

# How Do CAPC & CPNP Programs Impact the Health of Canadians?

## Promoting Healthy Weights

Obesity is associated with chronic health conditions (such as diabetes, hypertension, asthma, heart disease, and cancer). Almost all those conditions are reversible and preventable. If all Ontario residents had healthy weights, the province would *save* up to \$2.5 billion a year!

**Children whose parents have low incomes and lower levels of education are more likely to be overweight or obese. CAPC & CPNP reach the most vulnerable families, and promote healthy diets, adequate levels of food, and physical activity.**



Ontario Coalition of CAPC & CPNP Projects, 2008,  
"Real Help, Right Here, Right Now" [www.realhelp.ca](http://www.realhelp.ca)



*The impact of a neighbourhood's poverty level, rather than [its] affluence, may be a determinant of a child's weight at an early age.*

*Statistics Canada 2008*

