

# NE LINCOLNSHIRE JSNA INDICATOR SUMMARY

<b>TITLE:</b>	2.11 Diet
---------------	-----------

<b>SUBTITLE:</b>	2.11i Proportion of the population meeting the recommended '5-A-Day' 2.11ii Average number of portions of fruit consumed daily 2.11iii Average number of portions of vegetables consumed daily
------------------	--

<b>Domain:</b>	Health Improvement
----------------	--------------------

<b>Frequency of Availability:</b>	Annual
-----------------------------------	--------

<b>Time Period Of Data Analysis:</b>	2014
--------------------------------------	------

## AVAILABLE COMPARISONS

TYPE	AVAILABLE
National, Regional or Peer Group	Yes
Electoral Ward / NELCCG Practice	No
Neighbourhood	No
Socioeconomic Differences	No
Targets, Trends & Projections	No

## KEY POINTS

- 54.2% of adults in North East Lincolnshire consume the recommended '5-A-Day'.
- The average number of portions of fruit consumed by adults in North East Lincolnshire is 2.5 per day.
- The average number of portions of vegetables consumed by adults in North East Lincolnshire is 2.3 per day.

## DESCRIPTION

The importance of diet as a major contributor to chronic disease and premature death in England is recognised in the White Paper 'Healthy Lives, Healthy People'. Poor diet is a public health issue as it increases the risk of some cancers and cardiovascular disease (CVD), both of which are major causes of premature death. These diseases, and type II diabetes are associated with obesity. The costs of diet related chronic diseases to the NHS and more broadly to society are considerable. Poor diet is estimated to account for about one third of all deaths from cancer and CVD (Public Health Outcomes Framework).

# NE LINCOLNSHIRE JSNA INDICATOR SUMMARY

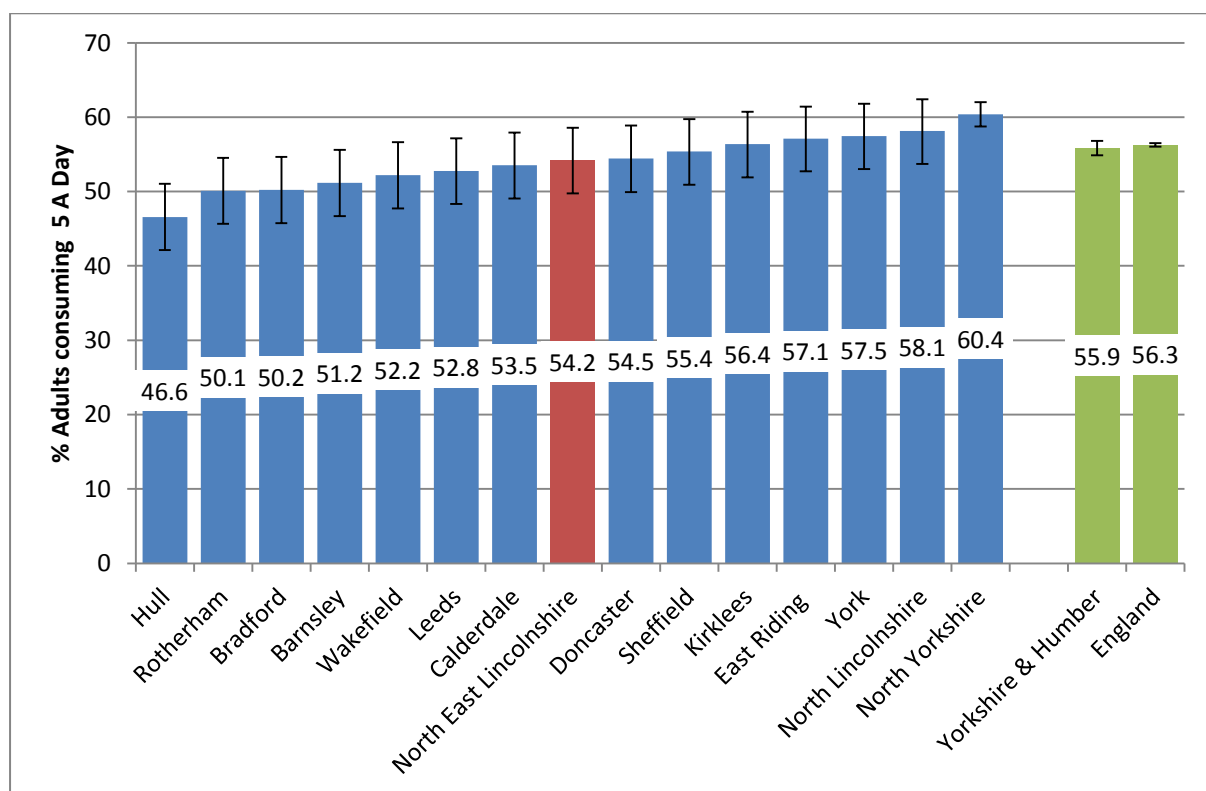
In 2014 new questions about diet were added to the Sport England Active People Survey, adults over 16 were asked about how many portions of fruit and vegetables they ate on the previous day, this question will now be included annually.

