



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, agreed on a set of national indicatorsⁱⁱ 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.ⁱⁱⁱ

The current progress report provides the third update of the indicators on childhood obesity, and its determinants, in Canada.

The 2017 e-Report includes revised indicators for ‘Level of physical activity’, ‘Sedentary behaviour (screen time)’ and ‘Adequate sleep,’ in order to be consistent with the *Canadian 24-Hour Movement Guidelines for Children and Youth*,^{iv} released in 2016, which replace Canada’s previous physical activity and sedentary behaviour guidelines for children and youth, and provide the first Canadian sleep recommendations for children and youth.

Topic	Indicator	Measure	e-Report 2013 (Data Source)	e-Report 2015 (Data Source)	e-Report 2017 (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)	17.2% (CHMS 2014–15)
	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)	13.1% (CHMS 2014–15)
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	49.0% (CHMS 2009–11)	54.8% (CHMS 2012–13)	52.1% (CHMS 2014–15)
	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% ^v (HBSC 2009–10)	25.6% ^{vi} (HBSC 2014)

Topic	Indicator	Measure	e-Report 2013 (Data Source)	e-Report 2015 (Data Source)	e-Report 2017 (Data Source)
	Level of physical activity	Proportion of children and youth (aged 5–17) that meet physical activity recommendations from the Canadian 24-Hour Movement Guidelines by accumulating at least 60 minutes of moderate to vigorous physical activity per day ^{viii}	32.2% ^{viii} (CHMS 2009–11)	42.2% ^{ix} (CHMS 2012–13)	37.6% (CHMS 2014–15)
		Step counts: Proportion of children (aged 5–17) who attain at least 12000 steps per day	7.0% (CANPLAY 2009–11)	5.4% (CANPLAY 2011–14)	7.0% (CANPLAY 2014–15)
	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	1.9 hours ^x (CHMS 2009–11)	2.0 hours ^{xi} (CHMS 2012–13)	2.0 hours (CHMS 2014–15)
	Sedentary behaviour (Screen time)	Proportion of children and youth (aged 3–17) who exceed recommendations for screen time from the Canadian 24-Hour Movement Guidelines (i.e. more than 2 hours/day for ages 5–17 and more than 1 hour for children aged 3–5) ^{vii}	54.9% (CHMS 2009–11)	74.5% ^{xii} (CHMS 2012–13)	73.1% (CHMS 2014–15)
	Sedentary pursuits after school	Average number of minutes of moderate to vigorous physical activity (MVPA) 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)	9.2 minutes (CHMS 2014–15)
Healthy Eating	Breakfast consumption	Proportion of children (aged 11–15) who report eating breakfast on weekdays, 5 days/week	58.6% (HBSC 2009–10)	58.6% (HBSC 2009–10)	59.5% (HBSC 2014)
	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% ^{xiii} (CCHS 2013)	90.3% ^{xiv} (CCHS 2015)
		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% ^{xiii} (CCHS 2013)	31.5% ^{vi,xiv} (CCHS 2015)
	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)	44.6% ^{xv} (CCHS 2014)
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% ^{xii} (CHMS 2012–13)	14.7% (CHMS 2014–15)	

Topic	Indicator	Measure	e-Report 2013 (Data Source)	e-Report 2015 (Data Source)	e-Report 2017 (Data Source)
Supportive Environment	Adequate sleep	Proportion of children (aged 5–17) obtaining adequate sleep, as recommended by the Canadian 24-Hour Movement Guidelines: 9–11 hours for children aged 5–13 years, 8–10 hours for children aged 14–17 years ^{viii}	73.6 % ^{viii} (CHMS 2009–11)	75.3 % ^{ix} (CHMS 2012–13)	70.7% (CHMS 2014–15)
	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	93.0% say public facilities & programs are available; 65% say these facilities/programs meet their needs ^{xvi} (PAM 2010)	92.0% say public facilities & programs are available ^{xv} (PAM 2014–15 ^{xvii})	94.9% say public facilities & programs are available (PAM 2014–15)
	Exposure of Canadian children to unhealthy food and beverage marketing	Number of unhealthy food and beverage ads targeted to children on TV (Nielsen Data)	n/a	n/a	TBC ^{xviii}
		Number of unhealthy food and beverage ads targeted to children on the internet	n/a	n/a	22.5 million (aged 2–11); 2.25 million (aged 12–17) ^{xxii} (comScore June 2015–May 2016)
	Family recreation	Proportion of Canadian parents who report ‘often’ or ‘very often’ playing active games with their children in the past year	37.0% ^{xix} (PAM 2010)	38.0% ^{xvii} (PAM 2014–15 ^{xvii})	36.1% (PAM 2014–15)
	Food insecurity	Proportion of households, with at least one child under the age of 18, considered food insecure	10.0% (CCHS 2011–12)	10.0% ^{xx} (CCHS 2011–12)	10.0% ^{xx} (CCHS 2011–12)
	Physical education	Average number of hours per week of physical activity obtained by children (aged 6 to 11) during class time	2.1 hours ^x (CHMS 2009–11)	1.7 hours ^{xi} (CHMS 2012–13)	2.0 hours (CHMS 2014–15)
	Safety	Proportion of Canadian parents who identify safety concerns as a barrier to children’s physical activity	18.0% ^{xxi} (PAM 2010)	24.0% ^{xvii} (PAM 2014–15 ^{xvii})	24.0% (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% ^v (HBSC 2009–10)	79.6% ^{vi} (HBSC 2014)	

