



# STATISTICHE

Figures and charts to understand Veneto



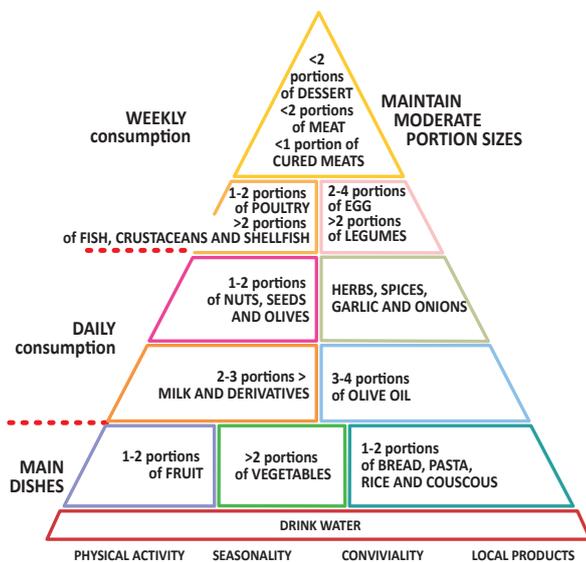
If nutrition is still a concern for its scarcity in many parts of the world, in other areas where its availability is not a problem, health issues emerge due to its quality and composition. An increasingly industrially produced food, rapid urbanisation and changing life-styles have changed eating styles: people consume more foods high in calories, fat, sugar and salt and not enough fruit, vegetables and fibre. The World Health Organization (WHO) warns of the repercussions that these eating habits have on the spreading of obesity and overweight, which are risk factors for cardiovascular disease, diabetes and musculoskeletal disorders. The percentage of people overweight is increasing: among European countries it reached 58.6% in 2014 (it was 50% in 2005). In Italy this figure is among the lowest (45.8%, it was 44.6%) and Veneto is in line too (45.1%, it was 43.2%). According to OECD studies, this increase may also be a consequence of the crisis, given that

## FEEDING HEALTH

obesity seems to be more common among people with fewer economic resources. Amongst adults, excess weight also increases with age, affecting men more, and people with low educational qualifications. Excess weight among children should be monitored, in order to intervene early, changing eating habits and lifestyles. In Italy, although in decline in recent years, the phenomenon of obesity among children and adolescents is at a greater measure than in other countries: for example, among children of 11 years, it involves 24.1% of males and 15.7% of females, compared to a European average of 17% and 13%. In Veneto, the problem is less common, but is specific to an important part of the child population: 15.3% of 11-year olds are overweight (19.2% of males and 11% females) and 23.5% of children aged 8-9 years (30.7% in Italy).

The guidelines for correct nutrition for health purposes are explained in the pyramid of the Mediterranean diet in a graph demonstrating the proportions that foods should have in the diet. The strictest provisions concern the portions of fruit and vegetables (at least 5 per day), cereals (every day), legumes (several times a week) and meat, which should be limited to no more than twice a week.

### THE PYRAMID OF THE MEDITERRANEAN DIET



Source: National Institute of research for food and nutrition (INRAN)

### EXCESS WEIGHT

Percentage of people aged 18-69 years that are overweight or obese per various features. Veneto and Italy - Year 2014

|                                       | Veneto | Italy |
|---------------------------------------|--------|-------|
| Males                                 | 49.0   | 51.0  |
| Females                               | 29.0   | 33.0  |
| 18-34 years old                       | 21.0   | 24.4  |
| 35-49 years old                       | 36.0   | 41.2  |
| 50-69 years old                       | 54.0   | 56.1  |
| Primary education or no qualification | 61.0   | 63.9  |
| Middle school education               | 49.0   | 49.7  |
| High school diploma                   | 34.0   | 36.7  |
| Degree or postgraduate degree         | 24.0   | 30.2  |
| Severe economic difficulties          | 55.0   | 50.9  |
| Some economic difficulty              | 41.0   | 43.9  |
| No economic difficulty                | 35.0   | 36.3  |
| Italian citizenship                   | 39.0   | 42.0  |
| Non-Italian citizenship               | 42.0   | 39.8  |
| Total                                 | 39.0   | 41.9  |

Source: Veneto Region processing – Regional Statistics System Section on Veneto Region PASSI and the Italian National Institute of Health data



