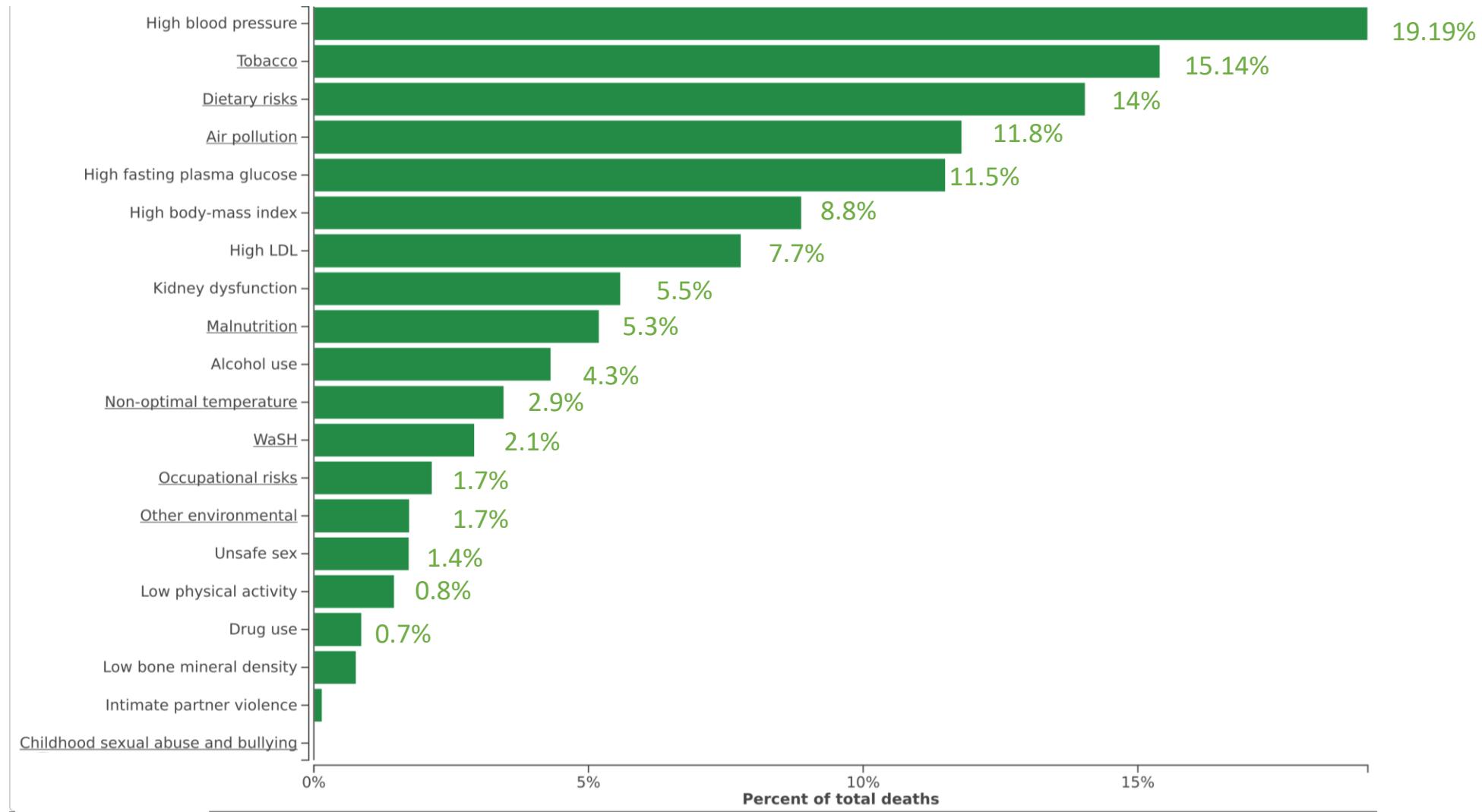




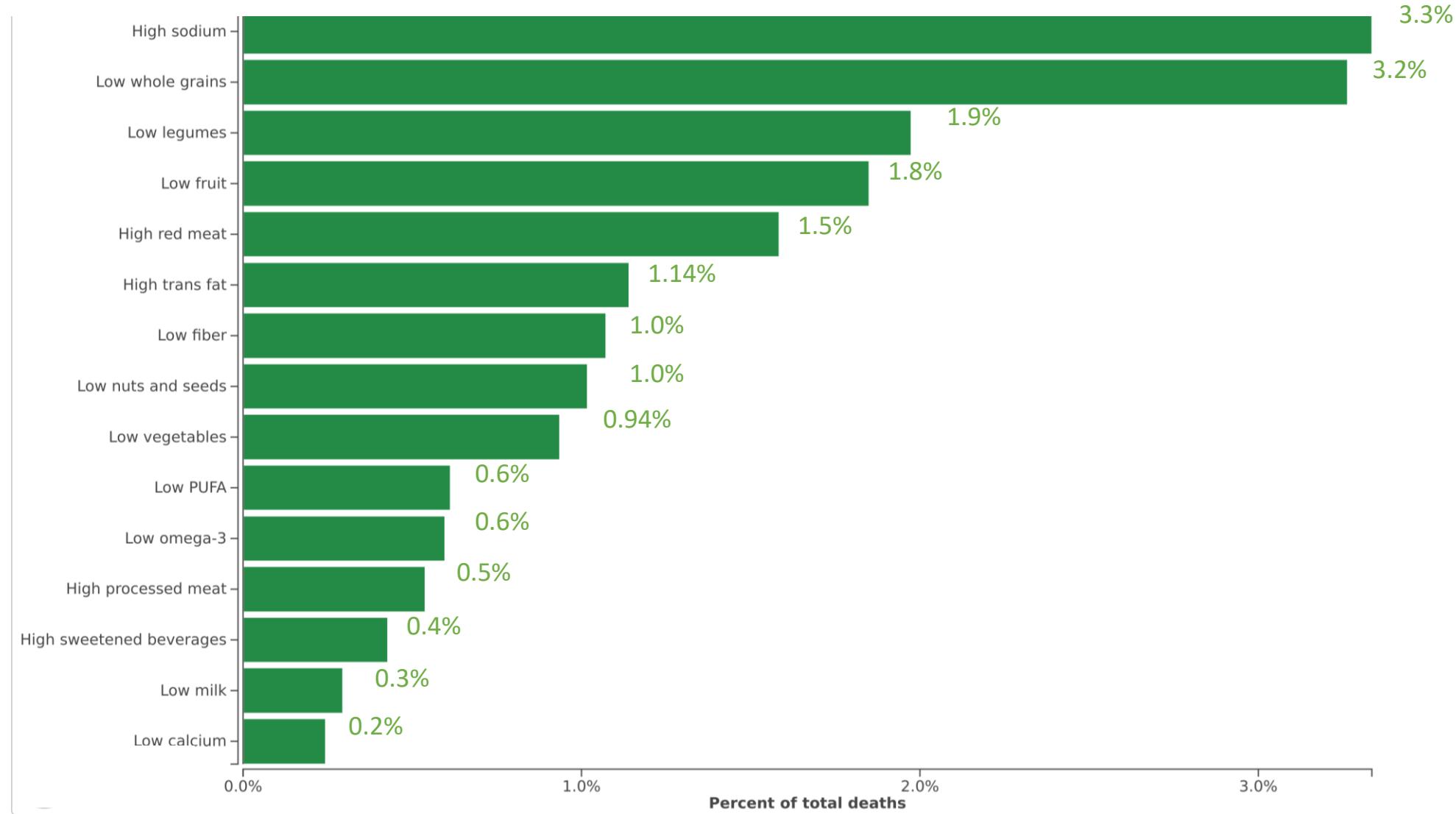
Dietary Risk Exposure: Healthy Eating

Team: Co-exist

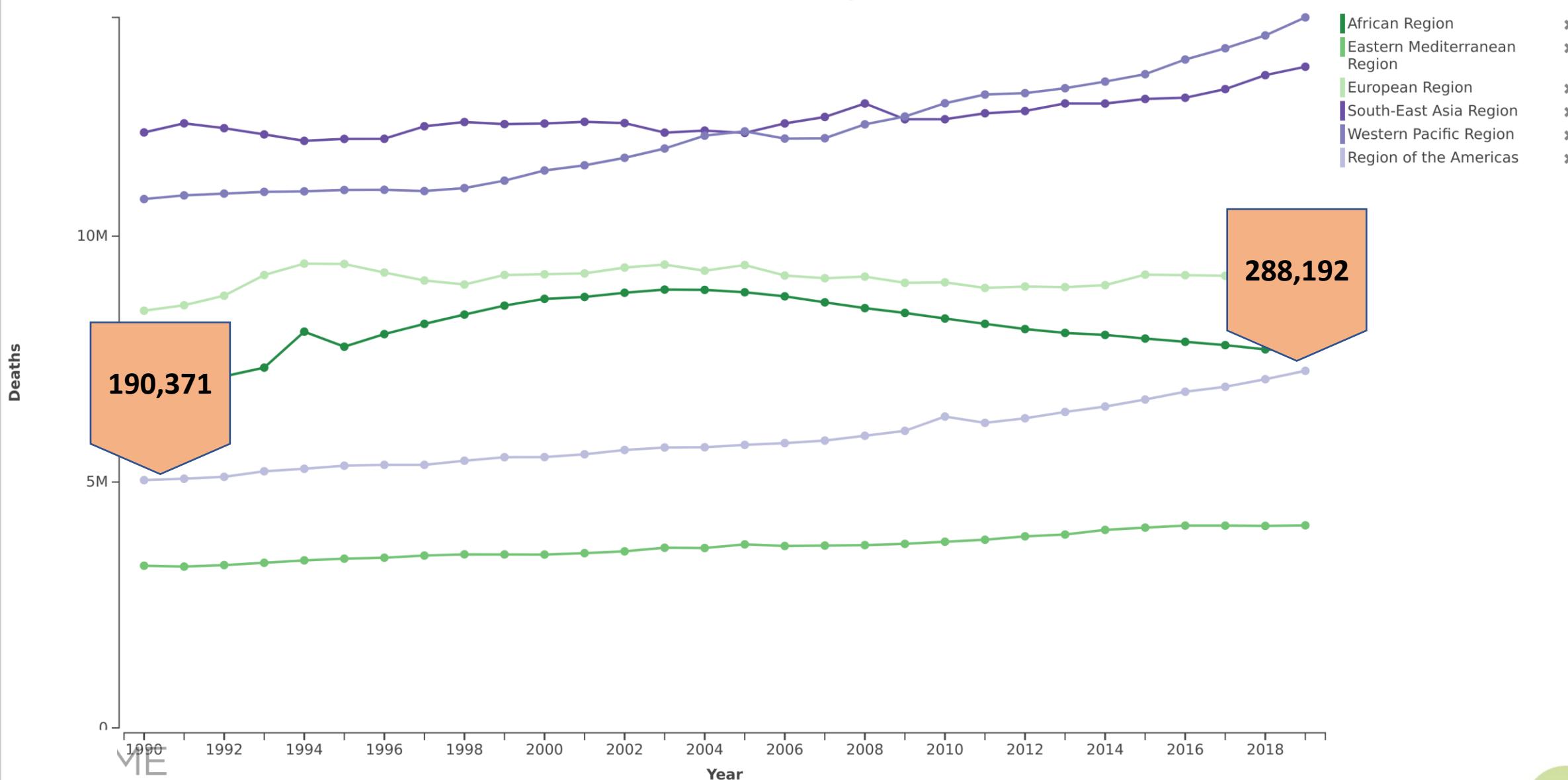
Total Death in the World 2019!



