Citizens who eat 5 or more servings of fruits or vegetables per day

Unit : %

	Year 2020	Year 2017	Year 2014
Province			
New Brunswick	41.9	44.3	49.9
Health zones			
Zone 1 - Moncton and South-East Area	41.3	45.2	51.2
Zone 2 - Fundy Shore and Saint John Area	40.3	43.5	48.9
Zone 3 - Fredericton and River Valley Area	43.6	45.0	51.2
Zone 4 - Madawaska and North-West Area	45.2	42.8	49.8
Zone 5 - Restigouche Area	43.4	47.6	43.4
Zone 6 - Bathurst and Acadian Peninsula Area	39.7	44.2	51.3
Zone 7 - Miramichi Area	38.1	38.9	44.8
Communities			
Bathurst, Beresford, Petit-Rocher Area	39.6	44.0	53.4
Bouctouche, Richibucto, Saint-Antoine Area	40.3	39.7	44.1
Campbellton, Atholville, Tide Head Area	41.0	45.8	43.1
Caraquet, Paquetville, Bertrand Area	40.0	49.3	50.9
Dalhousie, Balmoral, Belledune Area	45.5	49.1	43.7
Dieppe and Memramcook	49.4	52.9	58.6
Douglas, Saint Marys, Doaktown Area	44.3	42.4	51.0
Edmundston, Rivière-Verte, Lac Baker Area	45.1	44.6	50.4
Florenceville-Bristol, Woodstock, Wakefield Area	41.1	40.2	50.6
Fredericton	43.0	48.5	54.4
Grand Bay-Westfield, Westfield, Greenwich Area	45.4	41.8	43.0

New Brunswick Health Council | Conseil de la santé du Nouveau-Brunswick

	Year 2020	Year 2017	Year 2014
Grand Falls, Saint-Léonard, Drummond Area	44.2	40.1	50.1
Hillsborough, Riverside-Albert, Alma Area	35.7	39.1	46.1
Kedgwick, Saint-Quentin and Grimmer	48.4	41.5	45.9
Minto, Chipman, Cambridge-Narrows Area	43.0	46.5	45.3
Miramichi, Rogersville, Blackville Area	38.0	37.4	45.1
Moncton	41.1	44.4	49.7
Nackawic, McAdam, Canterbury Area	37.3	38.1	46.1
Neguac, Alnwick, Esgenoopetitj Area	38.4	46.7	43.2
New Maryland, Kingsclear, Lincoln Area	47.1	49.1	53.0
Oromocto, Gagetown, Fredericton Junction Area	50.7	46.2	50.1
Perth-Andover, Plaster Rock, Tobique Area	38.3	33.4	42.9
Quispamsis, Rothesay, Hampton Area	42.7	52.3	58.5
Riverview and Coverdale	40.5	44.3	56.3
Sackville, Dorchester, Port Elgin Area	47.1	45.6	54.4
Saint John, Simonds and Musquash	40.0	41.5	45.7
Salisbury and Petitcodiac	34.0	38.3	48.3
Shediac, Beaubassin East and Cap-Pelé	36.0	46.8	49.8
Shippagan, Lamèque, Inkerman Area	40.8	41.0	49.8
St. George, Grand Manan, Blacks Harbour Area	40.4	38.5	39.8
St. Stephen, Saint Andrews, Campobello Island Area	42.8	42.2	54.0
Sussex, Norton, Sussex Corner Area	36.1	39.4	47.3
Tracadie and Saint-Isidore	39.2	42.8	48.2

Age

18-64	43.2	46.2	50.9

New Brunswick Health Council | Conseil de la santé du Nouveau-Brunswick

	Year 2020	Year 2017	Year 2014
65 and over	38.5	38.4	45.8
Sex at birth			
Female	50.4	55.2	61.2
Male	33.3	32.6	37.7
Sexual identity			
Minority sexual identity	46.1	n/a	n/a
Heterosexual	41.9	n/a	n/a
Language			
Preferred language of service: English	40.7	42.9	48.3
Preferred language of service: French	45.2	48.8	54.7
Indigenous identity			
Indigenous	38.5	37.7	46.3
Non-Indigenous	42.0	44.7	50.1
Immigrant			
Immigrants	41.2	41.4	n/a
Non-immigrants	42.3	44.5	n/a
Education level			
High school or less	33.3	33.7	38.8
Postsecondary	46.8	51.3	56.9
Household income			
Less than $25,000	35.9	34.9	40.4
$25,000 to less than $60,000	39.0	41.7	46.7
$60,000 or more	47.8	52.1	57.3

	Year 2020	Year 2017	Year 2014
Persons with a disability			
Without disability	43.9	46.4	51.9
With disability	35.9	37.0	43.1

About

This indicator is the percentage of citizens who reported eating 5 or more servings of fruits or vegetables per day, based on their responses to 2 individual questions.

Source

Primary Health Survey and Primary Care Survey

Calculations

This indicator added the responses to the following 2 individual questions together: 'How many servings of fruit, of any sort, do you eat on a typical day?' And 'How many servings of vegetables, of any sort, do you eat on a typical day'? This indicator is calculated by dividing the number of respondents who answered '5 or more' when answers to both quetsions are combined by the total number of respondents.

Notes

The 2020 edition of the Primary Health Survey (PHS) was conducted during the COVID-19 pandemic. While the pandemic did not influence the survey's response rate, NBHC had to assess the impact of surveying during the pandemic. Accordingly, advanced statistical analyses were performed to allow for comparison between the results obtained in 2020 and those obtained in previous PHS cycles. Despite these analyses, users are advised to use the PHS 2020 data with caution, especially when creating estimates for small sub-populations or when comparing it to other PHS editions.

Unit	Interpretation	NBHC code
%	Higher is better	PH_EAT03_1

Caption
n/a = Not applicable / not available
S = Data suppressed due to confidentiality requirements and/or small sample size