

Weight Status of Four-Year-Old Children

Why Is This Important?

The prevalence of excess weight is increasing among Canadian preschool children. The likelihood of losing weight diminishes with increasing age and therefore, prevention at a young age is essential. Obesity and overweight is linked to a number of diseases and conditions which include high blood pressure, coronary heart disease, type 2 diabetes and stroke.

Children from low income families are more likely to be overweight or obese. These children generally have less access to healthy foods and opportunities for physical activity. To understand more about how health equity affects people's health, click [here](#).

What Is Being Done?

[MEND](#) program.

Saskatchewan [inmotion](#).

Canada's [Physical Activity Guidelines](#) and Report card by [Active Healthy Kids Canada](#).

Physical Activity environment assessed [Smart Cities Healthy Kids](#).

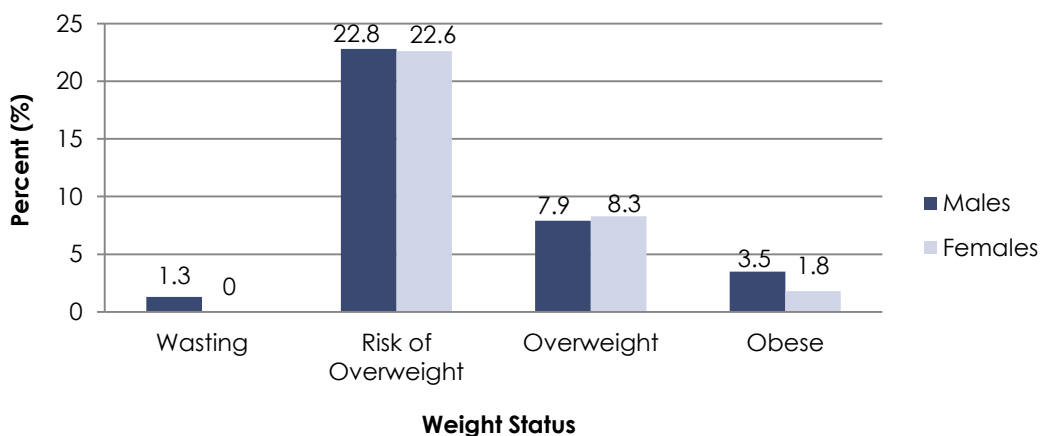
What More Can Be Done?

Chief Medical Health Officer's [Call to Action](#)

Highlights

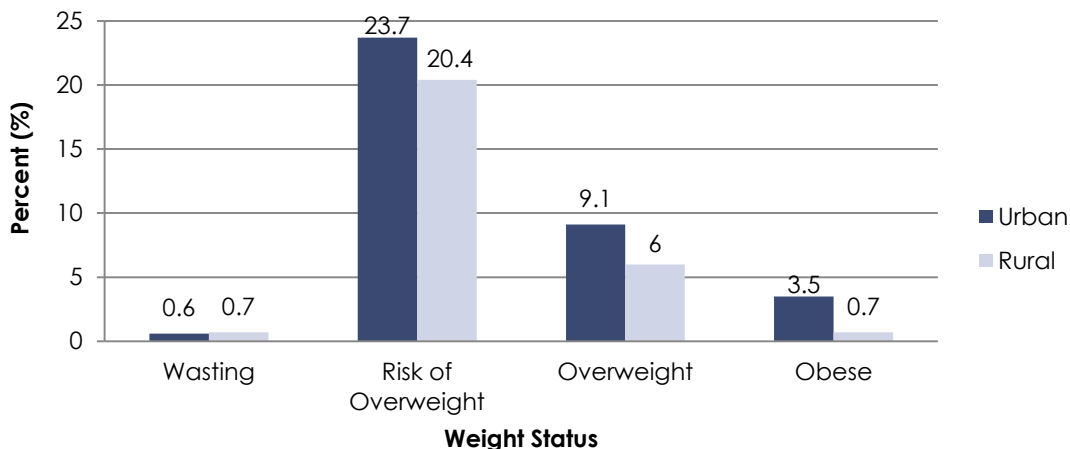
- Approximately one in three (34.2% males and 32.7% females) four-year-olds are obese, overweight or at risk of becoming overweight (*Figure 1*). Risk of overweight is most prevalent at over 22% for both males and females.
- The percentage of four year old children that are obese, overweight or at risk of becoming overweight is higher in urban than in rural areas of the region (*Figure 2*).
- For more information about weight categories, click [here](#).

Figure 1: Weight Status of Four-year-old Children, Males and Females, Saskatoon Health Region, 2013



Source: Population and Public Health

Figure 2: Weight Status of Four-year-old Children, Urban and Rural Areas, Saskatoon Health Region, 2013



Source: Population and Public Health