Poor Diet Causes Many Deaths



All causes
Both sexes, All ages

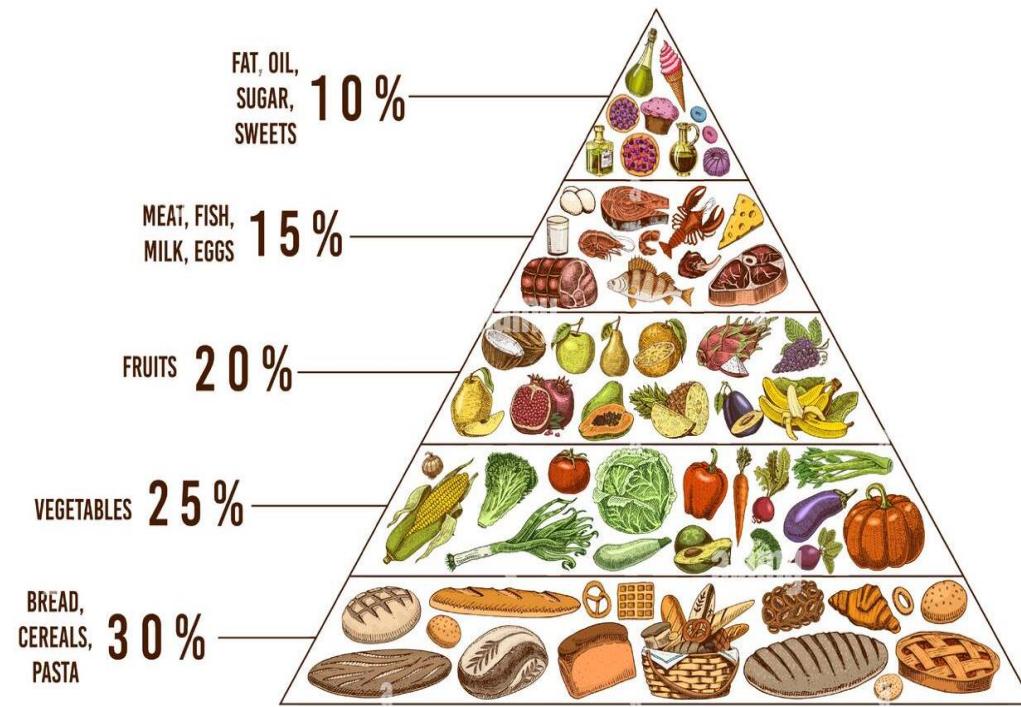




Was food healthier in 90s?

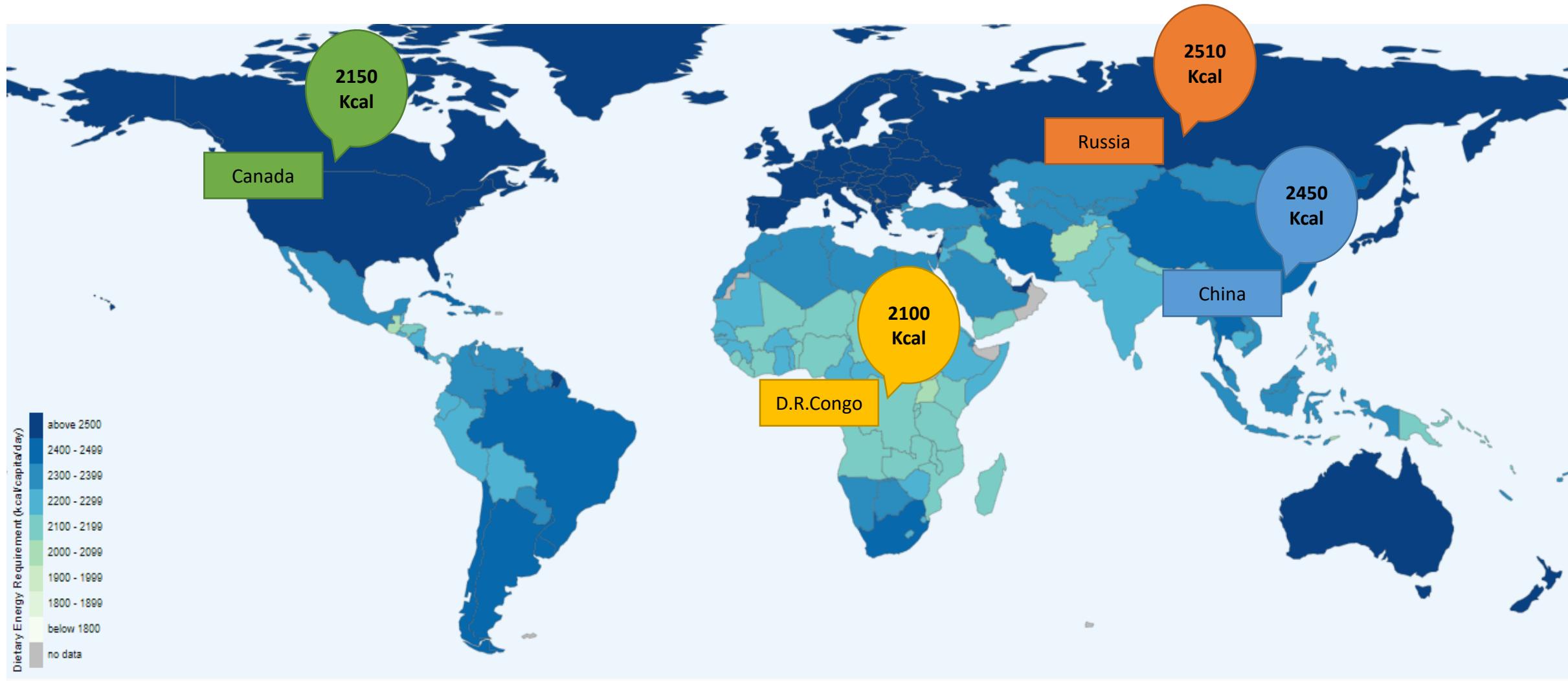


Healthy Lifestyle



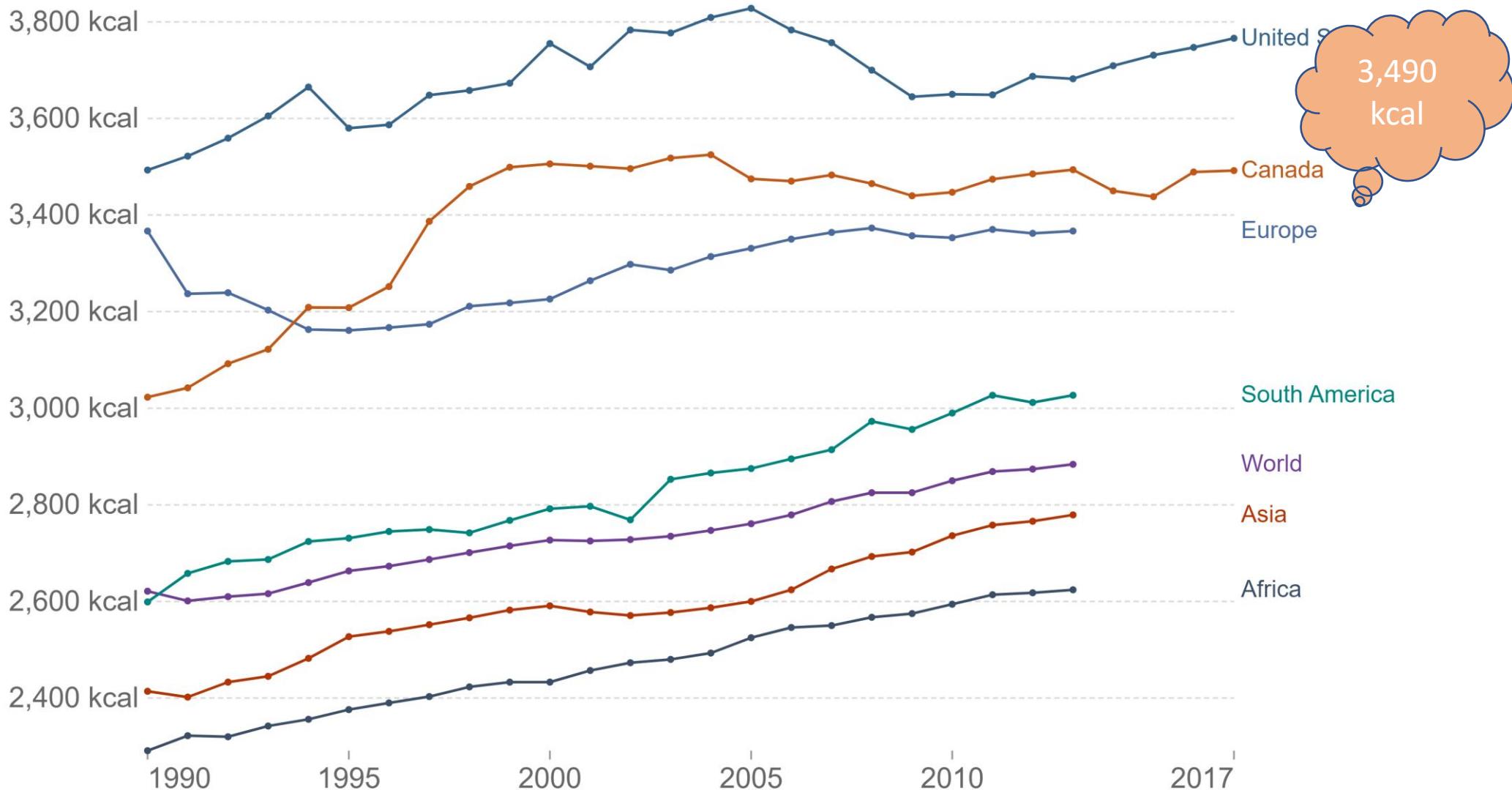
	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
Whole grains Rice, wheat, corn and other	232	811
Tubers or starchy vegetables Potatoes and cassava	50 (0-100)	39
Vegetables All vegetables	300 (200-600)	78
Fruits All fruits	200 (100-300)	126
Dairy foods Whole milk or equivalents	250 (0-500)	153
Protein sources		
Beef, lamb and pork	14 (0-28)	30
Chicken and other poultry	29 (0-58)	62
Eggs	13 (0-25)	19
Fish	28 (0-100)	40
Legumes	75 (0-100)	284
Nuts	50 (0-75)	291
Added fats		
Unsaturated oils	40 (20-80)	354
Saturated oils	11.8 (0-11.8)	96
Added sugars		
All sugars	31 (0-31)	120

