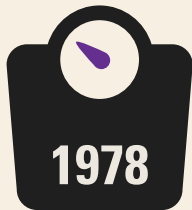


# Tackling OBESITY IN CANADA

## CHILDHOOD OBESITY AND EXCESS WEIGHT RATES IN CANADA



1978

IN 1978/79, **23%**  
OF CHILDREN AGED 2-17  
WERE OVERWEIGHT OR OBESE.



2004

IN 2004, **35%**  
OF CHILDREN AGED 2-17  
WERE OVERWEIGHT OR OBESE.

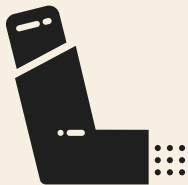


2017

TODAY, **30%**  
OF CHILDREN AGED 5-17  
ARE OVERWEIGHT OR OBESE.

## BRINGING THE NUMBERS DOWN

BEING OVERWEIGHT OR OBESE **PUTS CHILDREN AT GREATER RISK** FOR A NUMBER OF CHRONIC DISEASES AND HEALTH CONDITIONS SUCH AS:



ASTHMA



TYPE 2 DIABETES



HEART DISEASE

A **HEALTHY LIFESTYLE**, INCLUDING



**PHYSICAL ACTIVITY**



**HEALTHY EATING**

IS THE **BEST PREVENTION** AND PROMOTES **HEALTHY WEIGHTS**.

WE ALL HAVE A ROLE TO PLAY IN PROMOTING HEALTHIER LIVING.

**#HEALTHYLIVING**



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada