

Message from Canada's Ministers of Health and Healthy Living



We all have a role to play in moving towards a healthier Canada.

That is why Canada's Ministers of Health and Healthy Living are working together, and with other sectors including our sport, physical activity and recreation colleagues, to create the conditions that will promote health and prevent illness, so that children, youth and their families and communities can enjoy good health for years to come.

The Declaration on Prevention and Promotion and Curbing Childhood Obesity: A Federal, Provincial and Territorial Framework for Action to Promote Healthy Weights (Framework) represent key milestones in our collective journey to support Canadian children and their families in achieving healthier lifestyles.

We are pleased to present this report to Canadians. Important efforts are underway to help make social and physical environments where children live, learn and play more supportive of physical activity and healthy eating. And, it will be important to track trends over time so that we can all gauge the progress of collective actions taken to advance the Framework's three Strategies:

I—Making childhood overweight and obesity a collective priority for action

II—Coordinating efforts on three key policy priorities:

- > Supportive environments
- > Early action
- > Nutritious foods

III—Measuring and reporting on collective progress

Progress continues to be made by many jurisdictions and sectors to improve health and reduce health disparities for all population groups. We are working together to build on these and other successful initiatives and to work in new ways to identify and deliver innovative and effective programs to help children and their families make healthier choices. Multi-sectoral partnerships are a key focus of this work.

We have agreed to champion this issue and to encourage shared leadership with other sectors of Canadian society. We encourage all Canadians to join in at home, at school, at work and in your community, and continue to build a country where children and youth can have the healthiest possible lives.

Promoting and supporting healthy living is everyone's business.

Thank you.

For further information:

www.towardsahealthiercanada.ca