## NATIONAL, REGIONAL OR PEER GROUP

### 2.11i Proportion of the population meeting the recommended '5-A-Day'

On average, in England 56.3% of adults said they eat 5-A-Day, a slightly lower proportion of 54.2% in North East Lincolnshire eat 5-A-Day. North East Lincolnshire ranks 8<sup>th</sup> highest for 5-A-Day consumption in the Yorkshire and Humber region and is not significantly different to either the national or regional averages, see Figure 1.

**Figure 1** Percentage of adults (16+) consuming 5 portions of fruit and vegetables a day, Yorkshire and Humber region, 2014



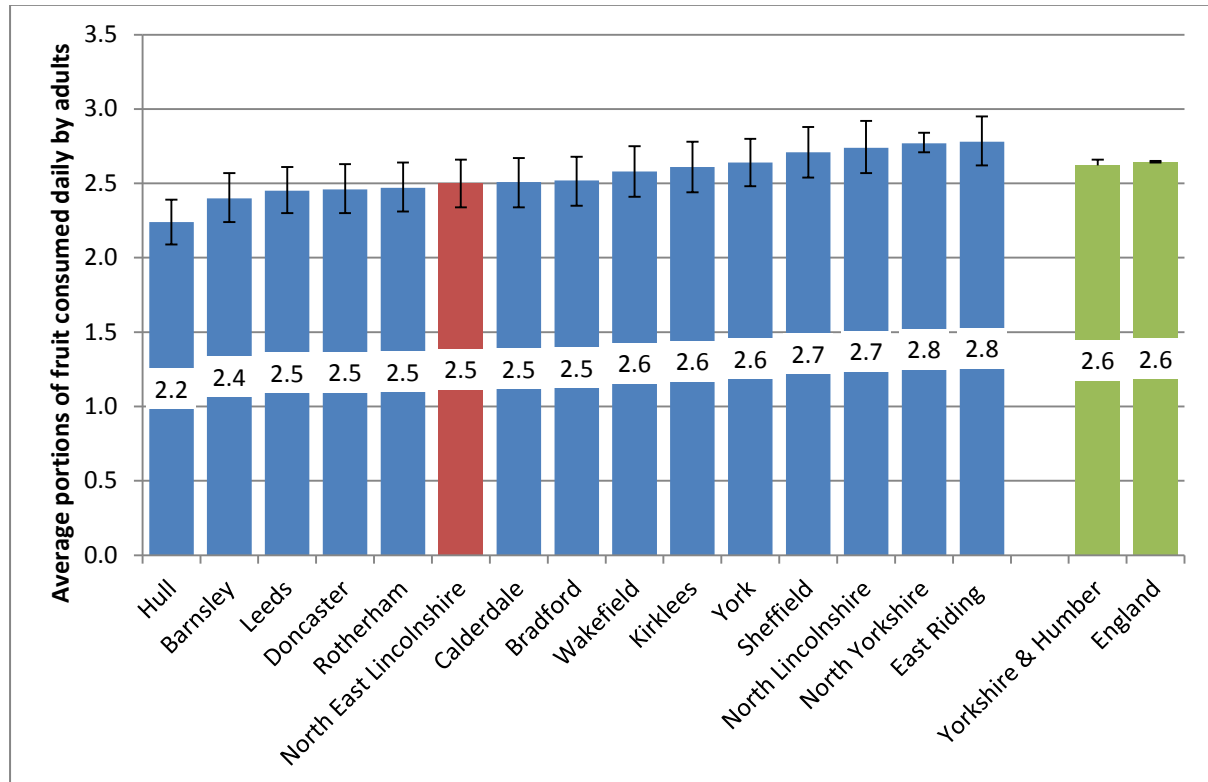
Source: Active People Survey

# NE LINCOLNSHIRE JSNA INDICATOR SUMMARY

## 2.11ii Average number of portions of fruit consumed daily

The average number of portions of fruit consumed daily was calculated based on responses to the Active People Survey. In North East Lincolnshire, on average 2.5 portions of fruit were consumed daily by adults, the national and regional averages were 2.6 portions.

