

Fruit and vegetable intake of Victorians with an intellectual disability

Fact sheet issued October 2011

Fruit intake

According to the *Victorian Population Health Survey of People with an Intellectual Disability 2009* (VPHS-ID 2009), almost half (48.0 per cent) of all people with an intellectual disability living in Victoria met the recommended minimum daily intake levels for fruit (three or more serves for those aged 18 years and two or more serves for those aged 19 years and over), **similar** to the general Victorian population (47.4 per cent).

Vegetable intake

According to the VPHS-ID 2009, more than one in ten (10.7 per cent) people with an intellectual disability met the recommended minimum daily intake for vegetables (four or more serves for those aged 18 years and five or more serves for those aged 19 years and over), **similar** to the general Victorian population (7.9 per cent).

Everyone needs to eat more fruit and vegetables each day

The fruit and vegetable intake of people with an intellectual disability is no better or no worse than the general Victorian population. The entire Victorian population could benefit from eating more fruit and vegetables each day to help protect against cancer, diabetes and heart disease.

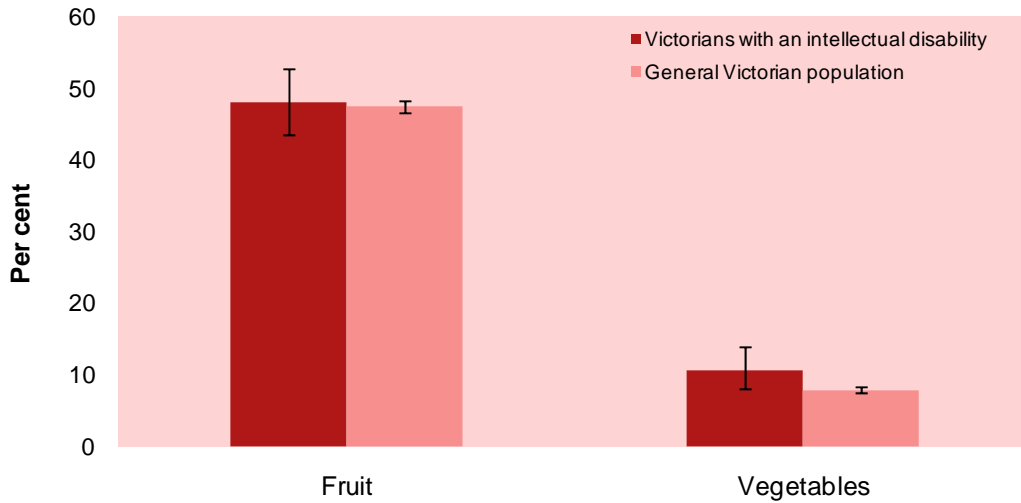
Tips to help increase intake of seasonal fruit and vegetables

To find out about seasonal fruit and vegetables each month see:

- Better Health channel located at <http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/InSeasonView/InSeason?OpenDocument>
- Market Fresh website located at <http://www.marketfresh.com.au/mf.asp>

These websites also include great recipes to print, take to the market, purchase and cook.

Figure: Meeting guidelines for consumption of fruit and vegetables



The black bars in the graph indicate 95% confidence interval

For further information

The VPHS-ID 2009 is a statewide survey the Department of Health undertook to collect information on the health and wellbeing of people with an intellectual disability in Victoria. This is the first time the survey has been carried out in Victoria.

The full report of the VPHS-ID 2009 is available at:
<http://www.health.vic.gov.au/healthstatus/>

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