Tackling Obesity in Canada

Childhood obesity and excess weight rates in Canada

- **1978**: 23% of children aged 2-17 were overweight or obese.
- **2004**: 35% of children aged 2-17 were overweight or obese.
- **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 and healthy eating, is the best prevention and promotes healthy weights.

We all have a role to play in promoting healthier living.

#HealthyLiving