

Canada Food Stats...

still developing

A quick look back at...

Canada Food Stats

A perspective on energy consumption

From calories to vitamins...

Next steps



A little history...

- **Mid-nineties –started with food consumption**

- ✓ Major limitations

- ✓ = weak, incomplete, apparent

- **Reviewed back to 1960**

- ✓ Added new series (total = 194)

- ✓ Important nutritionally = food groups

- **Canada Food Stats**

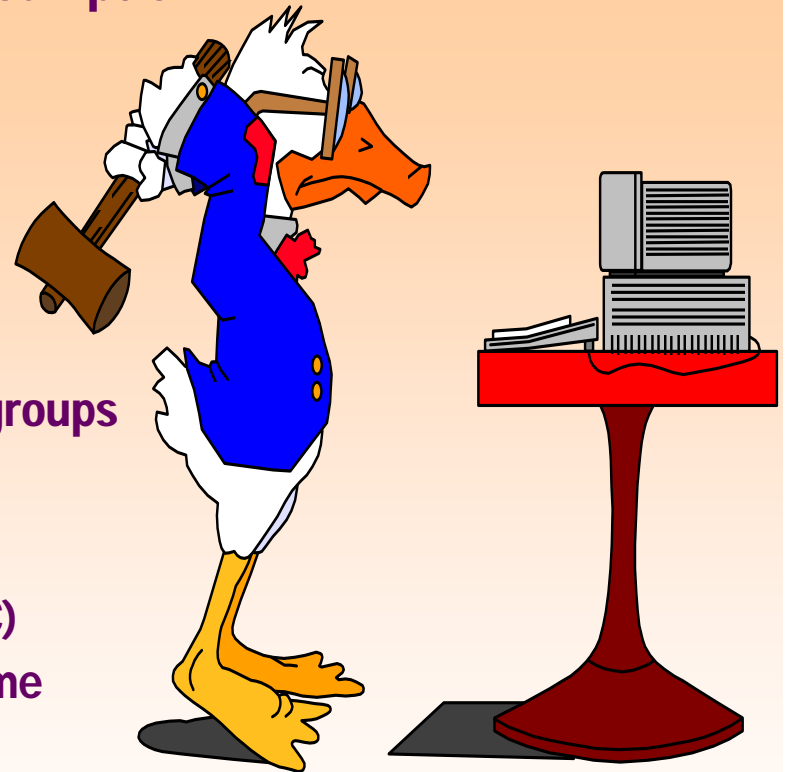
- ✓ Food Statistics Desk (SWOT-AAFC)

- ✓ Nutrient by food source over time

- **Food Statistics**

- ✓ Free on internet

- ✓ Popular spin off of CFS



Canada Food Stats

an electronic compendium produced by Statistics Canada in cooperation with AAFC and Health Canada

- **Fast access to volumes of data -on a CD**
 - ✓ different subject matter areas
 - Challenge to access and consolidate data
- **Friendly, intuitive “point & click”**
 - ✓ bilingual
- **Time series or pre-formatted**
- **Canada level annual data**
 - ✓ selected provincial, quarterly or monthly data
- **Meta data**



Canada Food Stats



Find Your Data in Three Easy Steps...

Introduction Reports Query

Select: 1. Series 2. Geography 3. Frequency

Show Data Export Data

3 series selected

- FC - Beef - Beginning stocks (Tonnes x 1K)
- FC - Beef - Ending stocks (Tonnes x 1K)
- FC - Beef - Disposition (Tonnes x 1K)

1 geographic area selected

Canada

5 frequencies selected

- 1997
- 1998
- 1999
- 2000
- 2001

Series Info

? Exit

Step One - Series Selection
✕

Category / Subcategories
Keyword Search

Categories:

Processing	Consumption	Prices	Economic	Labour	Trade	All Series
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Subcategories:

Food Consumption	Nutrients	Supply-Demand	Retail Sales	Wholesale Sales	Food Services
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1246 **Available Series**

Select
Select All
Series Info
?
Dictionary

- FC - Beef - Beginning stocks (Tonnes x 1K)
- FC - Beef - Disposition (Tonnes x 1K)
- FC - Beef - Ending stocks (Tonnes x 1K)
- FC - Beef - Exports (Tonnes x 1K)
- FC - Beef - Imports (Tonnes x 1K)
- FC - Beef - Manufacturing (Tonnes x 1K)
- FC - Beef - Net supply (Tonnes x 1K)
- FC - Beef - Production (Tonnes x 1K)
- FC - Beef - Total supply (Tonnes x 1K)

3 **Selected Series**

Clear
Clear All
OK
Cancel

- FC - Beef - Beginning stocks (Tonnes x 1K)
- FC - Beef - Disposition (Tonnes x 1K)
- FC - Beef - Ending stocks (Tonnes x 1K)

Easy Access to Preformatted Reports

Introduction Reports Query

Select Category :

Food Consumption Nutrients **Analysis / Articles** Food At A Glance International

Select Subcategory :

Health and Nutrition Consumption / Expenditures Food / Beverage Industry General

Description

This section, which features articles or analytical papers from various sources, is intended to provide additional information on health, nutrition and dietary and eating practices.

Additional topical articles from Statistics Canada, other federal government departments, provincial governments and the private sector will be included in future releases of Canada Food Stats.

Contents - Double-Click To View

- Body Mass Index and Health - Article - Body Mass Index (BMI)
 - Table - BMI by Age and Sex - Canada
 - Table - BMI by Sex - Canada and Provinces
- Canada's Food Guide
- Canadian Community Health Survey - Article - Canada's Food Guide
 - Table - BMI by Age and Sex - Canada
 - Table - BMI by Sex - Canada and Provinces
- Fruit and Vegetable Consumption - Article
 - Table - Dietary Practices by Age and Sex - Canada
 - Table - Dietary Practices by Sex - Canada and Provinces
- Health Divide - How Sexes Differ
- Health Knowledge - Knowledge of Healthy Eating Practices
- How Healthy are Canadians**
- Trends in the Health of Canadian Youth

? Exit

Nutrient data

— starts with food consumption statistics

- The Method

- consumption = residual
- supply & demand -accounts for stocks and flows

Beginning Stocks

+imports

+production

=Total Supply

-exports

-manufacturing

-waste

-ending stocks

= Food Net / Canadian population = disappearance/Canadian



Nutrients

- Apply nutrient factors to retail weight
 - Factors developed by Food Bureau of AAFC based on HC nutrient file
- Translates all food into nutritional equivalents
 - Energy
 - Carbohydrates
 - Fat
 - Protein
 - Vitamins
 - Minerals
- Provides valuable trends but not levels
 - 1976 on



