

HEALTHY EATING

Parental Support for Child Health

BACKGROUND

Parents play a major role in supporting health behaviours and providing children with opportunities for healthy, active living.¹

In Canada, between 1979 and 2004, rates of obesity in children more than doubled.² Healthy eating is important for promoting and maintaining healthy weights.³

This infographic presents results from a telephone survey of 3,206 parents living in Ontario, conducted between February and March, 2015. All results are parent-reported. Indicators used to measure healthy eating include consumption of saturated and trans fats, sugary beverages, and fruits and vegetables.

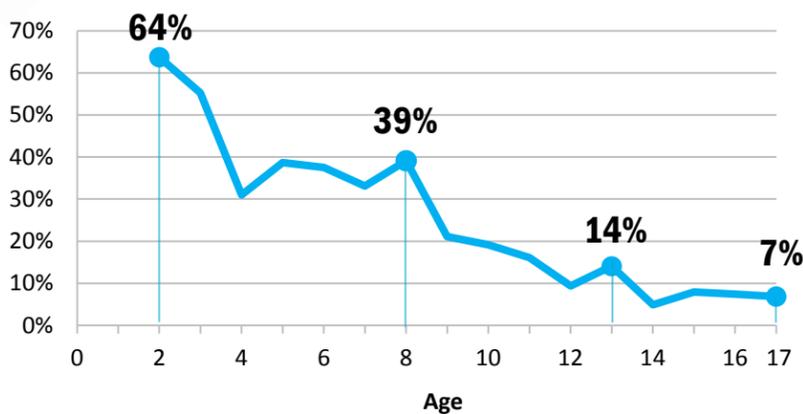
RECOMMENDED DAILY FRUIT AND VEGETABLE SERVINGS⁴



HOW ARE PARENTS DOING?



PARENT-REPORTED PROPORTION OF CHILDREN MEETING FRUIT AND VEGETABLE GUIDELINES



These are based on parent-reported data, which may not necessarily represent actual rates in Ontario.

AGE AND HEALTHY EATING

As children get older, the proportion meeting guidelines for fruit and vegetable consumption decreases. Moreover, as children age, they may be more likely to skip breakfast and less likely to participate in family dinners.⁵ Barriers to children's fruit and vegetable consumption include:

- **Adolescent autonomy**
Children's increasing independence with age⁵
- **Limited availability**
Cost may limit amount of fruits and vegetables in the home⁵
- **Limited accessibility**
Fruits and vegetables may not be convenient for child to access⁵

WHAT CAN YOU DO?

E.A.T. HEALTHY!

Eat fruits and vegetables **A**way from the TV and other screens **T**ogether as a family

EAT TOGETHER AND AWAY FROM SCREENS

Children and adolescents who often have dinner together with family members tend to consume more healthy foods.⁶ However, when families often eat together in front of the TV, children tend to consume more unhealthy foods and sodas, and fewer fruits and vegetables.⁷