

Appendix B

To Find Out A Little More

A. Girls do less physical activity than boys: 38% of boys are considered to be sufficiently active to obtain optimal benefits for their health.

Source: Canadian Fitness Research Institute lifestyle, physical activity indicator survey in 2000, (Consulted February 19, 2008).

C. 78% of Canadians believe that children and young people spend too much time on non-physical activities, such as watching television and using the computer.

Source: Pediatric Society of Canada Environics Survey, March 13, 2002, (Consulted February 19, 2008).

E. In 1995, 2.4 million Canadians, including 900 000 children, have used food banks.

Source: Health Canada, Things to think about: schools and nutrition, (Consulted February 19, 2008).

G. Second-hand smoke contains more dangerous elements than inhaled smoke. It contains 2.7 times more nicotine, 70% more tar, and the carbon monoxide level is 2.5 times higher.

Source: Lung Association, (Consulted February 19, 2008).

I. On food labels, the claim “without sugars” means that the food contains less than 0,5 g of sugars and 5 calories per serving.

Source: Canadian Diabetes Association and Dietitians of Canada, Sugar Claims, (Consulted February 19, 2008).

B. Since 1981, the obesity rate among children has tripled from 5% to 16.6% among boys, and 5% to 14.6% among girls.

Source: Report from the Journal of the Association Canadian Medical Center (Nov. 2000, Jan. 2001) (Consulted February 19, 2008).

D. Per 100 grams, an apple contains 52 calories, 85.56 g of water, 13.81 g of carbohydrates, 0.26 g of proteins, 0.17 g of lipids, as well as several vitamins and minerals.

Source: ligne-en-ligne, Material Safety Data Sheet food, (Consulted February 19, 2008).

F. In 2005, most Canadians (70%) use dental floss, but only half of them use it daily.

Source: Canadian Dental Association, Dental statistics, (Consulted February 19, 2008).

H. While 4.2 million individuals died in 2000 due to consequences of smoking, at the current growth rate, that number should reach 10 million deaths in 2025 (all countries combined), which represents 1 in 6 person in 2025 versus 1 in 10 person in 2000.

Source: United Nations Conference on trade and development (UNCTAD), Economic policies, (Consulted February 19, 2008).

J. In 2001, pedestrian deaths represented 12% of all road usage related deaths. Of this percentage, the loss of life was highest for pedestrians aged 10 to 14 years old (27.5%).

Source: Transport Canada, Pedestrian Fatalities and Injuries, 1992-2001, (Consulted February 19, 2008).