Nutrients consumed by Canadians

- Truly want actual food consumed, not available
- Adjust for losses at consumer and retail levels
 - Institutions, restaurants and households
 - Storage losses
 - Food preparation losses
 - Plate losses
 - By specific food over time
- U. S. factors –minor adjustments
- In cooperation
 - Agriculture and Agri-Food Canada
 - Health Canada

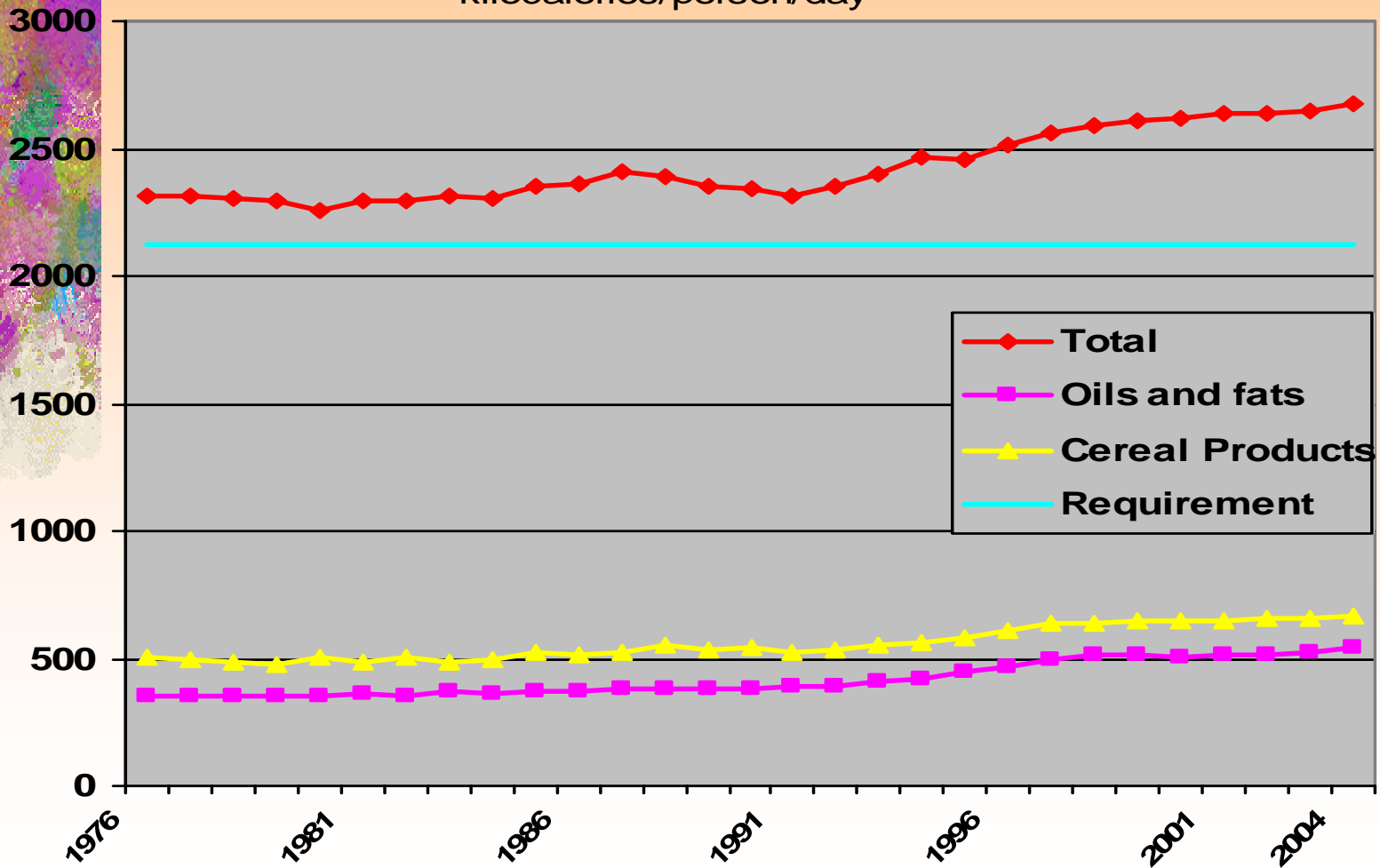
= Experimental – use with caution



Energy

