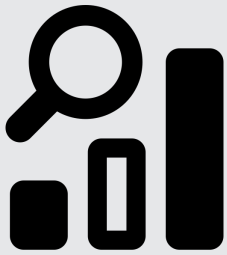


The ability for children and their families to make healthy choices is constrained by many factors.



RESEARCH SUPPORT: Families and children with health inequities have less access to nutritious foods, are more likely to live in polluted environments, are less likely to receive proper dental and eye care, and more likely to be obese¹. Mother's with lower levels of education and income were less likely to plan to breastfeed². Health outcomes are often not a choice.

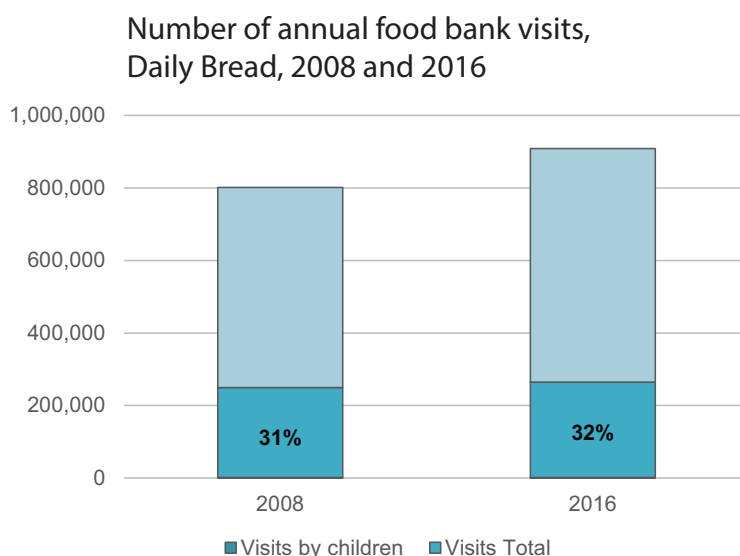
Many children experience poor health outcomes. For example, only 1 in 5 students get the recommended amount of fruit and vegetables and 62% of students engage in over 2 hours of screen time.

On average, students eat 3 to 4 servings of fruit or vegetables a day out of the recommended 6 servings.



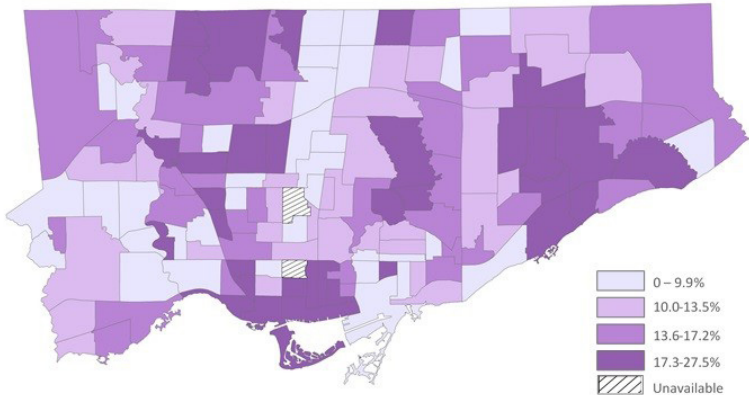
Early in a child's life, breastfeeding provides the nutrition necessary for optimal physical health and development. Although the majority of mothers (71%) intended to exclusively breastfeed, only 44% were exclusively breastfeeding at the hospital or after home birth.

There are children in Toronto who do not have access to adequate or nutritious foods which is important for physical and mental health and development. Approximately 1 in 3 food bank visits are made by children.

