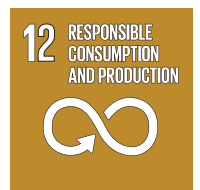
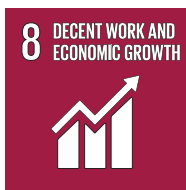
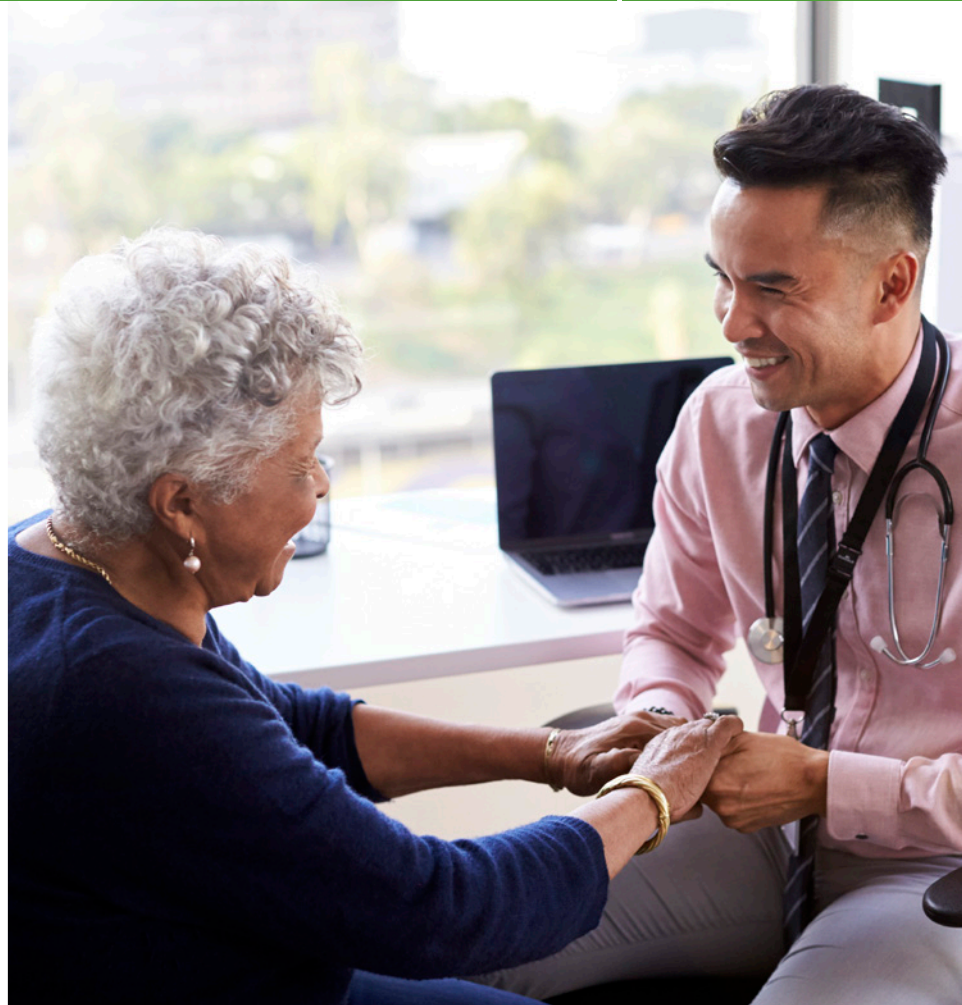




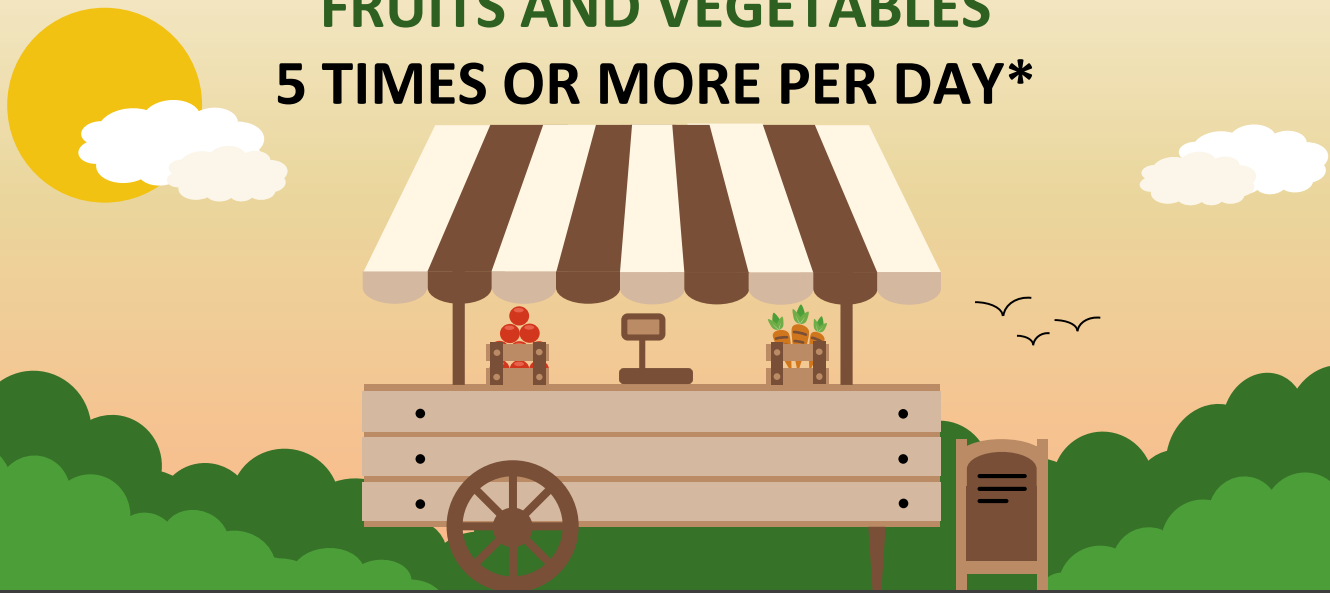
Agenda 2030 Sustainable Development Goals Report

