

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



As Canada celebrates the 150th anniversary of Confederation, most Canadians are proud of the health of Canada's population.

Compared to other countries, Canada is faring well; Canadians are living longer than ever before. However, there are multiple ways that Canadians can aim to become healthier on a day-to-day basis. Healthy active living and the achievement of a healthy weight are critical for each of us, at all ages.

On this occasion, we are pleased to present this third e-Report on Healthy Weights (www.towardsahealthiercanada.ca) to Canadians. The e-Report is an online, interactive webpage presented by federal, provincial and territorial governments in order to report on progress to advance *Curbing Childhood Obesity: A Federal/Provincial/Territorial Framework for Action to Promote Healthy Weights* (Framework).

This e-Report on Healthy Weights features childhood obesity trends over time. It reports on overall levels of overweight and obesity, as well as on the key factors associated with the achievement of a healthy weight, including physical activity, healthy eating and supportive environments.

It includes a focus on related health inequalities. Differences in health status are experienced by various individuals or groups in society. These can be the result of genetic and biological factors, choices made or by chance; often they are due to an unequal access to key factors that influence health like income, education, employment and social supports. It is important to look at the social and economic factors that influence our health and contribute to health inequalities. Important inequalities also exist among various populations, including First Nations people living off-reserve, Inuit and Métis populations.

Multi-sectoral partnerships remain a key focus of this work given that everyone and every sector has a role to play in promoting healthier living. That is why Canada's Ministers of Health/Healthy Living and Sport, Physical Activity, and Recreation (SPAR) are working together to create the conditions that promote health and prevent illness, so that children, youth and their families and communities can enjoy good health for generations to come. In July 2017, SPAR Ministers acknowledged the importance of a common vision on physical activity for governments, organizations and leaders from across sectors to help ensure all Canadians are active and to reduce sedentary living. This is the culmination of strong collaboration between the SPAR and health/healthy living sectors, and further demonstrates the need for shared leadership at all levels.

Make the most of your Canada 150—move towards healthier living and take action with your family, friends and community.

Thank you.