Topic	Indicator	Measure	e-Report 2013 (Data Source)	e-Report 2015 (Data Source)	e-Report 2017 (Data Source)
	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% ^v (HBSC 2009–10)	50.8% (HBSC 2014)
		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% ^v (HBSC 2009–10)	50.5% (HBSC 2014)

Data source abbreviations: CHMS (Canadian Health Measures Survey), HBSC (Health Behaviour in School-Aged Children, Student and Administrator Surveys), PAM (Physical Activity Monitor), CCHS (Canadian Community Health Survey), CANPLAY (Canadian Physical Activity Levels Among Youth Survey).

- i Most recent data as of June 2017.
- ii **Data sources for Indigenous populations:** Indicators presented in this report apply to our population as a whole. It is well known that subgroups of the population (e.g. Indigenous peoples) experience poorer health status compared to the general population. Limitations in current national data sources, including the exclusion of First Nations populations living on reserve from all surveys above, and the exclusion of populations living in Canada's territories (CCHS 2015, CHMS) and/or certain remote regions (CCHS, CHMS) in which a large proportion of Inuit live, limit the representativeness of Indigenous populations in these surveys. The Pan-Canadian Public Health Network continues to examine data sources for culturally appropriate healthy weights indicators for Indigenous peoples and will provide an update on this work in the 2019 progress report.
- iii The indicators and data sources included in the 2013, 2015 and 2017 e-Reports, 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).
- iv Tremblay MS, Carson V, Chaput JB, Connor Gorber S, Dinh T, Duggan M, et al. Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *Appl Physiol Nutr Metab* 2016 Jun;41(6 Suppl 3):S311–27.
- v 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.
- vi Statistically significant change between 2015 and 2017 e-Report estimates.
- vii This is a revised indicator. The previous indicator was revised to reflect the recommendations found within the Canadian 24-Hour Movement Guidelines for Children and Youth.
- viii This estimate was NOT presented in the 2013 e-report. It reflects the estimate for this revised indicator using data from the same data year as that presented in the 2013 report.
- ix This estimate was NOT presented in the 2015 e-report. It reflects the estimate for this revised indicator using data from the same data year as that presented in the 2015 report.
- x This estimate was NOT presented in the 2013 e-report. It reflects a correction to the previously reported data.
- xi This estimate was NOT presented in the 2015 e-report. It reflects a correction to the previously reported data.
- xii Differences in estimates for the 2013 and 2015 e-Reports are likely due to changes in the survey questions.
- xiii This estimate is NOT nationally representative. Only data from NS, NB, QC, ON, AB, NT and NU were collected on breastfeeding in 2013.
- xiv This estimate is NOT nationally representative. Data from the territories was not collected as part of the 2015 CCHS. Additionally, due to a major redesign of the CCHS in 2015, caution should be taken when comparing data from CCHS 2015 to previous cycles.
- xv Due to significant changes in the survey questions used to report on this indicator in CCHS2015, data from CCHS 2014 are presented in this table for comparability with previous reports.
- xvi 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.
- xvii Interim data.
- xviii At the time of writing (the 2017 e-Report on Healthy Weights), the Government of Canada was advancing commitments on marketing to children, including the identification of indicators. As such, a baseline value for the exposure to TV ads will be provided in the 2019 e-Report on Healthy Weights.
- xix 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.
- xx Estimates using the CCHS could not be updated for this measure given that more recent data is not available for all jurisdictions.
- xxi As reported in: Canadian Fitness and Lifestyle Research Institute. 2008 Physical Activity Monitor: Getting Kids Active!—Bulletin 03: Barriers to physical activity among children. Ottawa: Canadian Fitness and Lifestyle Research Institute, 2009.
- xxii This indicator represents an estimate of unhealthy food and beverage ads targeted to children and youth on their 10 most popular websites. As reported in: Heart & Stroke. The kids are not alright: How the food and beverage industry is marketing our children and youth to death. 2017 Report on the Health of Canadians. Ottawa: Heart & Stroke, 2017.