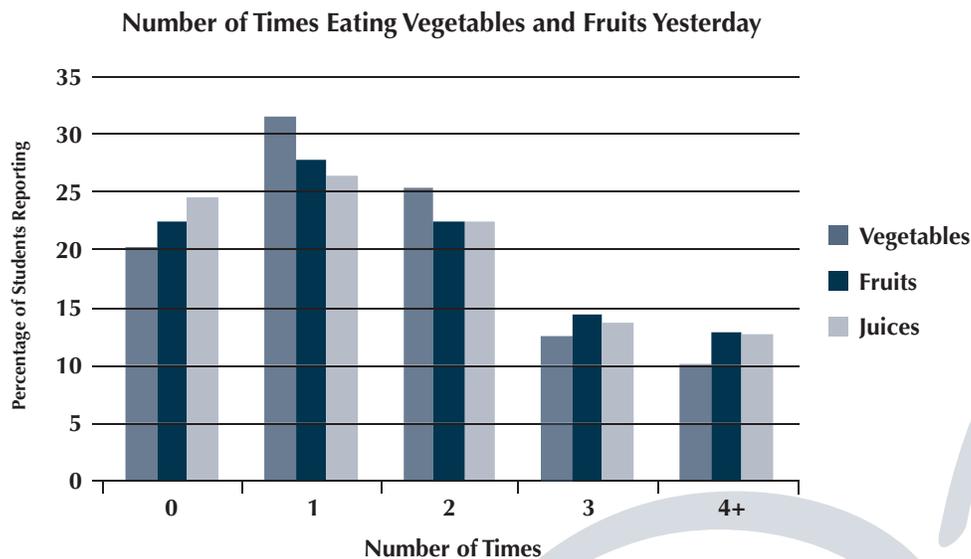




## HEALTHY WEIGHTS AND LIFESTYLE

- In the past 25 years there has been a dramatic increase in the percentage of Canadian adolescents who are considered to be overweight or obese. The prevalence of obese children and youth has increased by 35.7% from 2003 to 2006 (Canada's Report Card on Physical Activity for Children & Youth, 2007).
- Overweight and obesity rates in adolescence often carry over into adulthood (Heart and Stroke Foundation of Canada, 2006).
- Both fast food consumption and food portion sizes have increased significantly in the past 20 years (Measured Obesity- Overweight Canadian Children and Adolescents, 2005).
- Children spend 40% less time being physically active than they did 15 years ago (Canadian Association for Health, Physical Education, Recreation and Dance, 2005).



### Food Intake

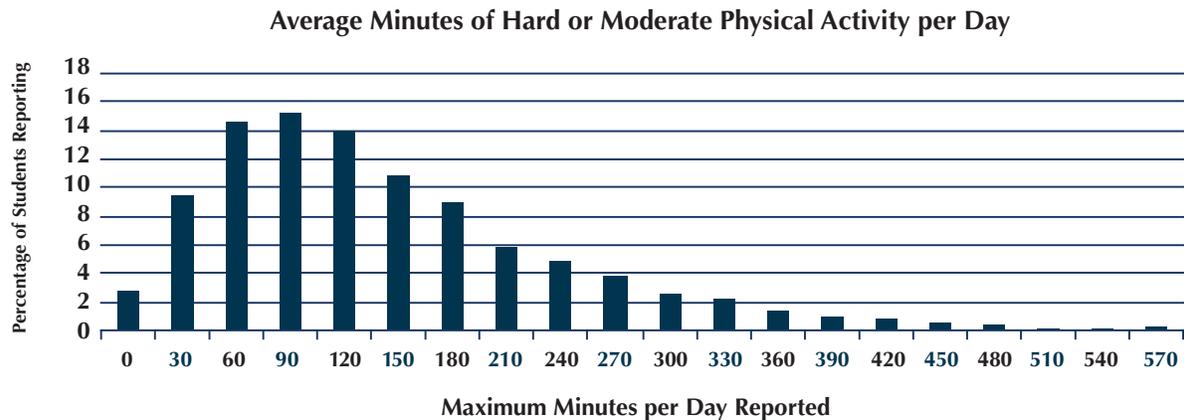
Children and adolescents who eat fruit and vegetables 5 or more times a day are substantially less likely to be overweight or obese than those whose fruit and vegetable consumption is less frequent.\*

The NB Student Wellness Survey indicated that most of the students reported eating fruit and vegetables and drinking juice only 1 time on the day preceding the survey.

- 42% of respondents consumed milk and alternatives at least 3 times in the day preceding the survey.
- 40% of boys and 36% of girls reported eating breakfast every day in the previous week.
- 32% of boys and 29% of girls reported eating breakfast only 0 to 2 times per week.
- 77% of students reported eating candy, chocolate, or sweets and 65% reported drinking sweetened non-nutritious beverages (e.g. pop) at least once the previous day.
- 10% of students reported eating at a fast food place or restaurant 3 or more times in the previous week.

## Physical Activity

- Almost 3% of students were not physically active in the previous week.
- Of those who reported doing hard or moderate physical activity, 42% were below or at the 90 minute minimum as recommended by *Canada's Physical Activity Guide*. This amount is roughly equivalent to 16,500 steps daily.



*Canada's Physical Activity Guidelines* recommend that children and youth should spend less than 2 hours per day in sedentary activities (e.g. watching TV, computer time). 44% of students reported meeting this standard.

## Physical Activity Opportunities

- 10% of students use active transportation modes, such as cycling, walking, running or skateboarding, to get to and from school; while 77% use inactive modes, such as getting a ride or taking a bus.
- 47% (51% males and 44% females) of students reported taking part in school-organized non-competitive activities (e.g. intramurals); and 42% (45% males and 40% females) reported participating in competitive (e.g. Junior and Varsity) sports.
- 42% of students felt that there were enough competitive and non-competitive sports and clubs offered by their school, whereas 30% felt that there were too few offered and 2% thought that there were too many.
- 69% of students said they did not have opportunities to be physically active in other classes besides Physical Education.

## Body Mass Index

- *Healthy body weight* can be determined using the Body Mass Index (BMI). BMI is a measure of a person's weight in comparison to their height. In a national survey using self-reported BMI, close to 27% of New Brunswick youth aged 12 to 17 were considered overweight or obese (CCHS, 2005).
- Based on the 2006-2007 NB Student Wellness Survey, 69% of the students surveyed were within the recommended healthy weight category for their age and gender, 27% were either overweight or obese, while 4% were classified as underweight.
- 56% of students reported that they feel that their body weight is "about right."

- These results were obtained from the 2006-2007 New Brunswick Student Wellness Survey.
- The survey data were gathered from over 33,000 students in the province.
- The majority of the students surveyed were in grades 6 to 12 with some grade 5 students included.
- 184 schools were included in the survey.