Dietary Energy Requirement (kcal/capita/day)



Daily supply of calories, 1990 to 2017

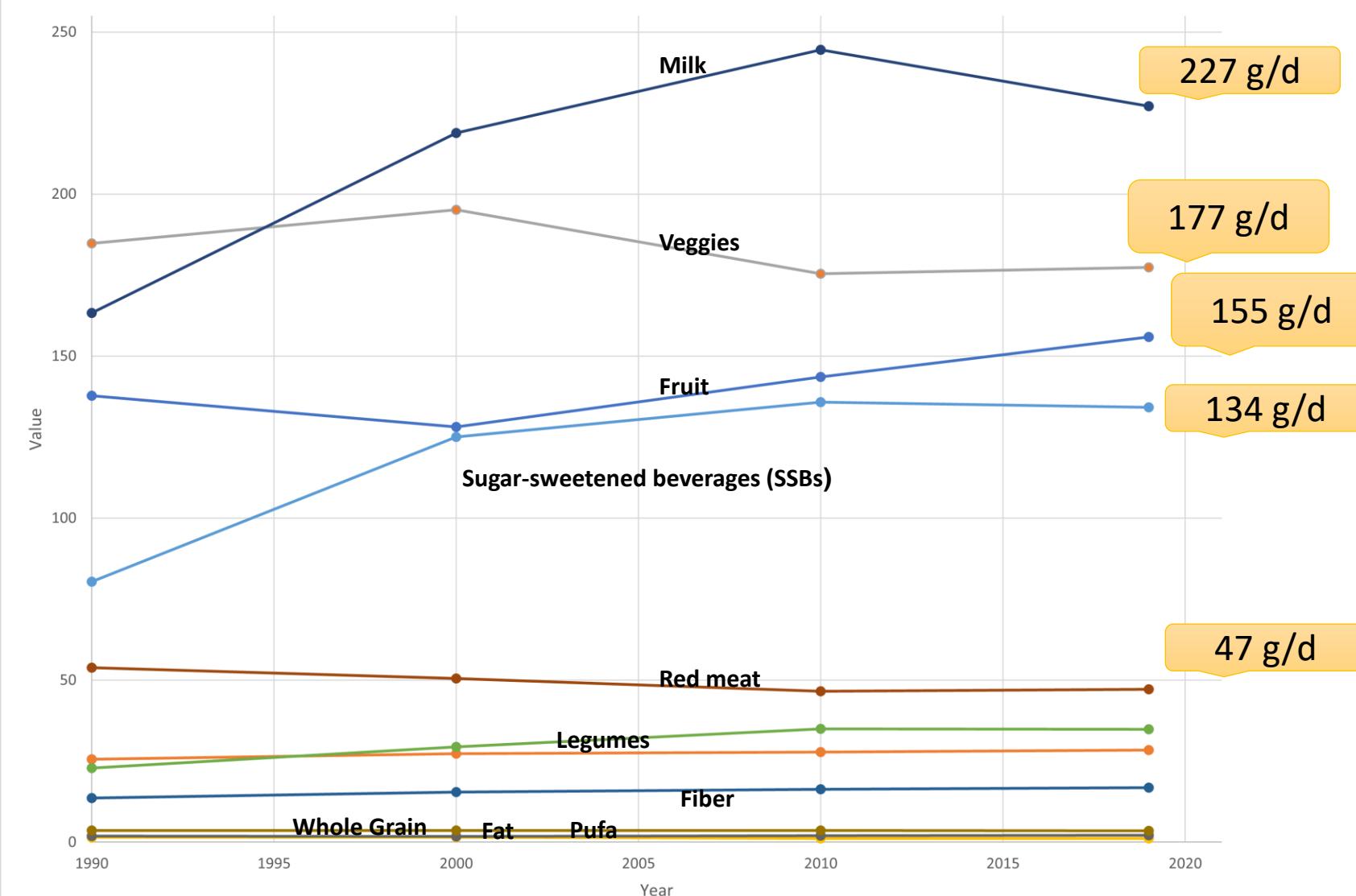
Caloric supply is measured in kilocalories per person per day.



Source: UN Food and Agriculture Organization (FAO)

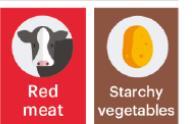
Note: Data measures the food available for consumption at the household level but does not account for any food wasted or not eaten at the consumption level.

OurWorldInData.org/food-supply • CC BY



year	fruit	Whole grain	veggie	fat	ssb	legumes	milk	meat	puff	sodium	fiber
1990	137.809	25.59334	184.8414	1.476561	80.33995	22.88945	163.3281	53.90996	1.897457	3.576882	13.65094
2000	128.1986	27.30754	195.1514	1.496542	125.122	29.3909	218.862	50.50437	1.843703	3.584246	15.487
2010	143.6182	27.82128	175.4231	1.209288	135.8192	35.0242	244.576	46.59878	2.008417	3.598121	16.39652
2019	155.9249	28.47543	177.3383	1.170779	134.226	34.80651	227.13	47.17105	2.09701	3.575231	16.89098

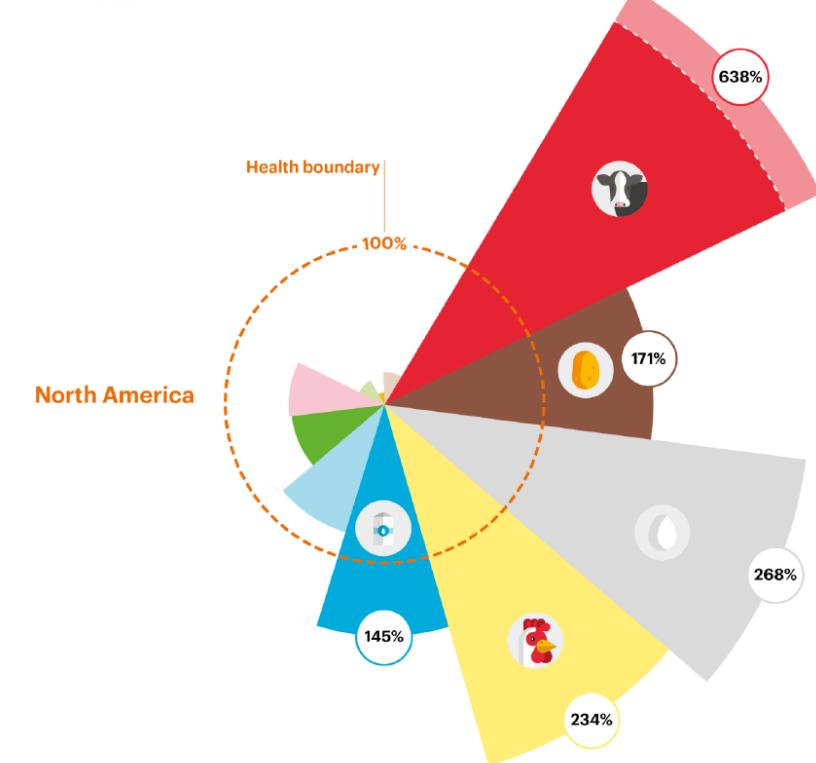
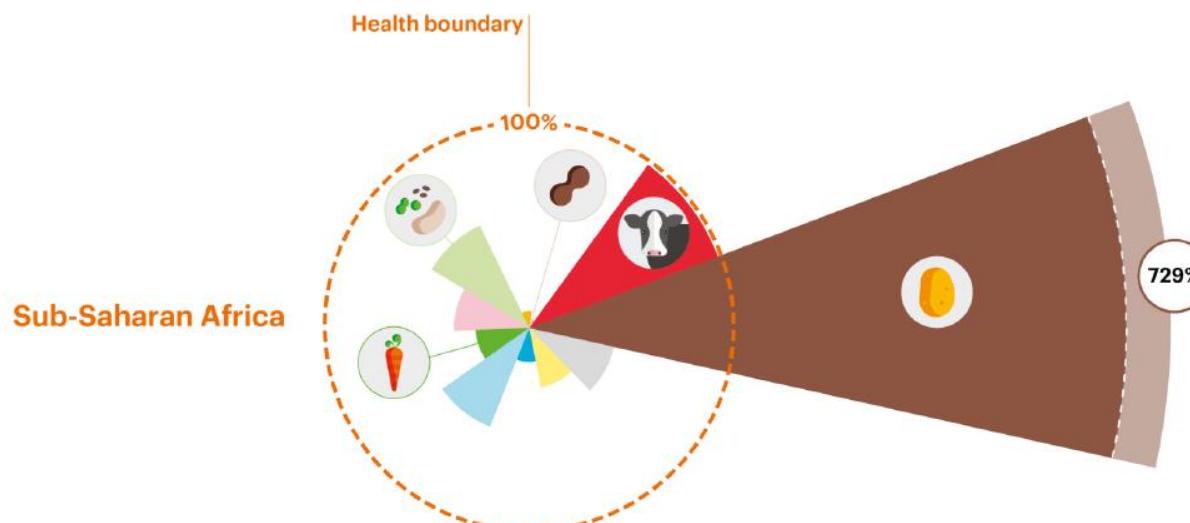
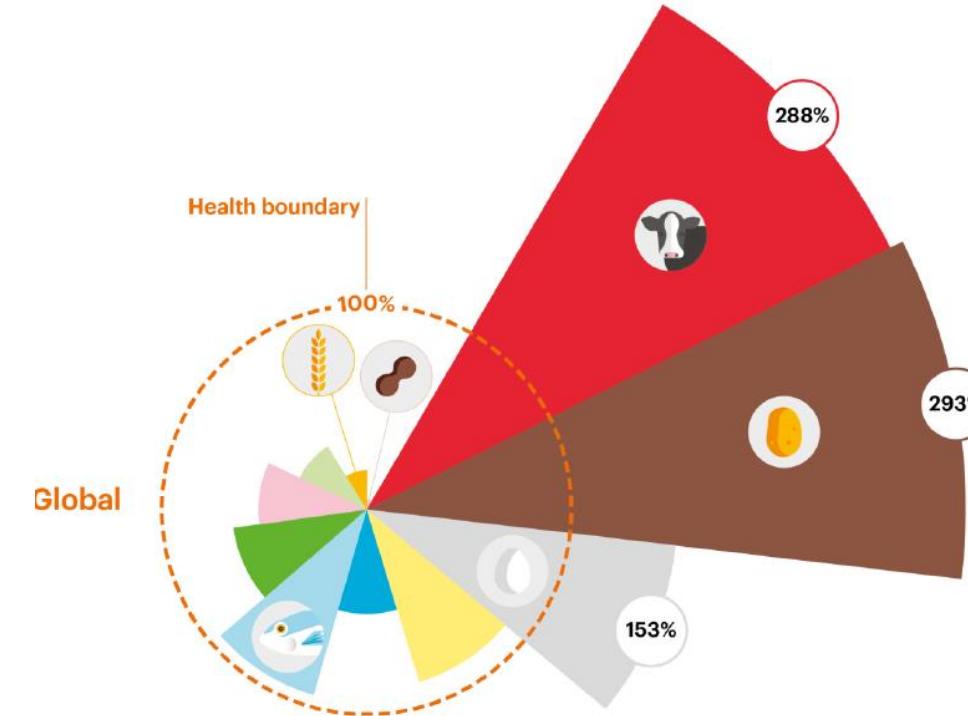
Limited intake



