

Youth Facts: Healthy Eating, Active Living, and Body Image

Ottawa Student Drug Use and Health Report, 2014

Everyone can improve their health status and reduce their risk of disease and injury by engaging in healthier behaviours, independent of weight loss. Focusing on a healthy behaviour approach, as opposed to a weight-centred approach, empowers youth to make healthier choices.

To learn more about *Youth Facts* and other topics, and view an accessible version visit: <http://www.ottawa.ca/healthreports>.

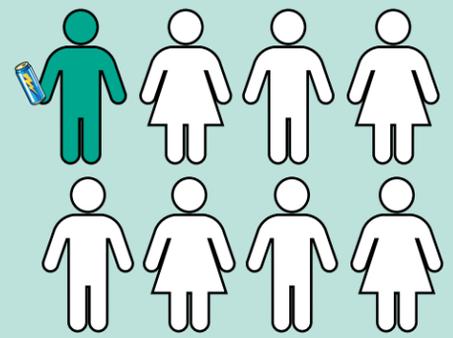
2-in-5 students skipped breakfast at least once during the past five school days.

78%

of students had at least one sugar-sweetened beverage in the past week.



One-in-eight had at least one energy drink in the past week.



50%

2011

Fewer students in 2013 reported drinking energy drinks in the past year.

37%

2013



61%

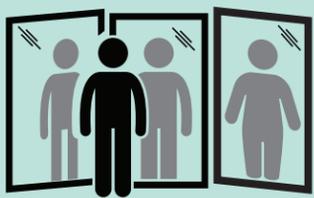
of students spend more than two hours a day watching TV/movies, playing video/computer games, chatting on a computer, emailing, or surfing the internet.

48%

of students were not active during physical education or were not currently enrolled in physical education at school.



One-in-five students use active forms of transportation such as walking or cycling to travel to school.



32%

of students thought that their body was too thin or too fat.

23%

of students were classified as overweight or obese, based on self-reported weight and height.



Two-thirds reported that they were trying to control their weight either by avoiding weight gain, trying to lose weight or trying to gain weight.

Resources:

- Eat Right Ontario provides nutrition and healthy eating information and can answer questions on everyday food choices, disease prevention and popular nutrition topics. Call 1-877-510-5102 to learn more.
- Active for Life provides information and ideas on how to include physical activity in your child's life. Please see www.activeforlife.com.
- City of Ottawa Recreation and Culture offers various programs to children, youth and families to get them active. Call 3-1-1 to learn more.
- CHEO offers the Centre for Healthy and Active Living (CHAL) Program for treatment of obese children. The program provides an evidence-based, family-centred, interdisciplinary approach that focuses on the whole child, including physical, mental, and social aspects and their family. Call 613-260-1477 to learn more.
- Media Smarts Canadian Centre for Digital and Media Literacy (www.mediasmarts.ca) offers tools and knowledge to parents, children and youth to help them gain the critical thinking skills to engage with media as active and informed digital citizens.
- CHEO's Eating Disorders Program provides inpatient and outpatient services for children and youth who suffer from eating disorders. Call 613-737-7600 ext. 2496 to learn more.
- Hopewell is a community support for all affected with an eating disorder. Call 613-241-3428 to learn more.

The data used in this publication came from the Ontario Student Drug Use and Health Survey conducted by the Centre for Addiction and Mental Health and administered by the Institute for Social Research, York University.