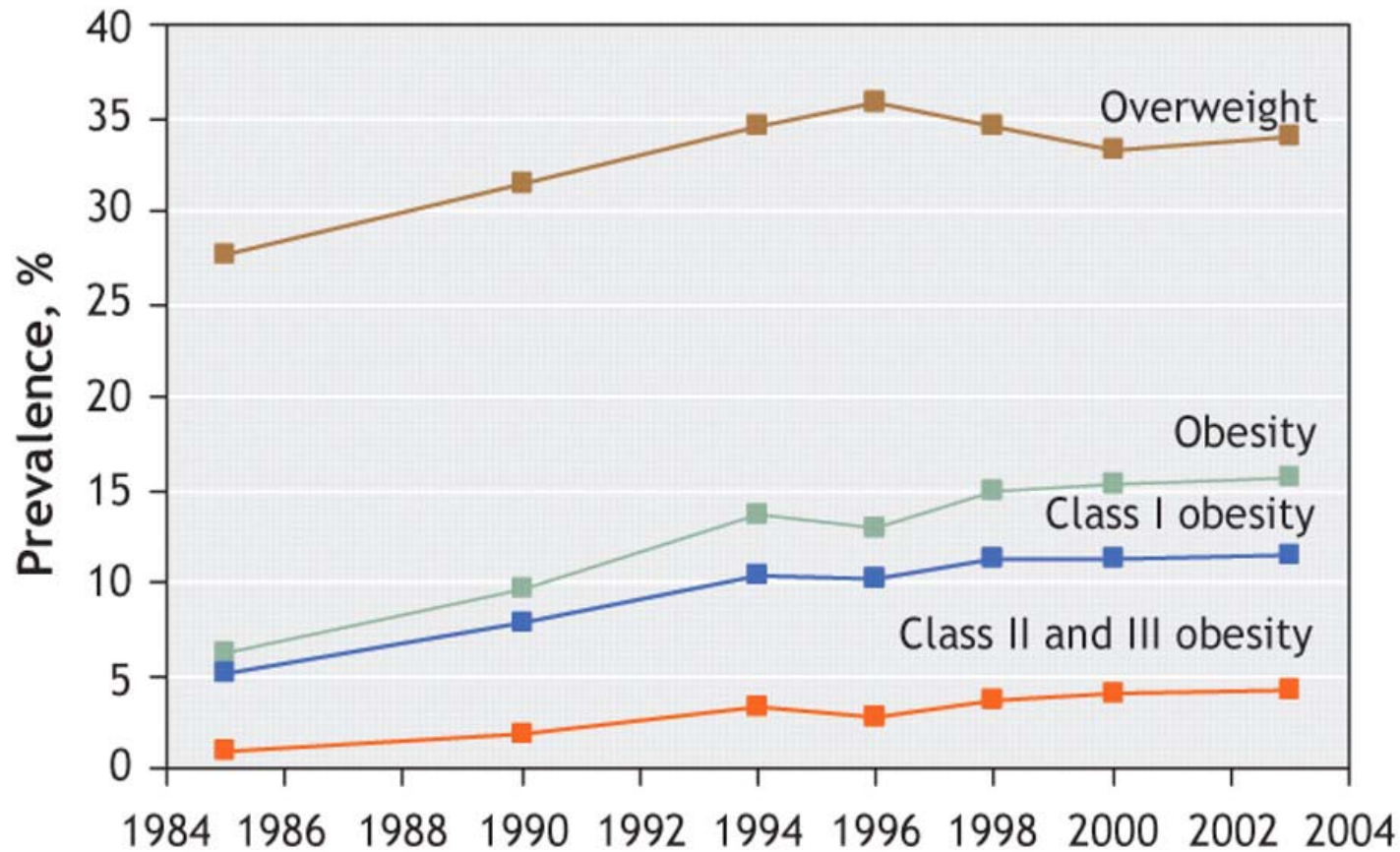


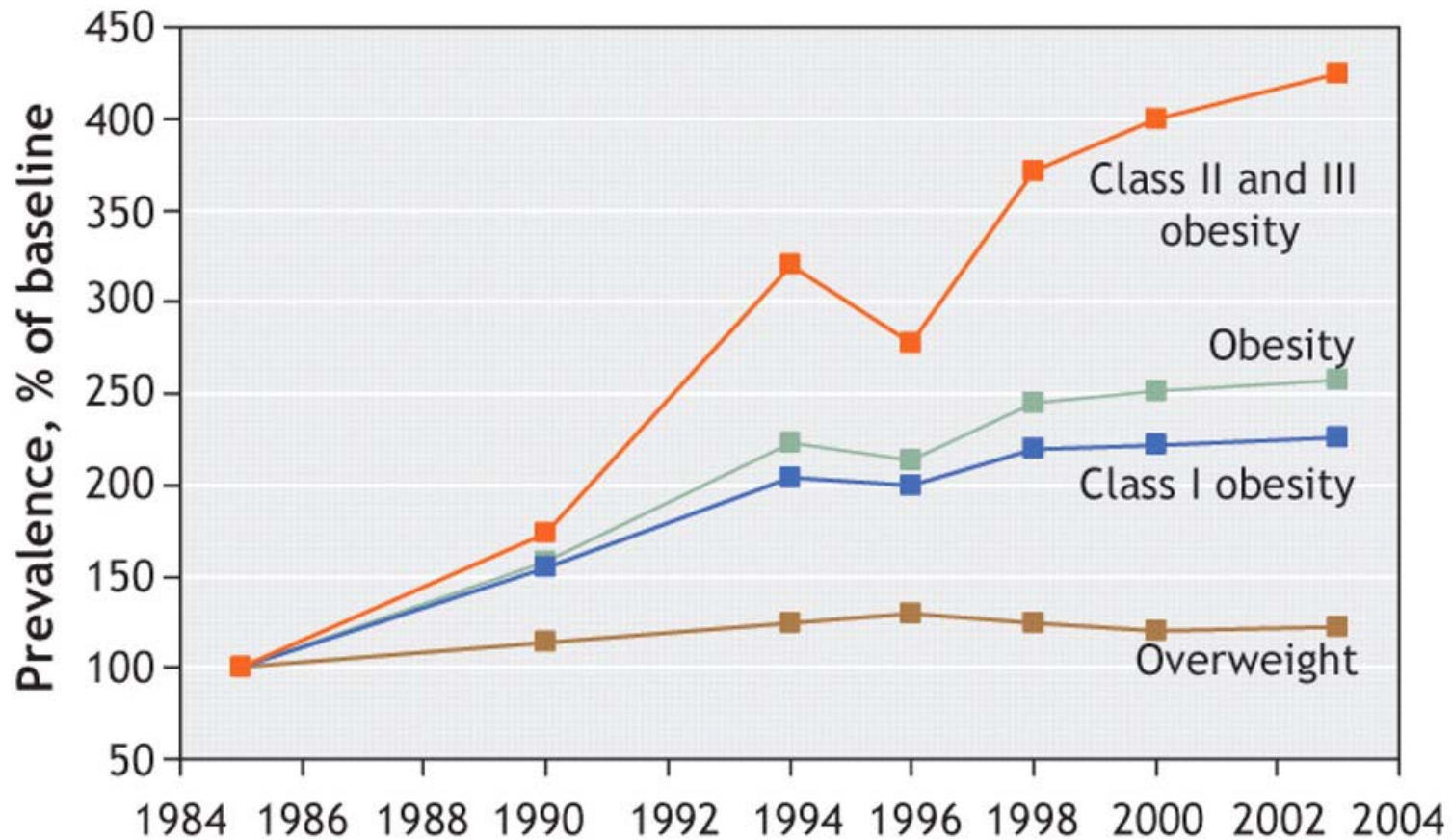
Prevalence of overweight and obesity (classes I-III) in Canada, 1985-2003



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Katzmarzyk, P. T. et al. CMAJ 2006;174:156-157