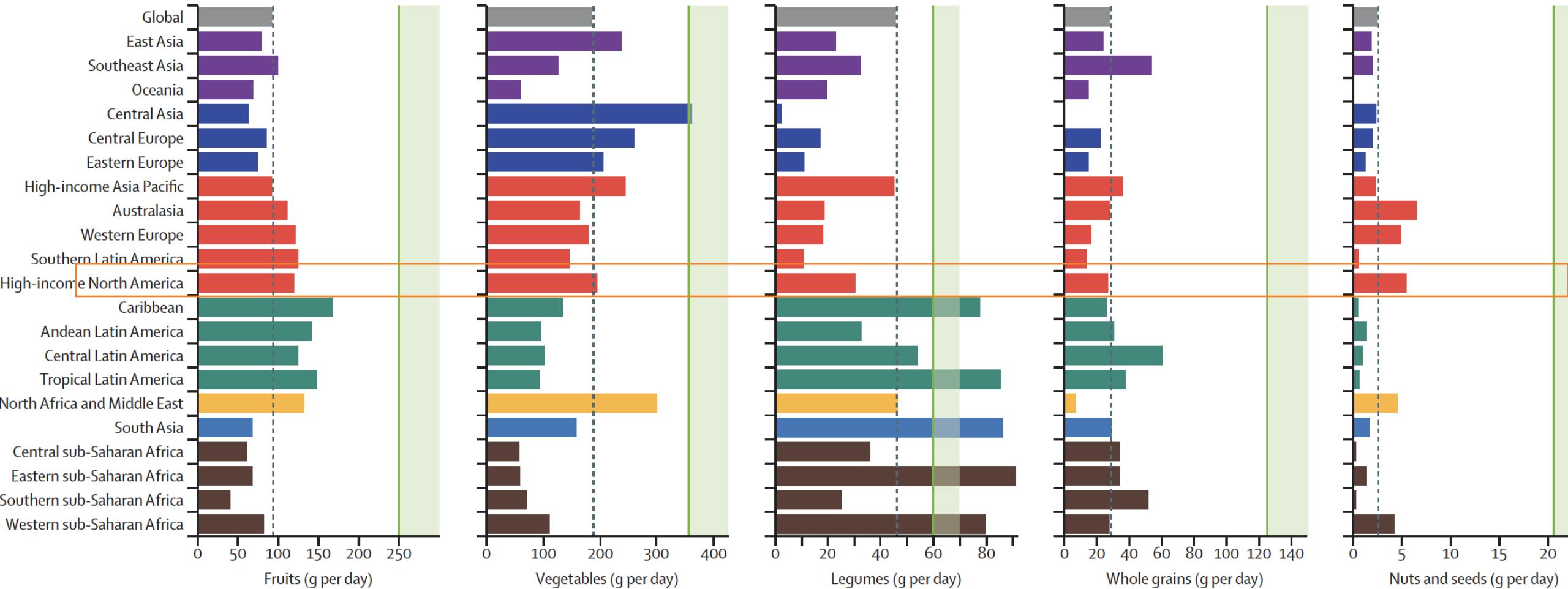
Optional foods



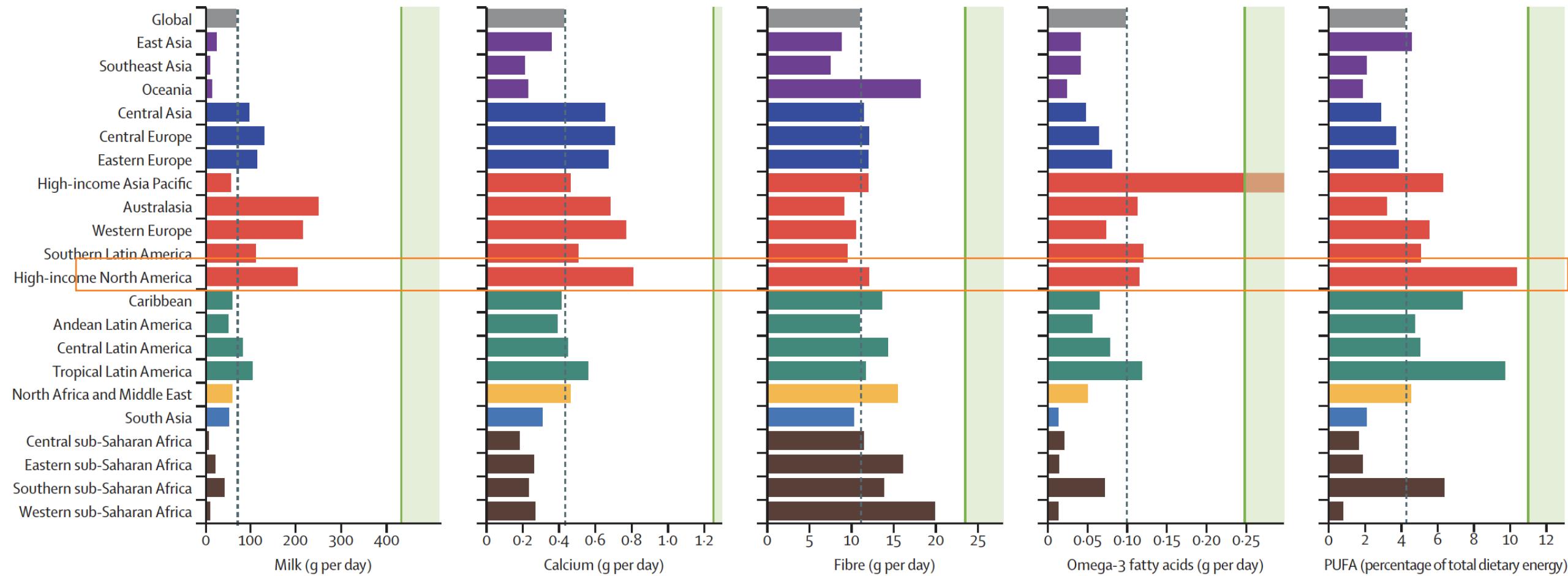
Emphasized foods



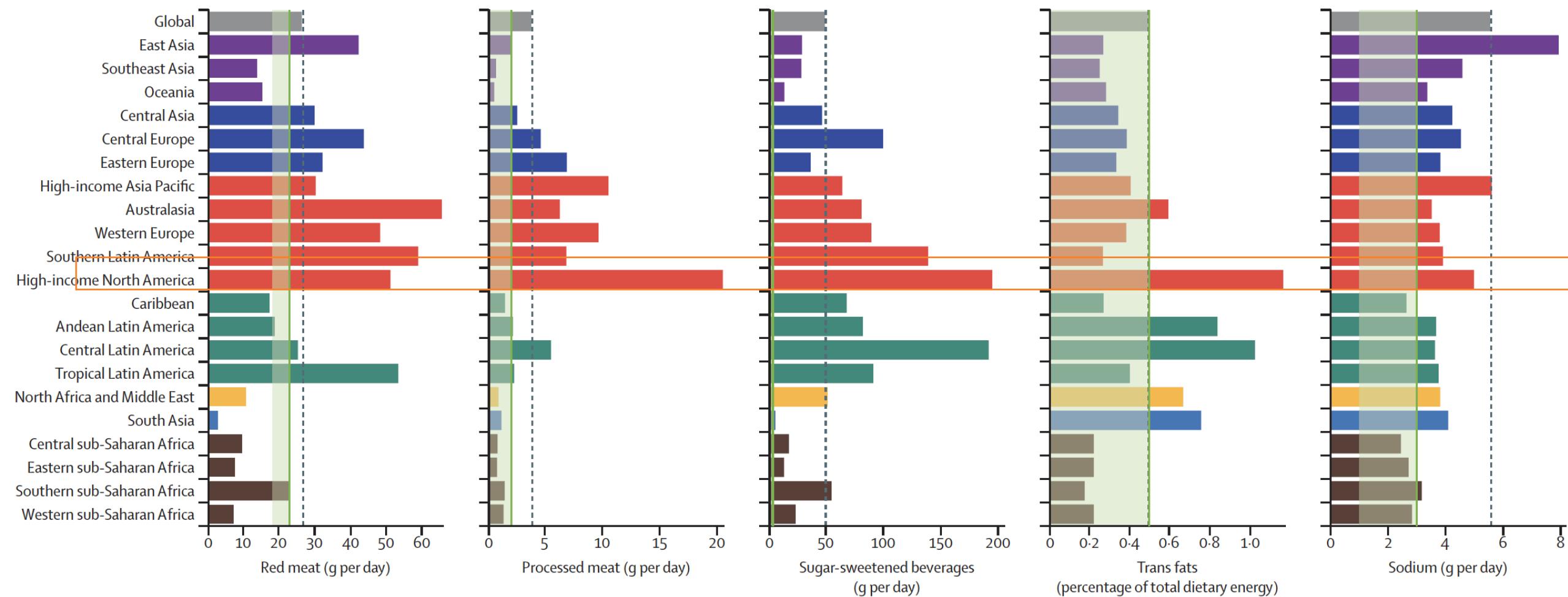
Global Southeast Asia, east Asia, and Oceania Central Europe, eastern Europe, and central Asia High income Latin America and the Caribbean
 North Africa and the Middle East South Asia Sub-Saharan Africa ----- Global intake in 2017 --- Optimal level of intake (according to the midpoint of the optimal range of intake)

