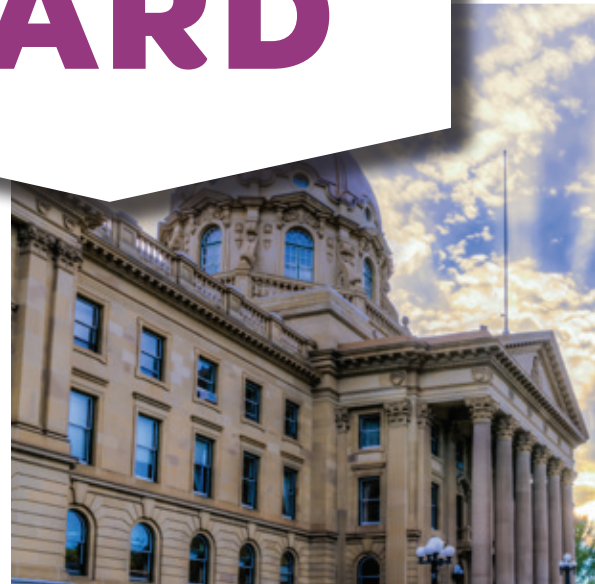




**ALBERTA'S**  
**2016**  
**NUTRITION**  
**REPORT**  
**CARD**



*On Food Environments for Children & Youth*



# Healthy Eating in Canada

## Why is Healthy Eating Important?

Many studies highlight the benefits of healthy eating for children and youth. In fact, healthy diets can help to prevent childhood obesity and chronic disease.<sup>2-4</sup> Eating patterns established early in life are often sustained into adulthood,<sup>5-7</sup> and children with overweight or obesity are more likely to have unhealthy body weights into their adult lives.<sup>8</sup>

Nearly one-third (approximately 1.6 million) of Canadian children between the ages of five and 17 years were classified as overweight or obese between 2009 and 2011.<sup>9</sup> In the past, obesity-related chronic diseases were usually seen only in older adults. Now, these diseases are becoming more common in children as well.<sup>4</sup>

*Since 1980, there has been a three-fold increase in the proportion of children with obesity<sup>10</sup>*

## It's about more than simple food choices.

Healthy eating is more than an individual choice and may be influenced by the environments in which we live.<sup>11</sup> For example, the community nutrition environment, defined as the number, type, location, and accessibility of food stores, can influence individuals' food choices, for better or for worse.<sup>12</sup> Living in a community with predominantly unhealthy food stores, for instance, has been found to increase consumption of unhealthy foods because these items are more accessible and are heavily promoted.<sup>11-15</sup>

## How can we improve children's wellbeing?

To improve children's eating behaviours and body weights, it is helpful to understand the current landscape, and how current policies and actions may act as barriers or facilitators to positive change.<sup>13,16</sup> Although policies and actions can be difficult to change due to competing interests,<sup>13,17</sup> governments have the ability to ensure environments provide and encourage healthy food choices, thereby protecting and promoting child health.<sup>4,16</sup>

Alberta's 2016 Nutrition Report Card on Food Environments for Children and Youth contributes to understanding the current status and impact of nutrition-related policies and actions in Alberta by highlighting where we are succeeding, and where more work may be needed to support the health of children and youth.<sup>1</sup>

# Alberta's 2016 Nutrition Report Card on Food Environments for Children and Youth

The Report Card is the second annual assessment of how Alberta's current food environments and nutrition policies support or create barriers to improving children's eating behaviours and body weights. When it comes time for the grading process to begin, an Expert Working Group convenes to evaluate the most current evidence available for the Report Card.

## What does the Report Card measure?

The Report Card assesses how Alberta's current food environment and nutrition policies help or hinder children's healthy eating behaviours.

## The Five Food Environments

The grading system assesses four micro-environments (physical, communication, economic, and social), that each have embedded policies.<sup>18</sup> It also assesses the political macro-environment as a way to understand the factors that support policies within each of the micro-environments.<sup>1,18</sup> The figure below shows the different types of food environments that may influence the eating behaviours of children and youth,<sup>1,14,18</sup> and lists examples of each.<sup>1</sup>

### MICRO-ENVIRONMENTS



#### Physical

The physical environment refers to what is available in a variety of food outlets<sup>13</sup> including restaurants, supermarkets,<sup>19</sup> schools,<sup>20</sup> worksites,<sup>21</sup> as well as community, sports and arts venues.<sup>22,23</sup>



#### Communication

The communication environment refers to food-related messages that may influence children's eating behaviours. This environment includes the availability of point-of-purchase information in food retail settings such as nutrition labels, nutrition education, and product demonstrations, as well as food marketing.<sup>24,25</sup>



#### Economic

The economic environment refers to financial influences, such as manufacturing, distribution, and retailing, which primarily relates to the cost of food.<sup>14</sup> Costs are often determined by market forces, however public health interventions such as monetary incentives and disincentives in the form of taxes, pricing policies and subsidies,<sup>26</sup> financial support for health promotion programs,<sup>25</sup> and healthy food purchasing policies and practices through sponsorship<sup>22</sup> can also affect food choices.<sup>14</sup>



#### Social

The social environment refers to the attitudes, beliefs, and values of a community or society.<sup>14</sup> It also refers to the culture, ethos, or climate of a setting. This environment includes health promoting behaviours of role models,<sup>14</sup> values placed on nutrition in an organization or by individuals, and the relationships between members of a shared setting (e.g. equal treatment, social responsibility).

