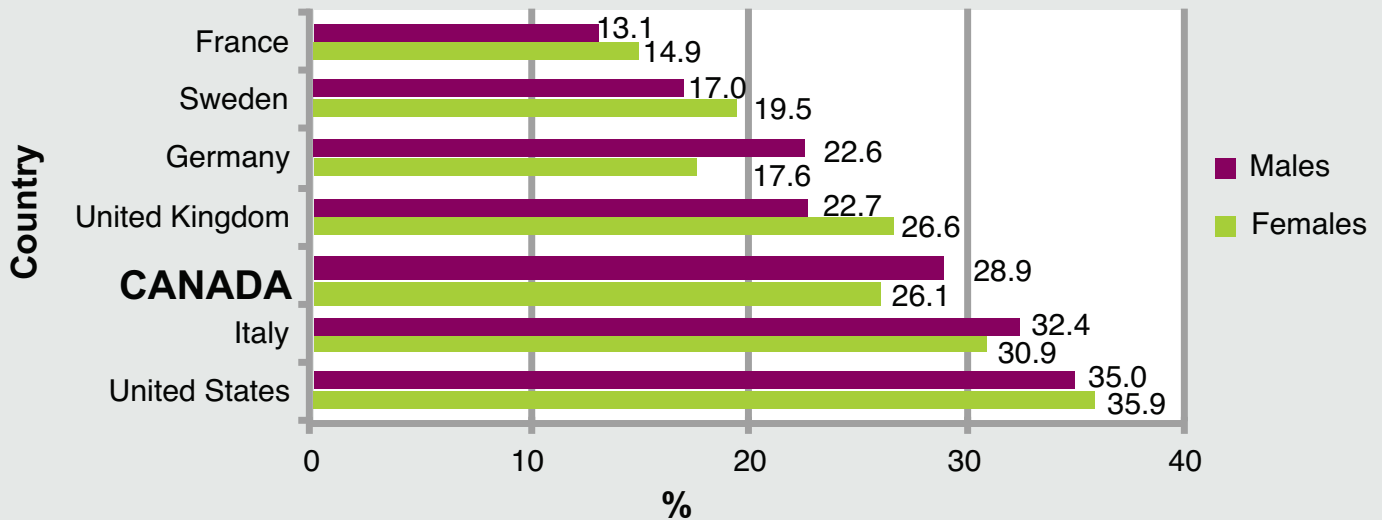




### 5.5.14 Health Issues

**Fig. 5.5.14 Children 5 to 17 years who are overweight (including obese), Canada and select OECD\* countries, 2011 estimates**



\*OECD (Organisation for Economic Co-operation and Development) is an organization that acts as a meeting ground for 30 countries that believe strongly in the free market system.

Adapted from OECD StatExtracts. Available at: <http://dx.doi.org/10.1787/888932523994>. Accessed on June 29, 2012.

Compared to children in a number of other OECD countries, Canadian children are more likely to be overweight or obese. Only the United States and Italy have higher rates of overweight/obesity among children 5 to 17 years of age. According to the 2011 Health at a Glance report, across most OECD countries, one in five children is affected by excess body weight.<sup>1</sup>

<sup>1</sup> OECD. (2011). Health at a Glance 2011: OECD Indicators. OECD Publishing. Available at: [http://dx.doi.org/10.1787/health\\_glance-2011-en](http://dx.doi.org/10.1787/health_glance-2011-en). Accessed on June 29, 2012.

### Implications

“Research has demonstrated that excess weight puts children at risk for a range of preventable health problems, including type 2 diabetes, cardiovascular disease, joint problems, and mental health issues.”<sup>2</sup> Increases in sedentary lifestyles, lack of access to healthy food, and decreases in physical activity levels are all contributing factors to the growing obesity epidemic in Canada.

<sup>2</sup> Active Healthy Kids Canada, 2011. Available at: <http://dvqdas9jty7g6.cloudfront.net/reportcard2011/ahkcreportcard20110429final.pdf>. Accessed on June 29, 2012.