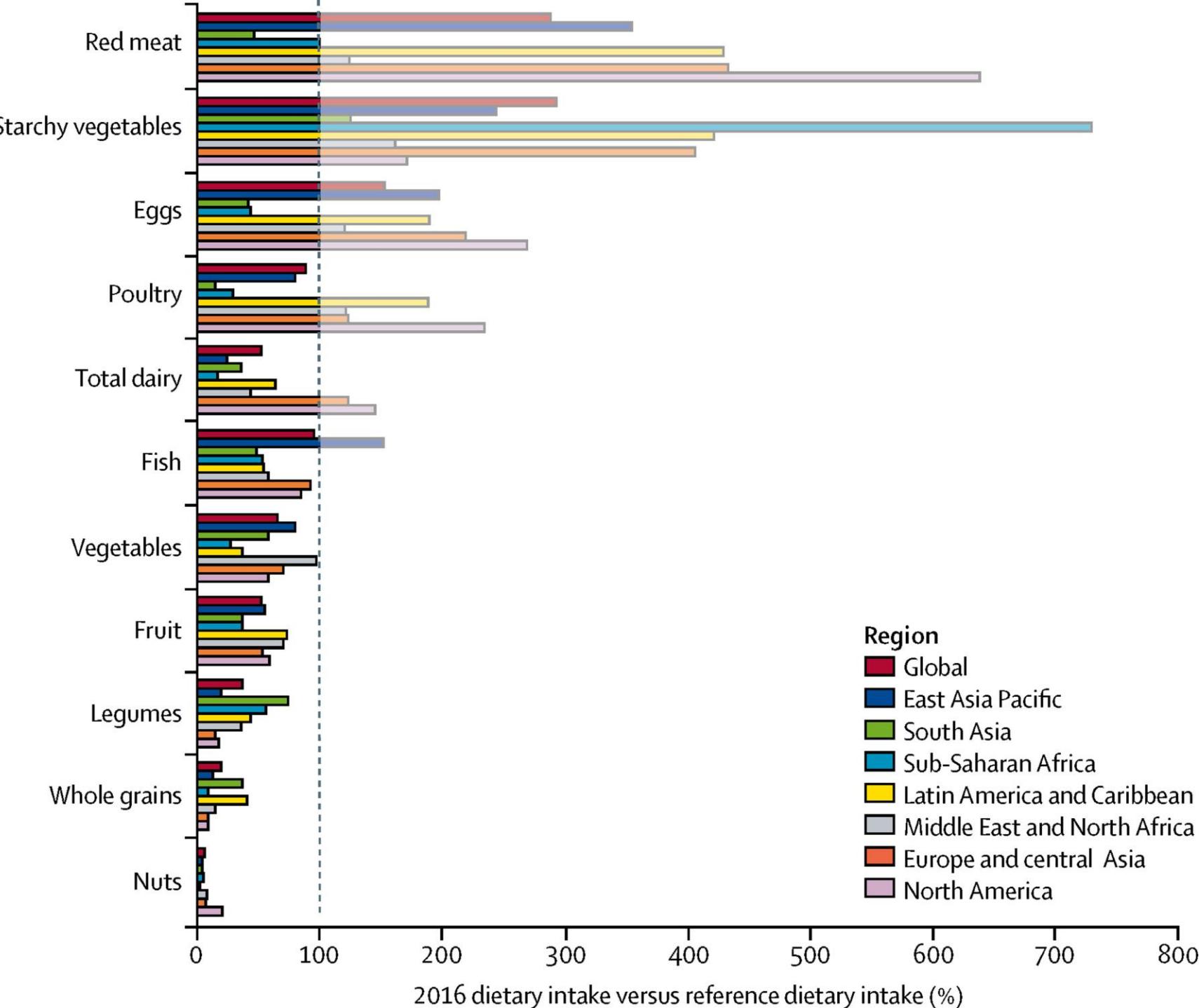


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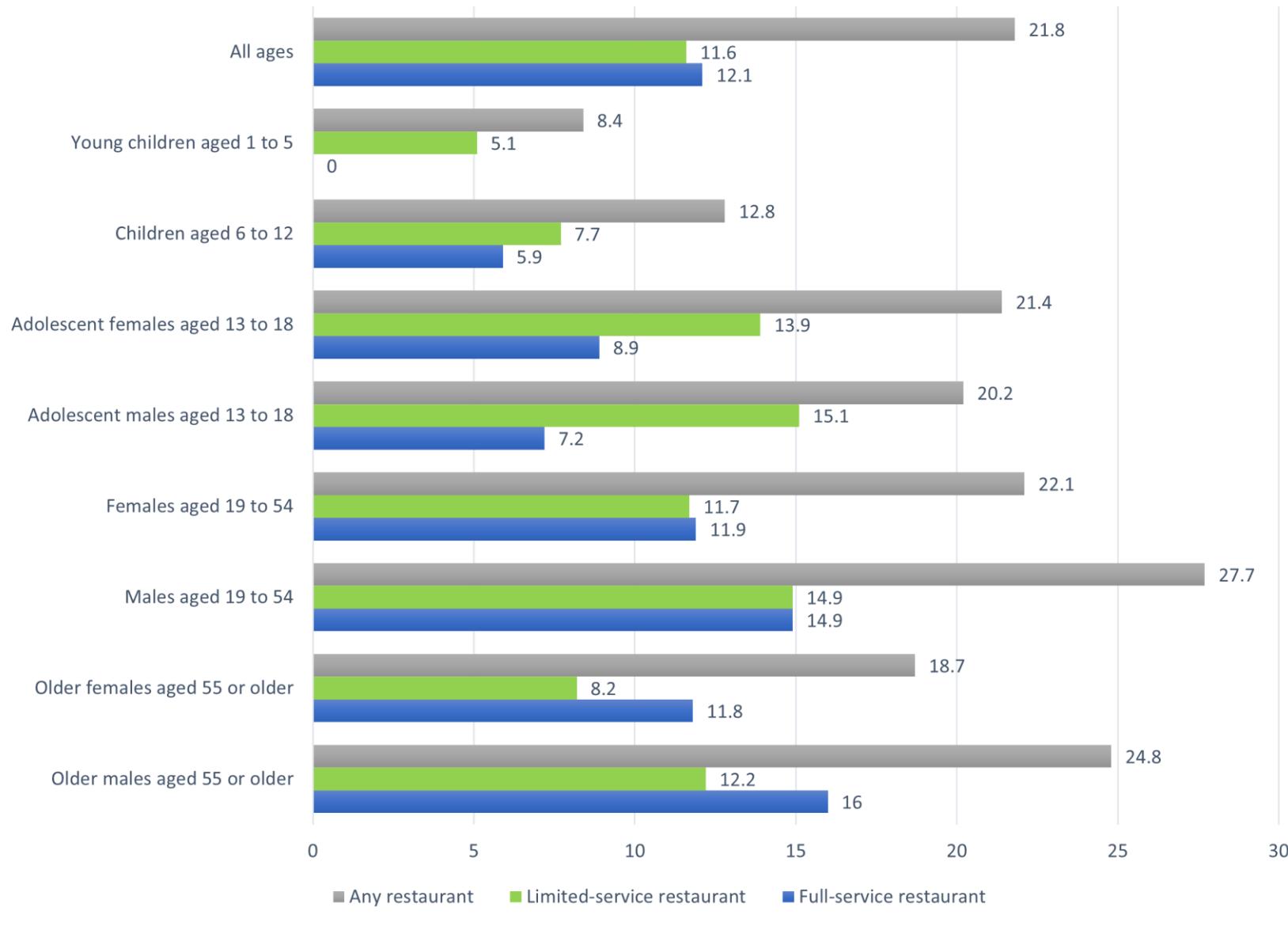


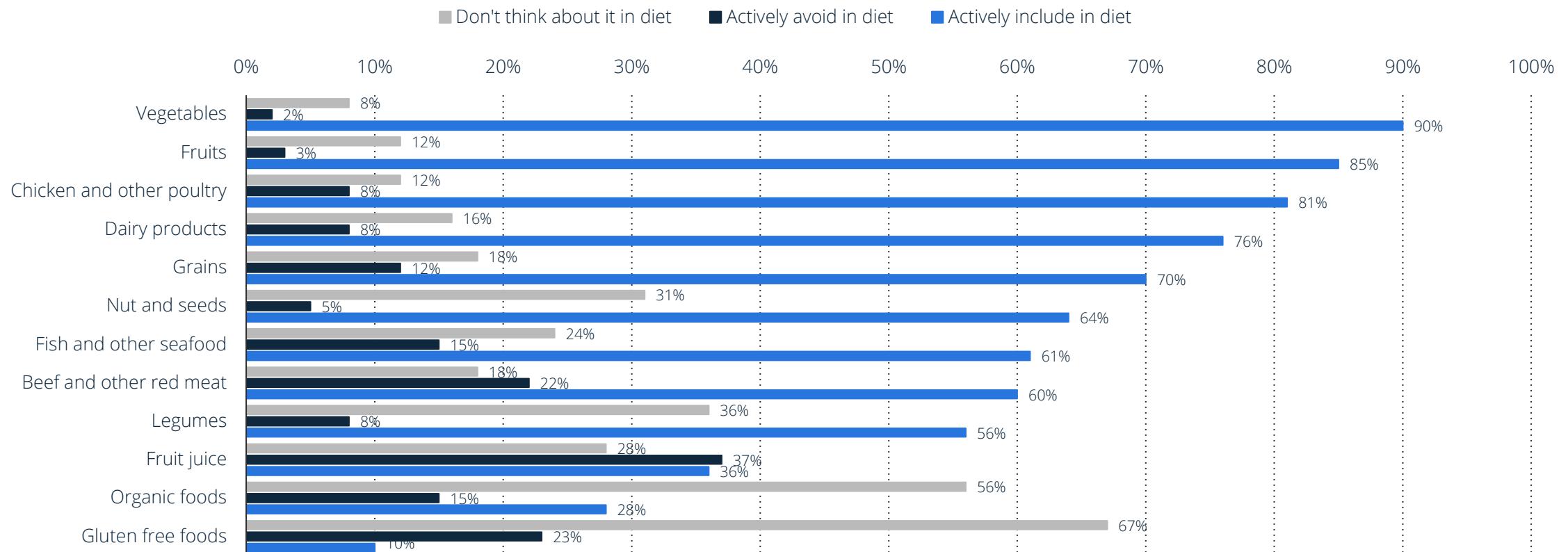
Are Majority of Canadians
Interested in Healthy Foods?

