

Australian Health Performance Framework: PI 1.2.4— Inadequate fruit and vegetable intake, 2019

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Australian Health Performance Framework: PI 1.2.4—Inadequate fruit and vegetable intake, 2019

Identifying and definitional attributes

Metadata item type:	Indicator
Indicator type:	Indicator
Short name:	AHPF PI 1.2.4—Inadequate fruit and vegetable intake, 2019
Synonymous names:	Proportion of adults and children with inadequate fruit and vegetable intake
METEOR identifier:	715403
Registration status:	Health , Superseded 13/10/2021
Description:	The proportion of people not eating sufficient serves of fruit and vegetables each day to obtain a health benefit based on dietary guidelines published by the National Health and Medical Research Council (NHMRC) in 2013.
Rationale:	A healthy diet plays an important part in overall health and wellbeing. A poor diet, high in saturated fats and refined carbohydrates and with inadequate fruit and vegetable consumption, increases the risk of developing a range of chronic conditions, including cardiovascular disease (CVD), type 2 diabetes and chronic kidney disease (CKD).
Indicator set:	Australian Health Performance Framework, 2019 Health , Superseded 13/10/2021 Australian Health Performance Framework, 2019 Health , Superseded 13/10/2021

Collection and usage attributes

Population group age from:	Adults: 18 years Children: 2 years
Population group age to:	Children: 17 years
Computation description:	<p>Inadequate fruit and vegetable intake is defined as not eating the minimum recommended serves of fruit and/or vegetables for their age.</p> <p>In the NHMRC 2013 guidelines, the minimum recommended number of serves of fruit per day is:</p> <ul style="list-style-type: none">• 1 for children aged 2–3• 1½ for children aged 4–8, and• 2 for people aged 9 and over. <p>The minimum recommended number of serves of vegetables per day is:</p> <ul style="list-style-type: none">• 2½ for children aged 2–3• 4½ for children aged 4–8• 5 for children aged 9–11, females aged 12 and over and males aged 70 and over• 5½ for males aged 12–18 and 51–70, and• 6 for males aged 19–50. <p>Analysis by remoteness and Socio-Economic Indexes for Areas (SEIFA) Index of Relative Socio-Economic Disadvantage (IRSD) is based on usual residence of person.</p> <p>Presented as percentage. Age-standardised percentages are directly age-standardised to the 2001 Australian population.</p> <p>95% confidence intervals are calculated for percentages.</p>
Computation:	$100 \times (\text{Numerator} \div \text{Denominator})$

Numerator:

Adults: Number of persons aged 18 and over who did not eat the recommended serves of fruits

Adults: Number of persons aged 18 and over who did not eat the recommended serves of vegetables

Children: Number of persons aged 2–17 who did not eat the recommended serves of fruits

Children: Number of persons aged 2–17 who did not eat the recommended serves of vegetables

Indigenous population: Number of persons aged 15 and over who did not eat the recommended serves of fruits

Indigenous population: Number of persons aged 15 and over who did not eat the recommended serves of vegetables

Numerator data elements:**Data Element / Data Set****Data Element**

Person—age

Data Source

[ABS 2014-15 National Aboriginal and Torres Strait Islander Social Survey \(NATSISS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set**Data Element**

Person—whether fruit consumption met recommended guidelines (2013 NHMRC guidelines)

Data Source

[ABS 2014-15 National Aboriginal and Torres Strait Islander Social Survey \(NATSISS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set**Data Element**

Person—whether vegetable consumption met recommended guidelines (2013 NHMRC guidelines)

Data Source

[ABS 2014-15 National Aboriginal and Torres Strait Islander Social Survey \(NATSISS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set**Data Element**

Person—age

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—whether fruit consumption met recommended guidelines (2013 NHMRC guidelines)

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—whether vegetable consumption met recommended guidelines (2013 NHMRC guidelines)

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Denominator:

Adults: Population aged 18 and over

Children: Population aged 2–17

Indigenous population: Population aged 15 and over

Denominator data elements:

Data Element / Data Set

Data Element

Person—age

Data Source

[ABS 2014-15 National Aboriginal and Torres Strait Islander Social Survey \(NATSISS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—age

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Disaggregation:

2007–08, 2011–12, 2014–15, 2017–18—Nationally, adults aged 18 and over with inadequate fruit and vegetable intake.

2017–18—Nationally, adults aged 18 and over with inadequate fruit and vegetable intake by:

- Sex and age group
- Remoteness (Australian Statistical Geography Standard (ASGS) 2016 Remoteness Structure)
- SEIFA 2016 IRSD quintile
- Disability status (not reported).

2017–18—State and territory, adults aged 18 and over with inadequate fruit and vegetable intake.

2017–18—Nationally, children aged 2–17 with inadequate fruit and vegetable intake by:

- Sex.

Nationally, persons aged 15 and over with inadequate fruit and vegetable intake by:

- Indigenous status (not reported).

Some disaggregation may result in numbers too small for publication.

Disaggregation data elements:**Data Element / Data Set****Data Element**

Person—age

Data Source

[ABS 2014-15 National Aboriginal and Torres Strait Islander Social Survey \(NATSISS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set**Data Element**

Person—age

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set**Data Element**

Person—area of usual residence

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Used for disaggregation by state/territory, remoteness and SEIFA IRSD

Data Element / Data Set

Data Element

Person—disability status

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—Indigenous status

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Data Element / Data Set

Data Element

Person—sex

Data Source

[ABS 2017–18 National Health Survey \(NHS\)](#)

Guide for use

Data source type: Survey

Comments:

Most recent data available for 2019 Australian Health Performance Framework reporting: 2017–18 (total population, non-Indigenous: NHS); 2014–15 (Indigenous: NATSISS).

Data for 2007–08, 2011–12 and 2014–15 were obtained from the National Health Surveys run in respect of these years. Similar data elements were used to those listed above for the 2017–18 NHS.

Representational attributes

Representation class: Proportion

Data type: Real

Unit of measure: Person

Format: N[NN].N

Indicator conceptual framework

Framework and dimensions: [2. Health behaviours](#)

Data source attributes

Data sources:**Data Source**

[ABS 2014-15 National Aboriginal and Torres Strait Islander Social Survey \(NATSISS\)](#)

Frequency

Every 6 years

Data custodian

Australian Bureau of Statistics

Data Source

[ABS 2017-18 National Health Survey \(NHS\)](#)

Frequency

Every 3 years

Data custodian

Australian Bureau of Statistics

Accountability attributes

Reporting requirements: Australian Health Performance Framework

Organisation responsible for providing data: Australian Bureau of Statistics

Accountability: Australian Institute of Health and Welfare

Other issues caveats: Guidelines and measures of inadequate fruit and/or vegetable consumption are subject to change, affecting time trends. Data are self-reported survey results, and are subject to recall bias and sampling errors.

Source and reference attributes

Submitting organisation: Australian Institute of Health and Welfare

Reference documents: NHMRC (National Health and Medical Research Council) 2013. Australian Dietary Guidelines, Canberra: National Health and Medical Research Council.

Relational attributes

Related metadata references: Has been superseded by [Australian Health Performance Framework: PI 1.2.4-Inadequate fruit and vegetable intake, 2020](#)
[Health](#), Standard 13/10/2021