### MACRO-ENVIRONMENTS



#### Political

The political environment refers to a broader context which can provide supportive infrastructure of policies and actions within micro-environments.<sup>1,25</sup>

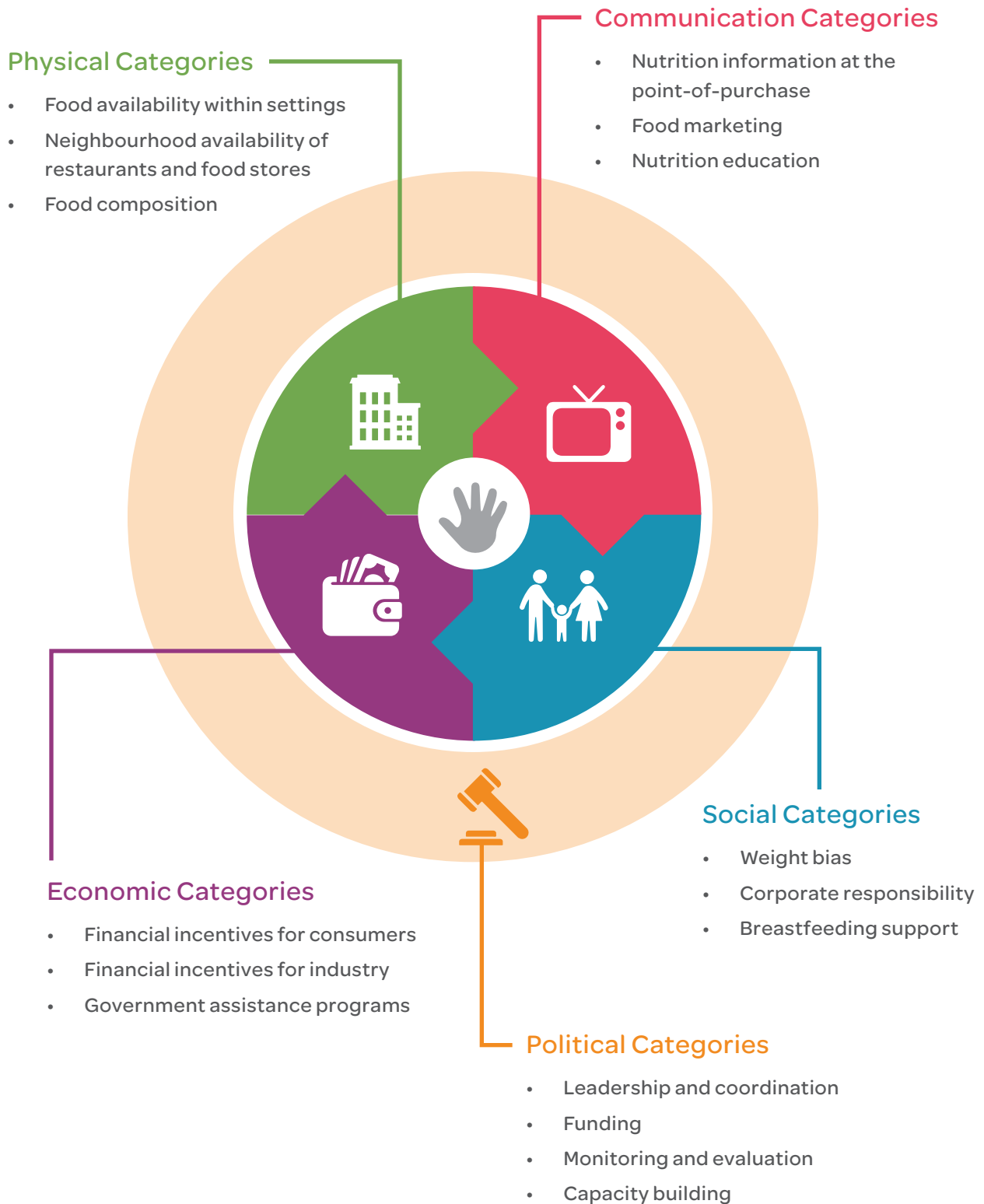


FIGURE 1. Adapted conceptual framework highlighting key categories embedded within each environment<sup>1,14,18</sup>

