Road map to help youth (12-17 yrs) thrive in Alberta’s food policy environment

- Work toward zoning to decrease food outlets within 500m of schools
- Most schools (80% Edmonton, 74% Calgary) have a poor food outlet in walking distance

2008 Alberta Guidelines for Children + Youth

- Food prep skills are available in some schools but not mandatory
- Make it mandatory
- Various NGOs + Govt orgs with personnel steward childhood healthy living & obesity prevention

New Alberta School Nutrition Program K-6 only

- Canada-wide study finds youth 14-17 have poorer diets than 6-13 yr olds
- Weight bias negative attitudes toward an individual because of his/her weight
- Addressing weight bias is currently optional, ensure it is addressed

SCHOOL

- Work toward zoning to decrease food outlets within 500m of schools
- Mandate + provide incentives
- New Alberta School Nutrition Program K-6 only
- Include Gr 7-12

GROCERY

- 0% GST on healthy foods

FOOD BANK

- Food bank use up for 0-17 yr olds between 2013-16
- 46%

RECREATION CENTRE

- +50% of rec centres do not have a healthy eating policy
- Sugar sweetened beverage tax may be a cost-deterrent for youth
- Continue to support rec centres opting to bring in contracts that support healthy eating

26% of children + youth in Alberta have overweight or obesity

No restrictions on marketing unhealthy food to children in Alberta

Prohibit marking unhealthy food to children < 18 yrs

It’s hard to eat healthy

Based on Alberta’s 2017 Nutrition Report Card on Food Environments for Children and Youth. The full and summary report are available online at: uab.ca/nrc