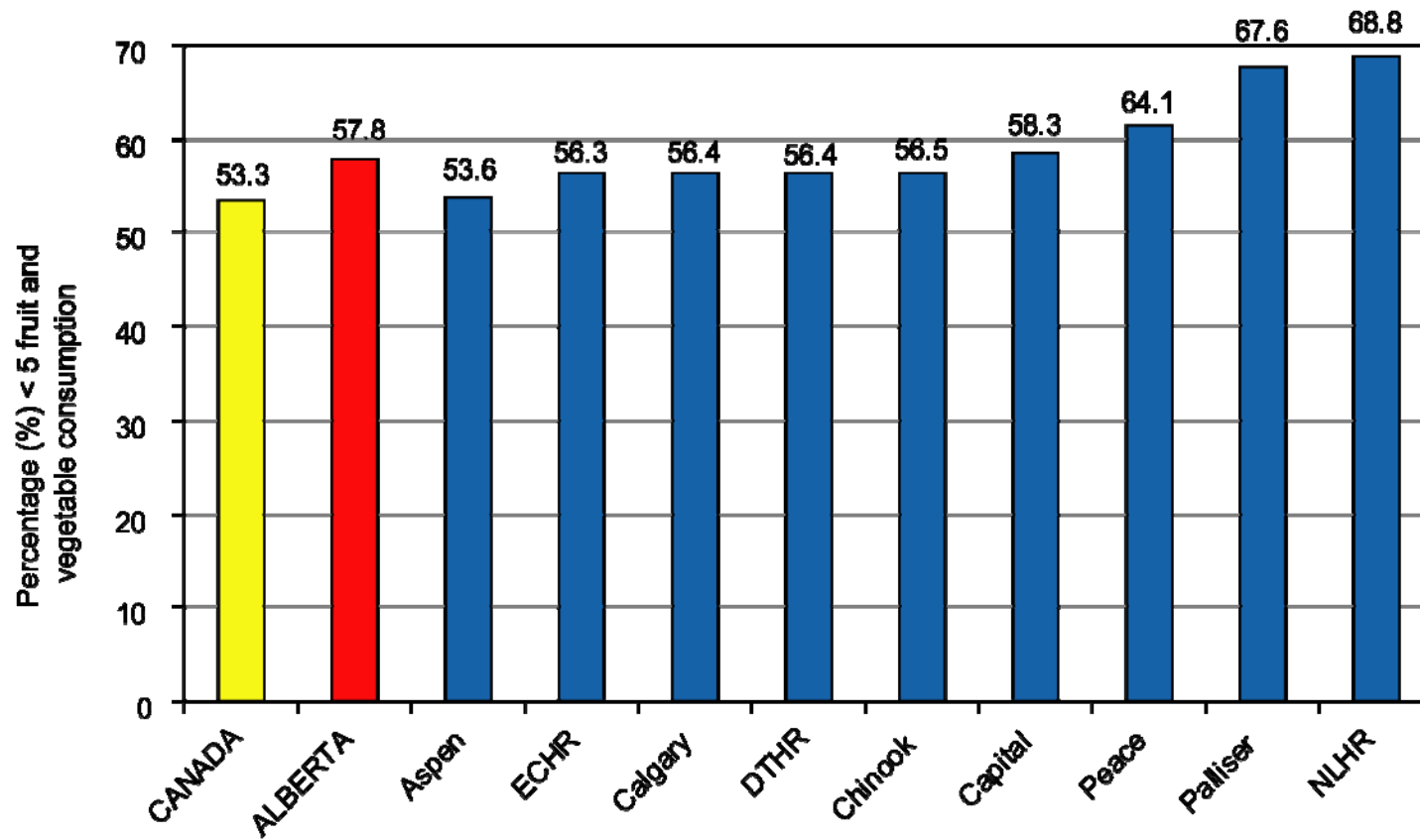
Fig. 1b: Prevalence of overweight and obesity (classes I-III) in Canada, 1985-2003



