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

POLICY TYPE Parliamentary submission

DATE 2003-06-25

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

Documents
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
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
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
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 NDP Caucus

Dr. John Haggie
President
Canadian Medical Association
Ottawa, ON
May 17, 2012
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

Documents
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
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/policy1434

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/policy11437](https://policybase.cma.ca/link/policy11437)

<table>
<thead>
<tr>
<th>POLICY TYPE</th>
<th>Parliamentary submission</th>
</tr>
</thead>
<tbody>
<tr>
<td>DATE</td>
<td>2014-11-27</td>
</tr>
<tr>
<td>TOPICS</td>
<td>Health care and patient safety</td>
</tr>
<tr>
<td></td>
<td>Population health, health equity, public health</td>
</tr>
</tbody>
</table>

### 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
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

Introduction
The Canadian Medical Association (CMA) supports the promotion of healthy lifestyles to
improve the health status of all Canadians. The health of the population, indeed the overall health
of the country, is fundamentally dependent on the health of its individuals. As such, the CMA
continue to support and promote healthy behaviours, specifically promoting physical
activity and healthy eating.

Healthy Behaviours - Promoting Physical Activity and Healthy Eating

The importance of healthy habits and physical activity cannot be overstated. Physical activity
is essential for maintaining a healthy body weight and reducing the risk of chronic diseases such
as heart disease, diabetes, and osteoporosis. It also improves mental health and overall quality
of life. The CMA recommends at least 150 minutes of moderate-intensity aerobic activity
每周
or 75 minutes of vigorous-intensity aerobic activity weekly for adults aged over 18 years. This
includes activities such as brisk walking, cycling, or swimming. Children and adolescents
should accumulate at least 60 minutes of moderate to vigorous-intensity physical activity
every day.

Conclusion
The promotion of healthy behaviours, particularly physical activity and healthy eating, is crucial
for improving the health of Canadians. The CMA continues to support initiatives that
encourage individuals to adopt healthy lifestyles and to create a culture of wellness in our
communities.