

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.

ALMOST **1 IN 3***

CHILDREN AND YOUTH ARE OVERWEIGHT OR OBESE
17.2% ARE OVERWEIGHT AND 13.1% ARE OBESE

PHYSICAL ACTIVITY

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

73.1%



OF CHILDREN **EXCEED CURRENT SEDENTARY BEHAVIOUR RECOMMENDATIONS** FOR SCREEN TIME

52.1%



OF CHILDREN **GET LESS THAN 3 HOURS PER WEEK** OF ACTIVE PLAY OUTSIDE OF SCHOOL

37.6%



OF CHILDREN ARE **MEETING CURRENT PHYSICAL ACTIVITY RECOMMENDATIONS**

7%

OF CHILDREN TAKE AT LEAST **12,000 STEPS PER DAY**

25.6%



OF CHILDREN **USE ACTIVE TRAVEL** AS THEIR MAIN FORM OF TRANSPORTATION TO SCHOOL

2 HRS



AVERAGE NUMBER OF HOURS PER WEEK **THAT CHILDREN TAKE PART IN PHYSICAL ACTIVITY OUTSIDE OF SCHOOL**, IN LESSONS OR LEAGUE OR TEAM SPORTS

9.2 MINS



AVERAGE NUMBER OF MINUTES OF **MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY** OBTAINED BY CHILDREN BETWEEN 3 AND 5 PM

HEALTHY EATING

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

59.5%



OF CHILDREN REPORT **EATING BREAKFAST ON WEEKDAYS**

44.6%



OF CHILDREN **EAT FRUIT OR VEGETABLES** AT LEAST 5 TIMES PER DAY

14.7%



OF CHILDREN REPORT **DRINKING SOFT DRINKS, FRUIT DRINKS OR SPORT DRINKS** EVERY DAY

31.5%*

OF NEW MOTHERS FEED THEIR BABIES **ONLY BREAST MILK** FOR THE FIRST SIX MONTHS



90.3%*

OF NEW MOTHERS **BEGIN BREASTFEEDING AT BIRTH**

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.

79.6%



OF **YOUTH AGREE** THAT IT IS **SAFE FOR YOUNGER CHILDREN TO PLAY OUTSIDE** DURING THE DAY

94.9%



OF PARENTS REPORT THAT **LOCAL PUBLIC FACILITIES AND PROGRAMS** FOR PHYSICAL ACTIVITY AND SPORTS ARE AVAILABLE

24%



OF PARENTS **CITE SAFETY CONCERNS AS A BARRIER** TO PHYSICAL ACTIVITY

70.7%



OF CHILDREN WHO **OBTAIN ADEQUATE SLEEP**

10%



OF HOUSEHOLDS, WITH AT LEAST ONE CHILD UNDER THE AGE OF 18, **ARE CONSIDERED FOOD INSECURE**

36.1%



OF **PARENTS REPORT PLAYING ACTIVE GAMES** WITH THEIR CHILDREN 'OFTEN' OR 'VERY OFTEN'

50.8%



OF **SCHOOLS HAVE A COMMITTEE** THAT OVERSEES POLICIES AND PRACTICES CONCERNING PHYSICAL ACTIVITY OR HEALTHY EATING

2 HRS



AVERAGE NUMBER OF **HOURS PER WEEK OF PHYSICAL ACTIVITY** OBTAINED BY CHILDREN DURING CLASS TIME

50.5%



OF **SCHOOLS HAVE AN IMPROVEMENT PLAN** WITH ITEMS RELATED TO PHYSICAL ACTIVITY AND/OR HEALTHY EATING

22.5 MILLION

UNHEALTHY FOOD AND BEVERAGE ADS WERE **TARGETED TO CHILDREN AGES 2 TO 11** YEARS ON THE INTERNET IN 2015–2016



2.25 MILLION

UNHEALTHY FOOD AND BEVERAGE ADS WERE **TARGETED TO CHILDREN AGES 12 TO 17** YEARS ON THE INTERNET IN 2015–2016