



Towards a Healthier Canada – Data Tableⁱ

Monitoring the many factors that influence childhood obesity/healthy weights helps to inform and identify actions to support positive change.

As a result, Federal, Provincial and Territorial governments, alongside experts from across the country, have decided on a set of national indicators to report on every two years. These 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 current progress report provides updated estimates on childhood obesity/healthy weights, and its determinants, in Canada.

Topic	Indicator	Measure	e-Report 2013 (Data Source) [†]	e-Report 2015 (Data Source) [†]
Healthy Weights	Overweight prevalence	Proportion of children (aged 5–17 years) who are overweight (measured Body Mass Index (BMI), World Health Organization (WHO) cut-offs)	19.8% (CHMS 2009–11)	18.6% (CHMS 2012–13)
	Obesity prevalence	Proportion of children (aged 5–17 years) who are obese (measured BMI, WHO cut-offs)	11.7% (CHMS 2009–11)	12.5% (CHMS 2012–13)
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% (CHMS 2009–11)	54.8% (CHMS 2012–13)
	Active transportation	Proportion of children (aged 11–15) who use active travel as their main form of transportation to school	32.5% (HBSC 2009–10)	32.5% ^{††} (HBSC 2009–10)
	Level of physical activity	Accelerometer: Proportion of children and youth (aged 5–17) that meet physical activity guidelines by accumulating at least 60 minutes of moderate to vigorous physical activity per day	4.4 % (CHMS 2009–11)	9.3% ^{*iii} (CHMS 2012–13)
		Step counts: Proportion of children (aged 5–17) who attain at least 12000 steps per day	7% (CANPLAY 2009–11)	5.4% (CANPLAY 2011–14)
	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 (CHMS 2009–11)	2.4 hours (CHMS 2012–13)

Topic	Indicator	Measure	e-Report 2013 (Data Source) [†]	e-Report 2015 (Data Source) [†]
Physical Activity	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% (CHMS 2009–11)	74.5% ^{*iv} (CHMS 2012–13)
	Sedentary pursuits after school	Average number of minutes of moderate to vigorous physical activity obtained by children (aged 6–19) between the hours of 3 pm and 5 pm	9.8 minutes (CHMS 2007–09)	9.6 minutes (CHMS 2012–13)
Healthy Eating	Breakfast consumption	Proportion of children (aged 11–15) who report eating breakfast on weekdays, 5 days/week	59% (HBSC 2009–10)	59% ^{††} (HBSC 2009–10)
	Breastfeeding	Proportion of women (aged 15 and over) who report initiating breastfeeding at the birth of their child	89.3% (CCHS 2011–12)	91.1% (CCHS 2013)
		Proportion of women (aged 15 and over) who report exclusive breastfeeding to their child for the first six months of life	24.1% (CCHS 2011–12)	27.6% (CCHS 2013)
	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% (CCHS 2011–12)	43.9% (CCHS 2013)
	Sugar-sweetened beverage consumption	Proportion of children (aged 3–17) who report drinking soft drinks, fruit drinks or sport drinks every day	24.0% (CHMS 2009–11)	16.4% ^{iv} (CHMS 2012–13)
Supportive Environment	Adequate sleep	Proportion of children (aged 5–17) obtaining adequate sleep: ≥ 10 hours for children aged 5–9 years, ≥ 8.5 hours for children aged 10–17 years	56.9% (CHMS 2009–11)	51.4% (CHMS 2012–13)
	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 and programs are available; 65% say these facilities and programs meet their needs ^v (PAM 2010)	92% say public facilities and programs are available ^{vi} (PAM 2014–15)
	Children's exposure to TV ads for foods and beverages^{vii}	Average number of cereal and fast food ads viewed per month by children aged 2–11 years on stations outside Quebec	TBC	TBC

Topic	Indicator	Measure	e-Report 2013 (Data Source) [†]	e-Report 2015 (Data Source) [†]
Supportive Environment	Family recreation	Proportion of Canadian parents who report 'often' or 'very often' playing active games with their children in the past year	37% ^{viii} (PAM 2010)	38% ^{vi} (PAM 2014–15)
	Food insecurity	Proportion of households, with at least one child under the age of 18, considered food insecure	10% (CCHS 2011–12)	10% ^{ix} (CCHS 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 (CHMS 2009–11)	2.4 hours* (CHMS 2012–13)
	Safety	Proportion of Canadian parents who identify safety concerns as a barrier to children's physical activity	18%* (PAM 2010)	24% ^{vi} (PAM 2014–15)
		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% (HBSC 2009–10)	75.3% ^{††} (HBSC 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% (HBSC 2009–10)	62.5% ^{††} (HBSC 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% (HBSC 2009–10)	60.2% ^{††} (HBSC 2009–10)

[†] **Data sources:** CHMS (Canadian Health Measures Survey), HBSC (Health Behaviour in School-Aged Children Administrator Survey), PAM (Physical Activity Monitor), CCHS (Canadian Community Health Survey), CANPLAY (Canadian Physical Activity Levels Among Youth Survey)

Data sources for Aboriginal populations: Indicators presented 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 continues to examine data sources for Aboriginal populations according to the indicators in this report and will provide an update on this work in the 2017 progress report.

^{††} Estimates using the HBSC survey, which is updated every 4 years, could not be updated for the 2015 e-Report given that more recent data is not available.

* Statistically significant change between 2013 and 2015 e-Report estimates.

ⁱ Most recent data as of June 2015.

ⁱⁱ The indicators and data sources included in the 2013 and 2015 e-Reports, such as obesity prevalence and active play, were selected based on evidence and advice from a Task Group comprised of F/P/T 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 Differences in estimates for the 2013 and 2015 e-Reports may be due in part to a change in the method of measuring physical activity among 5 year olds.

^{iv} Differences in estimates for the 2013 and 2015 e-Reports are in part due to changes in the format of survey questions.

^v 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.

^{vi} Interim data.

^{vii} Further work is needed in this area due to changes in media consumption patterns and platforms. An update will be provided in the 2017 e-Report on healthy weights.

^{viii} 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.

^{ix} Estimates using the CCHS could not be updated for this measure given that more recent data is not available for all jurisdictions.

^x 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.

For further information:

www.towardsahealthiercanada.ca