

# Canada



## Policies, Interventions and Actions

### Front of package Nutrition Labelling

A front-of-package nutrition symbol is required on foods that are high in one or more of these nutrients: sodium, sugars and/or saturated fat. Industry has been given until 01.01.26 to implement this change.

Categories:	Labelling Regulation/Guidelines
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Canada
Find out more:	<a href="http://www.canada.ca">www.canada.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Front of package Labelling. Government of Canada 2022

### Tax on sugar sweetened beverages in Newfoundland and Labrador

Tax on sugar-sweetened beverages, including sweetened fruit-flavored juices, sweetened iced tea and lemonades, sweetened sports and energy drinks, and dispensed beverages such as sweetened soda fountain drinks. 100% juices, milk-based drinks, sweetened dairy alternatives, yoghurt drinks, plain water and other select categories are exempt. The tax is C\$0.20 for ready-to-drink beverages to which the manufacturer has added sugar. The tax for concentrated drink mixtures varies.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Newfoundland and Labrador
Find out more:	<a href="http://www.gov.nl.ca">www.gov.nl.ca</a>
Linked document:	<a href="#">Download linked document</a>

## Tax on carbonated beverages in British Colombia

7% sales tax on carbonated or effervescent beverages that have bubbles or fizz and contain sugar, natural occurring sweeteners, added natural sweeteners, or artificial sweeteners. Still and carbonated water, sparkling flavored waters that contain no sweeteners, still fruit juices and frozen, non-carbonated sweetened beverages are all exempt.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>

## Obesity in adults: a clinical practice guideline

The Canadian Adult Obesity Clinical Practice Guidelines (CPGs) provide a much-needed evidence- and experience-based, patient-centred framework for healthcare professionals, patients and policy makers. They represent the first comprehensive update in Canadian obesity guidelines since 2007, and perhaps the most extensive review of published evidence yet conducted in obesity worldwide.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2020 (ongoing)
Target age group:	Adults
Organisation:	Obesity Canada and the Canadian Association of Bariatric Physicians and Surgeons
Find out more:	<a href="http://obesitycanada.ca">obesitycanada.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Wharton, S., Lau, D.C., Vallis, M., Sharma, A.M., Biertho, L., Campbell-Scherer, D., Adamo, K., Alberga, A., Bell, R., Boulé, N. and Boyling, E., 2020. Obesity in adults: a clinical practice guideline. CMAJ, 192(31), pp.E875-E891.

## Guideline No. 391-Pregnancy and Maternal Obesity Part 1: Pre-conception and Prenatal Care

This guideline will review key aspects in the pregnancy care of women with obesity. Part I will focus on pre-conception and pregnancy care. Part II will focus on team planning for delivery and Postpartum Care.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults
Find out more:	<a href="https://pubmed.ncbi.nlm.nih.gov">pubmed.ncbi.nlm.nih.gov</a>
References:	Maxwell C, Gaudet L, Cassir G, Nowik C, McLeod NL, Jacob CÉ, Walker M. Guideline No. 391-Pregnancy and Maternal Obesity Part 1: Pre-conception and Prenatal Care. J Obstet Gynaecol Can. 2019 Nov;41(11):1623-1640. doi: 10.1016/j.jogc.2019.03.026. PMID: 31640864

## Guideline No. 392-Pregnancy and Maternal Obesity Part 2: Team Planning for Delivery and Postpartum Care

This guideline will review key aspects in the pregnancy care of women with obesity. Part I will focus on Preconception and Pregnancy Care.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults
Find out more:	<a href="https://pubmed.ncbi.nlm.nih.gov">pubmed.ncbi.nlm.nih.gov</a>
References:	Maxwell C, Gaudet L, Cassir G, Nowik C, McLeod NL, Jacob CÉ, Walker M. Guideline No. 392-Pregnancy and Maternal Obesity Part 2: Team Planning for Delivery and Postpartum Care. J Obstet Gynaecol Can. 2019 Nov;41(11):1660-1675. doi: 10.1016/j.jogc.2019.03.027. Erratum in: J Obstet Gynaecol Can. 2020 Mar;42(3):385. doi: 10.1016/j.jogc.2020.01.011. PMID: 31640866.

