

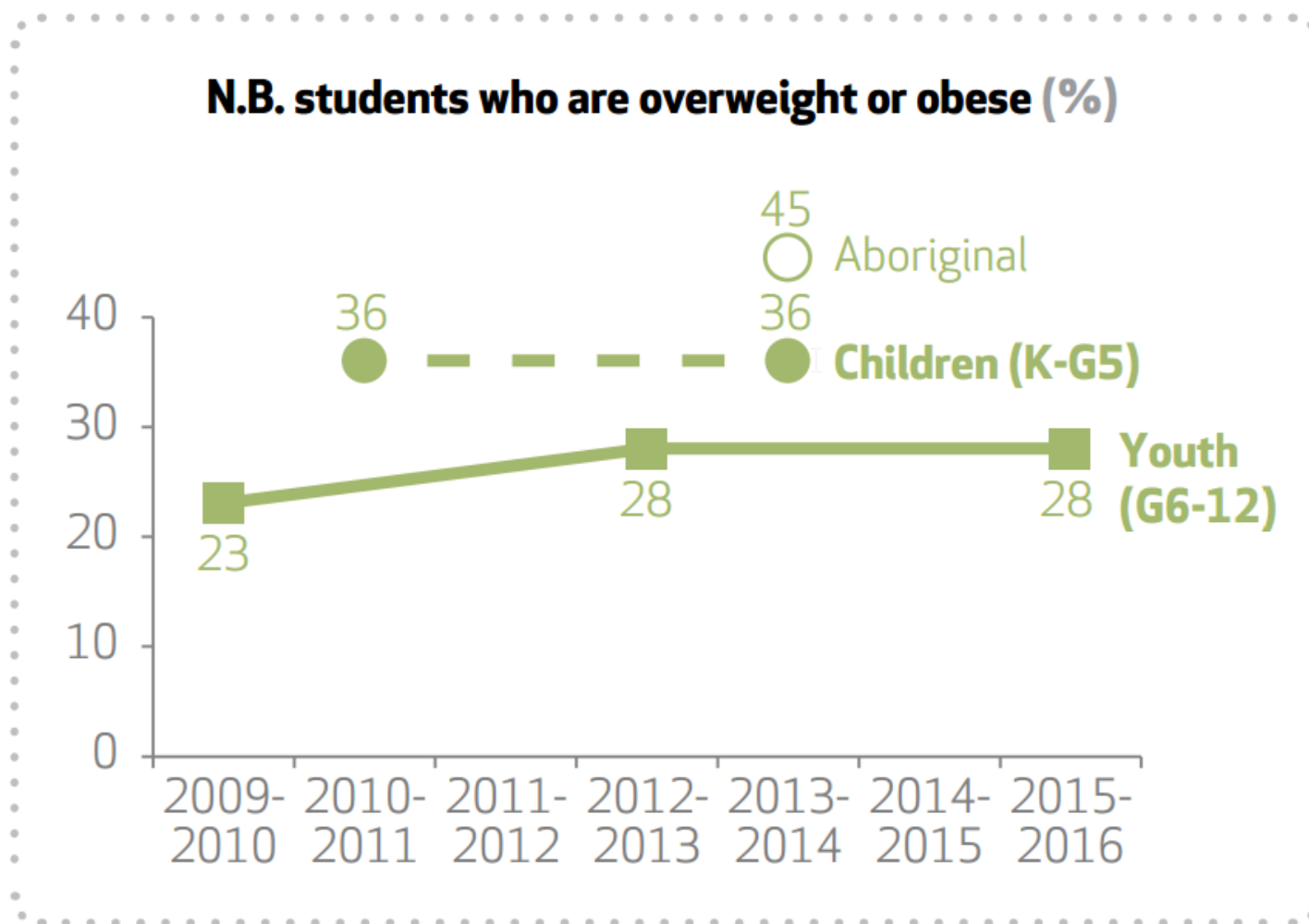
Limiting fast food outlets around public schools through zoning by-laws: A municipal collaboration



April 24th, 2017
Riverview, Canada



Overweight and obesity, an issue affecting NB students



Source: NBHC and Department of Social Development (Wellness Branch),
New Brunswick Student Wellness Survey

Fast food outlets and obesity

Students whose schools are within walking distance of a fast food outlet are more likely to be overweight or obese ¹⁻⁴

The presence of fast food outlets within a 15-minute walk radius from a school is linked to a 5.2% increase in the obesity rate of the school ⁴



Fast food outlets and poor eating patterns



Students whose schools are within walking distance of a fast food outlet are more likely to have poor and irregular eating patterns ^{1,2}

- Fewer servings of fruits, vegetables and milk^{3,4}
- More servings of soda^{3,4}
- Skipping breakfast¹
- Increased intake in total calories and fat⁴
- Consumption of cheeseburgers, French fries, pizza⁴

Fast food outlets within a 15-min walk of our high schools



Domino's Pizza, Deluxe French Fries, McDonald's, Burger King, Pizza Hut, Greco Pizza, KFC, Arby's



Dairy Queen, Freddie's Pizza & Donair, Tim Horton's, Deluxe French Fries



Deluxe French Fries, Bravo Pizza, Tim Horton's, Little Ceasars Pizza, Pita Pit, Subway, Wendy's, McDonald's



None.... Unless you walk 3 more minutes to McDonald's!

Dietitians on a mission...
to help improve children's health!





We met with the Moncton city council!



Dietitians on a Mission recruit the city of Moncton's urban planner!



Suggested zoning by-laws...

- Prohibiting drive-thrus
- Requiring that restaurants have a table service



- Requiring the use of reusable tableware (prohibiting disposable dishes)



Health, social, economical and environmental benefits of such by-laws



Healthy
Eating



Safety around
schools

What's next?!

Not a solo mission anymore....



This important collaboration will ensure that new schools have a health-promoting environment!

Questions?!



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Diététistes en Mission-Dietitians on a Mission