**Figure 2** Average number of portions of fruit consumed daily by adults (16+) in the Yorkshire and Humber region, 2014.



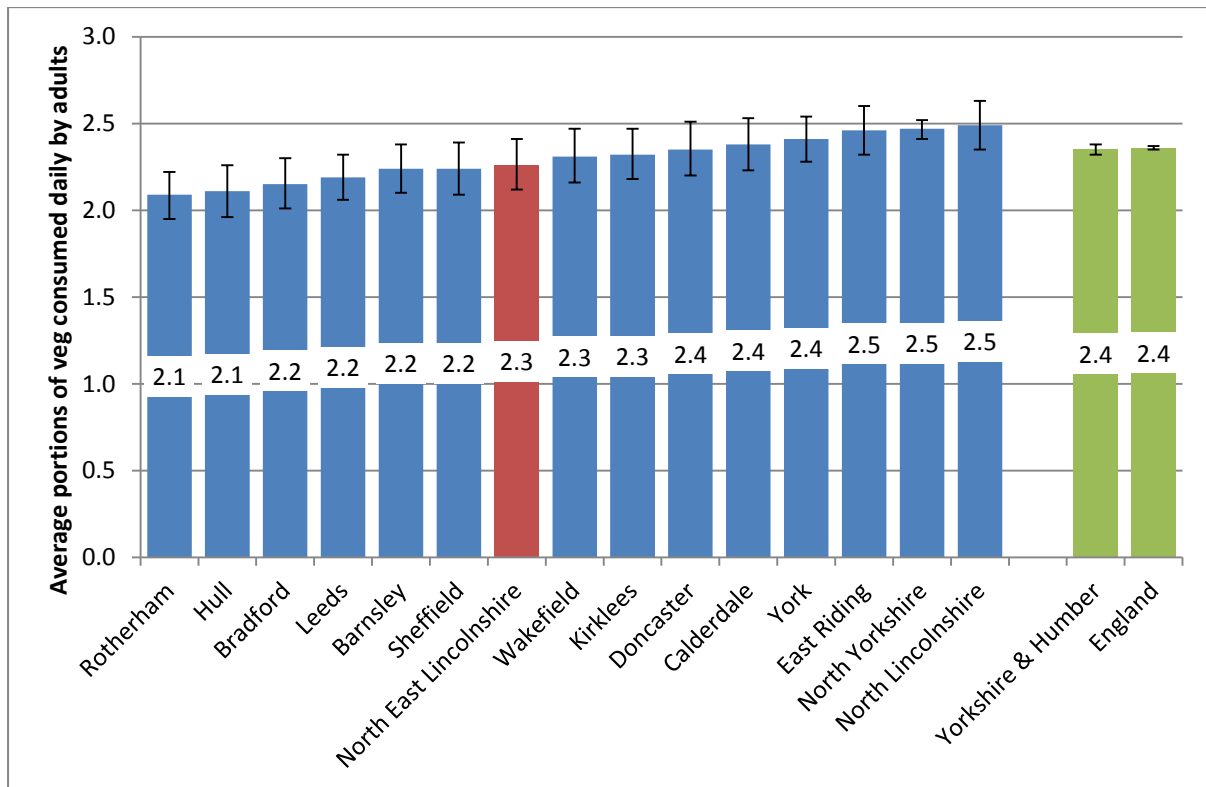
Source: Active People Survey

# NE LINCOLNSHIRE JSNA INDICATOR SUMMARY

## 2.11iii Average number of portions of vegetables consumed daily

In North East Lincolnshire the average number of portions of vegetables consumed by adults is 2.3, slightly below the national and regional averages of 2.4.

**Figure 3** Average number of portions of vegetables consumed daily by adults (16+) in the Yorkshire and Humber region, 2014.



Source: Active People Survey

<p><b>Public Data Sources:</b></p>	<p><a href="http://www.sportengland.org/research/about-our-research/what-is-the-active-people-survey/">http://www.sportengland.org/research/about-our-research/what-is-the-active-people-survey/</a></p> <p><a href="http://fingertips.phe.org.uk/">http://fingertips.phe.org.uk/</a></p>
------------------------------------	---