# Grading Scheme

Based upon the best available scientific knowledge and data on policies, programs, and actions relevant to each indicator, the 2016 Expert Working Group used the revised (when compared to 2015) grading scheme illustrated below to assign a grade to each indicator. The grading scheme followed a series of four key decision steps:

1. **Has the benchmark been met?**  
*If yes, indicator receives "A" and proceed to step 3.*
2. **Is there a policy or program in place?**
3. **Is it mandatory, voluntary, or neither?**
4. **Are high risk groups (e.g. Aboriginal, minority, and socioeconomically disadvantaged groups) addressed?**

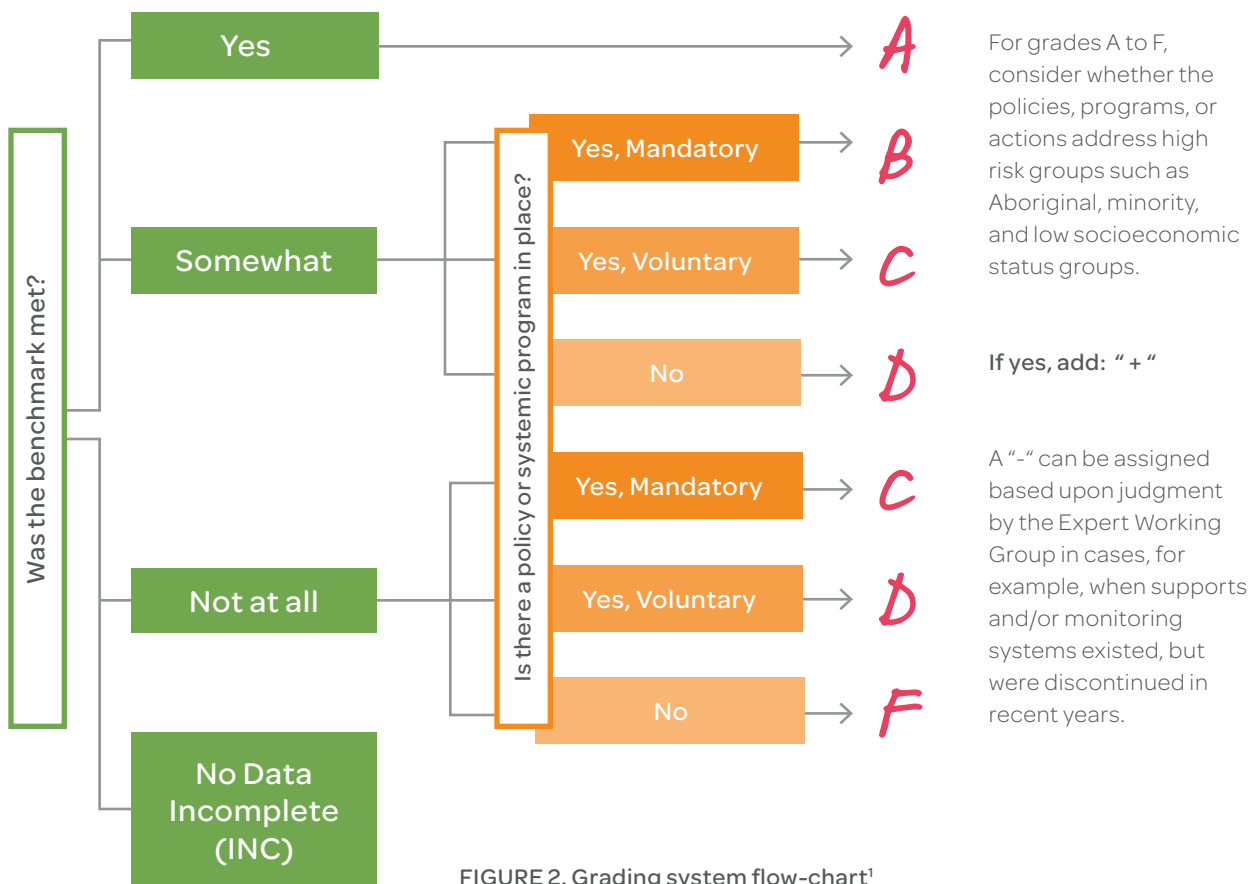


FIGURE 2. Grading system flow-chart<sup>1</sup>

**Indicators** are key areas from each of the environments in the theoretical framework where it is important to take action to improve children's eating behaviours.<sup>1</sup>

**Benchmarks<sup>1</sup>** are specific targets that can be taken for each indicator. They are goals that may help to improve children's eating behaviours if they are met. Benchmarks are not intended to fully measure all aspects of each indicator.