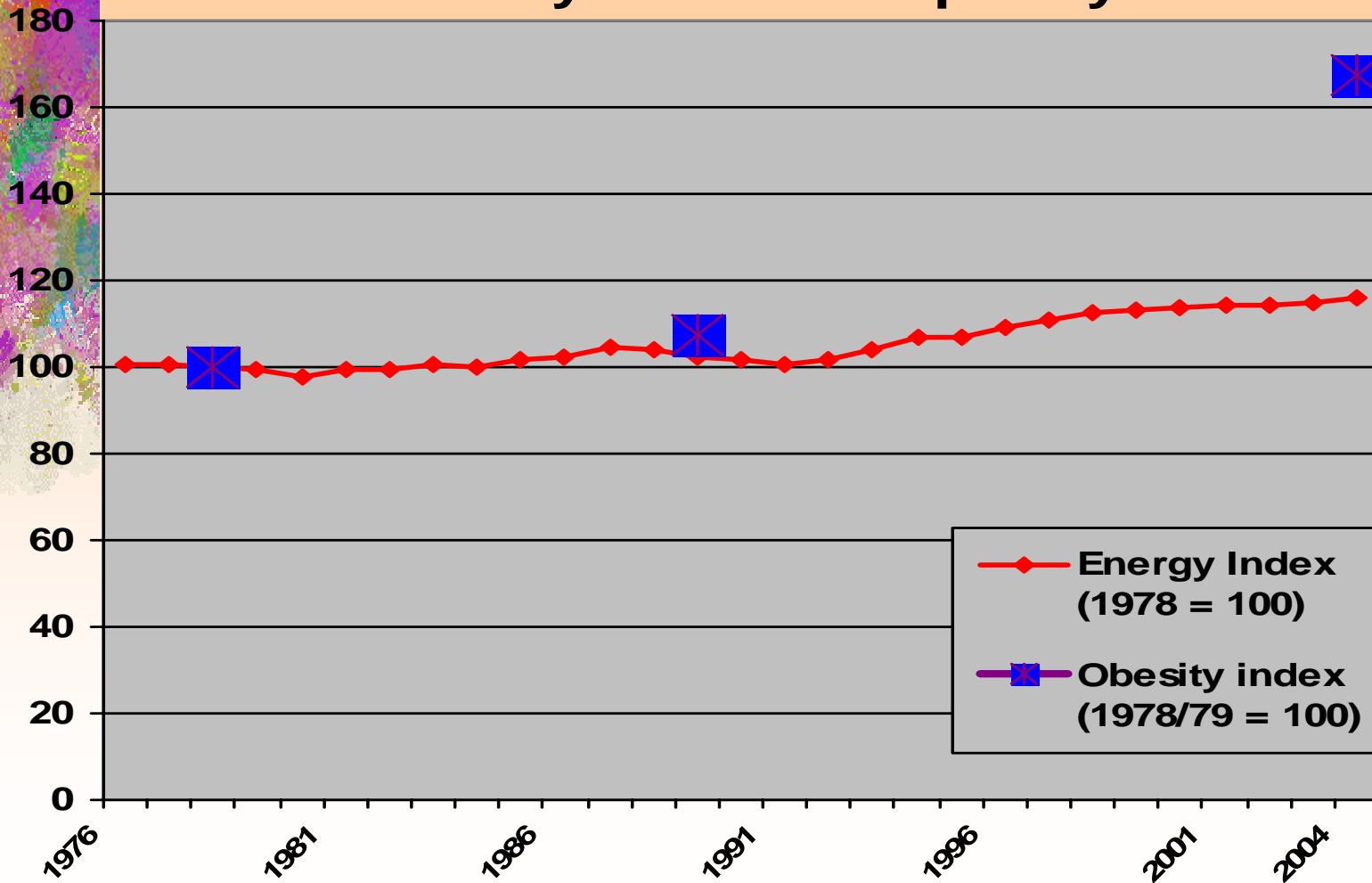
Canadians consume more calories

kilocalories/person/day



Energy

In the 1990s calorie consumption and obesity rose more quickly



Energy

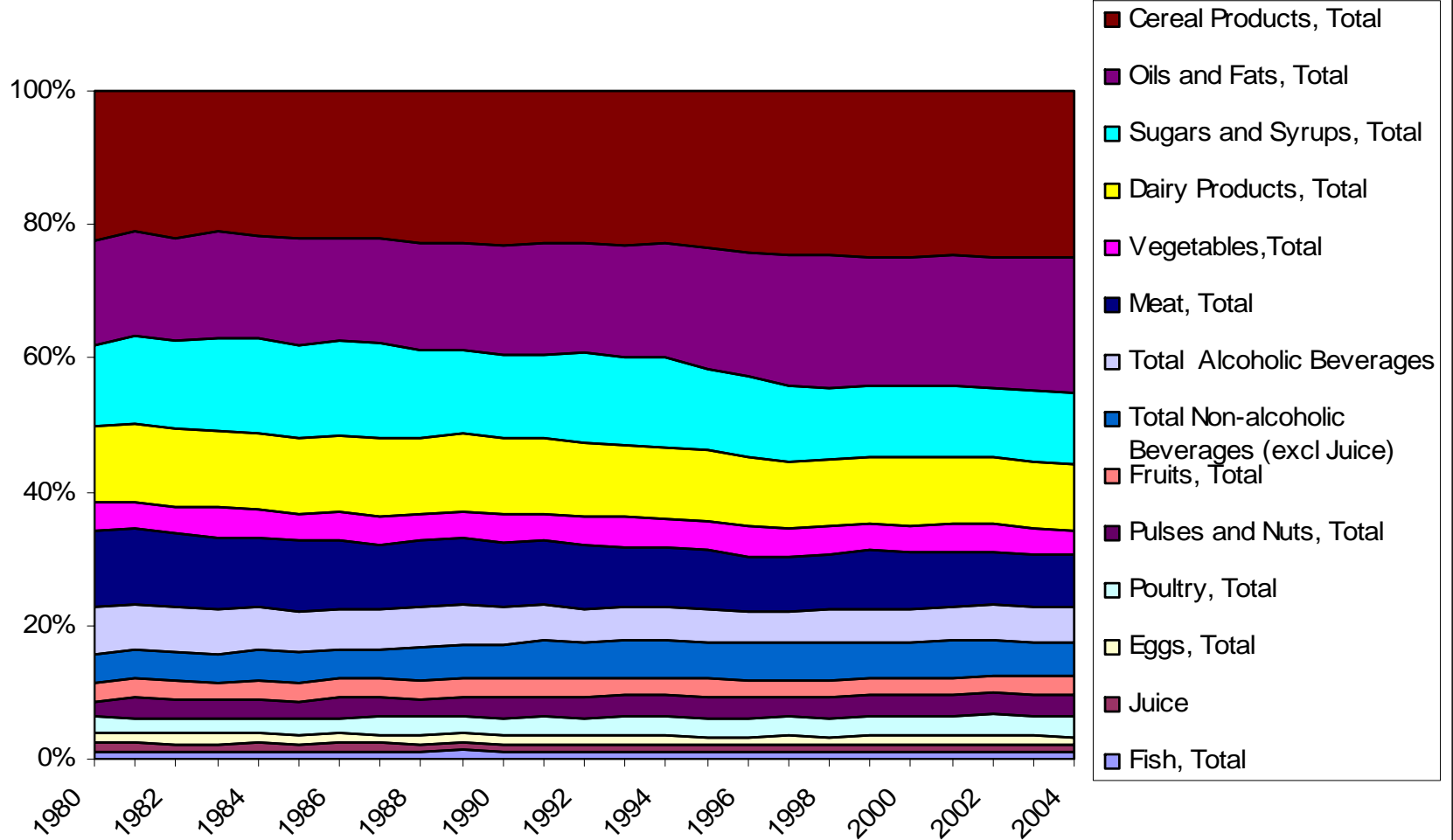
- Up 14% over time = + 300 calories -possible???
- More than needed = 1 large cookie, latte, small fries

- Increasing –most foods
 - Oils & fats –reviewed, confirmed (more = arbitrary)
 - Cereals
 - Numerous contributors cumulate