## A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada

The Common Vision is a new, collective way forward that will guide the country towards ways of increasing physical activity and reducing sedentary living. It is a national policy document that is intended to move the country. The Common Vision is guided by five interdependent principles that are foundational to increasing physical activity and reducing sedentary living. They include Physical Literacy, Life Course, Population Approach, Evidence-based and Emergent-focused and Motivations. (Available in English and French language)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Canada
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://www.canada.ca/en/public-health/services/publications/healthy-living/lets-get-moving.html">https://www.canada.ca/en/public-health/services/publications/healthy-living/lets-get-moving.html</a>

## Notice of Modification - Prohibiting the Use of Partially Hydrogenated Oils (PHOs) in Foods

Mandatory national ban on use of all trans-fats OR the production or use of PHO as an ingredient in all foods. The prohibition applies to PHOs, which are defined as those fats and oils that: - have been hydrogenated, and - have an iodine value of greater than 4 (Available only in English language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/24718">https://extranet.who.int/nutrition/gina/en/node/24718</a> (last accessed 11.08.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Bill - S-228

Public Bill (Senate) S-228 is an Act to amend the Food and Drugs Act (prohibiting food and beverage marketing directed at children). It states that 'no person shall advertise unhealthy food in a manner that is directed primarily at children'.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	Canadian Senate
Find out more:	<a href="http://www.parl.ca">www.parl.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	LEGISinfo - Senate Public Bill S-228 (42-1) [Internet]. Parl.ca. 2015 [cited 2020 Jan 9]. Available from: <a href="https://www.parl.ca/LegisInfo/BillDetails.aspx?billId=8439397&amp;Language=E">https://www.parl.ca/LegisInfo/BillDetails.aspx?billId=8439397&amp;Language=E</a> □

## ParticipACTION 150 Play List

ParticipACTION is a national non-profit organisation whose mission is to help Canadians sit less and move more. The ParticipACTION 150 Play List is a programme launched in 2017 listing 150 physical activities and challenges to Canadians in communities, schools, and workplaces to see how many different activities they can complete in 2017.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	ParticipACTION
Find out more:	<a href="http://www.participaction.com">www.participaction.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Participaction.com. 2020f [cited 2020 Jul 22]. Available from: <a href="https://www.participaction.com/en-ca/programs/150-play-list">https://www.participaction.com/en-ca/programs/150-play-list</a> □

## Health policies in Canada

Overview of strategies in place to prevent NCDs.

Categories:	Evidence of NCD strategy Health Effectiveness Reviews (obesity related)
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	OECD policy health review
Find out more:	<a href="http://www.oecd.org">www.oecd.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Health Policy in Canada January 2016 [Internet]. 2016c. Available from: <a href="http://www.oecd.org/health/health-systems/Health-Policy-in-Canada-January-2016.pdf">http://www.oecd.org/health/health-systems/Health-Policy-in-Canada-January-2016.pdf</a> []

## Sip Smart BC

An Agreement between the Childhood Obesity Foundation (COF) and BC Pediatric Society (BCPS) enables COF to use the Sip Smart! BC™ Trademark and Copyright to deliver this resource for Grade 4-6 students. The Sip Smart! BC™ update was a partnership of the BC Pediatric Society and the B.C. Government and was made possible through funding from the Provincial Health Services Authority. "Sip Smart! BC is an educational program that encourages healthier beverage choices by teaching BC kids about the sugar in drinks and how it affects their bodies. "

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Partnership including the Canadian Society of Exercise Physiology (CSEP) and ParticipACTION
Find out more:	<a href="http://sipsmart.ca">sipsmart.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Sip Smart – Healthy Drink Choices [Internet]. [cited 2020 Jul 22]. Available from: <a href="https://sipsmart.ca/">https://sipsmart.ca/</a> []

