

too little, too much

A Summary of the Results of the B.C. Nutrition Survey*

* For the full reports on the B.C. Nutrition Survey, go to www.healthservices.gov.bc.ca/prevent/bcnutritionsurvey.html

Introduction

In 1999, 1,823 adults from all over B.C. participated in the B.C. Nutrition Survey. They were asked about their eating and physical activity. They also had their heights and weights measured and the supplements they took recorded.

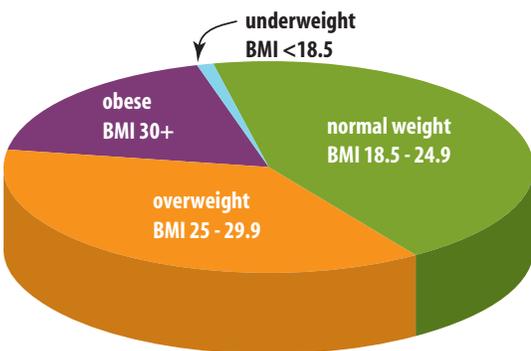
The information collected will be used to make healthy eating and active living the easy choices for you in your community, school, workplace and home.

Overweight and Obesity *too much*

Over one-half of adults were overweight or obese.

Overweight and obesity among adults has increased from 44% to 55% in just 10 years.*

Body Mass Index** of men and women



* Prevalence of overweight and obesity from the 1989 B.C. Heart Health Survey compared to 1999 B.C. Nutrition Survey.

**Body Mass Index or BMI (weight (kg) / height (m)²) is an indicator of health risk associated with under and overweight.

To calculate your BMI visit:
www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/bmi_chart_java_e.html

Physical Activity *too little*

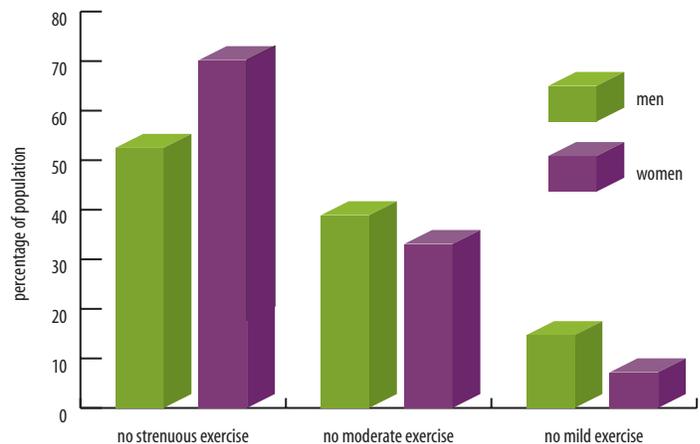
Canada's Physical Activity Guide recommends endurance activity four to seven times per week.

Many adults were not active enough for health benefits, including weight control.

But 80% believed they were!

Who is NOT Active Enough?

Leisure-time exercise



Strenuous = running, soccer, aerobics, hockey.

Moderate = fast walking, easy cycling, easy swimming, dancing.

Mild = bowling, yoga, gardening, housework.



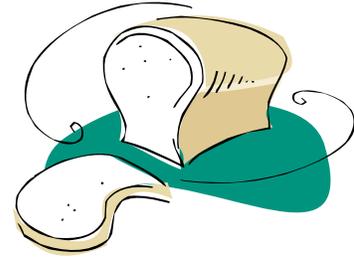
Ministry of Health Services

March 2004

Healthy Eating *too little*

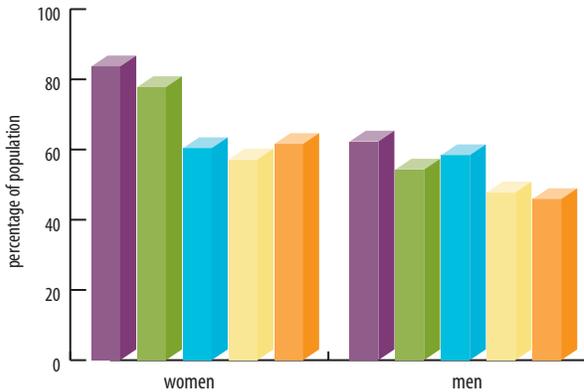
Canada's Food Guide to Healthy Eating recommends foods from each group every day.

Many men and even more women did not eat enough from each food group.