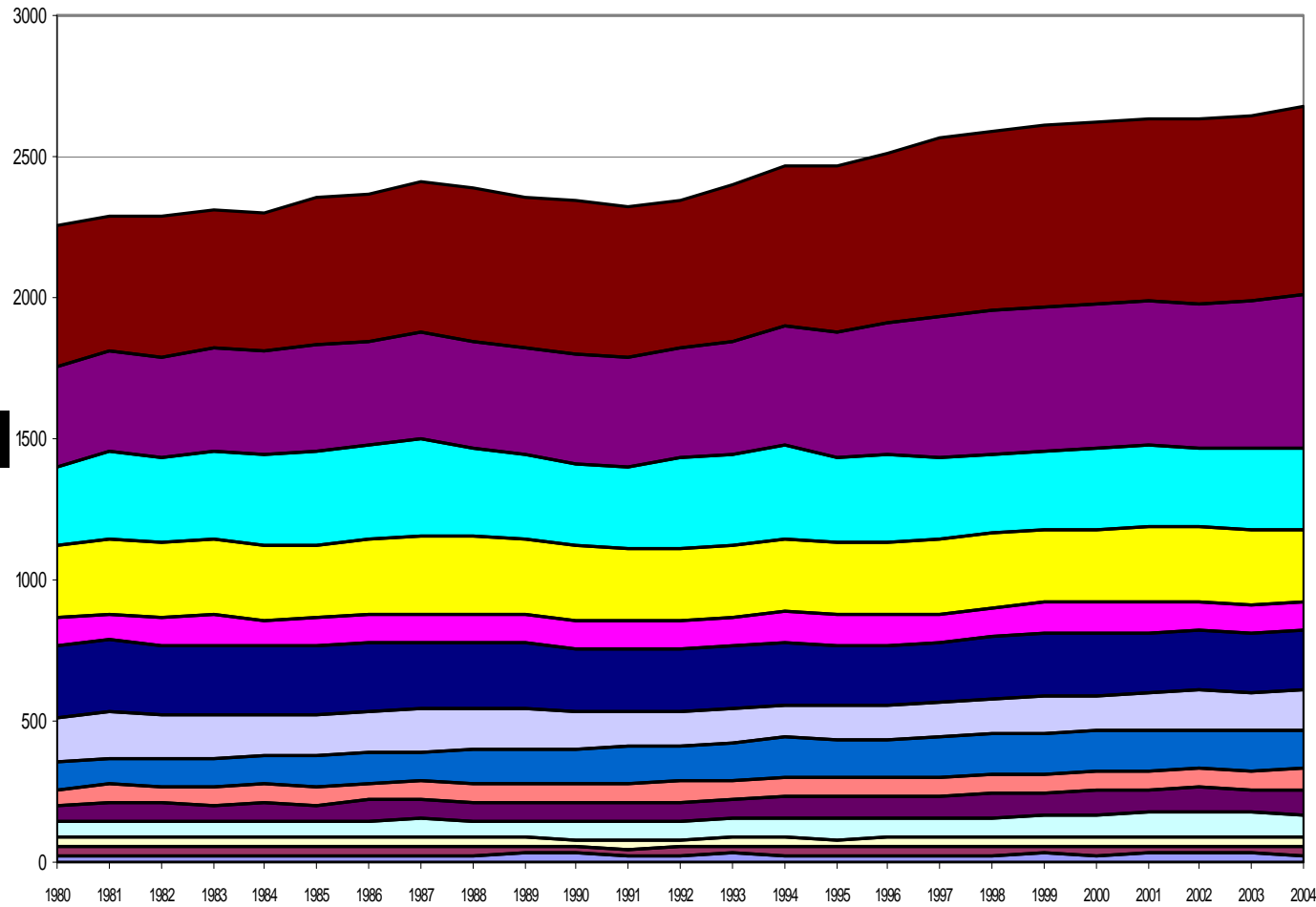
- Overweight and obesity is on the rise
 - 2004 = 23.1% obese & 36.1% overweight (59.2%)
 - Obesity up 67% since 1978
 - 25% of Canadians moved up a notch from 1994 to 2002



Daily Percent of Energy by Food Group



Per Capita Daily Total Energy



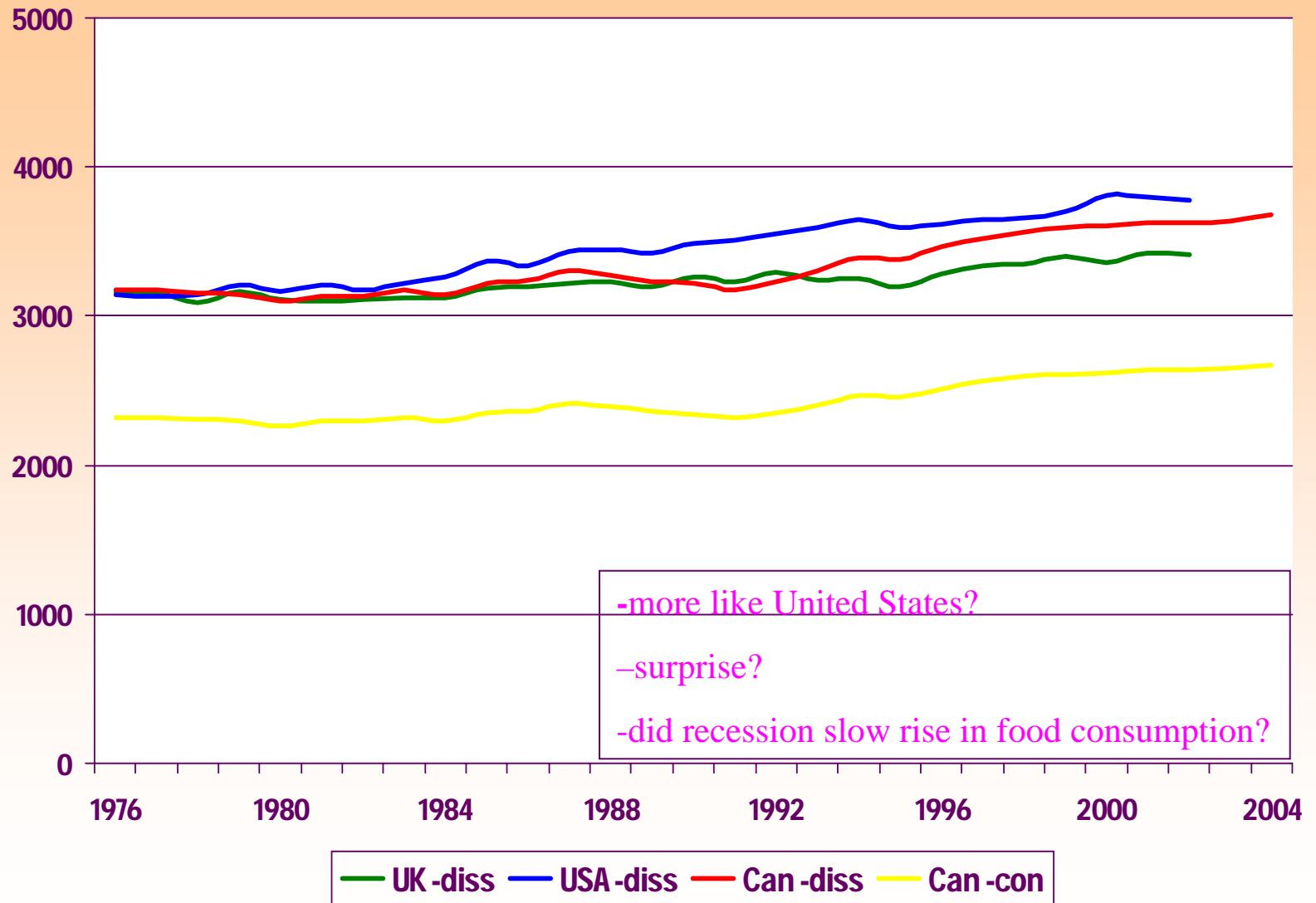
- Cereal Products, Total
- Oils and Fats, Total
- Sugars and Syrups, Total
- Dairy Products, Total
- Vegetables, Total
- Meat, Total
- Total Alcoholic Beverages
- Total Non-alcoholic Beverages (excl Juice)
- Fruits, Total
- Pulses and Nuts, Total
- Poultry, Total
- Eggs, Total
- Juice
- Fish, Total