## Eating Well with Canada's Food Guide.

These are guidelines to help reduce the risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis in addition to providing health benefits.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	The Federal Ministry of Health (Health Canada)
Find out more:	<a href="http://healthy Canadians.gc.ca">healthy Canadians.gc.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Canada H. Eating Well with Canada's Food Guide - First Nations, Inuit and Métis [Internet]. aem. 2007 [cited 2020 Jul 22]. Available from: <a href="https://www.canada.ca/en/health-canada/services/food-nutrition/reports-publications/eating-well-canada-food-guide-first-nations-inuit-metis.html">https://www.canada.ca/en/health-canada/services/food-nutrition/reports-publications/eating-well-canada-food-guide-first-nations-inuit-metis.html</a> □

## Evidence review for dietary guidance: Summary of results and implications for Canada's Food Guide

The Evidence Review Cycle for Dietary Guidance (ERC) is Health Canada's systematic approach to gathering, assessing, and analyzing data relevant to dietary guidance

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Minister of Health Canada, Health Canada
Find out more:	<a href="http://www.canada.ca">www.canada.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Canada H. Evidence Review for Dietary Guidance: Summary of Results and Implications for Canada's Food Guide [Internet]. aem. 2016 [cited 2020 Jul 22]. Available from: <a href="https://www.canada.ca/en/health-canada/services/publications/food-nutrition/evidence-review-dietary-guidance-summary-results-implications-canada-food-guide.html">https://www.canada.ca/en/health-canada/services/publications/food-nutrition/evidence-review-dietary-guidance-summary-results-implications-canada-food-guide.html</a> □

## Healthy Menu Choices Act

This Act requires owners and operators of food premises to display the number of calories in each standard food item sold at the premises. Note that the Law comes into force on January 1, 2017.

Categories:	Labelling Regulation/Guidelines
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	<a href="http://www.canlii.org">www.canlii.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	SO 2015, c 7, Sch 1   Healthy Menu Choices Act, 2015 [Internet]. www.canlii.org. [cited 2020r Jul 22]. Available from: <a href="https://www.canlii.org/en/on/laws/stat/so-2015-c-7-sch-1/latest/so-2015-c-7-sch-1.html">https://www.canlii.org/en/on/laws/stat/so-2015-c-7-sch-1/latest/so-2015-c-7-sch-1.html</a> □

## Recommendations for growth monitoring, and prevention and management of overweight and obesity in children and youth in primary care

Guidelines on preventing overweight and obesity in children. The current guideline provides recommendations for growth monitoring and prevention of overweight and obesity in healthy-weight children and adolescents aged 17 years and younger in primary care settings, and guidance for primary care practitioners on the effectiveness of overweight and obesity management in children and youth aged 2 to 17 years.

Categories:	Health Effectiveness Reviews (obesity related) Evidence of Management/treatment guidelines
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015 (ongoing)
Target age group:	Children
Organisation:	Parkin P, Connor Gorber S, Shaw E, Bell N, Jaramillo A, Tonelli M, Brauer P; Canadian Task Force on Preventive Health Care.
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Parkin P, Connor Gorber S, Shaw E, Bell N, Jaramillo A, Tonelli M, Brauer P; Canadian Task Force on Preventive Health Care. (2015). Recommendations for growth monitoring, and prevention_x000D__x000D_ and management of overweight and obesity in children and youth in primary care. Canadian Medical Association Journal. 187(6). pp. 411-21.



## Recommendations for prevention of weight gain and use of behavioural and pharmacologic interventions to manage overweight and obesity in adults in primary care

The objective of this guideline is to provide evidence-based recommendations for structured interventions aimed at preventing weight gain in adults of normal weight and to provide recommendations for behavioural and pharmacologic interventions for weight loss to manage overweight and obesity in adults, including those at risk of type 2 diabetes. Strategies for maintaining health, such as increased physical fitness, that did not emphasize or consider weight loss, were not reviewed. The guideline does not apply to people with a BMI score of 40 or greater, who may benefit from specialized bariatric programs. This document updates prior guidelines by the Canadian Task Force on Preventive Health Care, which were published in 1999 on treatment of obesity<sup>14</sup> and in 2006 on prevention of obesity.<sup>1</sup>

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Non-national obesity strategies
Categories (partial):	Evidence of Management/treatment guidelines
Year(s):	2015 (ongoing)
Target age group:	Adults
Organisation:	Canadian Task Force on Preventive Health Care
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Canadian Task Force on Preventive Health Care. (2015). Recommendations for prevention of weight gain and use of behavioural and pharmacologic interventions to manage overweight and obesity in adults in primary care. Canadian Medical Association Journal. 187(3). pp. 184-95.