AVAILABLE HERE:

- Statistical Report 2015 - Veneto tells its story, Veneto is compared
- Tourism – Year 2015 data
- The labour market in 2014

<http://www.regione.veneto.it/web/statistica>

If about 84% of people in Veneto eat more than one fruit and vegetables serving per day, few of these eat at least 5, as provided for by WHO: just 4.6%, down when compared to 2008. This trend is probably due to the effect of economic crisis on the accessibility of these products, for many families they have become too expensive. On the other hand, there has been a surprising decrease in those who eat bread, pasta or rice at least once a day; here the ability to reduce carbohydrates seems to have prevailed, possibly due to the increased reliance on low-calorie diets but also to the spread of disorders related to the consumption of these foods. It is positive that there is a tendency to consume more legumes and fish, a little less red meat as well as cured meats. On average, one consumes beef and cured meats a few times a week, but in recent years the fraction of those who also consume less, i.e. less than once a week or never, has increased. A residual fraction claims to consume them once a day or more.

## WHO GUIDELINES ARE STILL RARELY FOLLOWED

If the diet concerns the variety and quantity of food that we regularly consume, our food lifestyle is also contributed to by some behavioural habits related to the way we eat: whether we have an adequate breakfast, eating lunch at home or away, or whether we consider lunch or dinner as the main meal. Eating the main meal at home allows you to closely monitor the ingredients and cooking methods, making a correct and balanced breakfast prevents us from resorting to snacks. Lunch remains the main meal of the day, as indicated by 67% of people in Veneto, on the whole consumed at home (73%). Those who work manage with difficulty to have lunch at home (56.3%), while the use of the company canteen, bar or restaurant decreases, replaced in part with lunch in the office - one might say "on the desk". Almost 15% of workers bring lunch from home or resort to take-away, compared to 12.3% in 2008.

The way in which we have breakfast has been improving, given that 82% say that they have an adequate breakfast, i.e. eating something besides drinking tea, coffee, milk or juice. The good practice of using olive oil for cooking or dressing dishes is more common, particularly among the most educated people, as well as controlling the salt used in cooking.

### FEW FOLLOW THE GUIDELINES SET BY WHO

Percentage of people per consumption of certain foods. Veneto and Italy – Years 2008 and 2013

|                                       | Veneto |      | Italy |      |
|---------------------------------------|--------|------|-------|------|
|                                       | 2008   | 2013 | 2008  | 2013 |
| Fruit and vegetables                  |        |      |       |      |
| At least 5 portions a day             | 6.0    | 4.6  | 5.7   | 4.8  |
| More than 1 portion a day             | 85.0   | 84.4 | 85.1  | 83.5 |
| 2 or more portions of fruit a day     | 63.0   | 63.8 | 54.1  | 50.0 |
| Bread, pasta, rice once or more a day | 86.0   | 81.7 | 85.6  | 82.4 |
| Legumes a few times a week or more    | 30.0   | 35.8 | 44.2  | 49.4 |
| Fish a few times a week or more       | 48.8   | 51.7 | 57.5  | 57.9 |
| White meat a few times a week or more | 80.5   | 81.7 | 79.9  | 82.5 |

### LUNCH IS USUALLY AT HOME

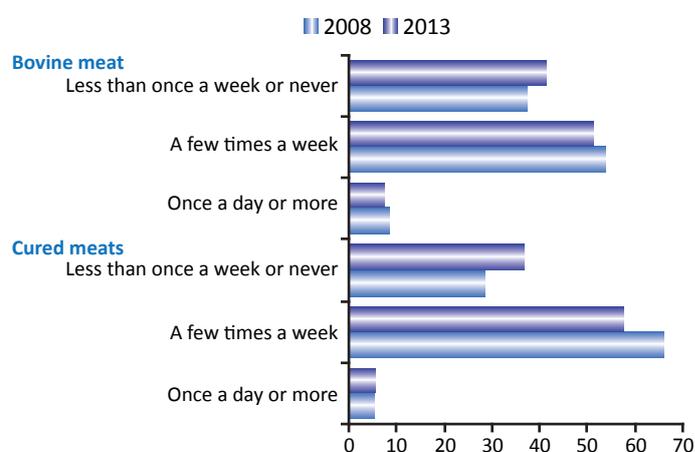
Percentage of people per nutritional lifestyle. Veneto – Years 2008 and 2014

