CMA’s Presentation to the House of Commons Standing Committee on Health: H1N1 Preparedness and Response
https://policybase.cma.ca/link/policy9699

POLICY TYPE
Parliamentary submission

DATE
2009-10-05

TOPICS
Population health, health equity, public health

Documents
Answering the Wake-up Call: CMA’s Public Health Action Plan

CMA submission to the National Advisory Committee on SARS and Public Health

https://policybase.cma.ca/link/policy1960

POLICY TYPE
Parliamentary submission

LAST REVIEWED
2010-02-27

DATE
2003-06-25

TOPICS
Health systems, system funding and performance
Health care and patient safety
Population health, health equity, public health

Documents

Answering the Wake-up Call:
CMA’s Public Health Action Plan

CMA submission to the National Advisory Committee on SARS and Public Health

June 2003

EXECUTIVE SUMMARY

The public health services (PHE) are integral to our community, they are the
primary source of protection against preventable illness and injury in the
community. The level of health care provided by the primary health care
system depends on the ability of the PHE system to operate effectively and
efficiently.

The Canadian Medical Association (CMA) has long been a proponent of
healthy public policy. CMA submission to the National Advisory Committee on
SARS and Public Health on the following points:

1. Strengthening the primary health care system to address health inequities
2. Enhancing PHE system capacity for emergency preparedness and response
3. Improving PHE system capacity for disease surveillance and control
4. Enhancing the role of PHE professionals in the health care system
5. Strengthening the PHE governance structure

Recommendation: A strategic approach aimed at the public health system is an
integral component of public health care. The CMA recommends that the
PHE system be strengthened to ensure effective and efficient provision of
services to meet the health needs of all segments of society.
Letter on Strengthening the Pan-Canadian Public Health System discussion paper
https://policybase.cma.ca/link/policy1957

POLICY TYPE  Response to consultation
LAST REVIEWED 2011-03-05
DATE 2004-03-22
TOPICS Population health, health equity, public health

Documents

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Page 3 of 3
CMA Policybase - Canadian Medical Association
Health Protection and a Canadian Public Health Strategy: A Comprehensive Approach To Public Health: Submission to Health Canada
https://policybase.cma.ca/link/policy1958

POLICY TYPE
Parliamentary submission

LAST REVIEWED
2011-03-05

DATE
2004-04-12

TOPICS
Population health, health equity, public health

Documents
Carter: CMA submission regarding euthanasia and assisted death
https://policybase.cma.ca/link/policy13935

POLICY TYPE Court submission
LAST REVIEWED 2011-03-05
DATE 2014-08-27
TOPICS Ethics and medical professionalism
Population health, health equity, public health

Documents
Chronic Diseases Related to Aging: CMA’s Presentation to the House of Commons Standing Committee on Health
https://policybase.cma.ca/link/policy10226

POLICY TYPE
Parliamentary submission

DATE
2011-10-17

TOPICS
Population health, health equity, public health

Documents
A Healthy Population for a Stronger Economy: The Canadian Medical Association’s Presentation to the Standing Committee on Finance’s pre-budget consultations

https://policybase.cma.ca/link/policy10228

POLICY TYPE
Parliamentary submission

DATE
2011-10-18

TOPICS
Health systems, system funding and performance
Population health, health equity, public health

Documents
Mental Health, Mental Illness & Addiction: CMA Submission to the Standing Committee on Social Affairs, Science and Technology

https://policybase.cma.ca/link/policy1950

POLICY TYPE: Parliamentary submission
LAST REVIEWED: 2012-03-03
DATE: 2005-04-20
TOPICS: Population health, health equity, public health, Pharmaceuticals, prescribing, cannabis, drugs

Documents
Letter to the International Joint Commission on the 2004 Progress Report addressing air quality
https://policybase.cma.ca/link/policy1952

POLICY TYPE: Parliamentary submission

LAST REVIEWED: 2012-03-03

DATE: 2005-02-11

TOPICS: Population health, health equity, public health

Documents
Presentation to the New Democratic Party on Bill C-38
https://policybase.cma.ca/link/policy10439

POLICY TYPE : Parliamentary submission
DATE : 2012-05-17
TOPICS : Population health, health equity, public health

Documents
Toward a Dementia Strategy for Canada: CMA Submission to the House of Commons Standing Committee on Finance
https://policybase.cma.ca/link/policy10674

POLICY TYPE
Parliamentary submission

DATE
2013-01-21

TOPICS
Population health, health equity, public health
Presentation to the House of Commons Standing Committee on Environment and Sustainable Development
https://policybase.cma.ca/link/policy2044

POLICY TYPE  Parliamentary submission
LAST REVIEWED  2013-03-02
DATE  2006-06-12
TOPICS  Population health, health equity, public health

Documents

NOTES FOR AN ADDRESS
Dr. Jane Levy, Chief Medical Officer and Director of Public Health
Department of National Health and Social Development
Presentation to the House of Commons Standing Committee on Environment and Sustainable Development

