

# Message from Canada's Ministers of Health/Healthy Living and Sport, Physical Activity and Recreation (SPAR)



**We are pleased to present this second e-Report on healthy weights to Canadians.**

As momentum continues to build on this issue, we know that addressing the causes of obesity requires a societal-wide shift to change the social and physical environments that influence children's and families' eating habits and activity levels. While the efforts that are profiled in this report are important examples of how jurisdictions are supporting healthy living, national data remind us that we have a long way to go in addressing the factors that are contributing to physical inactivity and unhealthy eating. Rates of sedentary behaviour are high and most children do not meet recommended guidelines for physical activity. Continuing to monitor trends in these healthy living indicators is essential to gauge success. Effectively addressing this complex problem calls for a sustained, multi-sectoral response involving the public, private, health professional and non-governmental sectors. Multi-sectoral partnerships continue to be a key focus of this work. This also includes visible leadership from Ministers working together.

That is why Canada's Ministers of Health/Healthy Living and SPAR are working together 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.

We continue to build on the *Declaration on Prevention and Promotion and Curbing Childhood Obesity: A Federal, Provincial and Territorial Framework for Action to Promote Healthy Weights* (Framework) which was released in 2010. They represent key milestones in our collective journey to support Canadian children and their families in achieving healthier lifestyles.

This e-Report on healthy weights highlights collective actions underway to advance the Framework; and, provides an update of the most recently available data/information on the confirmed national set of indicators. We can all be role models at home, work, at school and in the community. We can also build on successful initiatives – sometimes it means doing things a bit differently for greater impact. We can all make a difference.

**Promoting and supporting healthy living is everyone's business.**

Thank you.