

# Common risk factors, influenced by social and physical conditions, are driving this chronic disease challenge.

## 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**

19.8% are overweight and 11.7% are obese

## 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

Children who obtain adequate sleep  
**56.9%**

**37%**

of Canadian 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

**10%**

of households, with at least one child under the age of 18, are considered food insecure

**18%**

of parents cite safety concerns as a barrier to physical activity



of parents report that local public facilities and programs for physical activity and sports are available and meet the needs of their children.

**2.6 hours**

Average number of hours per week of physical activity obtained by children during class time

**60.2%**

of schools have an improvement plan with items related to physical activity and/or healthy eating

## Physical Activity

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



of children exceed Canadian Sedentary Behaviour Guidelines for screen time

**7%** of children take at least 12000 steps per day

**49%**

of children get less than 3 hours per week of active play outside of school

**2.3 hours**

Average number of hours per week that children take part in physical activity, outside of school, in lessons or league or team sports

**4.4%** of children are meeting current Canadian Physical Activity Guidelines



**32.5%**

of children use active travel as their main form of transportation to school

**9.7 min**

Average number of minutes of moderate-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.



of children report eating breakfast on weekdays

**89.3%**

of new mothers begin breastfeeding at birth

**24.1%**

of new mothers feed their babies only breast milk for the first six months



**45.5%**

of children eat fruit or vegetables at least 5 times per day



**24%**

of children report drinking soft drinks, fruit drinks or sport drinks every day