2015 Pre-budget consultations: Federal leadership to support an aging population
https://policybase.cma.ca/link/policy11753

POLICY TYPE  Parliamentary submission
DATE  2015-07-31
TOPICS  Health systems, system funding and performance
Population health, health equity, public health

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

Documents

CMA POLICY
HEALTHY BEHAVIOURS - PROMOTING PHYSICAL ACTIVITY AND HEALTHY EATING

Introduction
The Canadian Medical Association (CMA) recognizes the promotion of healthy behaviours as critical to improving health outcomes and overall well-being of the population. The CMA believes it is essential to address the health consequences of sedentary lifestyles and inadequate nutrition, which have been identified as major public health challenges. Inadequate physical activity and poor diets are primary risk factors contributing to chronic diseases, disability, and premature death. A healthy lifestyle is therefore essential to promoting health and well-being.

The CMA supports strategies that promote healthy behaviours, including physical activity and healthy eating, as a means to prevent and manage chronic diseases, reduce healthcare costs, and improve overall quality of life. The CMA encourages healthcare professionals to provide evidence-based guidance on healthy behaviours to their patients.

Recommendations
1. Education: Healthcare professionals should provide education and support to patients on the importance of physical activity and healthy eating.
2. Policy: Governments should implement policies to support healthy behaviours, such as funding for physical activity programs and healthy food options.
3. Corporate responsibility: Corporations should be held accountable for the impact of their products on public health.

Conclusion
In conclusion, promoting healthy behaviours is essential to improving population health. Healthcare professionals, policymakers, and corporations all have a role to play in promoting healthy behaviours and reducing the burden of chronic diseases.

About the health impacts of unhealthy diets and physical inactivity

Excess body weight, or being overweight and obese, can lead to a range of health problems, including heart disease, diabetes, stroke, and some cancers. Maintaining a healthy weight through a balanced diet and regular physical activity can help reduce the risk of these conditions.

Healthy eating involves consuming a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Consuming a healthy diet can help maintain a healthy weight, reduce the risk of chronic diseases, and improve overall well-being.

Physical activity is essential for maintaining a healthy weight, improving cardiovascular health, and reducing the risk of chronic diseases. Regular physical activity can help improve mood, reduce stress, and enhance overall quality of life.

The CMA encourages individuals to adopt healthy behaviours, such as regular physical activity and healthy eating, to promote overall health and well-being.
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 & 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

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