What are Canadians eating today?

Celebrity chefs, cookbooks and magazines of all kinds, home cooking, restaurants and food banks. Websites and entire television channels devoted to food. These days, food is a popular topic and is part of all Canadians’ daily life.

In 2004, Statistics Canada conducted the Canadian Community Health Survey — Nutrition. Results from this survey were used for health research and to develop nutrition standards and initiatives. But how have Canadians’ eating habits changed over the last decade?

How well are Canadians eating?

If ‘we are what we eat,’ how much of a role do our eating habits play in our overall health? Are men and women, boys and girls getting too much or too little of certain nutrients? How many Canadians take vitamin and mineral supplements, and what kinds? The Canadian Community Health Survey — Nutrition will shed light on these questions.

What you tell us is important

Your household has been randomly selected to participate in this survey. About 1 in 1,500 Canadians will be asked to participate. You represent many others in your community, so your input is important. Action plans to improve access to specific food groups and types were based on findings from the 2004 Canadian Community Health Survey — Nutrition. More information is needed to raise awareness about nutrition and health, and to help build and support effective programs to address Canadians’ diverse nutritional needs.

How you can help

Your participation in this survey will make a difference in your community. A Statistics Canada interviewer will contact you and give you more information about the survey. You will be asked about what you eat, your use of vitamin and mineral supplements, your height and weight, your physical activity, your health and your socio-economic characteristics. Help us draw a comprehensive picture of the nutrition of Canadians!

Totally confidential

The Canadian Community Health Survey — Nutrition is conducted under the authority of the Statistics Act, which requires that the information you provide to us be kept strictly confidential and be used only for statistical purposes. No personal information that could identify you or your household will be given to anyone without your permission.

Data sharing: only with your permission

To avoid the duplication of surveys, Statistics Canada has signed agreements with provincial ministries of health, Health Canada, and the Public Health Agency of Canada to share the information that you provide on this survey. They have agreed to keep your information confidential and use it only for statistical purposes.

At the end of the interview, you will be asked for your permission for data sharing. Your information will only be shared with your consent.

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The World Health Organization defines nutrition as ‘the intake of food, considered in relation to the body’s dietary needs. Good nutrition — an adequate, well-balanced diet combined with regular physical activity — is a cornerstone of good health.’

Health matters to all Canadians.

Thank you for helping us collect information that will have a positive impact on Canadians’ nutrition and health!

For more information on the Canadian Community Health Survey — Nutrition

Visit the Information for survey participants’ module at www.statcan.gc.ca/survey.

Contact your nearest Statistics Canada regional office:

Halifax 902-426-8100
Montreal 514-283-5724
Toronto 416-973-6544

If you are outside the above cities, call:

Atlantic 1-800-565-1685
Quebec 1-800-363-6720
Ontario 1-800-387-0714
Prairies and British Columbia 1-866-645-4323

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