## How can the Report Card improve children's wellbeing?

Our aim through this assessment is to increase public, practitioner, and policy maker awareness of the relevance and status of food environments for children and youth, with a focus on health promotion and obesity prevention. The Report Card will serve as a tool for all levels of government and non-government organizations, researchers, corporations, and foundations to support and develop enhanced programming and policies, and identify areas that require further action. The purpose of the Report Card is to:



### MONITOR

We have outlined a set of policy-relevant benchmarks that can be used to gauge the state of children's food environments and progress in developing policies over time.



### ENGAGE

We hope to stimulate a provincial and national dialogue on the state of children's food environments and related policies.



### INFORM

We communicate findings of the Report Card to the public, practitioners, and decision makers to increase awareness of how current food environments and policies limit or support children's opportunities to enjoy healthy foods.



### STUDY

We have outlined a policy-relevant research agenda related to children's food environments. We gather evidence and resources, and produce toolkits on obesity-related policy specific to Canada, and share what we learn.

## Alberta's 2016 Nutrition Report Card:

*The grades are in!*

### What final grade did Alberta receive on the 2016 Nutrition Report Card?

Following this year's rigorous grading process, Alberta received an overall score of 'D'.





# Physical Environment

This environment refers to the types of foods and beverages available in different outlets<sup>14</sup> such as restaurants, supermarkets,<sup>19</sup> schools,<sup>20</sup> worksites,<sup>21</sup> and community sports and arts venues.<sup>22,23</sup>

## OVERALL GRADE



CATEGORY			GRADE
<b>Food Availability Within Settings</b> <i>This category assesses policies and actions that increase availability of healthy foods and limit availability of unhealthy foods in schools, childcare, and community settings (including foods served at meals and sold in concessions and vending machines).</i>			<b>C</b>
<b>INDICATOR:</b> <b>High Availability of Healthy Food In Schools</b>	<b>BENCHMARK:</b> Approximately ¾ of foods available in schools are healthy.	<b>KEY FINDING:</b> The majority of Albertan schools indicate that the food offered is “mostly healthy” or “only healthy”. However, a small study showed that less healthy foods, like sugary drinks, were commonly found in school vending machines.	<b>C</b>
<b>INDICATOR:</b> <b>High Availability of Healthy Food In Childcare Settings</b>	<b>BENCHMARK:</b> Approximately ¾ of foods available in childcare settings are healthy.	<b>KEY FINDING:</b> There is limited information available on the foods served in childcare settings. The Expert Working Group was unable to assign a grade for this indicator.	<b>INC</b>
<b>INDICATOR:</b> <b>High Availability of Healthy Food In Recreation Facilities</b>	<b>BENCHMARK:</b> Approximately ¾ of foods available in recreation facilities are healthy.	<b>KEY FINDING:</b> Most food and beverages offered in Alberta recreational facilities, concessions and vending machines are not considered healthy	<b>D</b>

CATEGORY		GRADE
<b>Neighbourhood availability of restaurants and food stores</b> <i>This category assesses policies and actions that reduce availability of less healthy types of restaurants and food stores around schools and within communities.</i>		<b>D</b>
<b>INDICATOR:</b> <b>High Availability Of Food Stores And Restaurants Selling Primarily Healthy Foods</b>	<b>BENCHMARK:</b> The modified retail food environment index (mRFEI) across all census areas is $\geq 10$ ; and  The modified retail food environment index (mREI) across impoverished census areas is $\geq 7$ .	<b>KEY FINDING:</b> Due to the prevalence of fast food restaurants and convenience stores, Edmonton and Calgary do not meet the benchmark for healthy food retailers.  <i>DID YOU KNOW? The mRFEI measures the number of healthy and less healthy food retailers in an area.<sup>27-29</sup> A score of 10 means that only 10 out of every 100 of stores in the surrounding area were likely to offer healthy foods.</i>
<b>INDICATOR:</b> <b>Limited Availability of Food Stores And Restaurants Selling Primarily Unhealthy Foods</b>	<b>BENCHMARK:</b> Traditional convenience stores (i.e. not including healthy corner stores) and fast food outlets not present within 500m of schools.	<b>KEY FINDING:</b> Most schools in Edmonton (81.7%) and Calgary (77.4%) have at least one convenience store or fast food restaurant within 500 metres.
<b>Food Composition</b> <i>Policies and actions that ensure products available in the marketplace are formulated in a healthful manner.</i>		<b>F</b>
<b>INDICATOR:</b> <b>Foods Contain Healthful Ingredients</b>	<b>BENCHMARK:</b> $\geq 75\%$ of children's cereals available for sale are 100% whole grain and contain $< 13$ g of sugar per 50 g serving.	<b>KEY FINDING:</b> Most children's cereals are high in sugar ( $>13$ g of sugar per 50 g serving) and are not 100% whole grain.

