

Healthy Kids Panel Recommendations

1. Start All Kids on the Path to Health

- Educate women of child-bearing age about the impact of their health and weight on their own well-being and on the health and well-being of their children
- Enhance primary and obstetrical care to include standard pre-pregnancy health check and wellness visit for women planning a pregnancy and their partners
- Adopt standardized prenatal education curriculum and ensure courses are accessible and affordable for all women
- Support and encourage breastfeeding for at least the first 6 months of life
- Leverage well-baby and childhood immunization visits to promote healthy weights and enhance surveillance and early detection

2. Change the Food Environment

- Ban the marketing of high-calorie, low-nutrient foods, beverages and snacks to children under age 12
- Ban point-of-sale promotions and displays of high-calorie, low-nutrient foods and beverages in retail settings, beginning with sugar-sweetened beverages
- Require all restaurants, including fast food outlets and retail grocery stores, to list the calories in each item on their menus and to make this information visible on menu boards
- Encourage food retailers to adopt transparent, easy-to-understand, standard, objective nutrition rating systems for the products in their stores
- Support the use of Canada's Food Guide and the nutrition facts panel
- Provide incentives for Ontario food growers and producers, food distributors, corporate food retailers, and non-governmental organizations to support community-based food distribution programs
- Provide incentives for food retailers to develop stores in food deserts
- Establish a universal school nutrition program for all Ontario publicly funded elementary and secondary schools
- Establish a universal school nutrition program for First Nations communities
- Develop a single standard guideline for food and beverages served or sold where children play and learn

3. Create Healthy Communities

- Develop a comprehensive healthy kids social marketing program that focuses on healthy eating, active living - including active transportation - mental health and adequate sleep
- Join EPODE (Together Let's Prevent Childhood Obesity) International and adopt a co-ordinated, community-driven approach to developing healthy communities for kids
- Make schools hubs for child health and community engagement
- Create healthy environments for preschool children
- Develop the knowledge and skills of key professions to support parents in raising healthy kids
- Speed implementation of the Poverty Reduction Strategy
- Continue to implement the Mental Health and Addictions Strategy
- Ensure families have timely access to specialized obesity programs when needed