Katzmarzyk, P. T. et al. CMAJ 2006;174:156-157

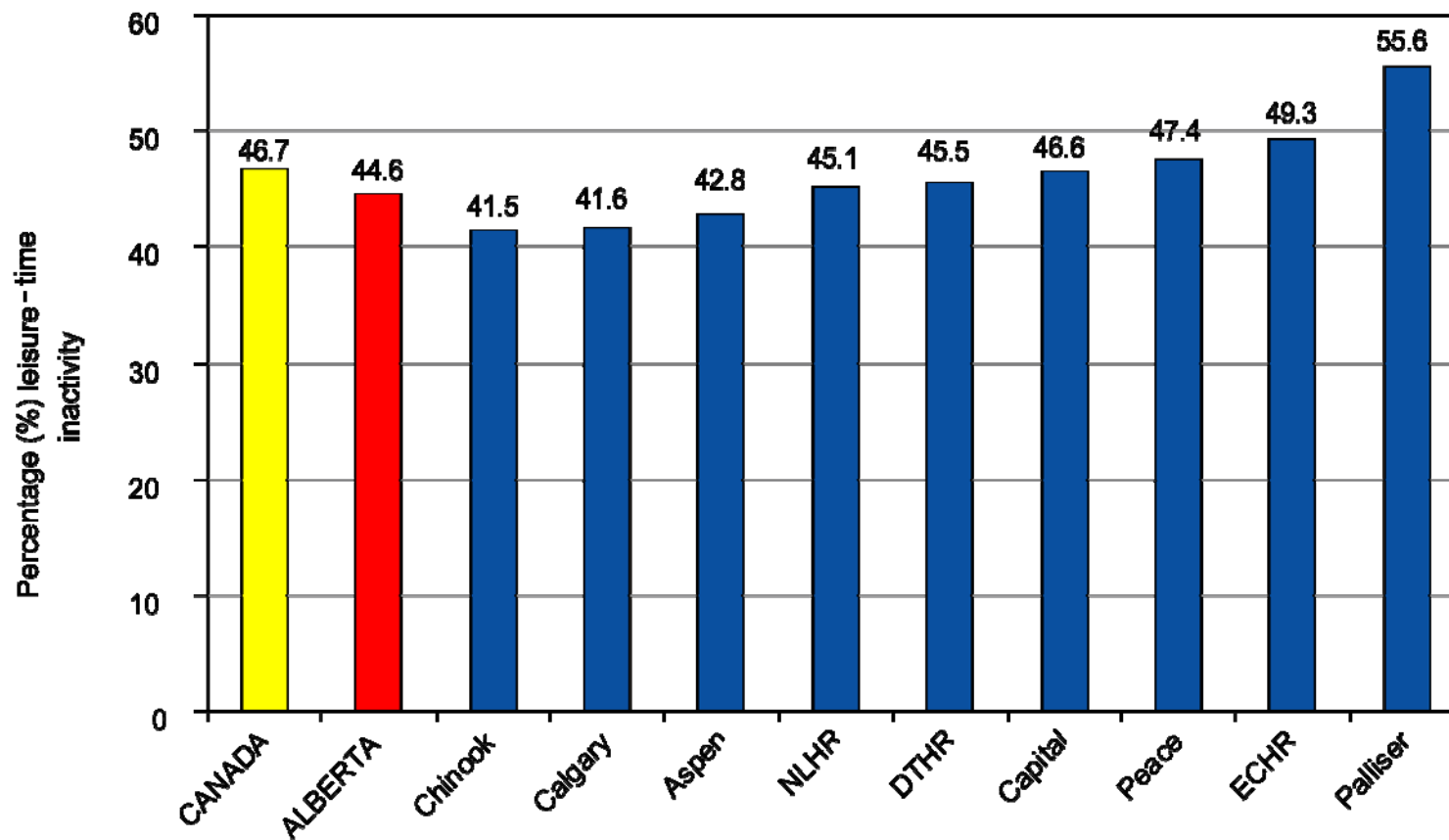
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Insufficient Daily Vegetable and Fruit Consumption (less than 5 servings per day) by Alberta Health Region



Source: Statistics Canada, Canadian Community Health Survey (CCHS 3.1), 2005 (CANSIM table 105-0449)

Leisure-time Physical Inactivity by Alberta Health Region



Source: Statistics Canada, Canadian Community Health Survey (CCHS 3.1), 2005 (CANSIM table 105-0433)

The Canadian Community Health Survey (CCHS) defines a participant as physical inactive or 'sedentary' if they report a daily usual leisure-time expenditure of less than 1.5 kilocalories per kilogram of body weight per day.