|                             | 2008 | 2014 |
|-----------------------------|------|------|
| Adequate breakfast (a)      | 79.8 | 82.0 |
| The main meal is            |      |      |
| lunch                       | 65.8 | 67.0 |
| dinner                      | 25.9 | 23.9 |
| Lunch at home               | 70.7 | 72.9 |
| Attention paid to seasoning |      |      |
| Salt consumption is limited | 68.0 | 73.2 |
| Use of iodised salt         | 46.0 | 51.5 |
| Use of olive oil only       | 79.3 | 80.3 |

(a) Adequate breakfast: having something to drink (tea, milk, coffee...) and eating something.

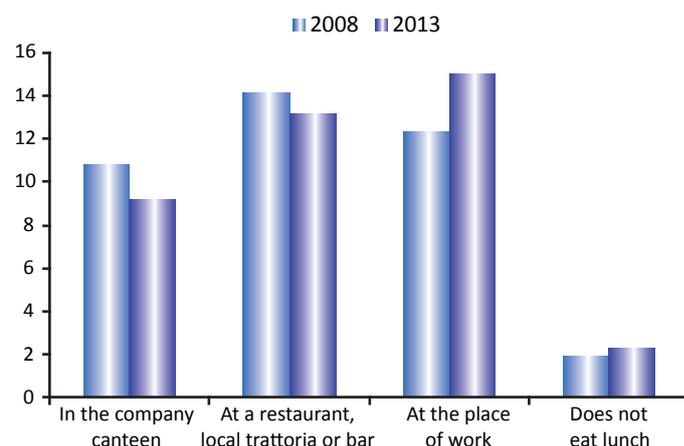
### BUT THOSE THAT WORK ALSO HAVE LUNCH AT THEIR DESK

Percentage of people per nutritional lifestyle. Veneto – Years 2008 and 2014



### MODERATE RED MEAT AND CURED MEATS

Percentage of people per consumption of bovine meat and cured meats. Veneto – Years 2008 and 2013



Age is a conditioning factor for eating habits where the formation of taste and knowledge related to food is concerned. The consumption of fruit and vegetables at a young age is critically low, only 53.2% of children under 13 will eat at least two portions a day. The percentage rises slightly among adolescents (62.5%) but as soon as one reaches an age when he or she is able to manage meals independently, one chooses something else, and the daily consumption of fruits and vegetables decreases once again (58% of those between 20 and 25 years). Greater awareness and attention is acquired in adulthood. Conversely, the consumption of snacks between meals is still widespread among young people (more than 60%), particularly at the age of 14-19.

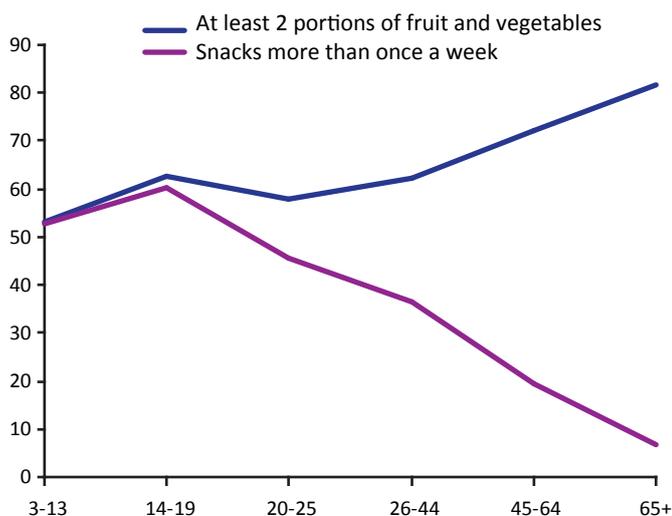
## THOSE THAT EAT BETTER

The socio-cultural conditions affect our nutritional behaviour: the choice of dishes, the amount and variety of food that we include in meals depends not only on personal taste, but also on the knowledge of the products and culinary options, as well as the economic means. Those

