Vegetable consumption trends in South Australian adults, July 2002 to December 2015

This short biannual report presents trends on the proportion of South Australians consuming five or more serves of vegetables using data collected between July 2002 to December 2015 among people aged 18 years and above.

Overall, the proportion of South Australian adults consuming five or more serves of vegetables per day and the mean daily serves of vegetables has changed for the period July 2002 to December 2015.

SA Monitoring & Surveillance System (SAMSS)

The South Australian Monitoring and Surveillance System (SAMSS) is owned by SA Health and is an epidemiological monitoring system, provided by Population Research & Outcome Studies (PROS) within the Discipline of Medicine, University of Adelaide. SAMSS aims to detect and facilitate understanding of trends in the prevalence of chronic conditions, risk and protective factors, and other determinants of health. These data monitor departmental, state and national priority areas and are linked to key indicators.

Each month since July 2002, a sample of South Australians was randomly selected from the Electronic White Pages (EWP). Introductory letters were sent out to each household selected to inform them of the upcoming telephone survey, inviting the person who had the last birthday in the household to participate in a telephone interview. The survey was conducted by professional interviewers, using Computer Assisted Telephone Interview (CATI) technology. Approximately 600 respondents participate in each SAMSS survey. Proxy respondents (usually the parent) complete the survey when the selected person in the household is under the age of 16. For further information on SAMSS, please see http://health.adelaide.edu.au/pros.
Methods

The prevalence of adults eating 5 or more serves of vegetables per day was presented in a fractional polynomial plot using time (in quarters) as the continuous variable. Logistic regression was used to test the trend of prevalence overall across the July 2002 to December 2015 period. The mean serves of vegetables consumed per day for adults was also presented in a fractional polynomial plot using time (in quarters) as the continuous variable. Linear regression was used to test the trend of mean consumption overall across the July 2002 to December 2015 period. Where indicated, ‘changed’ signifies that there was a statistically significant change (p<0.05) and ‘no change’ signifies that although there may have been a difference, it was not statistically significant at p=0.05. All ‘don’t know’ responses were treated as missing values.

Methodological changes to SAMSS in 2015

The South Australian Monitoring and Surveillance System (SAMSS) presents estimates using weighted data to reflect the South Australian population. From 2002 to 2014, SAMSS used a weighting technique called post stratification where data was weighted by age, sex and area of residence. In 2015, a new weighting technique, raked weights, has been used which includes other population characteristics including education level, renting status, country of birth, marital status and employment status. These additional characteristics provide a more accurate representation of the South Australian population.

As these two weighting techniques may result in difference estimates, this report is not comparable to any previously published report or SAMSS data.

Recommended Daily Serves of Vegetables

The Australian Dietary Guidelines recommend that a healthy diet includes plenty of fruit, vegetables and legumes. The Guidelines outlines the daily amounts people of different ages and life stages need to consume for good health (see Table 1). This report focuses on the proportion of adults who report consuming five or more serves of vegetables per day, and the mean serves consumed per day.

Table 1: Recommended daily serves of vegetables for adults

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Serves per day</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Men</td>
<td>Women</td>
<td></td>
</tr>
<tr>
<td>18 years</td>
<td>5.5*</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>19-50 years</td>
<td>6</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>51-70 years</td>
<td>5.5*</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>70 plus</td>
<td>5</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Pregnant</td>
<td>--</td>
<td>5*</td>
<td></td>
</tr>
<tr>
<td>Breastfeeding</td>
<td>--</td>
<td>7.5*</td>
<td></td>
</tr>
</tbody>
</table>

Source: adapted from Eat for Health – Australian Dietary Guidelines 2013.