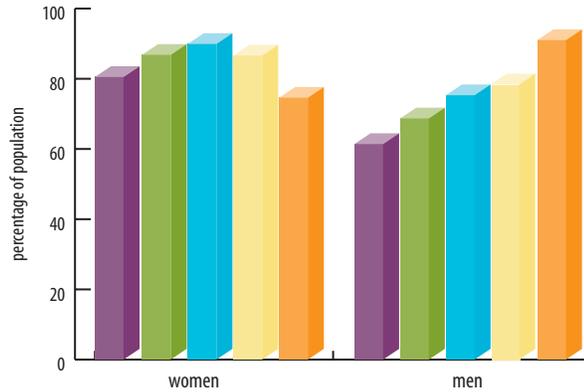


Who is NOT Eating Enough?

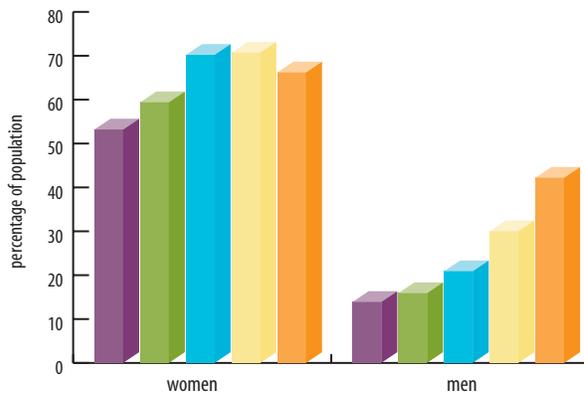
**Vegetables and fruit –
less than five servings per day**



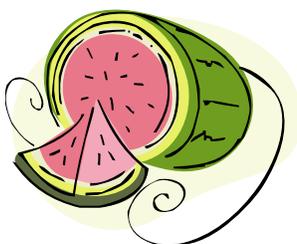
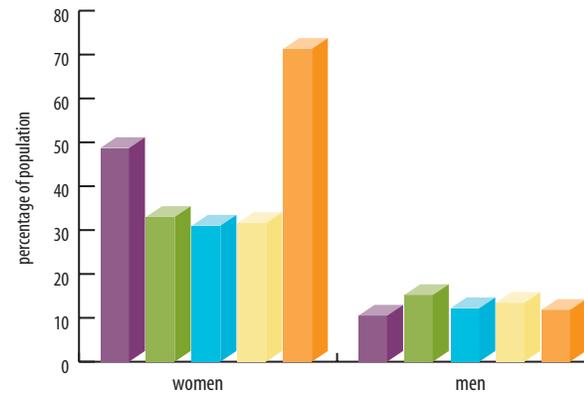
**Milk products –
less than two servings per day**



**Grain products –
less than five servings per day**



**Meat and alternatives –
less than two servings per day**



too much

Many adults also ate too many foods that are mostly fat, sugar and/or calories.

One-quarter of one day's calories came from butter, margarine, oils, cookies, cakes, donuts, chocolate, alcohol, pop, fruit drinks, jams, candy and chips.

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The good news: Most adults met the new nutrition recommendations to promote health and reduce risk of chronic disease.

The bad news: There were still many men and women who had low intakes of several important nutrients, especially folate*, calcium and fibre — even though more than half of adults took nutritional supplements.

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* Folate is one of the B vitamins found in foods. Folic acid is the form of folate found in supplements.

What Can You Do?

- Have smaller portion sizes, especially when eating out.
- Limit “liquid” calories from sweetened beverages. Have water or milk instead.
- Eat more vegetables and fruit, milk products and whole grains.
- Make room for healthy foods. Eat less “junk” food. Eat less fat and sugar.
- Take a nutritional supplement that is right for your age and stage of life. Talk to your doctor, dietitian or pharmacist.
- Be active at work, school and play. Walk or bike at least part of your way there.
- Accumulate at least 30 minutes of moderate physical activities every day.

For More Information About Healthy Eating

Dietitians of Canada - www.dietitians.ca

Test your nutrition knowledge, answer your questions about healthy eating, compare your food choices to nutrition recommendations and more at the website from Canadian dietitians.

Dial-a-Dietitian – www.dialadietitian.org

Get nutrition advice on health topics and recommended reading on food and nutrition and find out about nutrition services at the website of B.C.'s nutrition telephone hotline, Dial-a-Dietitian.

Or call 1-800-667-DIET or 604-732-9191 to talk to a dietitian free of charge.

Canada's Food Guide to Healthy Eating

www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html

For More Information About Physical Activity

Canadian Fitness and Lifestyle Research Institute - www.cflri.ca

Get information on being active and suggestions for integrating physical activity into your daily routine.

Canada's Physical Activity Guide

www.hc-sc.gc.ca/hppb/paguide/

BC HealthGuide - www.bchealthguide.org

Information on more than 2,500 common health topics, tests, procedures and other resources is available.