## Canadian Children's Food and Beverage Advertising Initiative (Canada Pledge)

This is an industry self-regulatory framework led by Canadian food and beverage companies

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2014 (ongoing)
Target age group:	Children
Organisation:	Advertising Standards Canada (ASC)
Find out more:	<a href="http://adstandards.ca">adstandards.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	CANADIAN CHILDREN'S FOOD AND BEVERAGE ADVERTISING INITIATIVE Uniform Nutrition Criteria White Paper [Internet]. 2014a. Available from: <a href="https://adstandards.ca/wp-content/uploads/2018/11/CAIUniformNutritionCriteriaWhitePaper-EN-Nov-2018.pdf">https://adstandards.ca/wp-content/uploads/2018/11/CAIUniformNutritionCriteriaWhitePaper-EN-Nov-2018.pdf</a> []

## Clinical best practice guidelines for primary prevention of childhood obesity

Guidelines on primary prevention of childhood obesity.

Categories:	Non-national obesity strategies
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2014 (ongoing)
Target age group:	Children
Organisation:	Registered Nurses' Association of Ontario
Find out more:	<a href="http://rnao.ca">rnao.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Registered Nurses' Association of Ontario. (2014). Clinical Best Practice Guidelines; Primary Prevention_x000D__x000D_ of Childhood Obesity. International Affairs and Best practice guidelines. Available from: <a href="https://rnao.ca/bpg/guidelines/primary-prevention-childhood-obesity">https://rnao.ca/bpg/guidelines/primary-prevention-childhood-obesity</a> . [Accessed 7th January 2019].

## Public Health Ontario Strategic Plan

A comprehensive plan, a strong mix of programs and services to serve our clients, and our dedicated and talented people, PHO will continue to make substantive and enduring contributions to the health and safety of all Ontarians.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Year(s):	2014-2019
Target age group:	Adults and children
Organisation:	Public Health Ontario
Find out more:	<a href="http://www.publichealthontario.ca">www.publichealthontario.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Strategic Plan [Internet]. Public Health Ontario. [cited 2020w Jul 22]. Available from: <a href="https://www.publichealthontario.ca/en/about/corporate-reporting/strategic-plan">https://www.publichealthontario.ca/en/about/corporate-reporting/strategic-plan</a> []

## Active Canada 20/20

Physical Activity Strategy and Change Agenda for Canada.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	ParticipACTION
Find out more:	<a href="http://www.ualberta.ca">www.ualberta.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Spence JC, Faulkner G, Bradstreet CC, Duggan M, Tremblay MS. Active Canada 20/20: A physical activity plan for Canada. Canadian Journal of Public Health. 2015 Nov;106(8):e470–3. []

## Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines

Physical Activity and Sedentary Behaviour guidelines for the following age groups: Early Year (0-4yrs), Children (5-11yrs and 12-17yrs), Adults (18-64yrs) and older Adults (65yrs+). The Canadian Physical Activity and Sedentary Behaviour Guidelines were released in January 2011 by the Canadian Society for Exercise Physiology (CSEP) and replace the previous guidelines.[1] These guidelines were updated and released in June 2016. The Public Health Agency of Canada (PHAC) has endorsed these new guidelines and ParticipACTION has played a key role in their promotion and dissemination

