



Australian Secondary Students' Alcohol and Drug Survey 2022/23

Western Australian Results: Vegetable and fruit consumption

Vegetable consumption key findings

Based on average daily intake:

- One in 8 (13 per cent) students reported consuming the minimum recommended number of serves of vegetables (Figure 1; Box 1).
- Students aged 12–15 years were significantly more likely (15 per cent) to report consuming the minimum recommended number of serves of vegetables than students aged 16–17 years (9 per cent).
- Significantly more students (60 per cent) aged 16–17 years reported consuming 2 serves of vegetables or less per day than students aged 12–15 years (45 per cent).
- One in 2 students (49 per cent) consumed 2 serves of vegetables or less, and one in 20 (4 per cent) students reported that they do not eat vegetables.

Box 1: Australian Dietary Guidelines¹

Guideline 2.2

Enjoy plenty of vegetables, including different types and colours, and legumes/beans, and enjoy fruit.

Minimum recommended number of serves of vegetables and fruit per day for adolescents (12–18 years).

	Vegetables	Fruit
Boys	5.5	2
Girls	5	2

1. National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council. Available from: <https://www.health.gov.au/resources/publications/the-australian-dietary-guidelines?language=en>

Figure 1. Proportion of students (12–17 years) reporting average daily number of serves of vegetables* consumed.



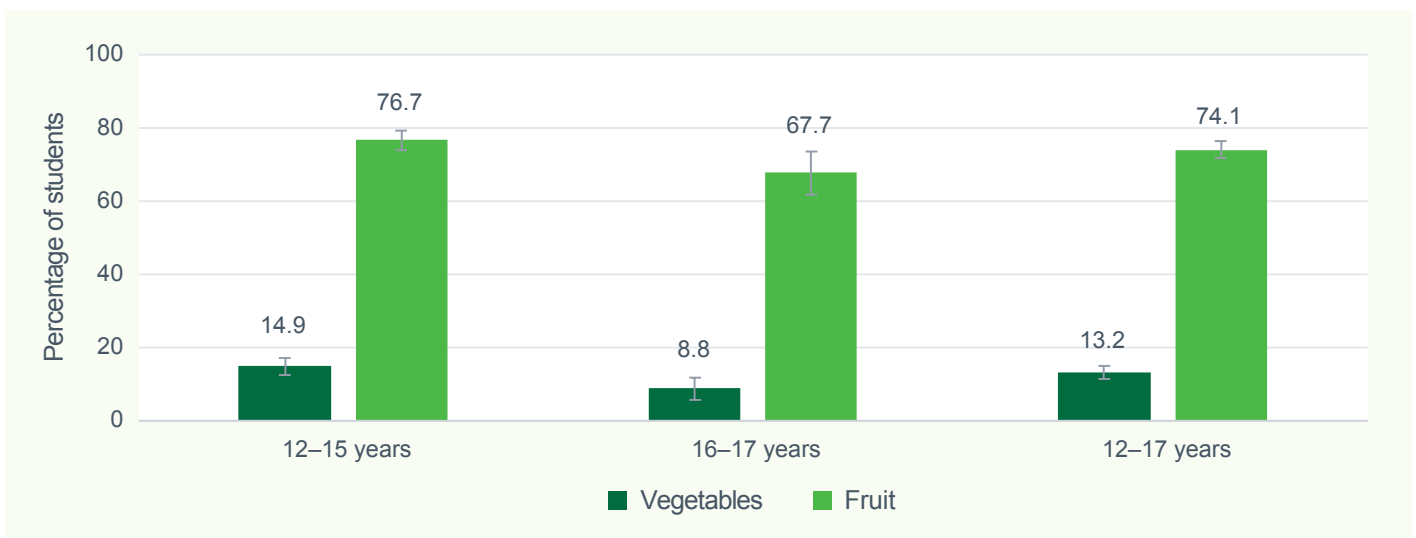
* The Australian Dietary Guidelines recommend adolescents 12–18 years old consume at least 5 (female) or 5.5 (male) serves of vegetables.

Fruit consumption key findings

Based on average daily intake:

- Three in 4 (74 per cent) students reported consuming the minimum recommended number of serves of fruit (Figure 2; Box 1).
- Similar to vegetable consumption, students aged 12–15 years were significantly more likely (77 per cent) to report consuming the minimum recommended number of serves of fruit than students aged 16–17 years (68 per cent).
- Significantly more students reported meeting the minimum recommended number of serves of fruit (74 per cent) than vegetables (13 per cent). This significant finding was consistent between both age groups and genders.
- There were no significant differences between fruit consumption and gender.
- Consistent with vegetable consumption, one in 20 (4 per cent) students reported that they do not eat fruit.

Figure 2. Proportion of students (12–17 years) reporting, on average, consuming the recommended daily number of serves of vegetables and fruit*.



* The Australian Dietary Guidelines recommend adolescents 12–18 years old consume at least 5 (female) or 5.5 (male) serves of vegetables and 2 serves of fruit per day.

Technical notes

Purpose of the survey

The Australian Secondary Students' Alcohol and Drug (ASSAD) survey provides a snapshot of alcohol, tobacco and other drug use among secondary school students aged 12 to 17 years across the state. The survey has been conducted every 3 years since 1984. In 2020, the survey was postponed due to COVID-19 and conducted from March 2022 to July 2023. This is the first time nutrition questions have been included in the survey.

Who took part in 2022/23?

In 2022/23, 182 secondary schools were selected from a random sample of government, Catholic and independent schools, and were invited to take part in the survey. Of these, 20 schools (11 per cent) agreed to participate. From the schools that took part, 1,817 students provided valid responses for age and gender and were included in the final sample.

Methodology

In 2022/23, the survey was completed via an online questionnaire for the first time. To provide population estimates and to address any over or under sampling, survey responses were weighted to the appropriate Western Australian population group by age, gender and school type.

Acknowledgements

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