>Household Income Level</b>				
Lowest income quintile	16,496	36.8	29.5	44.1
Second lowest income quintile	11,590	24.7	17.6	31.7
Middle income quintile	16,893	35.0	26.4	43.7
Second highest income quintile	21,147	43.8	36.1	51.6
Highest income quintile	17,201	37.0	28.4	45.5
<b>Socio-economic status by deprivation index</b>				
Most deprived areas	9,949	27.0	19.0	35.0
Second most deprived areas	9,235	28.4	19.3	37.5
Middle areas	15,504	41.1	30.8	51.4
Second least deprived areas	11,316	37.6	26.5	48.7
Least deprived areas	20,848	42.0	30.9	53.0
<b>Education Level</b>				
Less than high school	11,194	29.8	21.5	38.1
High school graduate	12,944	26.5	19.9	33.0
Some post-secondary*	8,372	41.2	27.3	55.0
Post-secondary graduate	55,073	40.5	35.2	45.7

**Table 1 (continued): Individuals Eating at Least Five Vegetables and Fruit per Day, by Sub-group, Saskatoon Health Region, 2010 to 2012**

	Number eating at least five vegetables and fruit per day	Percent eating at least five vegetables and fruit per day	Lower CI	Upper CI
<b>Ethnicity</b>				
White	74,212	36.2	32.4	40.0
Visible Minority	13,045	34.9	25.7	44.2
<b>Immigrant status</b>				
Recent immigrant*	5,374	36.8	21.3	52.4
Long term immigrant*	6,400	56.3	37.5	75.1
Non-immigrant	76,090	34.9	31.4	38.3
<b>Geography</b>				
Rural Saskatoon Health Region	16,404	36.3	30.2	42.3
Urban Saskatoon City	71,741	35.9	31.8	39.9
<b>Geography by Rural Planning Zones</b>				
Humboldt and Area*	3,627	36.7	23.4	50.0
Rosthern and Area*	2,751	35.1	22.4	47.8
Watrous and Area*	3,150	35.7	22.9	48.4
Saskatoon Area	6,876	36.9	26.6	47.1

\* Use estimate with caution, high sampling variability.

NR=not reportable due to low sample size.

Estimates have been weighted to the Saskatoon Health Region population.

This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.