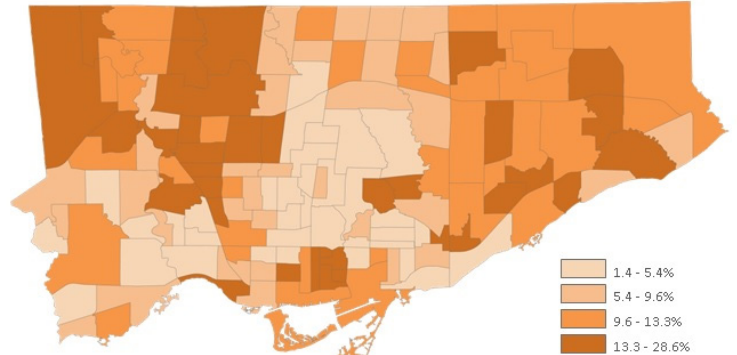


Where you live matters. We see that there are some areas of Toronto where children are less likely to feel safe outside in their community and are more likely to be vulnerable in physical development.

Percent of children who are vulnerable in Physical Development by neighbourhood, Toronto, 2014/15

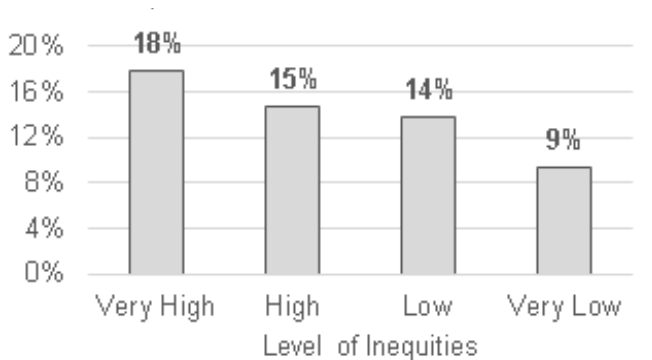


Percent of students who feel unsafe in their community, TDSB (Grades K to 6), 2012

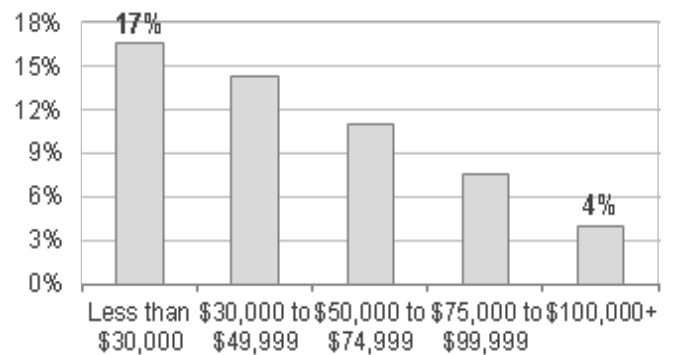


The percent of children who are vulnerable in physical activity and who feel unsafe in their neighbourhood increases as **income** decreases.

Percent of children who are vulnerable in Physical Development by Child & Family Inequities Score, Toronto, 2014/2015



Percent of students who feel unsafe by income, TDSB (Grades K to 6), 2012



There are also differences based on **race**, black children are the most likely to feel unsafe both in their neighbourhood and at school and Southeast Asian children are the most likely to not participate in arts or sports outside of school.

Percent of students who:	Aboriginal	Black	East Asian	Latin American	Middle Eastern	Mixed-Race	South Asian	South-east Asian	White	Faring most favourably	Faring least favourably	By how much*
Rarely or never feel safe at school	7.7%	8.5%	4.3%	6.2%	6.3%	5.0%	6.1%	6.9%	3.6%	White	Black	2.4
Don't participate in sports or arts	18.6%	23.3%	12.8%	19.9%	22.2%	10.2%	21.8%	25.7%	5.5%	White	Southeast Asian	4.7



CALL TO ACTION

What can parents and communities do to remove road blocks to health?

What can policy and system planners do to remove road blocks to health?



Share your thoughts: @TOChildOutcomes or #ChildFriendlyTO

1. The Best Start Resource Centre. 'I'm Still Hungry': Child and Family Poverty in Ontario, 2010. Pg. 16-17
 2. Breastfeeding in Toronto: Promoting Supportive Environments. Toronto Public Health. 2010