

Heart and Stroke Foundation Fact Sheet

Youth

The Growing Burden of Heart Disease and Stroke in Canada 2003

Tobacco Smoking¹

- In 2001, 16% of young men and 17% of young women (15-19 yrs) smoked daily.
- Between the ages of 15 and 17, more young women than men smoked daily (15% vs. 12%).
- Between the ages of 18 and 19, more young men than women smoked daily (23% vs. 20%).

Physical Inactivity²

- Almost 40% of young women between 12 and 19 years of age are physically inactive.
- For young men, physical inactivity increased dramatically between the 12-19 and 20-29 year age groups (24.8% to 45.4%).

Overweight^{2,3}

- In 1998/99, 37% of children (2- 11 yrs) were overweight and 18% were obese. An increase from 34% overweight and 16% obese in 1994/95.

Nutrition: Inadequate Consumption of Vegetables and Fruit²

- Approximately 3 in 5 teens (12-19 yrs) consumed less than the recommended daily amount of vegetables and fruit.

¹ Health Canada. Canadian Tobacco Use Monitoring Survey (CTUMS).

² Statistics Canada. National Population Health Survey (NPHS); Canadian Community Health Survey (CCHS).

³ Overweight - Either excess weight (defined by WHO as a body mass index (BMI) of 25.0-29.9) or obesity (BMI \geq 30.0) among individuals aged between 18 and 64 years.