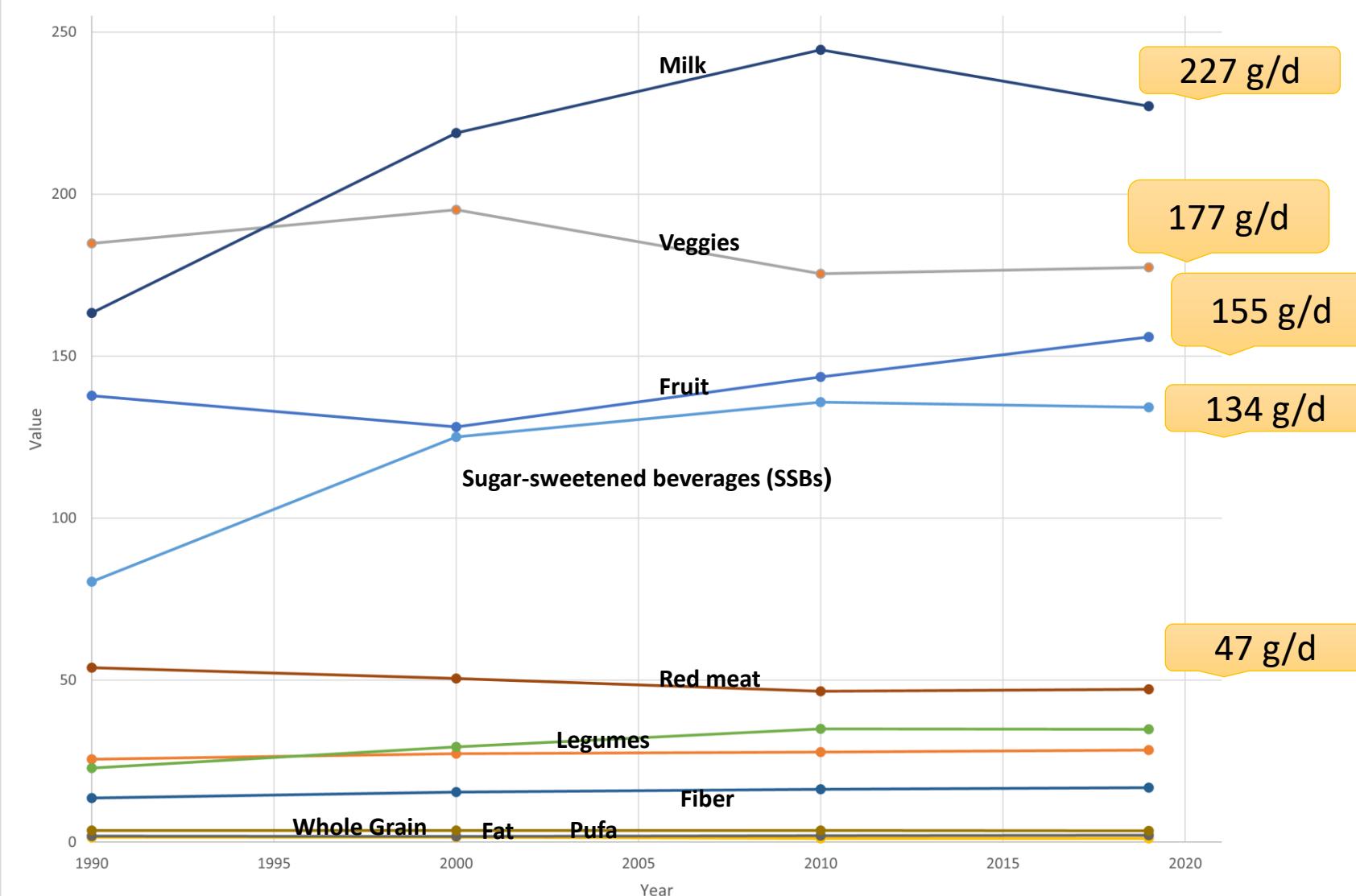


2015

Proportion of Canadians who consumed food away from home

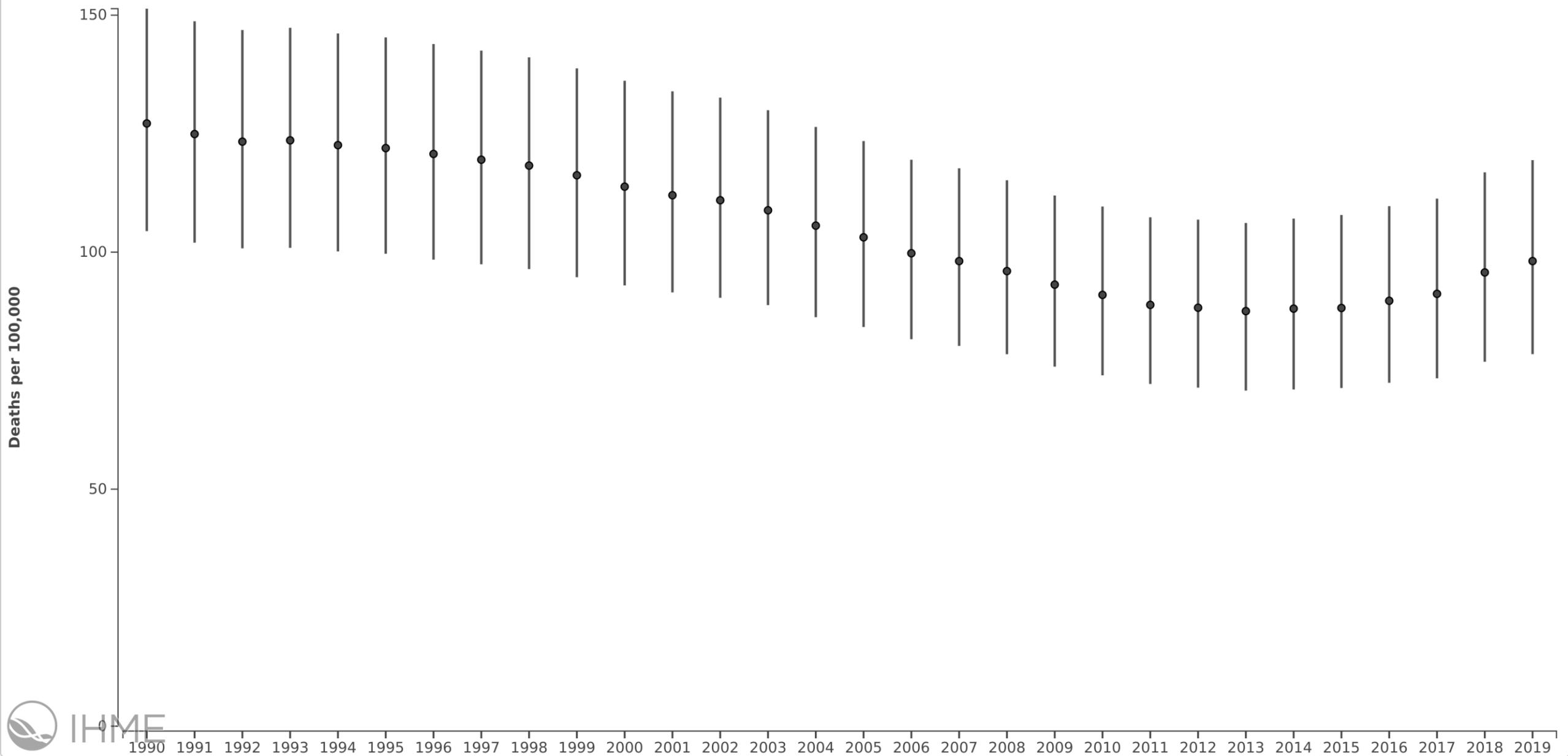






year	fruit	Whole grain	veggie	fat	ssb	legumes	milk	meat	puff	sodium	fiber
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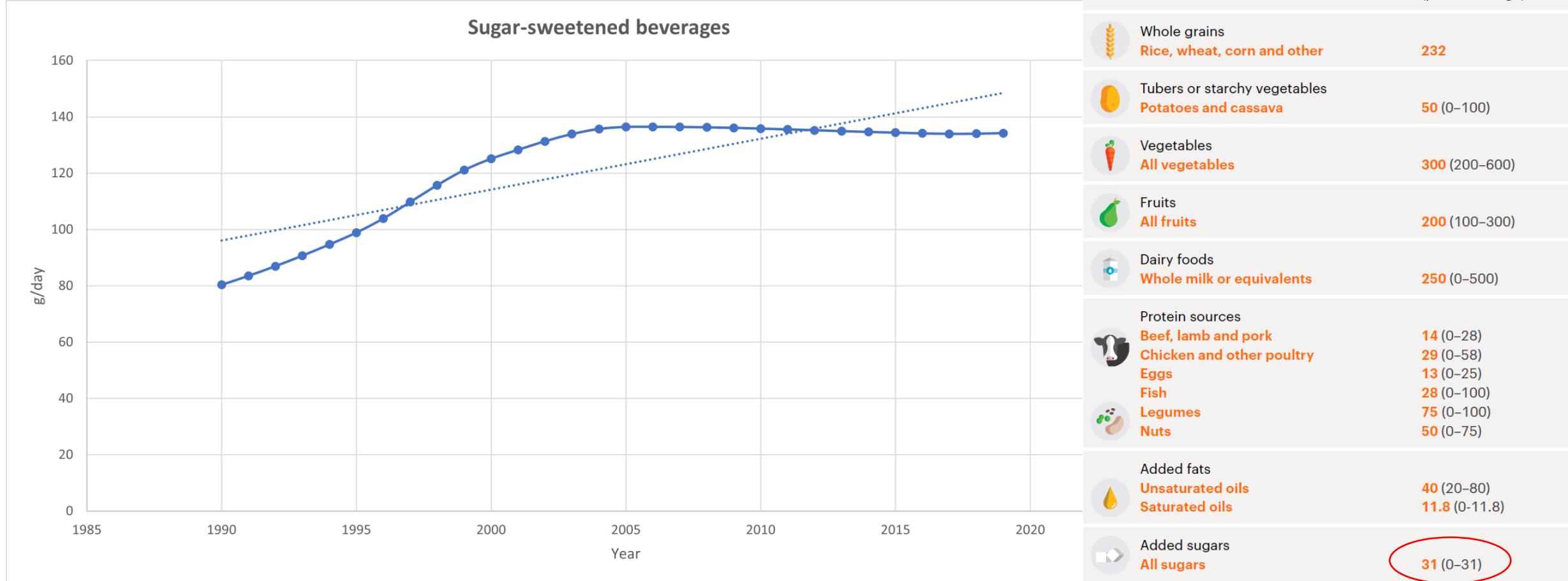
Canada
Dietary risks
Both sexes, All ages





Is Sugar the Biggest Problem
in our Diets Canadian?

SSBS over 30 Years!

