Food environments in Canada: A look at the numbers

PUBLIC FOOD ENVIRONMENT POLICIES

- Areas where the federal government is doing well:
- -Composition: Prohibiting the use of partially hydrogenated oils in foods
- Labelling: Updated and comprehensive food labelling regulations, including mandatory front-of-package labels for products high in sodium, saturated fat and/or sugars
- —Leadership: Revision of Canada's food guide based on current scientific evidence



Areas where the federal government can improve:

- -Composition: No targets or restrictions for added sugars or saturated fats in processed foods
- -Labelling: No policies, strategies or supports for menu labelling
- -Provision: Little support and few training systems to help public sector organizations implement healthy food service policies and guidelines

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The federal government was meeting good practice statements for

support indicators

UNHEALTHY FOOD MARKETING

Over the course of the day, kids could see as many as 40 food and beverage ads, the majority of which are less healthy.



their mobile devices

•90% of those ads were for less healthy foods or brands.

88.8% of recreation and sports centres had at least 1 instance of food promotion. and those instances were mainly for unhealthy products, brands or retailers

Within a 1-km radius of schools, the average number of outdoor ads varied from 8 ads (Halifax) to 35 ads (Vancouver).

Adolescents saw an estimated

their mobile devices

FOOD RETAIL

of food stores had at least 1 les **healthy food** in key placement areas (checkout aisles, end caps, island displays)



power-walls"



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of menu items on major online food delivery latforms did not have calorie information

of entrées featured on children's menus

were less healthy and nutrition information

for all items on children's menus was limited



Schools had between 19 to 45 food outlets within a 1km radius, including between 2 and 7 fast-food restaurants

FOOD COMPOSITION

of packaged food products were **high in sodium**, **sugars** and/or **saturated fats**



FOOD LABELLING

of products with nutrition claims on their packages would also display a frontof-package symbol warning for high in sodium, sugars and/or **saturated fats**

PRIVATE SECTOR FOOD **ENVIRONMENT POLICIES**

49/100

Median score for food and beverage manufacturing companies' commitments to support healthier diets and chronic disease prevention

FOOD TRADE

Number of countries that trade freely with Canada on highly processed ready-to-eat meals:

Foreign direct investment into Canadian food manufacturing industry (2020-2022) CAD \$ 32.6 billion

FOOD PROVISION IN PUBLIC SETTINGS



SPORTS CENTRES

of beverages per beverage vending machine were classified as healthier. a regular basis and **55%** and this prevalence was similar between centres and vegetables regularly with and without provincial nutrition guidelines



of hospitals reported selling at least 1 sugary drink on a regular basis and 74% reported selling both fruits and vegetable on a regular basis

of schools reported selling

reported selling both fruits

at least 1 sugary drink on

of schools reported having developed or following a written school food policy

of hospitals reported having a written hospital food policy

FOOD PRICES

In Manitoba, a family of 2 adults and 2 children paid an average of \$317.29 for a nutritious food basket; in Newfoundland and



Bold and courageous actions are needed to create healthier food environments for current and future generations

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Labrador, this cost was \$418.38.