

What is the 2015 e-Report on Healthy Weights?



The e-Report is an online, interactive webpage used by governments to report on and highlight collective actions to advance *Curbing Childhood Obesity: A Federal/Provincial/Territorial Framework for Action to Promote Healthy Weights* (Healthy Weights Framework).

In 2010, Canada's Federal, Provincial and Territorial (F/P/T) Ministers of Health and/or Health Promotion/Healthy Living* endorsed *Creating a Healthier Canada: Making Prevention a Priority, A Declaration on Prevention and Promotion* (Declaration) presenting a shared vision for working together, and with others, to make the promotion of health and the prevention of disease, disability and injury a priority for action.

The Ministers also endorsed the Healthy Weights Framework, as the first tangible action arising from the Declaration, making childhood obesity (and healthy weights) a priority.

Building Momentum

- > Ministers of Health and Healthy Living agreed to report to Canadians every two years via an official reporting mechanism (e-Reports) to demonstrate progress on curbing childhood obesity.
- > In September 2013, Ministers approved and released the first progress e-Report.
- > Ministers responsible for Sport, Physical Activity and Recreation have collaborated on the joint development of both e-Reports (2013/2015).
- > In January 2016, both sets of Ministers approved and released the **second progress e-Report (2015)**.

Key Features

- > **Video** on physical activity and healthy living
- > Message from the Ministers
- > Interactive map of Canada to highlight important efforts to promote healthy weights underway across the country
- > **Infographic** to represent the most up-to-date healthy weights data.

HIGHLIGHTS

- Almost one in three children and youth are overweight or obese.
- Canada's Federal, Provincial and Territorial Ministers of Health and Healthy Living along with the Ministers Responsible for Sport, Physical Activity, and Recreation are championing healthy weights.
- Progress is possible. There are measures in place all across the country to help children and youth be more active and eat healthier; unplug and play; and walk, run and get active before and after school.
- There's a solid foundation to build on. We all have a role to play, including governments, businesses, non-profits, parents and communities.
- Let's work together and keep children and youth moving towards a healthier future.

Working Together

F/P/T governments will continue to advance the Healthy Weights Framework.

You can help by using the e-Report to have a dialogue on healthy weights and partnership opportunities that support communities and families in making healthier choices.

You can also help build on the successes and measures in place to promote healthy weights and healthy living in Canada through your respective programs and networks.

More information

Go to www.towardsahealthiercanada.ca to find the e-Report and share it.

* Québec supports the general objectives of this framework, but does not support a Canada-wide strategy in a field that falls under its jurisdiction. Québec remains solely responsible for the development, implementation and communication of programs to promote healthy lifestyles within its borders. However, the Province intends to continue sharing information and best practices with other Canadian governments.

For further information:

www.towardsahealthiercanada.ca