## ★ RECOMMENDATIONS

1. Mandate or create incentives to promote the use of the Alberta Nutrition Guidelines for Children and Youth (ANGCY) in all Alberta schools, childcare, and recreation facility settings.
2. Require municipal zoning policies are developed to address poor retail food environments at the local scale and around schools.
3. Encourage industry to reformulate children's cereals to reduce sugar and increase whole grain content.





# Communication Environment

The communication environment refers to food-related messages that may influence children's eating behaviours. This environment includes food marketing<sup>24,25</sup> and the availability of point-of-purchase information in food retail settings, such as nutrition labels and nutrition education.

## OVERALL GRADE

CATEGORY			GRADE
<b>Nutrition Information at the Point-of-Purchase</b> <i>This category assesses policies and actions that ensure nutrition information and/or logos or symbols identifying healthy foods are available at the point-of-purchase in food retail settings (e.g. restaurants, school cafeterias).</i>			D
<b>INDICATOR:</b> <b>Menu Labelling is Present</b>	<b>BENCHMARK:</b> A simple and consistent system of menu labelling is mandated in restaurants with ≥20 locations.	<b>KEY FINDING:</b> While restaurants may provide nutrition information, menu labelling is not mandatory in Alberta.	D
<b>INDICATOR:</b> <b>Shelf Labelling is Present</b>	<b>BENCHMARK:</b> Grocery chains with ≥ 20 locations provide logos/symbols on store shelves to identify healthy foods.	<b>KEY FINDING:</b> Less than 30% of major Alberta grocery stores have a shelf labelling program.	D
<b>INDICATOR:</b> <b>Product Labelling is Present</b>	<b>BENCHMARK:</b> A simple, evidence-based, government-sanctioned front-of-package food labelling system is mandated for all packaged foods.	<b>KEY FINDING:</b> Although a Nutrition Facts table can be found on almost all packaged foods, currently no front-of-package food labelling system is mandated.	F
<b>INDICATOR:</b> <b>Product Labelling is Regulated</b>	<b>BENCHMARK:</b> Strict government regulation of industry-devised logos/branding denoting 'healthy' foods.	<b>KEY FINDING:</b> Although regulations exist for nutrition labelling and health claims, they are insufficient to prevent industry from using logos denoting "healthy foods".	D

CATEGORY			GRADE
<b>Food Marketing</b>			D
<i>This category assesses policies and actions that support marketing of healthy foods and reduce/eliminate all forms of marketing of unhealthy foods to children (&lt;18 years).</i>			
<b>INDICATOR:</b> Government-Sanctioned Public Health Campaigns Encourage Children to Consume Healthy Foods	<b>BENCHMARK:</b> Child-directed social marketing campaigns for healthy foods.	<b>KEY FINDING:</b> While there are some education resources and websites available, few public health campaigns directed at children's healthy eating exist.	
<b>INDICATOR:</b> Restrictions on Marketing Unhealthy Foods to Children	<b>BENCHMARK:</b> All forms of marketing unhealthy foods to children are prohibited.	<b>KEY FINDING:</b> Despite concerns regarding unhealthy food and beverage marketing, Alberta children continue to be exposed to these messages.	D
<b>Nutrition Education</b>			C
<i>This category assesses policies and actions that ensure children and those who work in child education and childcare settings receive nutrition education.</i>			
<b>INDICATOR:</b> Nutrition Education Provided to Children	<b>BENCHMARK:</b> Nutrition is a required component in the health curriculum at all school grade levels.	<b>KEY FINDING:</b> Nutrition education is delivered to students within mandatory school health courses.	B
<b>INDICATOR:</b> Nutrition Education and Training Provided to Teachers and Childcare Workers	<b>BENCHMARK:</b> Nutrition education and training is a requirement for teachers and childcare workers.	<b>KEY FINDING:</b> Alberta does not require teachers and childcare workers to participate in nutrition education and training.	D

## ★ RECOMMENDATIONS

1. Initiate a simple and consistent government-approved shelf labelling system across Alberta.
2. Mandate a simple, front-of-package food labelling system for all packaged foods.
3. Implement clear and strict regulations regarding industry-devised logos/branding.
4. Develop a sustained and targeted social marketing program to encourage healthy food consumption.
5. Develop a national regulatory system prohibiting commercial marketing of foods and beverages to children.
6. Ensure nutrition is a mandatory topic within the school health and wellness curriculum and ensure that teachers and childcare workers receive nutrition specific training.



