

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
18.6% are overweight and 12.5% are obese



PHYSICAL ACTIVITY

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

74.5%
OF CHILDREN EXCEED CANADIAN SEDENTARY BEHAVIOUR GUIDELINES FOR SCREEN TIME



54.8%
OF CHILDREN GET LESS THAN 3 HOURS PER WEEK OF ACTIVE PLAY OUTSIDE OF SCHOOL

9.3%
OF CHILDREN ARE MEETING CURRENT CANADIAN PHYSICAL ACTIVITY GUIDELINES



5.4%
OF CHILDREN TAKE AT LEAST 12,000 STEPS PER DAY

32.5%
OF CHILDREN USE ACTIVE TRAVEL AS THEIR MAIN FORM OF TRANSPORTATION TO SCHOOL

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



9.6 min
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%
OF CHILDREN REPORT EATING BREAKFAST ON WEEKDAYS



43.9%
OF CHILDREN EAT FRUIT OR VEGETABLES AT LEAST 5 TIMES PER DAY



16.4%
OF CHILDREN REPORT DRINKING SOFT DRINKS, FRUIT DRINKS OR SPORT DRINKS EVERY DAY



27.6% OF NEW MOTHERS FEED THEIR BABIES ONLY BREAST MILK FOR THE FIRST SIX MONTHS
91.1% 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.

75.3%
OF YOUTH AGREE THAT IT IS SAFE FOR YOUNGER CHILDREN TO PLAY OUTSIDE DURING THE DAY



92%
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



51.4%
CHILDREN WHO OBTAIN ADEQUATE SLEEP



10%
OF HOUSEHOLDS, WITH AT LEAST ONE CHILD UNDER THE AGE OF 18, ARE CONSIDERED FOOD INSECURE



38%
OF PARENTS REPORT PLAYING ACTIVE GAMES WITH THEIR CHILDREN 'OFTEN' OR 'VERY OFTEN'



62.5%
OF SCHOOLS HAVE A COMMITTEE THAT OVERSEES POLICIES AND PRACTICES CONCERNING PHYSICAL ACTIVITY OR HEALTHY EATING



60.2%
OF SCHOOLS HAVE AN IMPROVEMENT PLAN WITH ITEMS RELATED TO PHYSICAL ACTIVITY AND/OR HEALTHY EATING



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