* Number of recommended serves has been rounded down to closest integer for reporting purposes

* All women treated as non-pregnant and non-breastfeeding in this report
Vegetable Consumption: adults aged 18 years and over, July 2002 to December 2015
2015:20CY R

Results

Overall

Table 2: Annual proportion of adults consuming five or more serves of vegetables per day, July 2002 to December 2015

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</thead>
<tbody>
<tr>
<td>Overall (%)</td>
<td>7.0</td>
<td>6.8</td>
<td>7.9</td>
<td>11.9</td>
<td>10.3</td>
<td>8.9</td>
<td>9.9</td>
<td>12.0</td>
<td>10.4</td>
<td>11.9</td>
<td>10.4</td>
<td>11.0</td>
<td>10.1</td>
<td>10.7</td>
<td>Changed</td>
</tr>
</tbody>
</table>

Figure 1: Proportion of people consuming five or more serves of vegetables per day

Overall, the proportion of adults consuming five or more serves of vegetables per day has changed over time.
Table 3: Mean serves of vegetables consumed by adults, July 2002 to December 2015

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</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>2.37</td>
<td>2.42</td>
<td>2.49</td>
<td>2.72</td>
<td>2.64</td>
<td>2.53</td>
<td>2.65</td>
<td>2.77</td>
<td>2.71</td>
<td>2.65</td>
<td>2.55</td>
<td>2.54</td>
<td>2.54</td>
<td>2.56</td>
<td>Changed</td>
</tr>
</tbody>
</table>

Figure 2: Mean serves of vegetables consumed by adults per day

Overall, the mean serves of vegetables consumed by adults per day has changed over time.
Table 4: Annual proportion of adults consuming five or more serves of vegetables per day by age group, July 2002 to December 2015

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</thead>
<tbody>
<tr>
<td>18 to 39 years (%)</td>
<td>6.8</td>
<td>4.3</td>
<td>5.0</td>
<td>10.2</td>
<td>8.5</td>
<td>7.9</td>
<td>7.5</td>
<td>9.3</td>
<td>9.0</td>
<td>10.6</td>
<td>9.1</td>
<td>9.5</td>
<td>9.4</td>
<td>11.7</td>
<td>Changed</td>
</tr>
<tr>
<td>40 to 59 years (%)</td>
<td>6.9</td>
<td>8.0</td>
<td>9.1</td>
<td>12.4</td>
<td>10.9</td>
<td>10.2</td>
<td>10.9</td>
<td>13.6</td>
<td>11.0</td>
<td>11.9</td>
<td>10.2</td>
<td>10.8</td>
<td>8.6</td>
<td>9.0</td>
<td>No change</td>
</tr>
<tr>
<td>60 years and over (%)</td>
<td>7.3</td>
<td>9.2</td>
<td>10.3</td>
<td>14.0</td>
<td>11.9</td>
<td>8.7</td>
<td>11.8</td>
<td>13.7</td>
<td>11.4</td>
<td>13.5</td>
<td>12.3</td>
<td>13.0</td>
<td>13.0</td>
<td>11.8</td>
<td>Changed</td>
</tr>
</tbody>
</table>

Figure 3: Proportion of people consuming five or more serves of vegetables per day by age group

The proportion of adults consuming five or more serves of vegetables per day has changed in those aged 18 to 39 years and 60 years and over, over time.
Table 5: Mean serves of vegetables consumed by adults by age group, July 2002 to December 2015

