



## Did You Know? Healthy Eating

Recent research has confirmed that nutrition-related chronic diseases, obesity, type 2 diabetes and development of cardiovascular disease, are increasing among children and adolescents ("Designing effective nutrition interventions for adolescents". Supplement to the Journal of the American Dietetic Association, March 2002 : S52-S63).

Bones need lots of foods with calcium and lots of weight-bearing physical activity before age 20 to prevent osteoporosis (<http://cdc.gov.powerfulbones>).

Canada's Food Guide to Healthy Eating recommends that children consume 2 to 4 servings of milk products daily. On average children consume only 1-2 servings of milk each day ("Beverages choices affect adequacy of children's nutrient intakes". Archives of Pediatric and Adolescent Medicine, 2000; 154:1148-1152).

1 in 5 Canadian children do not consume the 5 recommended fruits and vegetables daily. Numerous studies indicate that consuming at least 5 servings of vegetables and fruits each day is associated with a reduced risk of cardiovascular disease and cancer later in life

("A Day for Better Health Program Evaluation Report: Evidence." National Cancer Institute, [http://cancercontrol.cancer.gov/5ad\\_2\\_evi.html](http://cancercontrol.cancer.gov/5ad_2_evi.html); 12/2/02).

Nearly 50% of 9, 12 and 15 year olds do not eat a balanced diet (Breakfast for Learning, [www.breakfastforlearning.ca/english/media\\_centre.a4/index.html](http://www.breakfastforlearning.ca/english/media_centre.a4/index.html); 12/3/02).

## Did You Know? Drug Use/Sexual Behaviour/Safety

**Drug Use** 79% of Manitoba high school students have used alcohol, 40% have used a drug other than alcohol, and 38% have smoked marijuana (Addictions Foundation of Manitoba Survey 2001).

Education about risky behaviours in a young person's life ( at home, at school, in the community) can lead to positive changes (Preventing Substance Abuse Problems Among Young People-A Compendium of Best Practises, 2002. Health Canada).

**Sexual Behaviour** six children and teens get pregnant every day in Manitoba (Manitoba Health, 2001).

Good sexuality education programs help to delay first intercourse and protect sexually active youth from HIV, STDs, and pregnancy (United Nations, 1997).

**Safety** Unintentional injuries: accidents related to fire, water, traffic, poisons, etc, are the leading cause of death among children and youth (SmartRisk Foundation, 1998).

# Plant Your Feet Firmly On A Solid Foundation of Physical Education/Health Education

