

Isle of Wight Joint Strategic Needs Assessment: Core Dataset

2009

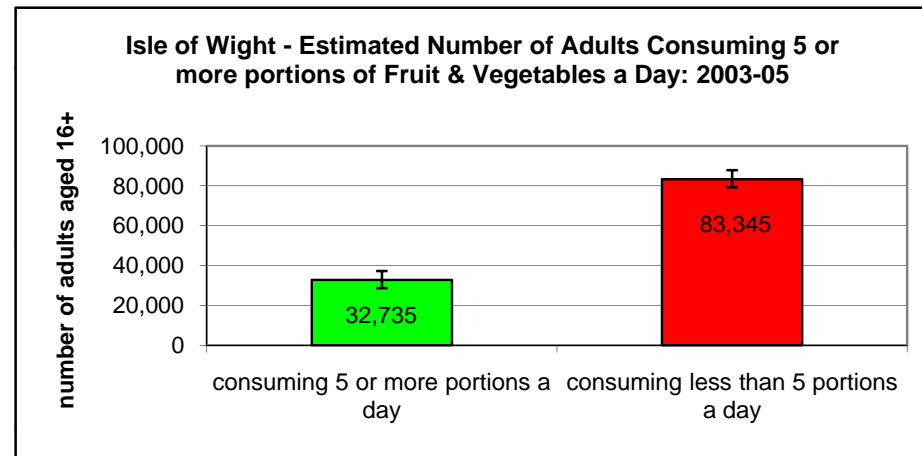
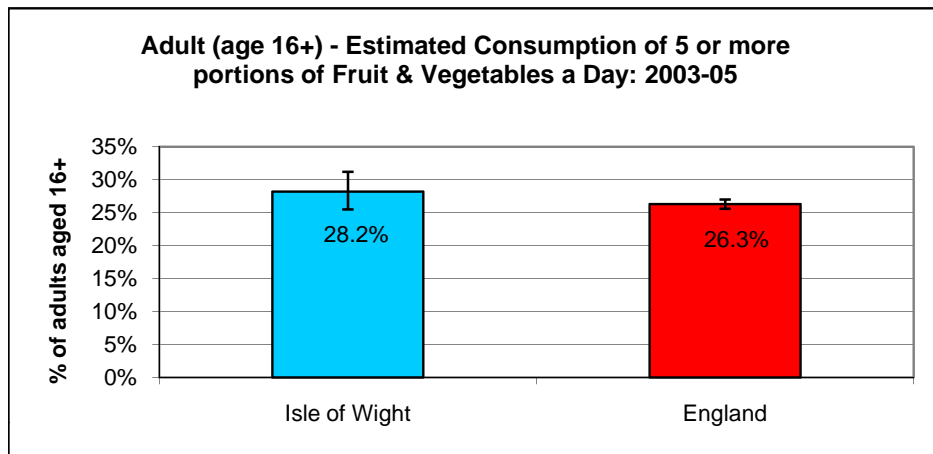


Domain:	Lifestyle and Risk Factors	Indicator:	Modelled and / or recorded '5-a-day' consumption
Sub-Domain:	Behaviour	Indicator reference:	JSNA Dataset number 23
Sub-sub- Domain:	Eating Habits	Data Source:	Office for National Statistics: Model-Based Estimates
		Indicator definition:	see below

Estimated Adult consumption of '5-a-Day' fruit and vegetables: % of adults aged 16+ who ate 5 or more portions of fruit & vegetables on the previous day

	Rate	Confidence Intervals	
		Lower CI	Upper CI
England	26.3%	25.6%	27.0%
Isle of Wight	28.2%	24.7%	32.1%

IW Adults	estimated number of adults	lower estimate	upper estimate
consuming 5 or more portions a day	32,735	28,672	37,262
consuming less than 5 portions a day	83,345	87,408	78,818



COMMENTARY

Consuming recommended amounts of fruit and vegetables is a key aspect of a healthy diet. Consuming at least five portions of fruit and vegetables a day can reduce the risk from heart disease, stroke and cancer by up to 20% (*Choosing Health: Fact Sheet on Diet and Nutrition* (Department of Health, 2006)).

National Consumption of Fruit and Vegetables is measured by the Health Survey for England (HSfE), which surveys a statistically representative sample of the population to measure lifestyle issues such as this at national and regional level. However the HSfE sample is too small reliably to determine consumption at Local Authority level. Local Consumption of Fruit and Vegetables is therefore estimated through Office for National Statistics model-based estimates for Local Authority districts. These estimates are based on HSfE data and applied to each Local Authority's local demographic & social characteristics.

The charts above use both sets of information to enable us to compare adult fruit and vegetable consumption on the IW with the national situation.

The chart **above, left** compares the estimated % of adults (aged 16+) on the IW who eat 5 portions of fruit and vegetables a day, compared with the actual measures for England. It shows that the estimated % on the IW is slightly higher than in England, but that the IW confidence intervals overlap with those for England, so that the difference might not be statistically significant.

The chart **above, right**, shows the estimated number of adults on the IW who consume at least or less than 5 portions a day, calculated by applying the estimated consumption prevalence and its 'confidence intervals' to the population aged 16+. The figures show that:

- Between 28,400 and 37,000 adults consume 5 or more portions a day.
- Between 78,000 and 86,600 adults consume less than 5 portions a day.

INDICATOR DEFINITION

Indicator:	Consumption of fruit and vegetables among adults - model-based estimate.
Definitions:	Estimated percentage of adults aged 16+ who had consumed 5 or more portions of fruit & vegetables on the previous day.
Numerator (number of people or events)	Estimated number of adults who had consumed 5 or more portions of fruit & vegetables on the previous day.
Denominator (total population or events)	Resident Population of the specified area in the specified time period. Persons aged 16+ (ONS 2007 Mid-Year Estimate)
Geographic Coverage	Local Authority
Time period	2003-05
Data Source(s)	Office for National Statistics http://www.ic.nhs.uk/statistics-and-data-collections/population-and-geography/neighbourhood-statistics/neighbourhood-statistics:-model-based-estimates-of-healthy-lifestyle-behaviours-at-pco-level-2003-05
Significance for Health	Higher rates indicate better health. Lower rates indicate poorer health.
Factors that might affect the Accuracy of this Indicator	A model based estimate is the expected prevalence of fruit and vegetables consumption for that area based on its population characteristics (as measured by Census / administrative data). It does not necessarily represent actual prevalence.