

# Australian Health Performance Framework: PI 1.2.4— Inadequate fruit and vegetable intake, 2020

Exported from METEOR (AIHW's Metadata Online Registry)

© Australian Institute of Health and Welfare 2024

This product, excluding the AIHW logo, Commonwealth Coat of Arms and any material owned by a third party or protected by a trademark, has been released under a Creative Commons BY 4.0 (CC BY 4.0) licence. Excluded material owned by third parties may include, for example, design and layout, images obtained under licence from third parties and signatures. We have made all reasonable efforts to identify and label material owned by third parties.

You may distribute, remix and build on this website's material but must attribute the AIHW as the copyright holder, in line with our attribution policy. The full terms and conditions of this licence are available at <https://creativecommons.org/licenses/by/4.0/>.

Enquiries relating to copyright should be addressed to [info@aihw.gov.au](mailto:info@aihw.gov.au).

Enquiries or comments on the METEOR metadata or download should be directed to the METEOR team at [meteor@aihw.gov.au](mailto:meteor@aihw.gov.au).

# Australian Health Performance Framework: PI 1.2.4—Inadequate fruit and vegetable intake, 2020

## Identifying and definitional attributes

<b>Metadata item type:</b>	Indicator
<b>Indicator type:</b>	Indicator
<b>Short name:</b>	AHPF PI 1.2.4—Inadequate fruit and vegetable intake, 2020
<b>Synonymous names:</b>	Proportion of adults and children with inadequate fruit and vegetable intake
<b>METEOR identifier:</b>	728298
<b>Registration status:</b>	<a href="#">Health</a> , Standard 13/10/2021
<b>Description:</b>	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.
<b>Rationale:</b>	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).
<b>Indicator set:</b>	<a href="#">Australian Health Performance Framework, 2020</a> <a href="#">Health</a> , Superseded 11/07/2023

## Collection and usage attributes

<b>Population group age from:</b>	Adults: 18 years Children: 2 years
<b>Population group age to:</b>	Children: 17 years
<b>Computation description:</b>	<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"><li>• 1 for children aged 2–3</li><li>• 1½ for children aged 4–8, and</li><li>• 2 for people aged 9 and over.</li></ul> <p>The minimum recommended number of serves of vegetables per day is:</p> <ul style="list-style-type: none"><li>• 2½ for children aged 2–3</li><li>• 4½ for children aged 4–8</li><li>• 5 for children aged 9–11, females aged 12 and over and males aged 70 and over</li><li>• 5½ for males aged 12–18 and 51–70, and</li><li>• 6 for males aged 19–50.</li></ul> <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>
<b>Computation:</b>	$100 \times (\text{Numerator} \div \text{Denominator})$

**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 2020 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

**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:**

Supersedes [Australian Health Performance Framework: PI 1.2.4—Inadequate fruit  
and vegetable intake, 2019](#)  
[Health](#), Superseded 13/10/2021