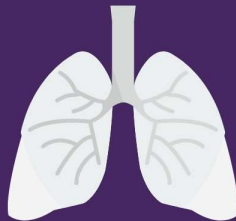




# Empowering Youth & Children to Curb the Prevalence of Chronic Diseases



Chronic Diseases (CDs) are conditions that "tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behavioural factors" (WHO, 2023).

## TARGETTING Youth & Children

Imminent **need** for interventions in the **social, political, environmental, and structural** determinants of health to **curb the prevalence of CD** in populations (Marmot & Bell, 2019).

## A Growing Crisis Worldwide



Globally

### > 41,000,000+ deaths

annually linked to CDs (equivalent to 3/4 of all deaths).

### > 80% of deaths

linked to cardiovascular diseases, chronic respiratory illnesses, cancers, and diabetes among CD-related deaths before 70 years old.



In Canada

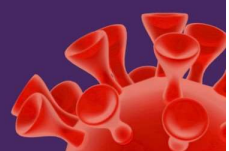
### > 44% of Canadians

suffering from at least one of ten common CDs.

### > Heart Disease

leading CD in Canada, accounting for 25% of all CD cases.

(WHO, 2023; PHAC, 2019; PHAC 2023)



# Social Determinants of Health (SDH) shape the distribution of CDs.



Income



Inadequate Nutrition



Poor Childhood Development



Environment & Pollution



Physical Inactivity & Obesity



Socioeconomic Disparities

## Preventing Chronic Diseases through Health-Promoting Schools through Ottawa Charter Actions



### Building Healthy Public Policy

Updating policies to ban unhealthy junk foods at school and promoting healthier alternatives.



### Creating Supportive Environments

Creating school-food programs, offering health education to students, parents and staff, and extending active extracurricular activities to students that cannot afford it.



### Strengthening Community Action

Install dedicated bike lanes and pedestrian monitors near school crossings to encourage active commuting to school.

Biggest loser challenge at school to encourage an active lifestyle and healthy eating habits.



### Developing Personal Skills

Health education to students, physical activity training, and posters to promote healthy behaviours.



### Reorienting Health Services

Using health resources to promote health as much as treating illness.

Registered nurse and dietitian presence in schools to help student measure and track anthropometric measurements and diet patterns.

### Health-Promoting Schools



Shifting the momentum of social, political, environmental, and structural resources towards achieving a full-scale and sustainable health-promoting school approach to diminish the effects of naturally occurring social gradients and their impact on SDH related to CDs

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