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</tr>
</thead>
<tbody>
<tr>
<td>18 to 39 years</td>
<td>2.23</td>
<td>2.13</td>
<td>2.21</td>
<td>2.55</td>
<td>2.43</td>
<td>2.36</td>
<td>2.55</td>
<td>2.58</td>
<td>2.61</td>
<td>2.52</td>
<td>2.45</td>
<td>2.37</td>
<td>2.50</td>
<td>2.61</td>
<td>Changed</td>
</tr>
<tr>
<td>40 to 59 years</td>
<td>2.40</td>
<td>2.52</td>
<td>2.57</td>
<td>2.76</td>
<td>2.73</td>
<td>2.62</td>
<td>2.67</td>
<td>2.83</td>
<td>2.70</td>
<td>2.70</td>
<td>2.56</td>
<td>2.53</td>
<td>2.44</td>
<td>2.42</td>
<td>Changed</td>
</tr>
<tr>
<td>60 years and over</td>
<td>2.52</td>
<td>2.73</td>
<td>2.78</td>
<td>2.90</td>
<td>2.80</td>
<td>2.66</td>
<td>2.78</td>
<td>2.93</td>
<td>2.84</td>
<td>2.75</td>
<td>2.66</td>
<td>2.73</td>
<td>2.72</td>
<td>2.68</td>
<td>No change</td>
</tr>
</tbody>
</table>

Figure 4: Mean serves of vegetables consumed by adults per day by age group

The mean serves of vegetables consumed by adults per day has changed in those aged 18 to 39 years and 40 to 59 years over time.
Vegetable Consumption: adults aged 18 years and over, July 2002 to December 2015
2015:20CY R

Sex

Table 6: Annual proportion of adults consuming five or more serves of vegetables per day by sex, July 2002 to December 2015

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</tr>
</thead>
<tbody>
<tr>
<td>Male (%)</td>
<td>5.6</td>
<td>5.9</td>
<td>6.6</td>
<td>11.6</td>
<td>7.1</td>
<td>8.0</td>
<td>7.8</td>
<td>11.1</td>
<td>8.4</td>
<td>9.6</td>
<td>9.1</td>
<td>9.0</td>
<td>7.6</td>
<td>7.8</td>
<td>Changed</td>
</tr>
<tr>
<td>Female (%)</td>
<td>8.2</td>
<td>7.7</td>
<td>9.1</td>
<td>12.2</td>
<td>13.3</td>
<td>9.8</td>
<td>11.8</td>
<td>12.8</td>
<td>12.2</td>
<td>14.0</td>
<td>11.6</td>
<td>12.8</td>
<td>12.3</td>
<td>13.4</td>
<td>Changed</td>
</tr>
</tbody>
</table>

Figure 5: Proportion of people consuming five or more serves of vegetables per day by sex

The proportion of males and females consuming five or more serves of vegetables per day has changed over time.
Table 7: Mean serves of vegetables consumed by adults by sex, July 2002 to December 2015

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>2.23</td>
<td>2.29</td>
<td>2.34</td>
<td>2.65</td>
<td>2.39</td>
<td>2.37</td>
<td>2.52</td>
<td>2.59</td>
<td>2.53</td>
<td>2.46</td>
<td>2.38</td>
<td>2.31</td>
<td>2.35</td>
<td>2.37</td>
<td>No change</td>
</tr>
<tr>
<td>Female</td>
<td>2.49</td>
<td>2.54</td>
<td>2.64</td>
<td>2.78</td>
<td>2.88</td>
<td>2.68</td>
<td>2.78</td>
<td>2.93</td>
<td>2.87</td>
<td>2.83</td>
<td>2.70</td>
<td>2.74</td>
<td>2.71</td>
<td>2.73</td>
<td>Changed</td>
</tr>
</tbody>
</table>

Figure 6: Mean serves of vegetables consumed by adults per day by sex

The mean serves of vegetables consumed per day by females has changed over time.
Vegetable Consumption: adults aged 18 years and over, July 2002 to December 2015
2015:20CY R

Education

Table 8: Annual proportion of adults consuming five or more serves of vegetables per day by education, July 2002 to December 2015