# Economic Environment

The economic environment refers to financial influences such as manufacturing, distribution, and retailing, which primarily relate to the cost of food.<sup>14</sup> Costs are often determined by market forces; however, public health interventions such as monetary incentives and disincentives in the form of taxes, pricing policies and subsidies,<sup>26</sup> financial support for health promotion programs,<sup>25</sup> and healthy food purchasing policies and practices through sponsorship<sup>22</sup> can affect food choices.<sup>14</sup>

## OVERALL GRADE



CATEGORY			GRADE
<b>Financial Incentives for Consumers</b> <i>This category assesses policies and actions aimed to increase sales of healthy foods and reduce sales of unhealthy foods in retail settings, through price modification.</i>			D
<b>INDICATOR:</b> <b>Lower Prices for Healthy Foods</b>	<b>BENCHMARK:</b> Healthy foods are exempt from point-of-sale taxes.	<b>KEY FINDING:</b> Because basic groceries are not taxed, healthy foods are generally exempt from point-of-sale taxes.	A
<b>INDICATOR:</b> <b>Higher Prices for Unhealthy Foods</b>	<b>BENCHMARK:</b> A minimum excise tax of \$0.05/100 mL is applied to sugar-sweetened beverages sold in any form.	<b>KEY FINDING:</b> Despite support from policy influencers, Alberta does not currently have an excise tax on sugar-sweetened beverages.  <i>DID YOU KNOW? An excise tax, unlike a sales tax paid directly by the consumer at the point of purchase, is levied on producers or retailers. The tax is indirectly passed onto the consumer by including it in the product's price.</i>	F
<b>INDICATOR:</b> <b>Affordable Prices for Healthy Foods in Rural, Remote, or Northern Areas</b>	<b>BENCHMARK:</b> Subsidies for transportation and local production of healthy food to rural, remote, or northern communities to ensure affordability for local consumers.	<b>KEY FINDING:</b> Remote communities in Alberta face challenges to eating healthy as they do not currently receive subsidies for transportation and local production of food.	F

CATEGORY			GRADE
<b>Financial Incentives for Industry</b>			<b>F</b>
<i>This category assesses policies and actions that encourage corporations to produce and sell healthy foods.</i>			
<b>INDICATOR:</b> Incentives Exist for Industry Production and Sales of Healthy Foods	<b>BENCHMARK:</b> The proportion of corporate revenues earned via sales is taxed relative to its health profile (e.g. healthy food is taxed at a lower rate and unhealthy food is taxed at a higher rate).	<b>KEY FINDING:</b> Lower taxation of corporate revenues from healthy food sales is not being used as an incentive for industry.	<b>F</b>
<b>Government Assistance Programs</b>			<b>D</b>
<i>This category assesses policies and actions that ensure low-income families can afford to purchase a nutritious diet.</i>			
<b>INDICATOR:</b> Reduce Households With Children Who Rely on Charity for Food	<b>BENCHMARK:</b> Reduce the proportion of households with children that access food banks by 15% over three years.	<b>KEY FINDING:</b> Food bank use by Alberta children and youth increased by 17.7% between 2012 and 2015. <sup>30</sup>	<b>F</b>
<b>INDICATOR:</b> Reduce Childhood Food Insecurity	<b>BENCHMARK:</b> Reduce the proportion of children living in food insecure households by 15% over three years.	<b>KEY FINDING:</b> A slight decrease in food insecurity was seen between 2011 and 2014, but more recent data is not available.	<b>INC</b>
<b>INDICATOR:</b> Nutritious Food Basket is Affordable	<b>BENCHMARK:</b> Social assistance rate and minimum wage provide sufficient funds to purchase the content of a Nutritious Food Basket.	<b>KEY FINDING:</b> Current social assistance rates and minimum wage make healthy eating unaffordable.	<b>F</b>
<b>INDICATOR:</b> Subsidized Fruit and Vegetable Program In Schools	<b>BENCHMARK:</b> Children in elementary school receive a free or subsidized fruit or vegetable each day.	<b>KEY FINDING:</b> Various programs provide some children with free or subsidized fruit and vegetables; however, there is no province-wide strategy.	<b>D+</b>

## ★ RECOMMENDATIONS

1. Implement a minimum excise tax of \$0.05/100 mL on sugar-sweetened beverages. Dedicate a portion of this revenue to health promotion programs.
2. Expand the Nutrition North Canada program to include more remote Alberta communities. Provide subsidies for transportation and local production of healthy foods in remote Alberta communities.
3. Provide incentives for industry to produce and sell healthy foods via differential taxation of revenues from healthy food sales vs. unhealthy food sales.
4. Increase social assistance rate and minimum wage to make healthy food more affordable.
5. Develop income based (ie. not food based) programs and policies to tackle childhood food insecurity in Alberta.
6. Develop a province-wide strategy to provide subsidized fruit and vegetables, focusing on at-risk schools in Alberta



# Social Environment

The social environment refers to the attitudes, beliefs, and values of a community or society.<sup>14</sup> It also refers to the culture, ethos, or climate of a setting. This environment includes the health promoting behaviours of role models,<sup>14</sup> values placed on nutrition in an organization or by individuals, and the relationships between members of a shared setting (e.g. equal treatment, social responsibility).