with greater financial resources can afford a much richer and varied diet, those that are more educated tend to eat fruit and vegetables more often (such as the 7.6% that consume at least 5 servings a day compared to the 3% of those who have the secondary or primary school education), while reducing meat and pasta consumption a little. The unemployed suffer a rather remarkable disadvantage in diet compared to those that are employed: only 69.5% of them (against 79.8%) eat fruit and vegetables at least once a day, and make greater use of cured meats and bread, pasta or rice more frequently in a day (33.6% vs. 25.1%). Those with a limited budget find street food a much more practical and economically feasible option, in order to have a meal out of home; whether it be pizza, kebabs, piadina, and so on, it is a way of eating mode whose hygienic quality in recent years has improved and is now very much on trend. Street food is in fact chosen by more than 70% of Italians, as an expression of an urban food culture that favours speed.

### ALL EYES ON ADOLESCENTS AND YOUNG PEOPLE

People broken down by consumption of fruit, vegetables and snack, per age classes. Veneto – Year 2013



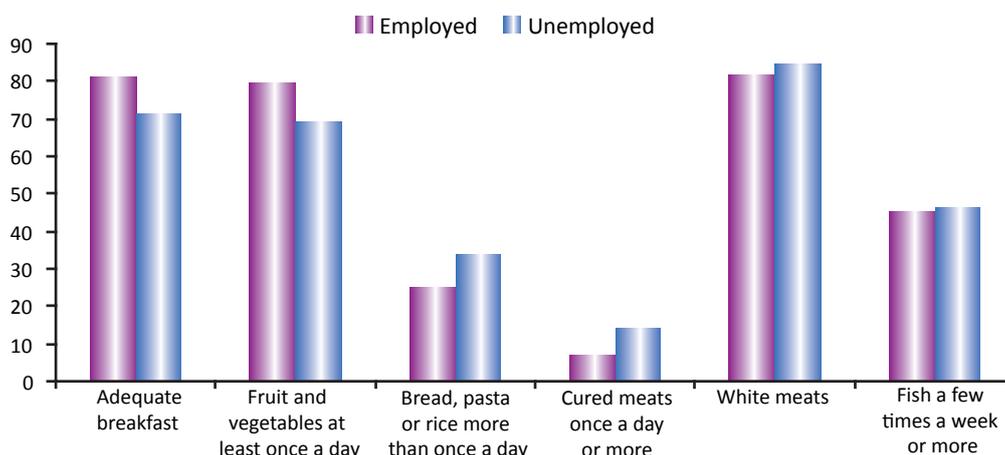
### MORE EDUCATION, MORE ATTENTION

Percentage of people per dietary style and formal qualification. Veneto – Year 2013

|   | Elementary education or no qualification | Middle school education | High school diploma | Degree |
|---|--|-------------------------|---------------------|--------|
| At least 5 portions of fruit and vegetables per day | 3.0                                      | 2.9                     | 4.9                 | 7.6    |
| Vegetables more than once per day                   | 19.8                                     | 19.9                    | 24.3                | 24.4   |
| Legumes more than once a day                        | 14.4                                     | 14.8                    | 17.4                | 21.0   |
| Fruit more than once per day                        | 35.5                                     | 35.2                    | 34.1                | 39.1   |
| Bovine meat a few times a week                      | 60.2                                     | 63.7                    | 59.1                | 59.1   |
| White meat a few times a week                       | 83.4                                     | 80.3                    | 79.8                | 81.6   |
| Fish a few times a week                             | 54.2                                     | 50.2                    | 49.5                | 51.7   |
| Bread, pasta or rice at least once per day          | 82.2                                     | 79.0                    | 73.9                | 73.9   |

### THE UNEMPLOYED ARE MORE DISADVANTAGED

Percentage of people per dietary style and employment status. Veneto – Anno 2013



In the last 5 years, families with fewer economic opportunities have cut all expenses, even food (about 40 Euros per month); not so much those who can rely on a higher income. Considering the formal qualification of the head of the family as an indicator of socio-economic conditions of the family, one can see, for example, that among those who graduated, the food expenditure increases from 440 to about 470 Euros per month. For eating out, the difference between the most and the least educated is almost 100 Euros. If the majority of households report to continue to purchase the staple goods as before in terms of quantity and