<table>
<thead>
<tr>
<th>Year</th>
<th>No schooling to secondary (%)</th>
<th>Trade, certificate, diploma (%)</th>
<th>Degree or higher (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>7.5</td>
<td>6.2</td>
<td>5.6</td>
</tr>
<tr>
<td>2003</td>
<td>6.8</td>
<td>6.6</td>
<td>7.8</td>
</tr>
<tr>
<td>2004</td>
<td>7.1</td>
<td>9.2</td>
<td>9.0</td>
</tr>
<tr>
<td>2005</td>
<td>10.9</td>
<td>13.6</td>
<td>13.8</td>
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<tr>
<td>2006</td>
<td>9.9</td>
<td>10.7</td>
<td>11.2</td>
</tr>
<tr>
<td>2007</td>
<td>7.8</td>
<td>10.9</td>
<td>9.5</td>
</tr>
<tr>
<td>2008</td>
<td>9.5</td>
<td>9.8</td>
<td>11.5</td>
</tr>
<tr>
<td>2009</td>
<td>11.7</td>
<td>12.5</td>
<td>12.4</td>
</tr>
<tr>
<td>2010</td>
<td>9.9</td>
<td>9.3</td>
<td>14.2</td>
</tr>
<tr>
<td>2011</td>
<td>10.7</td>
<td>11.3</td>
<td>10.6</td>
</tr>
<tr>
<td>2012</td>
<td>10.6</td>
<td>8.4</td>
<td>16.6</td>
</tr>
<tr>
<td>2013</td>
<td>11.6</td>
<td>10.6</td>
<td>10.3</td>
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<tr>
<td>2014</td>
<td>9.4</td>
<td>10.9</td>
<td>10.8</td>
</tr>
<tr>
<td>2015</td>
<td>10.3</td>
<td>10.9</td>
<td>11.5</td>
</tr>
</tbody>
</table>

Trend

- No schooling to secondary: Changed
- Trade, certificate, diploma: No change
- Degree or higher: Changed

Figure 7: Proportion of people consuming five or more serves of vegetables per day by education level

The proportion of adults consuming five or more serves of vegetables per day has changed in the no schooling to secondary, and the degree or higher categories of education over time.
Table 9: Mean serves of vegetables consumed by adults by education, July 2002 to December 2015

<table>
<thead>
<tr>
<th>Year</th>
<th>No school to secondary</th>
<th>Trade, certificate, diploma</th>
<th>Degree or higher</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>2.39</td>
<td>2.31</td>
<td>2.39</td>
</tr>
<tr>
<td>2003</td>
<td>2.41</td>
<td>2.43</td>
<td>2.45</td>
</tr>
<tr>
<td>2004</td>
<td>2.46</td>
<td>2.54</td>
<td>2.54</td>
</tr>
<tr>
<td>2005</td>
<td>2.64</td>
<td>2.82</td>
<td>2.86</td>
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<tr>
<td>2006</td>
<td>2.57</td>
<td>2.72</td>
<td>2.80</td>
</tr>
<tr>
<td>2007</td>
<td>2.45</td>
<td>2.58</td>
<td>2.74</td>
</tr>
<tr>
<td>2008</td>
<td>2.62</td>
<td>2.65</td>
<td>2.81</td>
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<tr>
<td>2009</td>
<td>2.73</td>
<td>2.76</td>
<td>2.90</td>
</tr>
<tr>
<td>2010</td>
<td>2.63</td>
<td>2.72</td>
<td>2.98</td>
</tr>
<tr>
<td>2011</td>
<td>2.60</td>
<td>2.61</td>
<td>2.90</td>
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<tr>
<td>2012</td>
<td>2.50</td>
<td>2.46</td>
<td>2.82</td>
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<tr>
<td>2013</td>
<td>2.49</td>
<td>2.54</td>
<td>2.64</td>
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<tr>
<td>2014</td>
<td>2.49</td>
<td>2.55</td>
<td>2.65</td>
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<tr>
<td>2015</td>
<td>2.44</td>
<td>2.65</td>
<td>2.74</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Trend</th>
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<tbody>
<tr>
<td>No change</td>
</tr>
<tr>
<td>No change</td>
</tr>
<tr>
<td>Changed</td>
</tr>
</tbody>
</table>

