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
Obesity in Canada: Causes, Consequences and the Way Forward

https://policybase.cma.ca/link/policy11540

POLICY TYPE
Parliamentary submission

DATE
2015-06-02

TOPICS
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) supports the promotion of healthy lifestyles to
reduce the incidence of chronic disease and improve health outcomes and quality of
life for all Canadians. This includes promoting physical activity, healthy eating,
healthy weights, and mental health. These factors contribute to the overall wellbeing
of individuals and communities, and are key aspects of public health. The CMA
believes that healthy behaviours should be promoted through evidence-based
strategies that are integrated into public health policies and programs. The CMA
supports initiatives that encourage individuals to adopt healthy behaviours and
reduce the risk of chronic disease and its associated complications.

Recommendations
The CMA recommends that governments and health care providers:
- Promote physical activity and healthy eating through evidence-based programs
  and policies that are tailored to the needs of different populations
- Support healthy weights through strategies that address both underweight and
  overweight/obesity
- Address mental health and substance use through integrated approaches that
  include prevention, early intervention, and treatment
- Advocate for policies that promote healthy behaviours and reduce the risk of
  chronic disease
- Support research to advance our understanding of the determinants of health
  and the effectiveness of interventions to promote healthy behaviours

Conclusion
By promoting healthy behaviours and reducing the risk of chronic disease,
we can improve health outcomes, reduce health care costs, and enhance
the quality of life for all Canadians. The CMA encourages policymakers and
health care providers to work together to create a healthy environment for all
Canadians.
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