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	Canadian Society for Endocrine Physiology (CSEP)
Find out more:	<a href="http://www.csep.ca">www.csep.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Canadian Society for Exercise Physiology - Home [Internet]. <a href="http://www.csep.ca">www.csep.ca</a> . [cited 2020 Jul 21]. Available from: <a href="http://www.csep.ca/english/view.asp?x=804">http://www.csep.ca/english/view.asp?x=804</a> []

## Eat Well campaign

A campaign which aims to improve the understanding of healthy eating in Canada.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign Evidence of NCD strategy Industry/Government regulations - voluntary /pledges Health Effectiveness Reviews (obesity related) Evidence of Multidisciplinary Intervention Evidence of Management/treatment guidelines
Year(s):	2011
Target age group:	Adults and children
Organisation:	Government of Canada
Find out more:	<a href="http://www.canada.ca">www.canada.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Canada.ca [Internet]. Canada.ca. 2019. Available from: <a href="https://www.canada.ca/home.html">https://www.canada.ca/home.html</a> []

## Guidelines for Overweight and Obesity in Adults: Diagnosis and Management

Guidelines providing primary care providers with definitions for overweight and obese classifications in non-pregnant adults aged 19 and older and information on the diagnosis and management of obesity.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults
Organisation:	Government of British Columbia
Find out more:	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Government of British Columbia:Guidelines & Protocols advisory committee. 2011. Overweight and Obese Adults: Diagnosis and Management. Available from: <a href="https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/obesity.pdf">https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/obesity.pdf</a> . [Accessed 18 December 2018].

## Hamilton Healthy Food and Beverage Policy

This policy aims to support the City of Hamilton employee health by making healthy food and beverage choices the easier choice. It requires that 75% of food and beverages offered at worksite cafeterias are healthy choices and that all food and beverage choices are free of industrially produced trans fats.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2011 (ongoing)
Target age group:	Adults
Organisation:	Ontario Ministry of Health and Long-Term Care
Find out more:	<a href="http://opha.on.ca">opha.on.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	The Nutrition Resource Centre [Internet]. OPHA. 2015b [cited 2020 Jul 22]. Available from: <a href="https://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/City-of-Hamilton-s-Corporate-Food-and-Beverage-Pol.aspx">https://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/City-of-Hamilton-s-Corporate-Food-and-Beverage-Pol.aspx</a> []

## The Nutrition North Canada (NNC) Programme

Launched on 1 April 2011, Nutrition North Canada (NNC) is a government of Canada subsidy programme that helps provide northerners in isolated communities with improved access to perishable, nutritious food. NNC provides a retail-based subsidy that enables local retailers and registered suppliers to access and lower the cost of perishable healthy foods like meat, fish, eggs, milk and bread, as well as fruit and vegetables, all of which must be transported by air to these isolated communities. NNC also subsidises commercially processed country or traditional foods such as Arctic char, muskox, and caribou. NNC has two subsidy levels: level 1, which is the higher subsidy, is granted to foods that are deemed the most perishable and most nutritious; while level 2, the lower subsidy, is applied to other staple food items. Eligibility is based on isolation factors and focuses on communities that lack year-round surface access (no permanent road, rail or marine access) requiring goods to be flown in. Effective 1 October 2016, 121 northern communities had full access to the NNC subsidy. Four criteria inform subsidy rates, which vary across communities: 1) geographical distance from the supply centre to the isolated community, 2) distance flown, 3) population according to the census, and 4) minimum wage. Residents in eligible communities can purchase subsidised food from registered northern retailers. Individuals, local restaurants and social institutions can also access the subsidy by ordering eligible items directly from registered suppliers. Retailers and suppliers are responsible for passing on the full subsidy to consumers and participate in regular compliance reviews as part of their agreement with the department of indigenous and northern affairs Canada. In order to increase programme transparency, on 1 April 2016, NNC implemented a mandatory point-of-sale system allowing customers to clearly see the application of the NNC subsidy on their grocery receipts.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Nutrition North Canada (NNC)
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=2#step3=315">https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=2#step3=315</a> (last accessed 11.08.22)

