



Towards a Healthier Canada—Data Tableⁱ

Gathering information on the many factors that influence childhood obesity/healthy weights can help to inform and identify actions to support change.

Federal, Provincial and Territorial governments and experts from across the country have agreed on a set of national indicators to report on every two years. The indicators provide information on healthy weights, physical activity and healthy eating, as well as information on the physical and social environments in which children and families live, learn and play.ⁱⁱ

The indicators presented in this progress report apply to our population as a whole. It is well known that subgroups of the population (e.g. Aboriginal peoples) experience poorer health status compared to the general population, but data limitations affect our ability to track these indicators for subgroups. The Federal/Provincial/Territorial Public Health Network is examining data sources for Aboriginal populations according to the indicators in this report and will provide an update on this work in the 2015 progress report.

Topic	Indicator	Measure	Estimate	Data source
Healthy Weights	Overweight prevalence	Proportion of children (aged 5–17 years) who are overweight (measured BMI), WHO cut-offs	19.8%	Canadian Health Measures Survey 2009–11
	Obesity prevalence	Proportion of children (aged 5–17 years) who are obese (measured Body Mass Index (BMI)), World Health Organization (WHO) cut-offs	11.7%	Canadian Health Measures Survey 2009–11
Physical Activity	Active play	Proportion of children (aged 6–11) who accumulate less than 3 hours per week of active play (unstructured physical activity) outside of school	49%	Canadian Health Measures Survey 2009–11
	Active transportation	Proportion of children (aged 11–15) who use active travel as their main form of transportation to school	32.5%	Health Behaviour in School-Aged Children Survey 2009–10
	Level of physical activity	Accelerometer: Proportion of children (aged 5–17) who accumulate at least 60 minutes of moderate to vigorous physical activity at least 6 days a week	4.4 %	Canadian Health Measures Survey 2009–11
		Step counts: Proportion of children (aged 5–17) who attain at least 12000 steps per day	7%	Canadian Physical Activity Levels Among Youth Survey 2009–2011

For further information:

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Topic	Indicator	Measure	Estimate	Data source
Physical Activity	Organized sport	Average number of hours per week that children (aged 6–11) take part in physical activity, outside of school while participating in lessons or league or team sports	2.3 hours	Canadian Health Measures Survey 2009–11
	Sedentary behaviour (Screen time)	Proportion of children and youth (aged 3–17) who exceed Canadian Sedentary Behaviour guidelines for screen time (i.e. more than 2 hours/day for ages 5–17 and more than 1 hour for children aged 3–5)	54.9%	Canadian Health Measures Survey 2009–11
	Sedentary pursuits after school	Average number of minutes of moderate to vigorous physical activity (MVPA) obtained by children (aged 5–19) between the hours of 3 pm and 5 pm	9.7 minutes	Canadian Health Measures Survey 2007–09 ⁱⁱⁱ
Healthy Eating	Breakfast consumption	Proportion of children (aged 11–15) who report eating breakfast on weekdays, 5 days/week	59%	Health Behaviour in School-Aged Children Survey 2009–10
	Breastfeeding	Proportion of women (aged 15 and over) who report initiating breastfeeding at the birth of their child	89.3%	Canadian Community Health Survey 2011–12
		Proportion of women (aged 15 and over) who report exclusive breastfeeding to their child for the first six months of life	24.1%	Canadian Community Health Survey 2011–12
	Fruit and vegetable consumption	Proportion of children (aged 12–17) reporting that they consumed fruit or vegetables at least five times per day	45.5%	Canadian Community Health Survey 2011–12
	Sugar-sweetened beverage consumption	Proportion of children (aged 3–17) who report drinking soft drinks, fruit drinks or sport drinks every day	24%	Canadian Health Measures Survey 2009–11
Supportive Environment	Adequate sleep	Proportion of children (aged 5–17) obtaining adequate sleep: 10–11 hours for children aged 5–9 years, 8.5–9.25 for children aged 10–17 years	56.9%	Canadian Health Measures Survey 2009–11
	Built environment	Proportion of parents of children aged 5–17 who report the availability and adequacy of local public facilities and programs for physical activity and sports for their children	93% say public facilities & programs are available; 65% say these facilities/ programs meet their needs	Physical Activity Monitor (PAM) 2010 ^{iv}

Topic	Indicator	Measure	Estimate	Data source
Supportive Environment	Children's exposure to TV ads for foods and beverages ⁱ	Average number of cereal and fast food ads viewed per month by children aged 2–11 years on stations outside Quebec	TBC	TBC
	Family recreation	Proportion of Canadian parents who report 'often' or 'very often' playing active games with their children in the past year	37%	Physical Activity Monitor 2010 ^{vi}
	Food insecurity	Proportion of households, with at least one child under the age of 18, considered food insecure	10%	Canadian Community Health Survey 2011–12
	Physical education	Average number of hours per week of physical activity obtained by children (aged 6 to 11) during class time	2.6 hours	Canadian Health Measures Survey 2009–11
Supportive Environment	Safety	Proportion of Canadian parents who identify safety concerns as a barrier to children's physical activity	18%	Physical Activity Monitor 2008 ^{vii}
		Proportion of youth (aged 11–15) who agree or strongly agree that it is safe for younger children to play outside during the day.	75.3%	Health Behaviour in School-Aged Children Survey 2009–10
	Supportive policies, programs and facilities at school	Proportion of schools that have a committee that oversees policies and practices concerning physical activity or healthy eating (e.g., health action team)	62.5%	Health Behaviour in School-Aged Children Administrator Survey 2009–10
		Proportion of schools with an improvement plan for the current school year containing any items related to physical activity or healthy eating.	60.2%	Health Behaviour in School-Aged Children Administrator Survey 2009–10

ⁱ Most recent data as of August 2013.

ⁱⁱ The indicators and data sources included in the 2013 Progress Report, such as obesity prevalence and active play, were selected based on evidence and advice from a Task Group comprised of FPT officials and experts across the country. It should be noted that these indicators and data sources may require modification over the coming years (e.g. due to changing data sources).

ⁱⁱⁱ As reported in: Active Healthy Kids Canada. Is Active Play Extinct? – The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth. Toronto: Active Healthy Kids Canada, 2012

^{iv} As reported in: Canadian Fitness and Lifestyle Research Institute. 2010 Physical Activity Monitor - Bulletin 07: Parental Involvement in Children's Physical Activity. Ottawa: Canadian Fitness and Lifestyle Research Institute, 2011.

^v Further work is required. An update will be provided in the 2015 progress report.

^{vi} As reported in: Canadian Fitness and Lifestyle Research Institute. 2008 Physical Activity: Getting Kids Active! - Bulletin 03: Barriers to physical activity among children. Ottawa: Canadian Fitness and Lifestyle Research Institute, 2009.

^{vii} As reported in: Canadian Fitness and Lifestyle Research Institute. 2010 Physical Activity Monitor - Bulletin 08: Availability, use, and suitability of public facilities and programs. Ottawa: Canadian Fitness and Lifestyle Research Institute, 2011.