## OVERALL GRADE



CATEGORY			GRADE
<b>Weight Bias</b> <i>This category assesses policies and actions that ensure all children are treated equally regardless of weight status in schools and childcare settings.</i>			<b>F</b>
<b>INDICATOR:</b> <b>Weight Bias is Avoided</b>	<b>BENCHMARK:</b> Weight bias is explicitly addressed in schools and childcare settings.	<b>KEY FINDING:</b> While teachers may cover topics such as healthy body image, weight bias is not explicitly addressed in schools and childcare settings.	<b>F</b>
<b>Corporate Social Responsibility</b> <i>This category assesses policies and actions that encourage industry to produce, sell, and market healthy foods.</i>			<b>D</b>
<b>INDICATOR:</b> <b>Corporations Have Strong Nutrition-Related Commitments and Actions</b>	<b>BENCHMARK:</b> Most corporations in the Access to Nutrition Index with Canadian operations achieve a score of $\geq 5.0$ out of 10.0.	<b>KEY FINDING:</b> Only 2 of 16 companies in Canada met the benchmark for nutrition-related commitments and actions.  <i>DID YOU KNOW? The 2016 Access to Nutrition Index ranked the world's largest food and beverage companies on their efforts to deliver healthy food choices and responsibly influence consumer behaviour.<sup>31</sup></i>	<b>D</b>

CATEGORY			GRADE
<b>Breastfeeding Support</b> <i>This category assesses policies and actions to encourage breastfeeding in community settings.</i>			C
<b>INDICATOR:</b> <b>Breastfeeding is Supported in Public Buildings</b>	<b>BENCHMARK:</b> All public buildings are required to permit and promote breastfeeding.	<b>KEY FINDING:</b> Breastfeeding in public is protected but public buildings are not actively promoting it.	B
<b>INDICATOR:</b> <b>Breastfeeding is Supported in Hospitals</b>	<b>BENCHMARK:</b> Hospitals with labour and delivery units, pediatric hospitals, and public health centres are pursuing WHO Baby-Friendly designation.	<b>KEY FINDING:</b> Although most Alberta hospitals have breastfeeding policies, none have achieved Baby Friendly designation to date.  <i>DID YOU KNOW? There are 10 steps required to becoming a designated WHO Baby-Friendly facility, including having a written breastfeeding policy and training all healthcare staff to implement it.</i>	D

## ★ RECOMMENDATIONS

1. Develop and implement a provincial policy prohibiting weight bias in schools and childcare settings, that addresses weight-related teasing in anti-bullying policies.
2. Provide incentives to industry to increase commitment and actions related to delivering healthy food choices.
3. Ensure all public buildings have a mandate to permit breastfeeding.
4. Mandate a province-wide policy that requires hospitals to support breastfeeding.



# Political Environment

The political environment refers to a broader context, which can provide supportive infrastructure for policies and actions within micro-environments.<sup>1,25</sup>

## OVERALL GRADE



CATEGORY			GRADE
<b>Leadership &amp; Coordination</b> <i>This category assesses whether governments provide clear, comprehensive, transparent goals and action plans to improve children’s eating behaviours and body weights.</i>			D
<b>INDICATOR:</b> <b>A Healthy Living and Obesity Prevention Strategy/Action Plan Exists and Includes Eating Behaviours and Body Weight Targets</b>	<b>BENCHMARK:</b> A comprehensive, evidence-based childhood healthy living and obesity prevention/action plan and population targets for eating behaviours and body weights exist and are endorsed by government.	<b>KEY FINDING:</b> While some programs exist, sustainable strategies focused on obesity prevention are lacking.	D
<b>INDICATOR:</b> <b>Health in All Policies</b>	<b>BENCHMARK:</b> Health Impact Assessments are conducted in all government departments on policies with potential to impact child health.	<b>KEY FINDING:</b> Government departments in Alberta do not routinely incorporate Health Impact Assessments on policies affecting child health.	F