## Active for Life

Active for Life is a Canadian not-for-profit social enterprise founded by B2ten. It is a national initiative created to help parents give their children the right start in life through the development of physical literacy.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	B2ten
Find out more:	<a href="http://activeforlife.com">activeforlife.com</a>
References:	About - Active For Life [Internet]. Active For Life. 2012 [cited 2019 Nov 13]. Available from: <a href="https://activeforlife.com/about/">https://activeforlife.com/about/</a> []

## Canadian Society of Obstetricians and Gynaecologists of Canada (SOGC) clinical practice guideline for Obesity in Pregnancy - 2010

Recommendations for the counselling and management of obesity in pregnancy. To review the evidence and provide recommendations for the counselling and management of obese parturients

Categories:	Evidence of Management/treatment guidelines
Categories (partial):	Non-national obesity strategies
Year(s):	2010 (ongoing)
Target age group:	Adults
Organisation:	Davies, G.A.L, Maxwell, C.M, and Mcleod, L.
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Davies, G.A.L, Maxwell, C.M, and Mcleod, L. (2010). SOGC Clinical Practice Guideline. Journal of Obstetrics and Gynaecology Canada. 110 (2). pp. 165-173.



## Curbing Childhood Obesity: A Federal, Provincial and Territorial Framework for Action to Promote Healthy Weights

This is a framework consisting of 3 key strategies to promote healthy weights in children.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	Public Health Agency of Canada
Find out more:	<a href="http://www.phac-aspc.gc.ca">www.phac-aspc.gc.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Public. Curbing Childhood Obesity: A Federal, Provincial and Territorial Framework for Action to Promote Healthy Weights - Canada.ca [Internet]. Canada.ca. 2010. Available from: <a href="https://www.canada.ca/en/public-health/services/health-promotion/healthy-living/curbing-childhood-obesity-federal-provincial-territorial-framework.html">https://www.canada.ca/en/public-health/services/health-promotion/healthy-living/curbing-childhood-obesity-federal-provincial-territorial-framework.html</a> []

## Nutrition Facts Education Campaign

The Nutrition Facts Education Campaign is a multi-media campaign that helps consumers understand and use the information on the Nutrition Facts table and the % Daily Value.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Health Canada's Office of Nutrition Policy and Promotion
Find out more:	<a href="http://www.fcpc.ca">www.fcpc.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Food & Consumer Products of Canada > Home [Internet]. www.fcpc.ca. [cited 2020 Jul 22]. Available from: <a href="https://www.fcpc.ca/">https://www.fcpc.ca/</a> []

## Eat Smart Meet Smart

A document to help provide guidance on healthy eating at work, meetings, events and conferences.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Adults and children
Organisation:	Western and Northern Canadian Collaborative for Healthy Living
Find out more:	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	How to Plan and Host Healthy Meetings, Events and Conferences [Internet]. Available from: <a href="https://stayactiveeathealthy.ca/wp-content/uploads/formidable/6/eat-smart-meet-smart.pdf">https://stayactiveeathealthy.ca/wp-content/uploads/formidable/6/eat-smart-meet-smart.pdf</a> []

## Walk BC

Supported walking groups with step-by-step tools and resources for a healthier life.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2007 (ongoing)
Target age group:	Adults and children
Organisation:	A joint initiative between the Heart & Stroke Foundation of BC & Yukon and the BC Recreation & Parks Association (BCRPA). It was one of four initiatives under the Physical Activity Strategy.
Find out more:	<a href="http://www.walkbc.ca">www.walkbc.ca</a>
References:	Home   Walk BC [Internet]. <a href="http://www.walkbc.ca">www.walkbc.ca</a> . [cited 2020m Jul 22]. Available from: <a href="https://www.walkbc.ca/">https://www.walkbc.ca/</a> []

## 2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children

Canadian guidelines on the prevention and management of obesity at the individual and population levels.

