

# THE PROBLEM IN ONTARIO



1 in 3 Ontarians suffers from chronic diseases, such as heart disease, stroke, type 2 diabetes, and cancer which account for a **mortality** rate of almost **80%** in the province.



**Physical inactivity** creates an economic burden of **\$3.4 billion** annually, while **obesity** costs Ontario around **\$4.5 billion** in direct and indirect costs.

**25%**

of healthcare costs are attributed to preventable illnesses.

**70%**

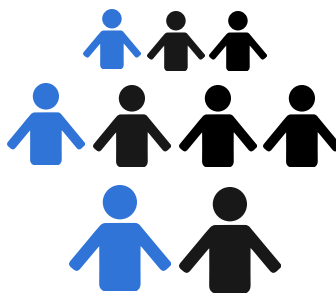
of Ontario's operating budget is projected to go towards healthcare by 2022.

**Funding for health promotion to support healthy eating, physical activity and a comprehensive chronic disease prevention strategy is lacking.**



Only **38%** of Ontarians report consuming fruits and vegetables 5x or more per day.

Only **28%** of teenagers know how to plan and prepare a quick healthy meal using only the food available in the household.



1 in 3 children,  
1 in 4 youth,  
& 1 in 2 adults are **overweight or obese** in Ontario.

**90%** of children and youth do not meet daily physical activity guidelines.

Almost **56%** of 20-34 year olds are physically active or moderately active during their leisure time. This proportion decreases with age.



# THE SOLUTION FOR ONTARIO

- Create environments that support **healthy eating** and **physical activity** behaviours through a coordinated approach involving all relevant ministries and stakeholders.
- Invest in policies that help improve both healthy eating and physical activity in Ontarians and ultimately reduce chronic disease and health care spending.

## THE ONTARIO COLLABORATIVE GROUP FOR HEALTHY EATING AND PHYSICAL ACTIVITY (OCGHEPA)

A provincial collaboration of health professionals from organizations dedicated to addressing population-based issues related to healthy eating and physical activity.

**Mission:** To improve the health of all Ontarians by advancing healthy eating and physical activity initiatives through strategic partnerships, knowledge exchange and collective action. We envision an Ontario that supports healthy eating and active living for all.

# WHAT IT MEANS TO...

## EAT HEALTHY

Consume foods lower in saturated fat, salt, and sugar, and eat more vegetables, fruits, plant-based proteins, and whole grains.

**5+** servings of fruits and vegetables a day can reduce the risk of heart disease and stroke by about **20%**.

## BE PHYSICALLY ACTIVE

**150** minutes of higher intensity activity per week for adults aged 18 and over.

60 minutes per day for children 5-17 years old.

Physical activity is imperative for optimal mental and physical health and lowers the risk for many chronic diseases.

## RECOMMENDATIONS:

## IMPROVE INFRASTRUCTURE, ACCESS, & POLICY

### CONTINUE



- To support the Healthy Kids Community Challenge.
- To implement evidence-based policies for student health including the Health and Physical Education Curriculum and Daily Physical Activity.
- To update the Healthy Menu Choices Act, 2015 to provide additional information for sodium on menus and implement a comprehensive menu labeling education campaign.

### INCREASE



- Funding for the Ontario Sport and Recreation Communities Fund to increase access to quality recreation and sport opportunities for all Ontarians
- Funding for the Ontario After School Program for children to have access to quality programs in their community.
- Food literacy programs in child care programs, in schools across all grade levels, and provide public health and community based food literacy programs.
- Access to nutrition information and education about healthy eating through dietitians and reliable, evidence-based sources.

### ESTABLISH, PROVIDE AND SUPPORT

- Dedicated funding for community sport and recreation infrastructure to help address the growing need for quality spaces for physical activity.
- Full implementation of recommendations made by the **Healthy Kids Panel** and the **Ontario Food and Nutrition Strategy**.
- Restriction of marketing of unhealthy food and beverages to children.
- Taxation of all sugar-sweetened beverages and reinvest the revenue into public health.

## OCGHEPA PARTNERS:

Canadian Cancer Society, Cancer Care Ontario, Diabetes Canada, Dietitians of Canada, Heart & Stroke, Ontario Dietitians in Public Health, Ontario Chronic Disease Prevention Management in Public Health, Ontario Kinesiology Association, Ontario Public Health Association, Ophea, Parks and Recreation Ontario, Sustain Ontario and the Ontario Society for Physical Activity Promoters in Public Health.

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