CATEGORY			GRADE
<b>Funding</b> <i>This category assesses whether sufficient funds are allocated to implementation of the government's childhood healthy living and obesity prevention strategy/action plan.</i>			<b>F</b>
<b>INDICATOR:</b> <b>Childhood Health Promotion Activities are Adequately Funded</b>	<b>BENCHMARK:</b> At least 1% of the health budget is dedicated to implementation of the government's healthy living and obesity prevention strategy/action plan, with a significant portion focused on children.	<b>KEY FINDING:</b> Although programs exist to support childhood health promotion, a strategy with sustained and sufficient funding is needed.	<b>F</b>
<b>Monitoring &amp; Evaluation</b> <i>This category assesses progress toward achieving population-level dietary and body weight targets with regular monitoring, along with the policies and programs enacted in support of these.</i>			<b>D</b>
<b>INDICATOR:</b> <b>Impact and Compliance Monitoring of Policies and Actions to Improve Children's Eating Behaviours and Body Weights are Regularly Assessed</b>	<b>BENCHMARK:</b> Ongoing evaluation of the impact of policies and actions associated with the childhood healthy living and obesity prevention strategy/action plan, including a biennial population-level surveillance of children's eating behaviours and body weights.  Mechanisms are in place to monitor adherence to mandated nutrition policies.	<b>KEY FINDING:</b> Whereas mandatory national surveillance exists, provincial evaluation is voluntary and adherence to nutrition policies is not monitored.	<b>D</b>



CATEGORY			GRADE
<b>Capacity Building</b> <i>This category assesses whether personnel and resources are available to support the government's childhood healthy living and obesity prevention strategy/action plan.</i>			<b>B</b>
<b>INDICATOR:</b> <b>Resources are Available</b>	<b>BENCHMARK:</b> A website and other resources exist to support achievement of the childhood healthy living and obesity prevention strategy/ action plan.	<b>KEY FINDING:</b> Although supportive resources are available, Alberta would benefit from a comprehensive childhood healthy living/ obesity prevention strategy.	<b>C</b>
<b>INDICATOR:</b> <b>Food Rating System and Dietary Guidelines for Foods Served to Children Exists</b>	<b>BENCHMARK:</b> There is an evidence-based food rating system and dietary guidelines for foods served to children, and tools to support their application.	<b>KEY FINDING:</b> In 2008, Alberta rreleased the Alberta Nutrition Guidelines for Children and Youth (ANGCY). Continued efforts to increase their implementation are required.	<b>A</b>
<b>INDICATOR:</b> <b>Support to Assist the Public and Private Sectors to Comply with Nutrition Policies</b>	<b>BENCHMARK:</b> Support (delivered by qualified personnel) is available free of charge to assist the public and private sectors to comply with nutrition policies.	<b>KEY FINDING:</b> Health Promotion Coordinators and Public Health Dietitians facilitate community-based approaches to promoting healthy living.	<b>C</b>

## ★ RECOMMENDATIONS

1. Create sustainable childhood healthy living programs with focus on prevention, not intervention.
2. Require Alberta government departments and agencies to conduct Health Impact Assessments before proposing laws or regulations.
3. Dedicate at least 1% of the provincial health budget to a healthy living and obesity prevention strategy/ action plan, with a significant portion focused on children.
4. Establish a dedicated system for ongoing evaluation of the impact of policies and actions, population-level surveillance of children's eating behaviours and body weights, and monitor adherence to mandated nutrition policies.
5. Ensure a comprehensive childhood healthy living and obesity prevention strategy/action plan is in place in Alberta. Allocate permanent funding for sufficient supportive personnel and resources in the provincial budget.
6. Mandate and provide support free of charge to public and private sectors to increase adoption and implementation of existing nutrition policies such as the ANGCY.



# POWER UP

POWER UP! is a team of researchers, practitioners, and policy makers who have come together to gather and share evidence on chronic disease prevention with Canadians. We provide leadership, tools, and support to decision makers, researchers, practitioners, and the public with the aim of supporting policy for a healthy Canada. We are a Coalitions Linking Action and Science for Prevention (CLASP) initiative of the Canadian Partnership Against Cancer (CPAC):



*Production of Alberta's 2016 Nutrition Report Card on Food Environments for Children and Youth has been made possible through financial support from the Canadian Partnership Against Cancer and Health Canada.*

*This Report Card was compiled in partnership with the Centre for Health and Nutrition (CHaN).*



*The views expressed herein represent the views of the authors and do not necessarily represent the views of Health Canada or the Canadian Partnership Against Cancer.*

## CONNECT

Follow us on Twitter (@POWERUP\_CLASP) and Facebook (POWER UP CLASP) to receive notices and updates on future POWER UP! Nutrition Report Cards, resources, and projects.

To subscribe to our newsletter, email us at: [powerup@ualberta.ca](mailto:powerup@ualberta.ca)

## HELP US DO OUR JOB BETTER

The POWER UP! Nutrition Report Card is based on the best available data on food environments and nutrition from the previous calendar year. If you have data not currently in the Report Card that could inform the grade for one or more indicators, please contact us.

## GET A COPY

A summary of Alberta's 2016 Nutrition Report Card is also available online at: [www.powerupforhealth.ca](http://www.powerupforhealth.ca), Canada's one stop shop for resources and tools on obesity and chronic disease prevention.

## POWER UP!

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