

Fruit and Vegetable Consumption

Definition: The fruit and vegetable consumption indicator estimates the age-standardized proportion of the population age 12 years and older that reported consuming fruits and vegetables five or more times per day.

Peer Group		Public Health Unit	Fruit and Vegetable Consumption
Rural Northern Regions	1	Northwestern Health Unit	36%
	2	Porcupine Health Unit	41%
Mainly Rural	3	The Eastern Ontario Health Unit	44%
	4	Elgin-St. Thomas Health Unit	42%
	5	Grey Bruce Health Unit	47%
	6	Haldimand-Norfolk Health Unit	41%
	7	Haliburton, Kawartha, Pine Ridge District Health Unit	38%
	8	Huron County Health Unit	48%
	9	Leeds, Grenville and Lanark District Health Unit	40%
	10	Oxford County Health Unit	39%
	11	Perth District Health Unit	46%
	12	Renfrew County and District Health Unit	36%
	13	Simcoe Muskoka District Health Unit	41%
Sparsely Populated Urban-Rural Mix	14	The District of Algoma Health Unit	34%
	15	North Bay Parry Sound District Health Unit	45%
	16	Sudbury and District Health Unit	45%
	17	Thunder Bay District Health Unit	38%
	18	Timiskaming Health Unit	45%
Urban/ Rural Mix	19	Brant County Health Unit	43%
	20	Chatham-Kent Health Unit	29%
	21	City of Hamilton Health Unit	45%
	22	Hastings and Prince Edward Counties Health Unit	46%
	23	Kingston, Frontenac and Lennox and Addington Health Unit	43%
	24	Lambton Health Unit	37%
	25	Middlesex-London Health Unit	38%
	26	Niagara Regional Area Health Unit	44%
27	Peterborough County-City Health Unit	45%	
Urban Centres	28	Durham Regional Health Unit	42%
	29	Halton Regional Health Unit	48%
	30	City of Ottawa Health Unit	50%
	31	Peel Regional Health Unit	42%
	32	Waterloo Health Unit	41%
	33	Wellington-Dufferin-Guelph Health Unit	50%
	34	Windsor-Essex County Health Unit	34%
	35	York Regional Health Unit	37%
Metro Centre	36	City of Toronto Health Unit	40%
	Ontario		42%
	Ontario Minimum		29%
	Ontario Maximum		50%

Data Source: Canadian Community Health Survey 2007