June 12, 2006

A healthy population is an environmental advantage
Public health is society's greatest wealth

CMA Policybase - Canadian Medical Association
Bill C-422 An Act respecting a National Lyme Disease Strategy
https://policybase.cma.ca/link/policy11140

POLICY TYPE
Parliamentary submission

DATE
2014-06-02

TOPICS
Population health, health equity, public health
Health systems, system funding and performance

Documents
Improving Seniors Care in an Era of Surplus. 2014-2015 Pre-budget Brief

https://policybase.cma.ca/link/policy11211

POLICY TYPE  Parliamentary submission
DATE  2014-08-06
TOPICS  Population health, health equity, public health

Documents
Canadian Medical Association Submission to Health Canada’s Notice of proposed order to amend the schedule to the Tobacco Act
https://policybase.cma.ca/link/policy11434

POLICY TYPE
Parliamentary submission

DATE
2014-11-10

TOPICS
Health care and patient safety
Population health, health equity, public health

Documents
Canadian Medical Association Submission to the House of Commons Study on E-Cigarettes
https://policybase.cma.ca/link/policy1437

POLICY TYPE Parliamentary submission
DATE 2014-11-27
TOPICS Health care and patient safety
Population health, health equity, public health

Documents
Submission to Advisory Panel on Healthcare Innovation

https://policybase.cma.ca/link/policy11439

POLICY TYPE  Parliamentary submission

DATE  2014-12-08

TOPICS  Population health, health equity, public health

Documents
CMA & CNA Letter on the Future Mandate of the Health Care Innovation Working Group (the Council of the Federation)

https://policybase.cma.ca/link/policy11477

POLICY TYPE
Parliamentary submission

DATE
2015-01-22

TOPICS
Population health, health equity, public health
Health systems, system funding and performance

Documents
Canadian Medical Association submission on Bill C-462 Disability Tax Credit Promoters Restrictions Act.
https://policybase.cma.ca/link/policy11542

POLICY TYPE  Parliamentary submission
DATE  2015-05-22
TOPICS  Population health, health equity, public health

Documents

CMA Policybase - Canadian Medical Association
Healthy behaviours - promoting physical activity and healthy eating
https://policybase.cma.ca/link/policy11523

POLICY TYPE
Policy document

DATE
2015-05-30

REPLACES
Promoting Physical Activity and Healthy Weights

TOPICS
Population health, health equity, public health

HEALTHY BEHAVIOIRS – PROMOTING PHYSICAL ACTIVITY AND HEALTHY EATING

Introduction

The Canadian Medical Association (CMA), recognizes the importance of healthy lifestyles in

Canada. Promoting healthy behaviours contributes to the health and well-being of the

population, reducing the burden of disease and promoting a healthy society. The promotion of

physical activity and healthy eating are crucial for the prevention and management of major
c

chronic diseases such as cardiovascular disease, diabetes, and cancer. These factors are

estimated to be responsible for more than 40% of the global burden of disease. 


Public health

Healthy behaviours contribute to population health and well-being. They are essential for

preventing and managing chronic diseases and improving overall health outcomes. The

promotion of healthy behaviours involves creating a supportive environment that encourages

individuals to adopt healthy habits. This includes improving access to healthy foods,

increasing opportunities for physical activity, and reducing exposure to harmful substances.


Policy

The CMA recommends that key stakeholders, including governments, health professionals,

and community organizations, work together to promote healthy lifestyles. This includes:

- Increasing access to healthy foods, particularly in low-income communities.
- Developing policies that support physical activity, such as walking and cycling.
- Reducing the exposure to tobacco, alcohol, and other harmful substances.
- Implementing programs that educate and empower individuals to make healthy choices.
- Collaborating with the food industry to promote healthier food options.
- Investing in research to better understand the determinants and implications of healthy

behaviours.


Evaluation

The effectiveness of strategies to promote healthy behaviours can be evaluated by:

- Monitoring trends in physical activity and healthy eating habits.
- Assessing the impact of policies and programs on population health outcomes.
- Gathering feedback from individuals and communities.

The CMA encourages ongoing evaluation of efforts to promote healthy lifestyles to

ensure continued progress and identify areas for improvement.


Conclusion

Healthy behaviours are critical for promoting health and preventing disease. The CMA

supports efforts to create a supportive environment that encourages individuals to make

choices that contribute to their own and their communities' health.


Adoption

The CMA recommends that healthcare professionals provide education and support to

patients in adopting healthy behaviours. This includes:

- Encouraging regular physical activity suitable for individual needs.
- Promoting a balanced diet rich in fruits, vegetables, and whole grains.
- Advising on the importance of quitting smoking and reducing alcohol consumption.
- Providing resources and referrals to support healthy lifestyles.

The CMA encourages healthcare professionals to integrate the promotion of healthy

behaviours into their daily practice.


References


The CMA acknowledges the importance of healthy behaviours and promotes policies that

support their adoption across Canada.


CMA Policybase - Canadian Medical Association