Energy

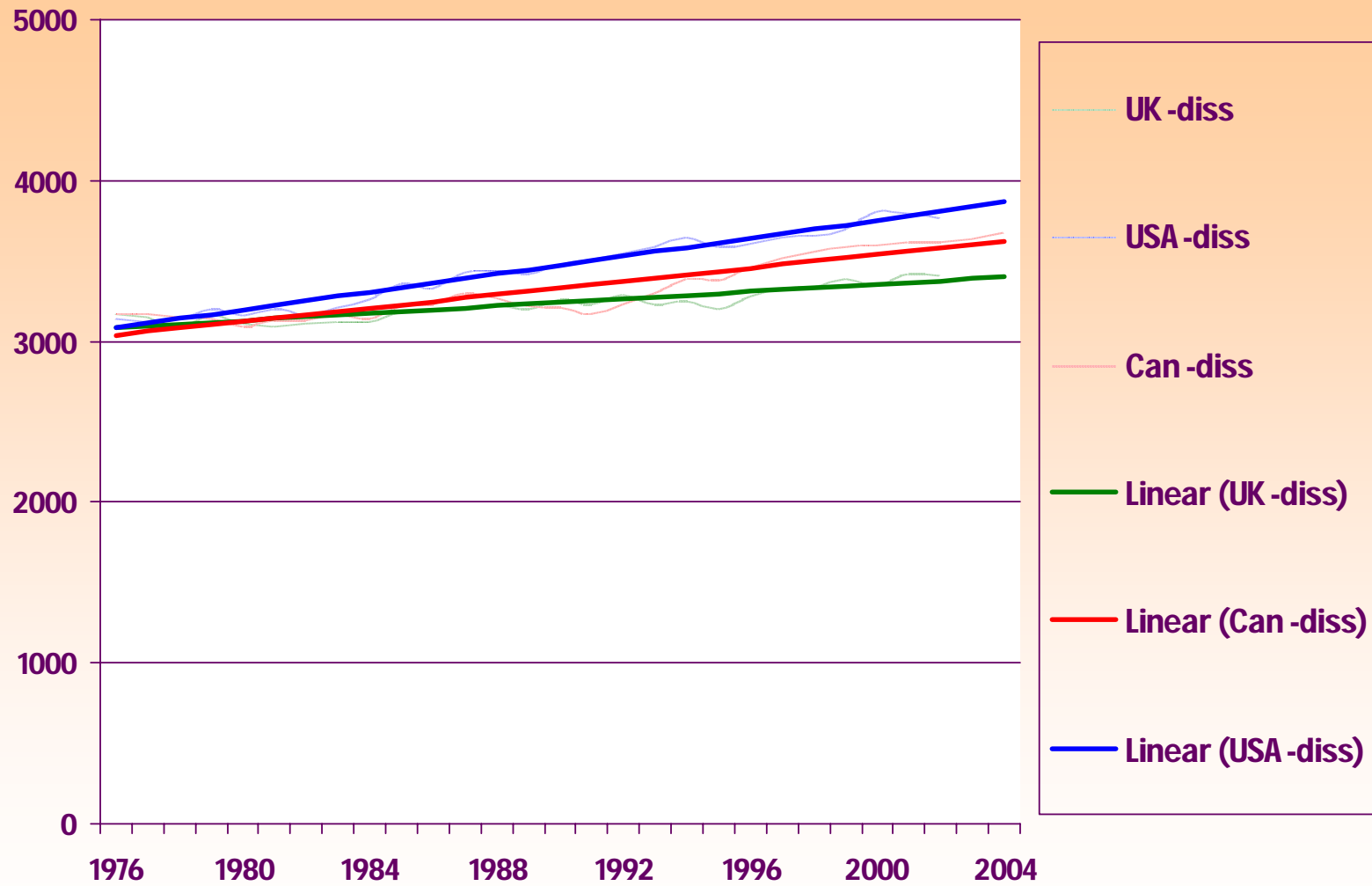
- Linked to rising fast food sales
 - Turn to restaurants (fast-food) coming out of recession
 - Busy parents, kids are happy
 - Cheap calories
- Portions are larger
 - Supersize it please (cheap)
 - Burgers, fries and a soft drink = 1,200 to 2,100 cal
- Should be noticeable in many communities
 - More drive-thrus since the early 1990s
- Pre-packaged or partially cooked food



Energy -international



Energy -international



Energy

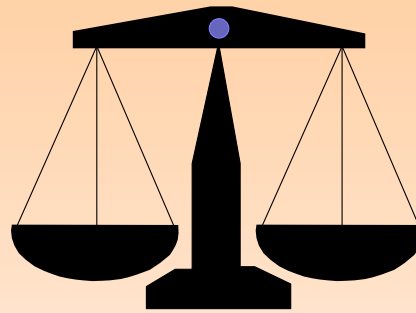


- Perhaps 14% change seems high
- Perhaps the level seems high
 - Model over time and by source = value
 - Surveys are more robust than models
 - Intend to benchmark to nutrient data from Canadian Community Health Survey
- But the message is simple and clear

Canadians are consuming significantly more calories!