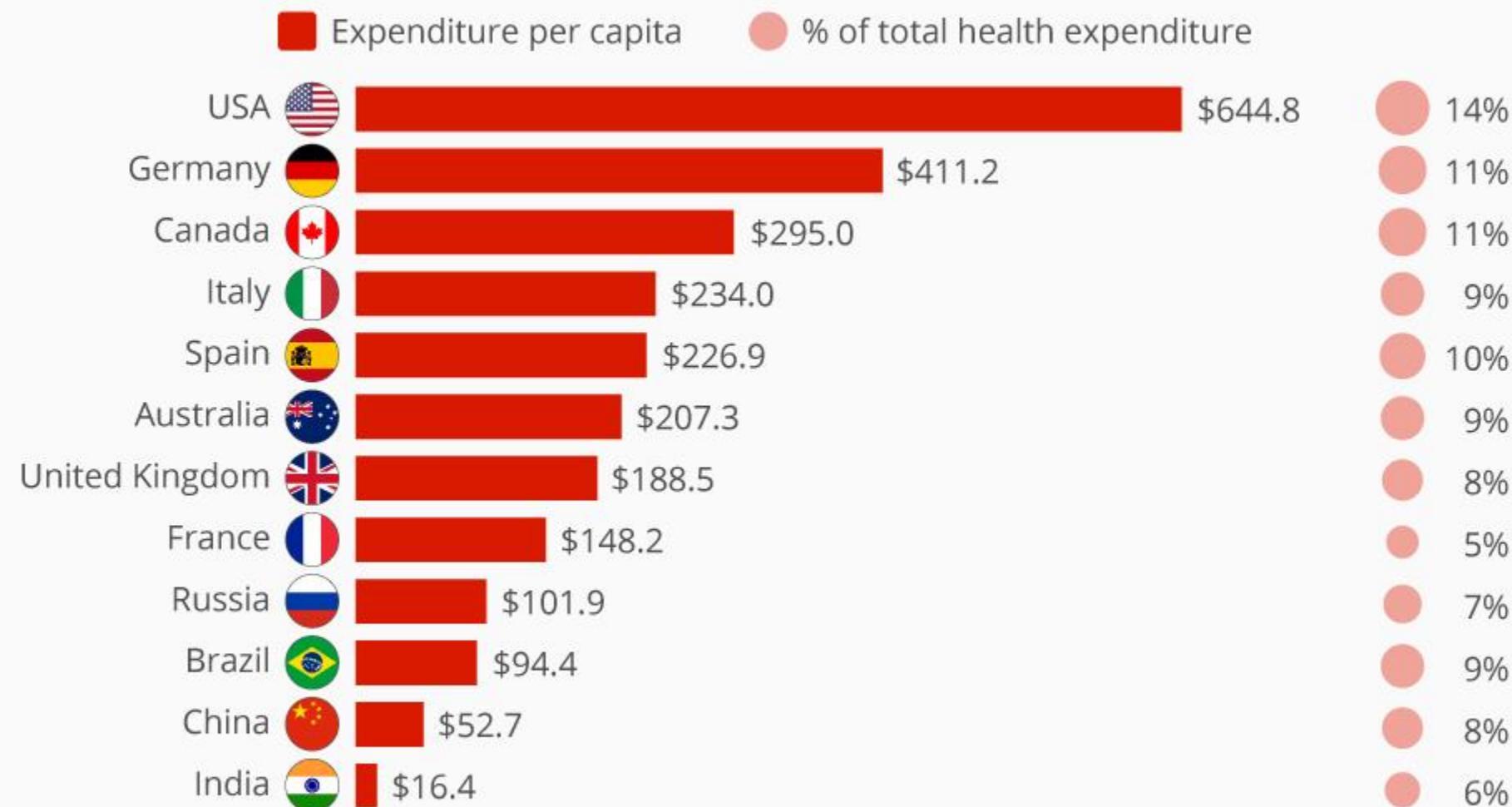


-
- **High** intake of sugar-sweetened beverages was observed in the Region of the **Americas** and the **lowest** in the South-East Asia region
 - Ischemic heart disease, obesity and type 2 diabetes

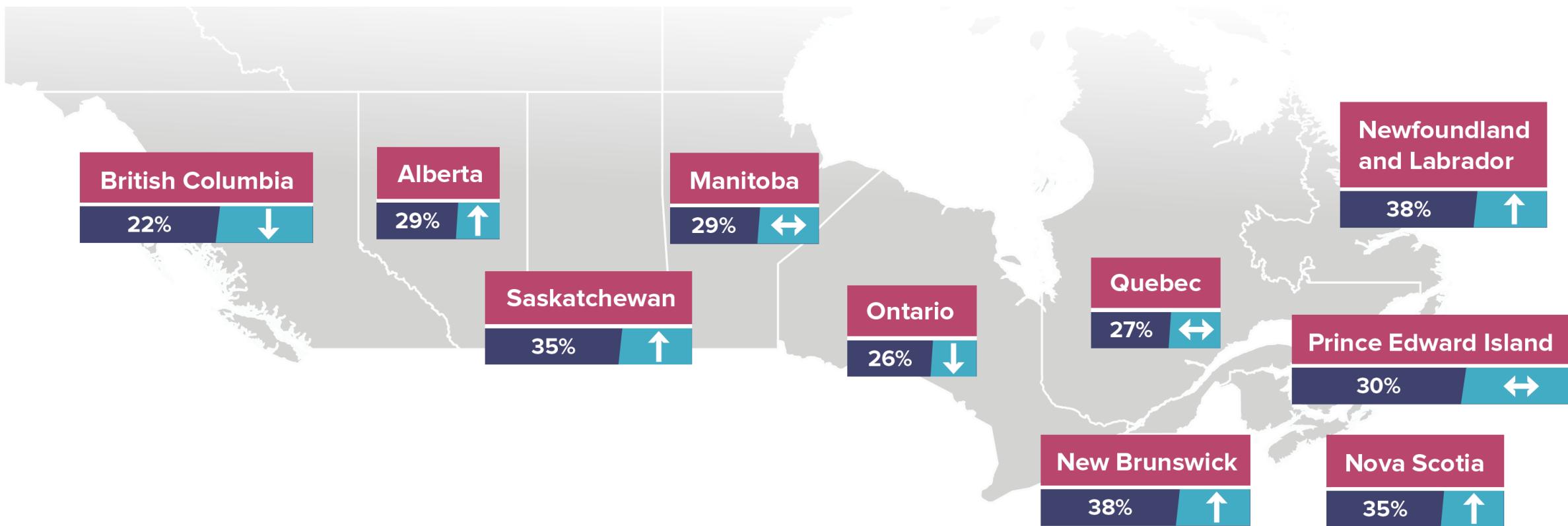


Where Obesity Places The Biggest Burden On Healthcare

Average annual health expenditure per capita due to obesity from 2020-2050*



Obesity in Canada



-
- Highest intake of red meat was observed in the Region of the Americas and the lowest in the South-East Asia Region
 - Type 2 diabetes and colorectal cancer.



A diet HIGH in sugars, sodium and saturated fat is a MAJOR RISK FACTOR for obesity, heart disease and diabetes



