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Porcupine

Health Unit • Bureau de santé

June 28, 2007

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The Honourable Kathleen Wynne, Minister
Ontario Ministry of Education
Mowat Block, 22nd Floor
900 Bay Street
Toronto, ON
M7A 1L2

Dear Minister Wynne

The Board of Health for the Porcupine Health Unit discussed the need to increase physical activity amongst our youth at its regular meeting held on June 22, 2007 and the attached resolution was adopted.

In light of the epidemic of childhood and youth obesity in Canada and the 2007 Report Card on Physical Activity for Children and Youth, we urge you to follow the Province of Manitoba in developing innovative and progressive programs to combat this worsening problem.

The Porcupine Health Unit looks forward to your response to this recommendation.

Yours sincerely



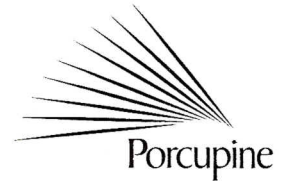
Dennis Hong, M.D.,MS.c.,FRCSC
Acting Medical Officer of Health

- p.c.- Hon. George Smitherman, Minister of Health & Long Term Care
- Hon. Jim Watson, Minister of Health Promotion
- L. Stewart, Ex. Director, Assoc. of Local Public Health Agencies ✓

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Branch Offices: Cochrane, Hearst,
Hornepayne, Iroquois Falls,
Kapusking, Matheson,
Moosonee, Smooth Rock Falls

Date 07/06/22



MOVED BY: B. Gvozdanovic
SECONDED BY: H. Jaremy Berube

WHEREAS, from 1978 to 2004, overweight/obesity rates have doubled from 14% to 29% for adolescents aged 12 to 17 years; and

WHEREAS, declines in physical activity or fitness throughout adolescence are associated with increased weight gain; and

WHEREAS, only 20% of Canadian children receive daily physical education in school, 41% receive one to two days per week, and 10% receive no physical education at all, and these rates decrease as they progress through secondary school; and

WHEREAS, the number of high school students in Ontario having physical education classes has decreased in a linear fashion from 1999 to 2005; and

WHEREAS, regular physical activity and fitness may reduce the risk of obesity, type 2 diabetes, and improve school performance; and

WHEREAS, the school environment can play a pivotal role in influencing the habitual physical activity of children and youth; and

WHEREAS, the House of Commons Standing Committee on Health report *Healthy Weights for Healthy Kids, March 2007* recommended that the federal government "work to facilitate, in collaboration with the Joint Consortium for School Health, appropriate healthy food and physical activity standards and programs in schools"; and

WHEREAS, the government of Manitoba announced, effective September 2008 that physical education and health education will become a required part of the curriculum for grades 11 and 12 in addition to grades 9 and 10; and

WHEREAS, in Ontario, high school students are required to only take one health and physical education credit for graduation;

THEREFORE BE IT RESOLVED THAT, the Board of Health for the Porcupine Health Unit encourage the Ontario Ministry of Education, with the support of the Ontario Ministry of Health Promotion, and the Ontario Ministry of Health and Long-Term Care to make health and physical education mandatory for all secondary school grades; and

FURTHERMORE THAT, a copy of this resolution be forwarded to the Minister of Education, the Minister of Health Promotion, the Minister of Health and Long-Term Care and the Association of Local Public Health Agencies; and

FURTHERMORE THAT, a copy of this resolution be forwarded to all Boards of Health in support of this resolution.

(circle as appropriate)

CARRIED

DEFEATED

Gary Scripnick
Chair – Board of Health

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