Energy

- **It is all about balance**
 - Increase in energy consumption is good if more calories are needed

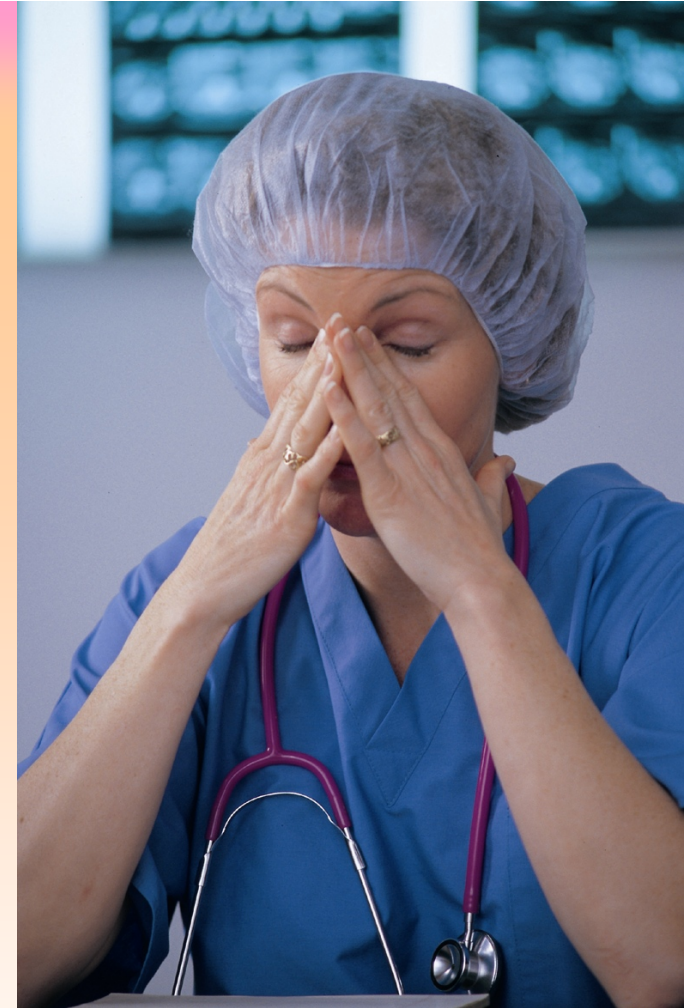


- **Enough exercise to compensate???**
 - Running = 670 kcal/hour
 - Biking = 440 kcal/hour
 - Walking = 300 kcal/hour



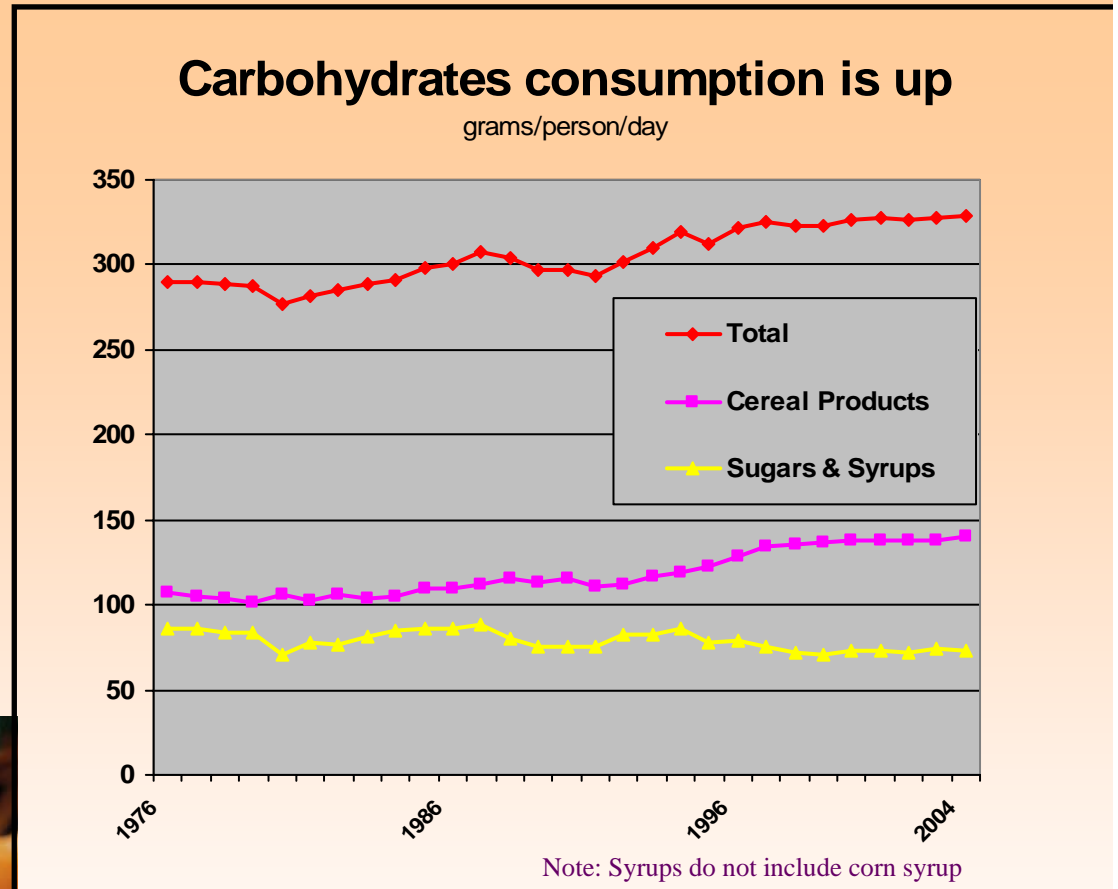
Energy

- **Canadians are more obese**
- **early warning of weight to come**
 - Gain is cumulative & takes many years
- **Rising consumption = future health risks**
 - To individual
 - On health care system
- **World Health Organization**
 - Identified obesity as major health problem



Carbohydrates

- **Ideal energy source**
- **On the rise**
 - More than required (130)