## HOW MUCH YOU SPEND, HOW MUCH YOU SACRIFICE

quality, there is a non-negligible percentage, showing an increase in recent years, which admits to having to face hardships. About a third of households buy smaller quantities and 17% must compromise on the quality of food. The synthetic indicator that takes into account the different hardships<sup>1</sup> by households was worth 18.1 for Veneto in 2007 and it has risen to 21.7 today, indicating an increase in food hardship, which is still lower when compared to the average Italian household (from 20.7 to 28.6). The families which are most deeply forced to

rethink and reduce their consumption are those of the middle class (23.9). Finally, a figure to be reckoned with: in 2013, 7.2% of Veneto population (over 360,000 people) could not afford a proper meal (meat, fish or vegetarian equivalent) every other day; a worrying data, although less than the Italian average as a whole (14.2%) and the European average (10.5%). Given the disparities in income between the subjects, it is not a paradox to talk about decreasing food expenditures due to insufficient income and at the same time food waste. The need to save can lead to buying less fresh produce, or to take advantage of the promotional offers by large-scale distributors for the purchase of large quantities of products, so the likelihood that some food wastes away before being consumed increases. According to a European Commission estimate, in Europe, 89 million tons of food are wasted in Europe annually, about 180 kg per capita per year. According to these estimates, a large part of the waste can be attributed to domestic consumption, so as to food buying, treatment and preservation.

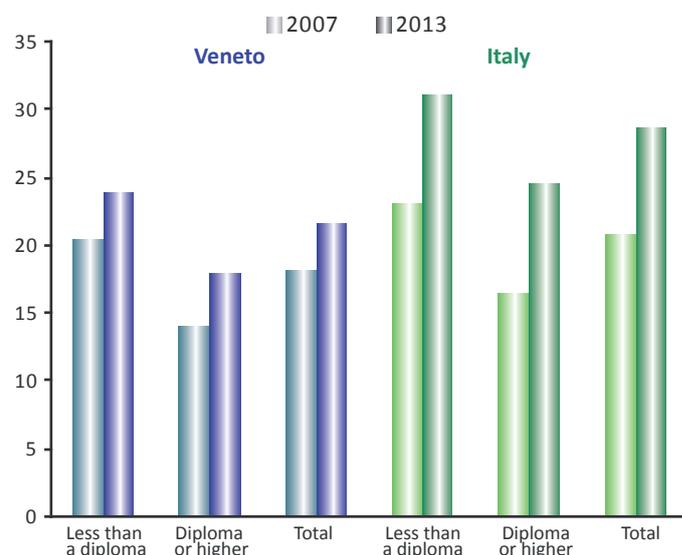
### REDUCING FOOD EXPENDITURE

Average monthly expenditure in Euros of families per formal qualification according to the person of reference in the family. Veneto – Years 2007 and 2013

|                               | Less than a diploma | Diploma | Degree or higher | Total  |
|-------------------------------|---------------------|---------|------------------|--------|
| <b>Total food expenditure</b> |                     |         |                  |        |
| 2007                          | 466.80              | 436.00  | 437.39           | 456.50 |
| 2013                          | 428.93              | 442.77  | 466.60           | 436.34 |
| <b>Meals out of home</b>      |                     |         |                  |        |
| 2007                          | 82.74               | 143.07  | 156.39           | 104.64 |
| 2013                          | 75.65               | 123.81  | 163.92           | 97.13  |

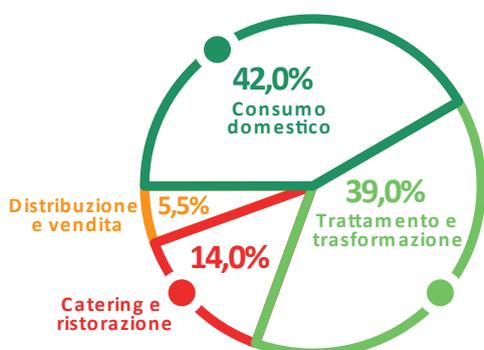
### ...BY HARDSHIP AND SACRIFICE...

Synthetic indicator of hardship of food goods in families per title of study of the person of reference. Veneto and Italy – Years 2007 and 2013



### ...AND WASTE

Distribution of food waste per sector. Ue28 – Year 2011



Source: Veneto Region processing – Regional Statistics System Section on Istat data, European Commission and the Directorate-General for the Environment



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