Disease & Risk Factor Specific and Chronic Disease Strategies



The Canadian Strategy for Cancer Control: A Cancer Plan for Canada



Canadian Diabetes Strategy

Development of the Strategy

- National partnership
- Background & rationale
- Purpose
- Federal perspective
- Resources

Sun Safety

We all like to work, play and relax outside on a sunny day. The warm rays of the sun feel good on our skin. Too much sun can be harmful, so be careful! The sun's burning rays are also called UV rays. UV stands for ultraviolet.

UV rays can cause:

- wrinkles
- skin cancer
- eye damage
- premature skin aging

Safety Tips

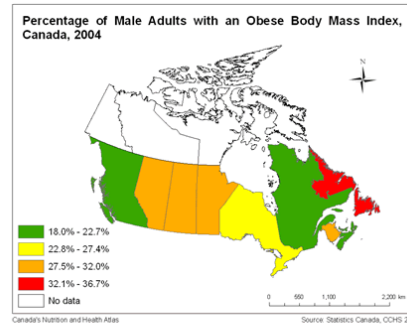
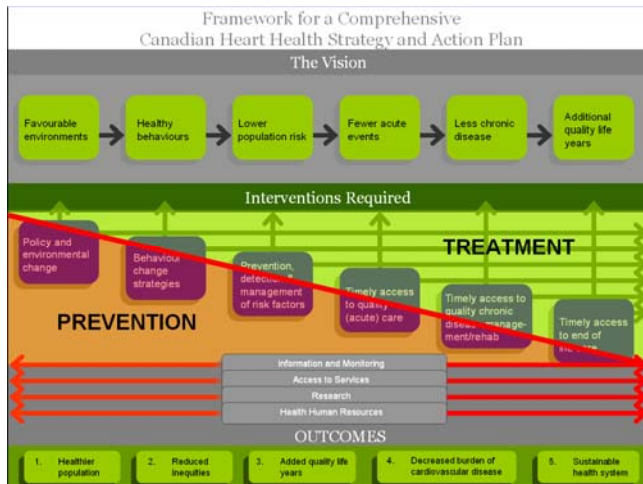
- Plan to be outside in the early morning or late afternoon.
- Stay in the shade and out of the hot sun between 11 a.m. and 4 p.m.
- If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from outdoors.
- Wear sunglasses that provide UVA and UVB protection.
- Use a sunscreen lotion or cream that is SPF 15 or more. SPF means Sun Protection Factor.
- Use a sunscreen that says "broad-spectrum" on the label. It will screen out most of the UVA and UVB rays.
- Put sunscreens on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection.
- Don't forget your lips, ears and nose. These parts of your body burn easily.
- Sunscreen gets washed off by water and sweat. So, put more sunscreen on after you go swimming or if you are sweating.

FOR MORE INFORMATION, contact the Consumer and Clinical Radiation Protection Bureau of Health Canada at 813-954-6999 or www.healthcanada.gc.ca/ccrpb

The Integrated Pan-Canadian Healthy Living Strategy

2005

Prepared by:
The Secretariat for the Intersectoral Healthy Living Network in partnership with the F/PT Healthy Living Task Group and the F/PT Advisory Committee on Population Health and Health Security (ACPHHS)



Please Note: The CCHS 2.2 does not include data from the Northwest Territories, Yukon Territory or Nunavut. However, the target population covered by the survey represents approximately 98% of the population of the 10 provinces and is thus considered a national survey.

The Federal Tobacco Control Strategy (FTCS)

A Framework for Action

Canada

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Calgary quietly shelves trans fat ban

Regulations that led the nation disappeared when health board fired

By Michelle Lang, Calgary Herald March 12, 2009



Calgary's highly publicized ban on trans fats has been quietly eliminated only one year after it started, with local health officials revealing Wednesday that limits on artery-clogging fats in restaurants no longer exist.

Trans fat rules at the former Calgary Health

Region -- the first place in Canada to regulate the additive--are defunct now that the region is being amalgamated with other Alberta health authorities into a single provincial superboard.

Health inspectors conceded this week they stopped enforcing the regulations at the end of December, several months after the region's board, which passed the policy on the harmful fats, was fired.

The death of the program represents a significant U-turn for the health authority, which made headlines across the country in January 2008 when it began requiring Calgary eateries to cook their food with fats that have less than four per cent trans fat content.

So now - time to work together!



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