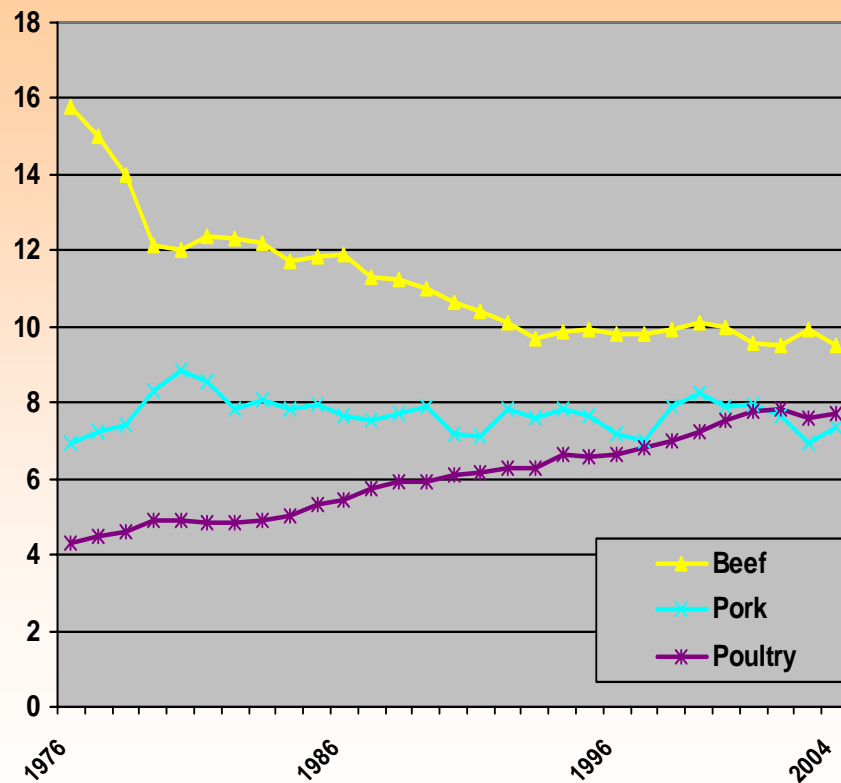
- **Mostly from cereal products**
 - Wheat
 - Pasta, breads, snacks

Proteins



BSE impacts trends

protein in grams/person/day

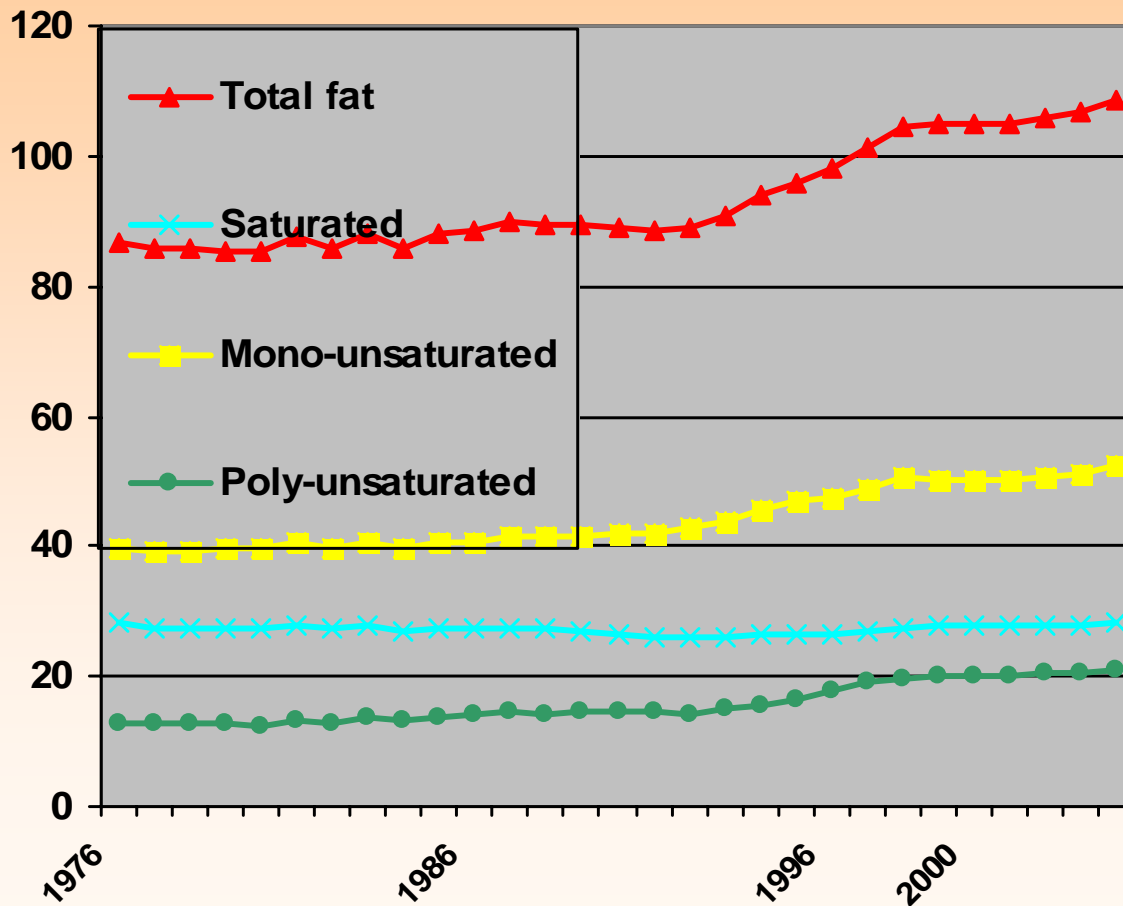


- Increase over time modest (+7%)
- > needed
 - Need 45 -get 76
- Source is changing
 - More poultry, less beef
 - Easy to prepare products, \$
 - More cheese, less milk
 - pre-packaged, fast foods
 - Fish
 - Up a little

Fats

Fat consumption on the rise

grams/person/day



- **Up 22 % since 1990**
 - 2 sources = same
- **Needed**
 - Easy to obtain
 - Need 65, get 109 g/p/d
- **Contributor to energy increase**
 - Energy dense
 - 9 cal/gram
 - Vs 4 cal/gram
- **Risk of disease**
 - Heart
 - Cancer
 - Diabetes

Vitamins

More food = more vitamins



Vitamins

generalizing = caution

- **Vitamin A**
 - Fat-soluble
 - Plentiful ~ 2 X the required amount
- **B Vitamins**
 - Water soluble
 - > required
- **Vitamin C (scurvy)**
 - Water soluble
 - Intake more than required and rising

