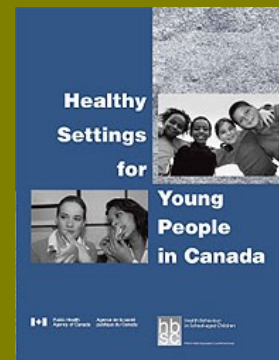


New Report Release

Healthy Settings for Young People in Canada



The Public Health Agency of Canada released the *Healthy Settings for Young People in Canada* report, which examines smoking, alcohol and drug use, physical activity/body image, eating patterns, emotional health and injuries in children and youth aged 11 to 15.

Some key findings indicate positive changes in the health behaviours and attitudes of young people since the last report in 2004. For example, smoking rates have declined among both boys and girls, and reports of marijuana use and alcohol consumption have also decreased. However, challenges remain, including high rates of overweight and obesity, sedentary behaviour and physical injury.

“In order to effectively promote and support the health of school-age children and youth, building a solid evidence base is essential,” said Dr. David Butler-Jones, Canada’s chief public health officer. “This study will help us to measure the health progress of Canada’s young people and to better promote their health and well-being, by providing evidence to assist us in planning and recommending effective health policy and programming initiatives targeted at middle childhood and adolescence.”

The full text of the *Healthy Settings for Young People in Canada* report and a summary booklet of the key findings are available online at:

www.phac-aspc.gc.ca/dca-dea/yjc/index-eng.php

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