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.

- **18.6%** are overweight and **12.5%** are obese

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

- **74.5%** of children exceed Canadian Sedentary Behaviour Guidelines for screen time
- **9.3%** of children are meeting current Canadian Physical Activity Guidelines
- **2.4 hours**
- **54.8%** of children get less than 3 hours per week of active play outside of school
- **9.6 min**

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

- **92%** of parents report playing active games with their children ‘often’ or ‘very often’
- **51.4%** of parents report that local public facilities and programs for physical activity and sports are available

**PHYSICAL ACTIVITY**

**9.3%** of children are meeting current Canadian Physical Activity Guidelines

**5.4%** of children walk at least 10,000 steps per day

**32.5%** of children use active travel as their main form of transportation to school

**10%** of schools have a committee that oversees policies and practices concerning physical activity or healthy eating

**24%** of parents report safety concerns as a barrier to physical activity

**10.2%** of schools have an improvement plan or initiatives related to physical activity and/or healthy eating

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**10%** of schools have a committee that oversees policies and practices concerning physical activity or healthy eating

**62.5%** of schools have an improvement plan or initiatives related to physical activity and/or healthy eating

**60.2%** of parents report that local public facilities and programs for physical activity and sports are available

**43.9%** of children eat fruit or vegetables at least 5 times per week

**60%** of children eat fruit or vegetables at least 5 times per week

**59%** of children report eating breakfast on weekdays

**51.4%** of families believe that food insecurity is a barrier to healthy eating

**5.4%** of children eat fruit or vegetables at least 5 times per day

**5%** of children eat breakfast every day

**21.6%** of children have a sedentary behavior of at least 3 hours per day

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.