THE COST OF UNHEALTHY EATING IN CANADA

The 13.8 Billion Dollar Problem

CHRONIC DISEASES IN CANADA
Up to 80% of type 2 diabetes and cardiovascular diseases and 1/3 of all cancers are caused by lifestyle factors: unhealthy eating, physical inactivity, smoking, and harmful alcohol use.

THE COST of UNHEALTHY EATING
Not meeting recommendations for foods linked to chronic disease is responsible for $13.8 billion/year in direct (CAD $5.1 billion) and indirect (CAD $8.7 billion) costs.

- More than physical inactivity
- As much as smoking

NOT EATING ENOUGH NUTS & SEEDS and WHOLE GRAINS are the largest cost contributors

- $3.3 billion AMOUNT SAVED PER YEAR IF CANADIANS ATE ENOUGH NUTS & SEEDS
- $3.3 billion AMOUNT SAVED PER YEAR IF CANADIANS ATE ENOUGH WHOLE GRAINS
- $2.2 billion AMOUNT SAVED PER YEAR IF CANADIANS ATE ENOUGH FRUIT
- $1.2 billion AMOUNT SAVED PER YEAR IF CANADIANS ATE ENOUGH VEGETABLES

Source:
The economic burden of not meeting food recommendations in Canada: The cost of doing nothing. Lieffers JRL, Ekwaru JP, Ohinmaa A, Veugelers PJ.