SUGARS

2/3 of packaged foods in the grocery store have **SUGARS** added to them



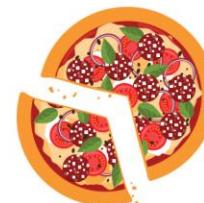
SODIUM

3/4 of the **SODIUM** we eat comes from **packaged and processed foods**

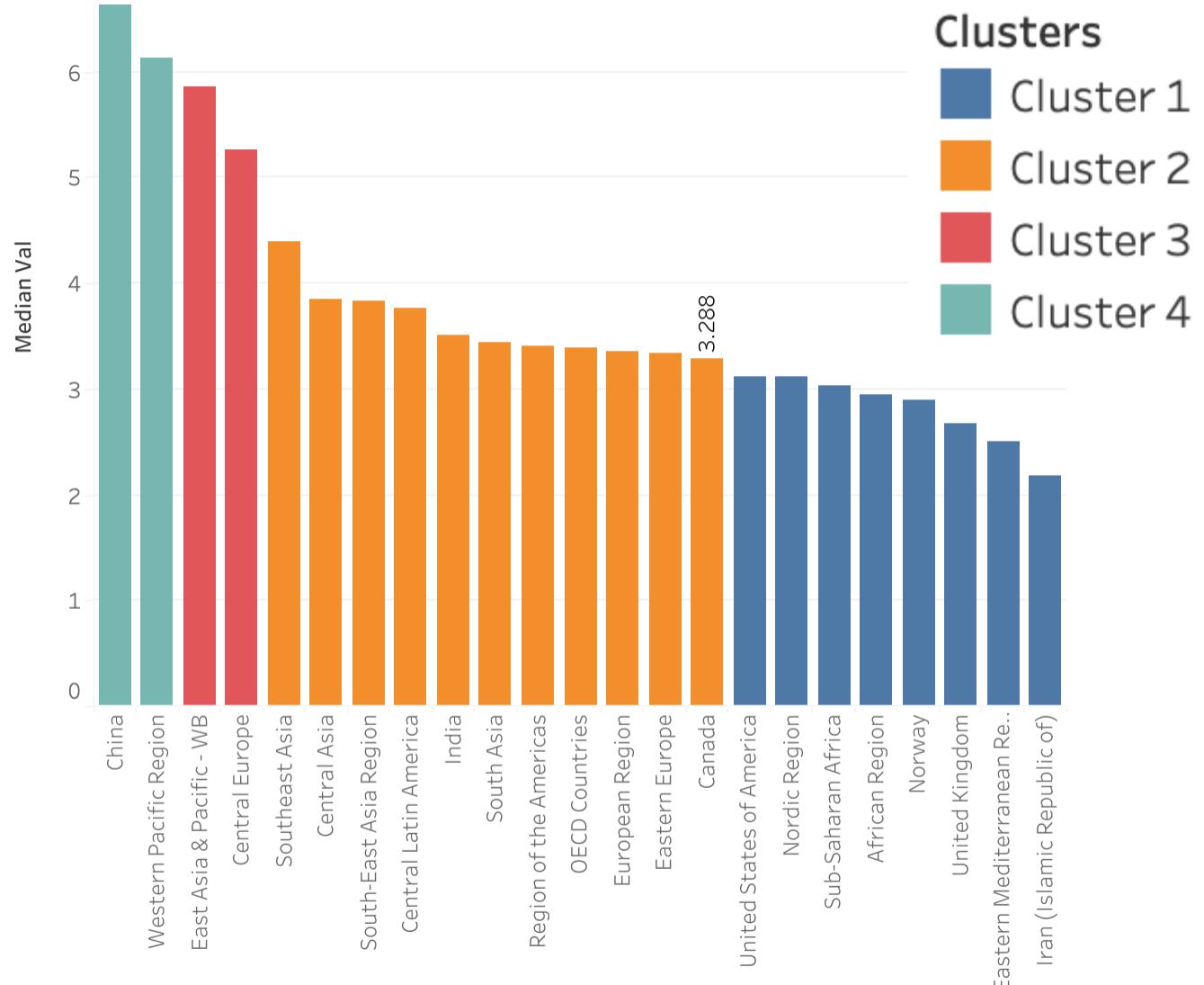


SATURATED FAT

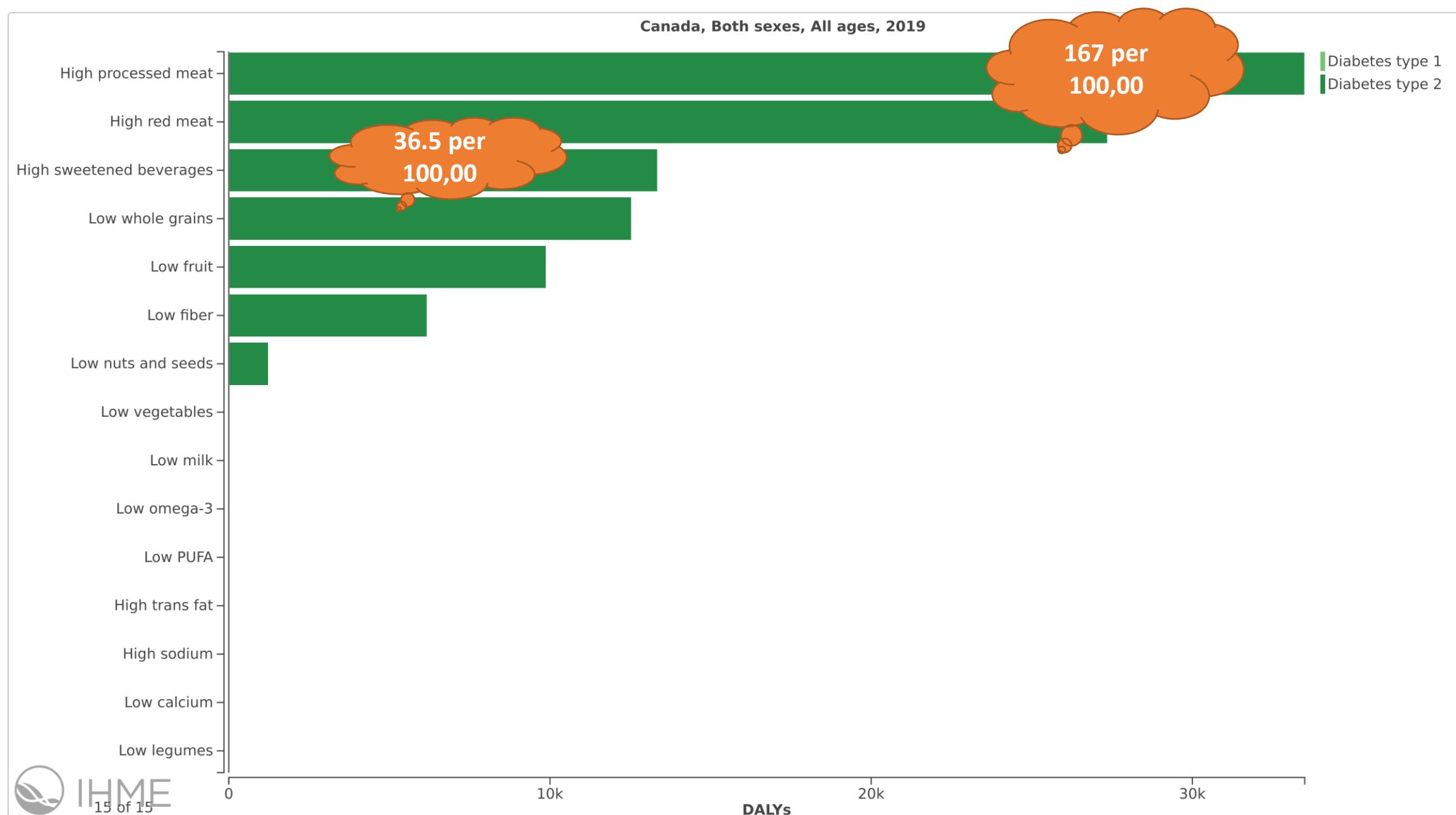
1/3 of the **FAT** we eat comes from **snacks and fast food**



Median Sodium Intake over the world and Canada



Canada, Both sexes, All ages, 2019

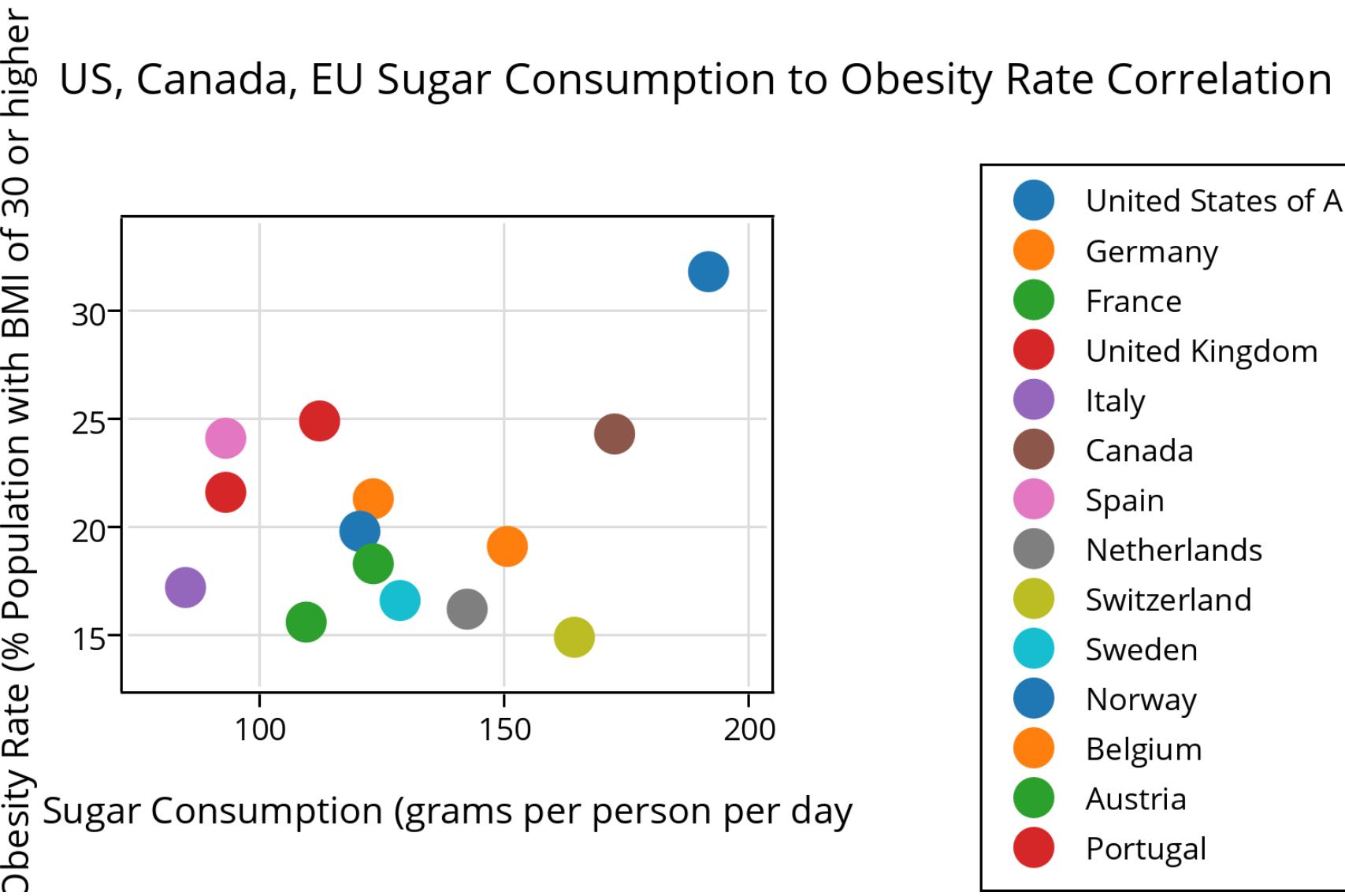




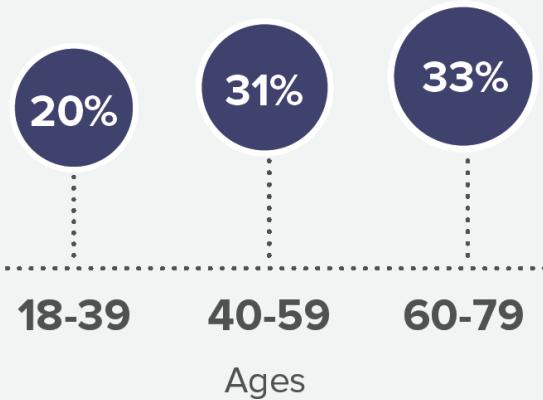
Thank you!

- Backup Slides





OBESITY INCREASES WITH AGE¹



IMMIGRANTS ARE LESS LIKELY TO BE OBESE THAN NON-IMMIGRANTS¹



Landed immigrants:
17% obese

Non-immigrants:
30% obese



Less than
high school

High school
graduates

Postsecondary
graduates

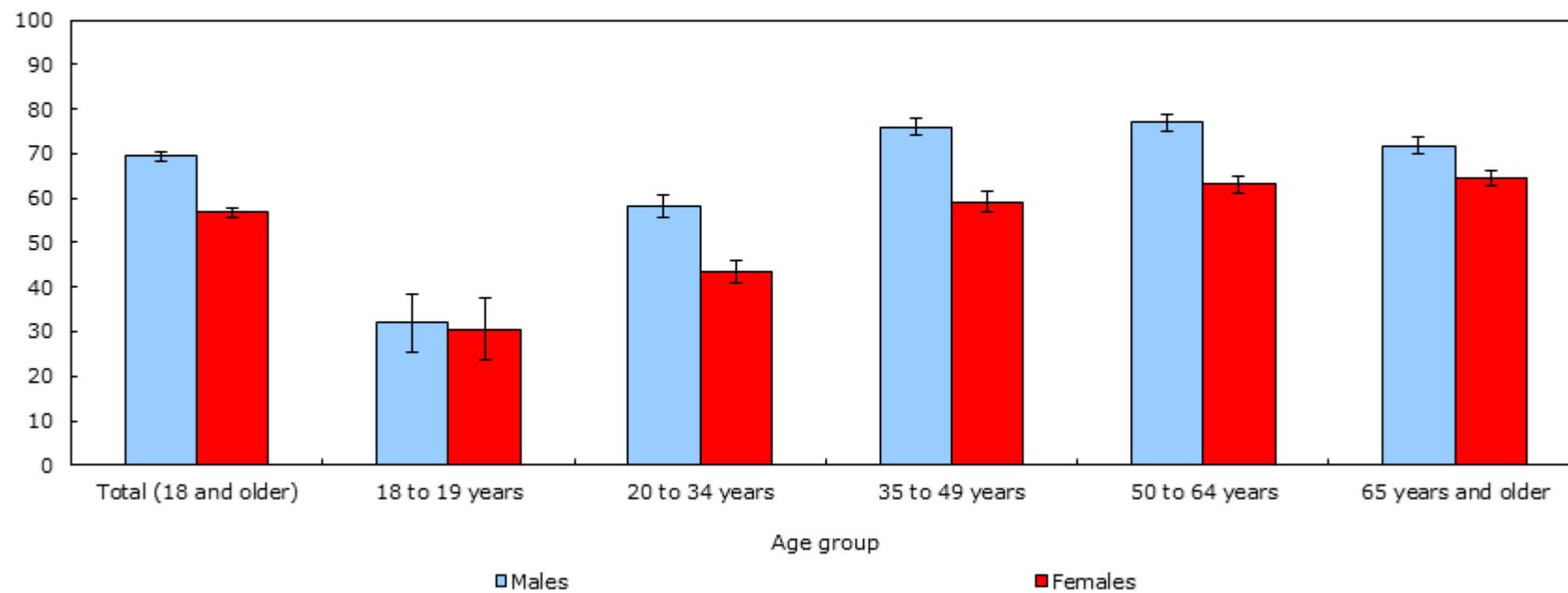
Fewer than five fruits
or vegetables per day:
28% obese



Five or more fruits
or vegetables per day:
20% obese

Chart 1
Overweight or obese (adjusted), by age group and sex, population aged 18 and older, Canada, 2018

percent



Source: Canadian Community Health Survey, 2018.