GOAL 3 GOOD HEALTH AND WELL-BEING

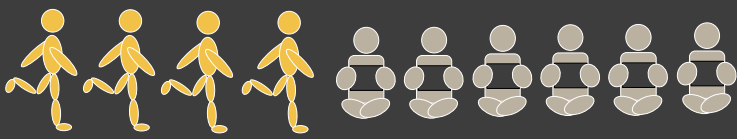
3 GOOD HEALTH AND WELL-BEING



IN 2017, 29% OF CANADIANS ATE FRUITS AND VEGETABLES 5 TIMES OR MORE PER DAY*



Note: Indicates the usual number of times (frequency) per day a person aged 12 years or older reported eating fruits and vegetables. Measure does not take into account the amount consumed. This includes pure fruit juice, frozen or canned fruits and vegetables, and dried fruit, but excludes fried potatoes.
Source: Statistics Canada, table 13-10-0096-01.



40
PERCENT

OF CHILDREN AND YOUTH MET
RECOMMENDED DAILY PHYSICAL
ACTIVITY TARGETS IN 2017*



52%

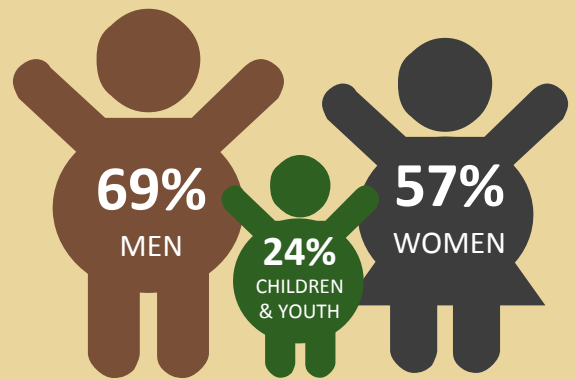
BOYS AGED 5 TO 17 WERE
TWICE AS LIKELY
AS GIRLS TO MEET
PHYSICAL ACTIVITY
TARGETS



26%

Note: 60 minutes is the daily recommended target for moderate to vigorous physical activity for children and youth ages 5 to 17 years.

Sources: Statistics Canada, table 13-10-0388-01 and Tracking physical activity levels of Canadians, 2016 and 2017.

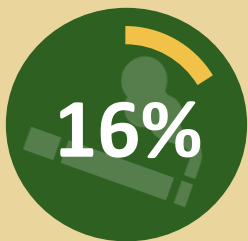


17 MILLION

CANADIAN ADULTS WERE EITHER
OVERWEIGHT OR OBESE

IN 2018

Source: Statistics Canada, table 13-10-0096-01.



OF CANADIANS¹
**SMOKED DAILY OR
OCCASIONALLY IN 2018**

Notes: 1. Canadians ages 12 and over. 2. Heavy drinking refers to males who reported having 5 or more drinks, or women who reported having 4 or more drinks, on one occasion, at least once a month in the past year. Source: Statistics Canada, table 13-10-0096-01.



OF CANADIANS WERE
**HEAVY DRINKERS²
IN 2018**

COMMUNITY SPOTLIGHT

ParticipACTION is a national non-profit organization empowering Canadians to believe everything gets better when you get active. In 2019, more than 3 million Canadians in 1,041 communities participated in their Community Better Challenge, which encouraged Canadians to sit less, move more and connect with their communities by engaging in physical activity and tracking their active minutes.

Source: <https://www.participACTION.com/>.

How to obtain more information

For information about this product or the wide range of services and data available from Statistics Canada, visit our website, www.statcan.gc.ca.

You can also contact us by

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| • National telecommunications device for the hearing impaired | 1-800-363-7629 |
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| • Inquiries line | 1-800-635-7943 |
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