Categories:	Evidence of Management/treatment guidelines Non-national obesity strategies
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	Lau, D.C.W, Douketis, J.D, Morrison, K.M, Hramiak, I.M, Sharma, A.M, Ur, E, for members of the Obesity Canada Clinical Practice Guidelines Expert Panel
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Lau, D.C.W, Douketis, J.D, Morrison, K.M, Hramiak, I.M, Sharma, A.M, Ur, E, for members of the Obesity Canada Clinical Practice Guidelines Expert Panel. (2007). 2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children. Canadian Medical Association Journal. 176 (8). pp. 1117.

## A healthy city is an active city

This guide is designed to help city leaders create a plan for physical activity, active living and sport in their city or community. It can be used by local governments alone; however, efforts to develop and maintain active cities will be more successful if they take an integrated approach and involve a range of groups, including city departments, nongovernmental organizations, schools and educators, the health sector, the private sector and residents themselves. It is important that elected officials and neighbourhood leaders champion and endorse the plan.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	WHO
Find out more:	<a href="http://www.euro.who.int">www.euro.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Home [Internet]. <a href="http://www.euro.who.int">www.euro.who.int</a> . [cited 2020 Jul 22]. Available from: <a href="https://www.euro.who.int">https://www.euro.who.int</a> []

## BC Policy: Healthier Choices in Vending Machines in B.C. Public Buildings

The Healthier Choices in Vending Machines in BC Public Buildings policy sets minimum nutrient standards for pre-packaged food and beverages so a range of healthier options are available in public buildings. Nutrient criteria for the policy are based on the Guidelines for Food and Beverage Sales in British Columbia Schools. The policy came into effect in 2006 and was updated in 2014.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of Community Interventions/Campaign Industry/Government regulations - voluntary /pledges
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	Government of British Columbia
Find out more:	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Healthier Choices in Vending Machines in BC Public Buildings [Internet]. Available from: <a href="https://www2.gov.bc.ca/assets/gov/health/managing-your-health/healthy-eating/vending-policy-2014.pdf">https://www2.gov.bc.ca/assets/gov/health/managing-your-health/healthy-eating/vending-policy-2014.pdf</a> []

## Ontario's Action Plan for Healthy Eating & Active Living

A policy which aims to reduce chronic disease by targeting nutrition and physical activity (including active transportation). The strategies of the plan are to raise healthy children and youth, build healthy communities, champion healthy public policy, and promote public awareness and engagement.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://collections.ola.org">collections.ola.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Ontario's Action Plan For Healthy Eating And Active Living [Internet]. Available from: <a href="https://collections.ola.org/mon/14000/263356.pdf">https://collections.ola.org/mon/14000/263356.pdf</a> []

## ParticipACTION Report Card

The ParticipACTION Report Card on Physical Activity for Children and Youth (formerly the Active Healthy Kids Canada Report Card) is an assessment tool for child and youth physical activity in Canada. The current ParticipACTION Report Card on Physical Activity for Children and Youth was released on June 9, 2015. The ParticipACTION Report Card on Physical Activity for Children and Youth identifies families as critical influencers in children’s physical activity and healthy habits. Right now, families are physically closer than they have been for generations, as we collectively stay home to help contain the COVID-19 pandemic. Restricted access to playgrounds, physical school, childcare and playdates means the family’s impact has never been greater, but it’s also more challenging than ever to develop and maintain healthy habits at-home.

Categories:	Evidence of Physical Activity Guidelines/Policy
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2005 (ongoing)
Target age group:	Adults and children
Organisation:	ParticipACTION
Find out more:	<a href="http://www.participaction.com">www.participaction.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Participaction.com. [cited 2020 Jul 22]. Available from: <a href="https://www.participaction.com/en-ca/resources/children-and-youth-report-card">https://www.participaction.com/en-ca/resources/children-and-youth-report-card</a> []

## Regulations Amending the Food and Drug Regulations (Nutrition Labelling, Nutrient Content Claims and Health Claims)

Mandatory national labelling guidelines for packaged foods and drinks in place. (Available only in English and French language)

Categories:	Labelling Regulation/Guidelines
Year(s):	2003 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/22876">https://extranet.who.int/nutrition/gina/en/node/22876</a> (last accessed 10.08.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Healthy U

