Towards a HEALTHIER CANADA

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. Measuring, monitoring and reporting on key indicators in these areas will assist governments (and other sectors) in gauging progress and informing future efforts.

HEALTHY WEIGHTS

Childhood obesity has both immediate and long-term negative health outcomes, and is strongly linked to various chronic conditions, including type 2 diabetes, heart disease and certain types of cancer.

PHYSICAL ACTIVITY

Physical activity plays a fundamental role in healthy weights and healthy living, and helps to prevent chronic disease.

HEALTHY EATING

The availability and accessibility of nutritious foods are necessary for healthy eating, an important factor in promoting healthy weights.

SUPPORTIVE ENVIRONMENTS

Actions to support change must reach children where they live, learn and play. Many sectors at all levels play a role in building supportive social and physical environments.

FOR FURTHER INFORMATION:
WWW.TOWARDSAHEALTHIERCANADA.CA
WWW.TOWARDSAHEALTHIERCANADA.CA

TRENDS

CHILDREN AND YOUTH ARE OVERWEIGHT OR OBESE
12.2% ARE OVERWEIGHT AND 13.1% ARE OBESE

PHYSICAL ACTIVITY

73.1% OF CHILDREN MEET CURRENT SEDENTARY BEHAVIOUR RECOMMENDATIONS FOR SCREEN TIME
52.1% OF CHILDREN MEET LESS THAN 5 HOURS PER WEEK OF ACTIVE PLAY OUTSIDE OF SCHOOL
37.6% OF CHILDREN MEET CURRENT PHYSICAL ACTIVITY RECOMMENDATIONS
7% OF CHILDREN TAKE AT LEAST 12,000 STEPS PER DAY
25.6% OF CHILDREN ARE ACTIVE TRAVELERS, 5+ HR NAVY FORM OF TRANSF. TO SCHOOL
37.6% OF CHILDREN MEET CURRENT SEDENTARY BEHAVIOUR RECOMMENDATIONS FOR SCREEN TIME
7% OF CHILDREN TAKE AT LEAST 12,000 STEPS PER DAY
9.2 MINS OF CHILDREN USE ACTIVE TRAVEL AS THEIR MAIN FORM OF TRANSPORTATION TO SCHOOL

HEALTHY EATING

44.6% OF CHILDREN EAT FRUIT OR VEGETABLES AT LEAST 5 TIMES PER DAY
31.5% OF CHILDREN EAT FRUIT OR VEGETABLES AT LEAST 5 TIMES PER DAY
90.3% OF CHILDREN DRINK FRUIT JUICE OR SPORT DRINKS
84.9% OF PARENTS REPORT THAT LOCAL PUBLIC FACILITIES AND PROGRAMS DURING SCHOOL TIME ARE AVAILABLE

SUPPORTIVE ENVIRONMENTS

94.9% OF SCHOOLS HAVE A COMMITTEE THAT OVERSEES POLICIES AND PRACTICES CONCERNING PHYSICAL ACTIVITY OR HEALTHY EATING
24% OF HOUSEHOLDS, WITH AT LEAST ONE CHILD UNDER THE AGE OF 11, ARE CONSIDERED FOOD INSECURE
10% OF SCHOOLS HAVE A COMMITTEE THAT OVERSEES POLICIES AND PRACTICES CONCERNING PHYSICAL ACTIVITY OR HEALTHY EATING
50.8% OF SCHOOLS HAVE AN IMPROVEMENT PLAN WITH ITEMS RELATED TO PHYSICAL ACTIVITY OR HEALTHY EATING
50.5% OF SCHOOLS HAVE AN IMPROVEMENT PLAN WITH ITEMS RELATED TO PHYSICAL ACTIVITY OR HEALTHY EATING

Further information on health inequalities is available for this indicator in the 2017 e-Report on Healthy Weights.

Most recent data as of 2017. * Unless otherwise specified, capacities are for children 2 to 11 years of age.