

Promoting Health and Preventing Obesity and Chronic Disease in Children and Families

Ontario Chronic Disease Prevention Alliance
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What you can learn from this session?

- ◆ Nutrition related chronic diseases
- ◆ Childhood obesity trends
- ◆ Food trends for children
- ◆ Strategies to help children eat well
- ◆ Resources to promote healthy eating

Chronic diseases and nutrition

- ◆ Nutrition is involved in development of chronic diseases:
 - Heart disease & hypertension
 - Type 2 diabetes
 - Cancer
- * Rising obesity rates related to chronic disease development

Risk factors for chronic disease

- ◆ Lack of adequate nutritious foods and physical inactivity
- ◆ Healthy eating, physical activity and maintenance of a healthy body weight can prevent 30 to 40% of all cases of cancer and 50% of all cancer deaths are related to tobacco use, diet and physical activity.
- ◆ 90% of type 2 diabetes and 80% of premature coronary heart disease could be avoided by maintaining a healthy body weight, exercising regularly, eating healthy foods, not smoking or avoiding second hand smoke and drinking only in moderation

Chronic disease and food

- ◆ Canada's Food Guide aims to reduce risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- ◆ Evidence for:
 - Vegetables and fruit – decrease CVD & Cancer
 - Whole grains – decrease CVD
 - Fish – decrease CVD

Childhood Obesity in Canada

- ◆ One of the highest rates of childhood obesity in the world ranking fifth out of 34 OECD countries
- ◆ 26% of young Canadians (age 2 to 17 y) are overweight - of those 8% are obese
- ◆ Between 1981 and 1996 the number of obese children in Canada between the ages of 7 and 13 tripled and this has contributed to chronic disease

Childhood Obesity in Canada

- ◆ Poor eating habits and physical inactivity contribute to rising obesity rates in children and adolescents
- ◆ Poor eating habits as a result of unhealthy food choices and/or lack of access to healthy foods in childhood can carry into adulthood and increase risk of chronic disease.
- ◆ 3 out of 5 children are not physically active enough for optimal growth and development and physical activity declines as children get older (girls less active than boys).
- ◆ Obesity has negative impact on physical health, childhood social interactions, mental health status, and self esteem.

Importance of Childhood Behaviour

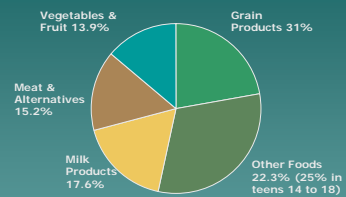
- ◆ Good eating habits formed in childhood have beneficial effect on healthy growth/development and school performance.
- ◆ Targeting healthy eating and physical activity early in childhood can help children maintain healthy practices to reduce the risk of developing chronic disease.

Energy Intake

- ◆ Average daily intake of calories has not increased significantly over the past 3 decades.

Canadian Community Health Survey, 2004
USDA - Enns et al 2002 and 2003.

Calorie Distribution, Ages 4 -18 y



Canadian Community Health Survey, 2004

Vegetables and Fruits

- ◆ Only 41% of children and adolescents had > 5 servings/day.
- ◆ Children eating > 5 servings/day less likely to be overweight or obese.

Canadian Community Health Survey, 2004

Snacks

- ◆ Children get more calories from snacks (27%) than breakfast (18%) and lunch (24%) but not dinner (31%).
- ◆ 41% of snack calories come from the "other" non food group foods (soft drinks/ fruit drinks, salad dressing, fats/oils, butter/margarine, potato chips, chocolate bars, sugars/syrups/preserves).

Canadian Community Health Survey, 2004

Beverages

- ◆ Children 6 to 17 years of age consumed soft drinks daily and 2 or more servings of fruit juice per day.
- ◆ Energy intake and rising obesity is associated with consumption of sugar-sweetened drinks.

Canadian Living Foundation – Breakfast for Learning Foundation Report
Care on Nutrition for School Children, 2006
Ludwig DS, Peterson KE, and Gortmaker SL, 2001. Relation between consumption of sugar-sweetened drinks and childhood obesity. Lancet, 357:505-598.

Strategies to help prevent childhood obesity

- ◆ Ensure healthy food choices at home, daycare, school, away from home, in the community
- ◆ Provide positive role models
- ◆ Encourage healthy eating and being physically active as the “norm” for growing children
- ◆ Be part of a systems approach to preventing childhood obesity

A comprehensive approach to reducing childhood obesity

- ◆ Requires collaboration from:
 - Government
 - Stakeholders – decision makers, health professionals, field practitioners, researchers, NGOs, food industry
 - Communities (especially high risk low income, multicultural groups)
 - Schools/daycares/families
 - Media (to promote positive messaging around healthy eating/active living)

OCDPA's plan

- ◆ Ensure healthy public policies and programs are in place to address childhood obesity and its prevention on a population-wide scale.
- ◆ “Moving the Healthy Eating and Active Living Strategy Forward in Ontario: Priorities for Action and Recommendations – A Consultation Document”. www.ocdpa.on.ca

Resources

- ◆ Health Canada - Canada's Food Guide www.healthcanada.ca
 - Available translated into 10 languages in addition to English/French.
 - Online resources
- ◆ EatRight Ontario www.eatrightontario.ca
- ◆ Dietitians of Canada www.dietitians.ca
- ◆ NutriStep www.nutritionrc.ca/programs/index.html
 - a tool to assess eating habits and identify nutrition problems early in childhood, including growth and overweight issues. NutriSTEP® (Nutrition Screening Tool for Every Preschooler) is a parent-administered 17-item questionnaire that covers the nutritional risk constructs for the preschool population (3-5 years)
- ◆ Healthy Start for Life www.dietitians.ca/healthystart