Figure 8: Mean serves of vegetables consumed by adults per day by education level

The mean serves of vegetables consumed by adults per day has changed in the degree or higher category of education over time.
Local Health Network

Table 10: Annual proportion of adults consuming five or more serves of vegetables per day by Local Health Network, July 2002 to December 2015

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</thead>
<tbody>
<tr>
<td>Central Adelaide (%)</td>
<td>7.2</td>
<td>7.8</td>
<td>7.0</td>
<td>8.9</td>
<td>11.4</td>
<td>8.7</td>
<td>8.8</td>
<td>11.9</td>
<td>10.0</td>
<td>12.4</td>
<td>12.3</td>
<td>10.9</td>
<td>10.5</td>
<td>10.9</td>
<td>Changed</td>
</tr>
<tr>
<td>Southern Adelaide (%)</td>
<td>5.8</td>
<td>6.5</td>
<td>7.3</td>
<td>12.8</td>
<td>9.2</td>
<td>9.1</td>
<td>9.7</td>
<td>10.4</td>
<td>11.1</td>
<td>12.9</td>
<td>11.3</td>
<td>10.4</td>
<td>10.5</td>
<td>10.2</td>
<td>Changed</td>
</tr>
<tr>
<td>Northern Adelaide (%)</td>
<td>8.8</td>
<td>5.0</td>
<td>7.6</td>
<td>13.6</td>
<td>8.6</td>
<td>8.4</td>
<td>9.7</td>
<td>11.7</td>
<td>9.0</td>
<td>9.4</td>
<td>6.4</td>
<td>10.7</td>
<td>10.7</td>
<td>10.3</td>
<td>No change</td>
</tr>
<tr>
<td>Country SA (%)</td>
<td>6.2</td>
<td>7.7</td>
<td>9.4</td>
<td>13.2</td>
<td>11.4</td>
<td>9.4</td>
<td>11.3</td>
<td>13.6</td>
<td>11.2</td>
<td>12.4</td>
<td>10.7</td>
<td>11.7</td>
<td>9.2</td>
<td>11.3</td>
<td>Changed</td>
</tr>
</tbody>
</table>
Table 11: Mean serves of vegetables consumed for adults by Local Health Network, July 2002 to December 2015

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</tr>
</thead>
<tbody>
<tr>
<td>Central Adelaide</td>
<td>2.35</td>
<td>2.37</td>
<td>2.43</td>
<td>2.59</td>
<td>2.67</td>
<td>2.44</td>
<td>2.62</td>
<td>2.85</td>
<td>2.66</td>
<td>2.68</td>
<td>2.55</td>
<td>2.54</td>
<td>2.51</td>
<td>2.62</td>
<td>Changed</td>
</tr>
<tr>
<td>Southern Adelaide</td>
<td>2.36</td>
<td>2.41</td>
<td>2.45</td>
<td>2.74</td>
<td>2.58</td>
<td>2.54</td>
<td>2.66</td>
<td>2.72</td>
<td>2.74</td>
<td>2.71</td>
<td>2.56</td>
<td>2.49</td>
<td>2.58</td>
<td>2.49</td>
<td>No change</td>
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Figure 10: Mean serves of vegetables consumed for adults per day by Local Health Network

The mean serves of vegetables consumed by adults per day has changed in the Central Adelaide Local Health Network over time.
Table 12: Annual proportion of adults consuming five or more serves of vegetables per day by income, July 2002 to December 2015

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Figure 11: Proportion of people consuming five or more serves of vegetables per day by annual household income

The proportion of adults consuming five or more serves of vegetables per day has changed in households within both income categories over time.
Vegetable Consumption: adults aged 18 years and over, July 2002 to December 2015

Table 13 Mean serves of vegetables consumed for adults by income, July 2002 to December 2015

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Trend

$20,001 or more  Changed
Less than $20,001 No change
Not stated No change

References


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