



## The failure of Ontario's 'No Time to Wait' report

[Dr. Dean](#) April 8, 2013 No Comments » | [Edit this post](#)

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When it comes to kids, health, and obesity, there's want to do, should do, and must do.

I just finished reading [No Time to Wait: The Healthy Kids Strategy](#) [PDF]. The report was driven by the Ontario government's ambitious goal to, by 2018, reduce childhood obesity rates by 20 percent. *No Time to Wait* lists a number of strategies to address this weighty issue.

Noble, but the report is fundamentally flawed: childhood *health* comes from much more than weight. It requires that kids engage in regular, moderately intense physical activity. And that key factor is missing from *No Time to Wait*.

### The alarming obesity rate for Canadian kids

There is a childhood obesity crisis in Canada. In 1981, the percentage of obese children was only 1.85 percent. By 1996 it had climbed to 9.55 percent. In 2009 it was 11.7 percent.

To reach the target set by *No Time to Wait*, the obesity rate must drop to 9.4%, a reduction of just over 2%.

This means we need to stop an upward trend *and* reverse it. It's like stopping a locomotive speeding downhill and then pushing it back again.

I applaud this goal. It is a *must do*. And we can't stop there!

### The health of children has become a "must do"

Now comes *No Time to Wait*, which indicates it offers up a no-holds-barred, gloves-off approach to making children healthier. I confess to getting excited when I read these sorts of words, as they are absolutely right. We need country-wide societal change to occur and we need it now!

We have had society-wide success on a few preventative fronts: seat belts, recycling, CPR, brushing teeth, and not smoking in public indoor spaces. It is possible.

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