Healthy U was developed as a public information and education campaign to support and encourage Albertans to lead healthier lifestyles by providing them with access to information on healthy eating and active living. Healthy U now has a mobile app and website.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2002 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Alberta
Find out more:	<a href="http://www.healthyalberta.ca">www.healthyalberta.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	Meal Planning and Weight Management – Healthy U [Internet]. Available from: <a href="https://healthyu.ca/nutrition-resources-meal-planning-and-weight-management/">https://healthyu.ca/nutrition-resources-meal-planning-and-weight-management/</a> []

## Consumer Protection Act

Since 1978, Section 248 of Quebec’s Consumer Protection Act has banned any commercial advertising directed at children under the age of 13 on TV, radio, print, internet, mobile phones and signage as well as through the use of promotional items. The ban is applies to food and beverage marketing.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	1978 (ongoing)
Target age group:	Children
Organisation:	Quebec Government
Find out more:	<a href="https://legisquebec.gouv.qc.ca">legisquebec.gouv.qc.ca</a>
Linked document:	<a href="#">Download linked document</a>

## 24 hr movement guidelines

As young children grow and develop, they need to work towards high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day to be healthy — they need to Move, Sleep and Sit the right amounts. The new Canadian 24-Hour Movement Guidelines for the Early Years (ages 0-4) show there is an important relationship between how much sleep, sedentary behaviour and physical activity children get in a 24-hour period.

Categories:	Evidence of Physical Activity Guidelines/Policy
Target age group:	Adults and children
Organisation:	Canadian Society for Exercise Physiology
Find out more:	<a href="https://csepguidelines.ca">csepguidelines.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	CSEP   SCPE [Internet]. CSEP   SCPE. 2017a. Available from: <a href="https://csepguidelines.ca/">https://csepguidelines.ca/</a> []

## CHEO's Centre for Healthy Active Living

The Children's Hospital of Eastern Ontario (CHEO) Centre for Healthy Active Living works with children and their families with complex severe obesity using a coordinated and patient-specific plan of care which includes specialists such as a paediatric endocrinologist, general paediatrician, psychologists, case management nurse, registered dietician, exercise specialist, social worker and child and youth counsellor. The CHAL program is family based and designed to be short and intensive, lasting approximately 2 years. This will give families adequate time to work closely with the CHAL specialists, participate in our group programming, and learn tools and strategies to best manage their weight and health over the long-term. Following the 2 years, families will return to the care of their family physician who will have ongoing access to the CHAL team for consultation.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign Evidence of Multidisciplinary Intervention
Categories (partial):	Evidence of Management/treatment guidelines
Target age group:	Children
Organisation:	The Children's Hospital of Eastern Ontario (CHEO)
Find out more:	<a href="http://www.cheo.on.ca">www.cheo.on.ca</a>
References:	Centre for Healthy Active Living [Internet]. <a href="http://www.cheo.on.ca">www.cheo.on.ca</a> . 2020a [cited 2020 Jul 21]. Available from: <a href="https://www.cheo.on.ca/en/clinics-services-programs/centre-for-healthy-active-living.aspx">https://www.cheo.on.ca/en/clinics-services-programs/centre-for-healthy-active-living.aspx</a> []



## EatRight Ontario; Unlock Food

EatRight Ontario provides advice on daily food choices to help the population of Ontario live well and stay healthy. This service provides easy-to-use nutrition information from Registered Dietitians to make healthier food choices. [UnlockFood.ca](http://UnlockFood.ca) (formerly [EatRightOntario.ca](http://EatRightOntario.ca))

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Target age group:	Adults and children
Organisation:	Government of Ontario
Find out more:	<a href="http://www.unlockfood.ca">www.unlockfood.ca</a>
Linked document:	<a href="#">Download linked document</a>
References:	AboutUnlockFood - Unlock Food [Internet]. <a href="http://www.unlockfood.ca">www.unlockfood.ca</a> . Available from: <a href="https://www.unlockfood.ca/en/AboutUnlockFood.aspx">https://www.unlockfood.ca/en/AboutUnlockFood.aspx</a> []

## GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

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