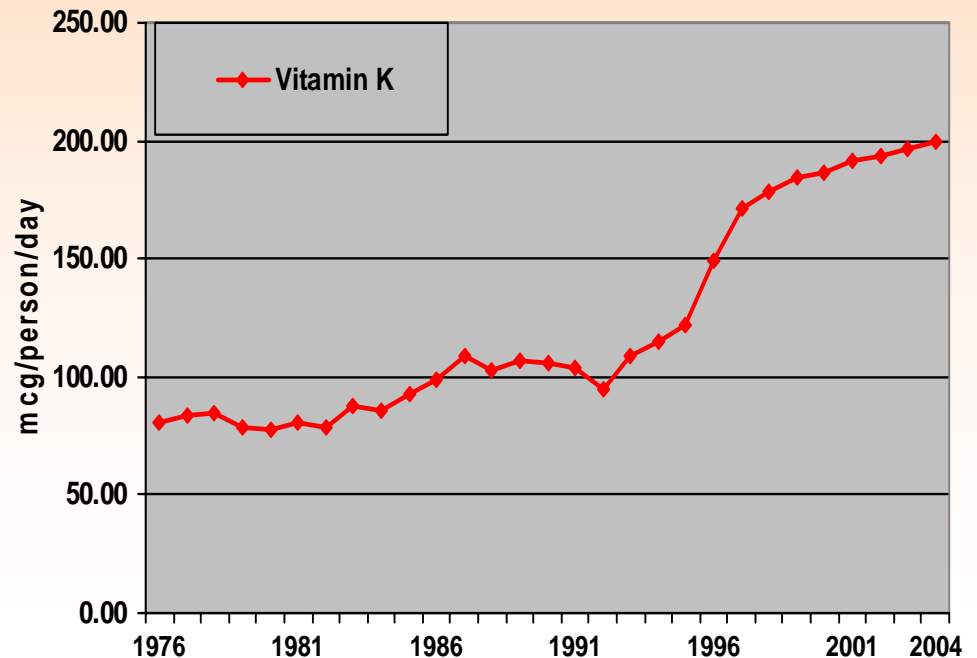


Vitamins = abundant



- **Vitamin D (sun)**
 - Fat-soluble
 - Declining
 - Dairy is an important source
- **Vitamin E**
 - Fat soluble
 - Increasing –sufficient?
- **Vitamin K**
 - Fat-soluble
 - Intake more than required and rising

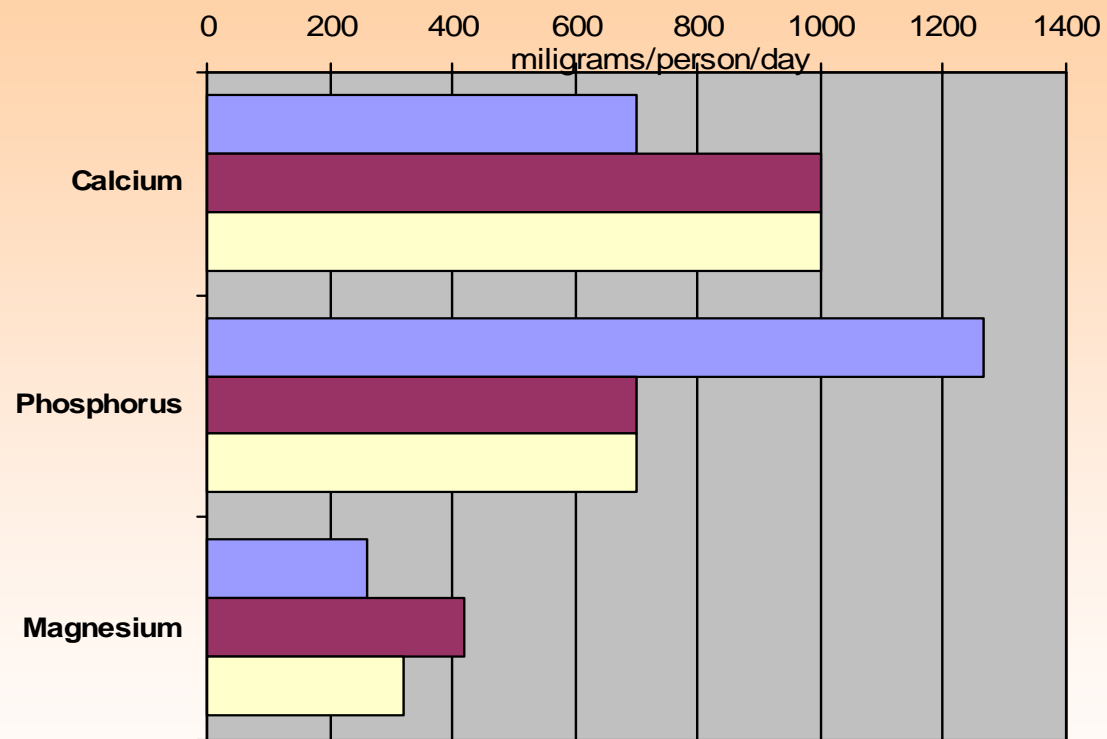
Vitamin K consumption has surged



Minerals

Adequate mineral consumption is variable

Dietary Reference Intakes: Estimated Average Requirements for Groups



■ Consumption (2004) ■ Adult male DRI ■ Adult female DRI

Minerals -trace

- **Iron**
 - Up
 - sufficient?
- **Zinc**
 - Stable
 - Close
- **Copper**
 - Slow increase
- **Manganese**
 - plentiful



Canada Food Stats – next steps

- **@ www.statcan.ca**
 - Part for free
 - Downloadable for fee
 - Fully functional version

- **Benchmark to nutrient data from Health Division**
 - Consider smoothing?



Canada Food Stats -logic

- **Food = broad interest**
 - specific interest to governments
 - health link
 - public good (mostly)
 - Base funded by redirecting resources
- **Data are needed -gaps**
 - trend and level estimate
 - by source
 - complimentary
 - Part of the mosaic
- **AAFC & HC = important clients**
 - Linked back to SWOT exercise
- **Low cost, high quality service**
 - Motivated staff





Canada Food Stats – *relevant, public, free*

- In summary, the food data set is highly relevant, reliable and somewhat timely – it can be delivered to Canadians via the Internet in a cost-efficient manner to provide an excellent public service.