

April 22, 2016

Dear Board of Health-City of Toronto,

In February 2016, Canada's first Stop Marketing to Kids Coalition was launched to advocate for restrictions on food and beverage marketing to children and youth. Our Coalition envisions a Canada where children and parents make nutritious food choices in an environment free of influence from food and beverage marketing to children. The Stop Marketing to Kids Coalition consists 11 of the lead health organizations from across Canada:

- Childhood Obesity Foundation (founding member)
- Heart and Stroke Foundation of Canada (founding member)
- BC Healthy Living Alliance
- Canadian Cancer Society
- Canadian Diabetes Association
- Chronic Disease Prevention Alliance of Canada
- Dietitians of Canada
- Food Secure Canada
- Toronto Public Health
- Quebec Coalition on Weight-Related Problems

As we know, food and beverage companies aggressively market foods and beverages to Canadian children and teens for corporate profit at the expense of our children's health. This is why the food industry invests billions of dollars in marketing food and beverages to children. The World Health Organization has encouraged all countries to take action on this important public health issue. Research demonstrates that voluntary measures, such as the Canada Children's Food and Beverage Advertising Initiative, are ineffective in changing the overall marketing environment. International studies suggest that restricting TV advertising to children could be one of the most cost-effective obesity prevention interventions available to governments today.

The Stop Marketing to Kids Coalition has developed the *Ottawa Principles*, which outline the policy recommendation of restricting commercial marketing of all food and beverages to children and youth 16 and under, with marketing being defined as any means of advertising or promoting products or services. The restrictions would not apply to non-commercial marketing for valid public health education or public awareness campaigns. The Ottawa Principles also include a set of definitions, scope, and principles to guide policy development. To date, the Ottawa Principles have been endorsed by 27 organizations from across Canada. The Ottawa Principles and the endorsing organizations and individuals are attached to this letter.

We were very pleased with the federal government's election platform commitment to restrict the commercial marketing of unhealthy food and beverages to children. Currently, there is a window of opportunity to place restrictions on the marketing of foods and beverages to children and youth in Canada. Our Coalition is ideally positioned to support the City of Toronto in taking steps to steps to protect Canadian children from the harmful impacts of food and beverage marketing.

Sincerely,



Dr. Tom Warshawski
Chair
Childhood Obesity Foundation



Mark Collison
Director, Government Relations and Health Promotion,
Heart and Stroke Foundation

The Ottawa Principles

The World Health Organization and health organizations worldwide are leading efforts to ensure children everywhere are protected against food and beverage marketing. Children are exposed to multiple forms of marketing as food and beverage companies spend billions of dollars targeting this group. Voluntary measures such as the Canadian Children's Food and Beverage Advertising Initiative have proven to be ineffective in changing the overall marketing environment. As such, policies need to be put in place to protect children from food and beverage marketing.

In Canada, many non-governmental organizations have developed policy recommendations to address the negative health impacts of marketing food and beverages to children. A summary of the policy recommendations, which demonstrates the great deal of convergence amongst them, can be found [here](#).

In 2014, nationally-recognized health opinion leaders, health professional and researchers from across Canada came together to develop a consensus position on a set of definitions, scope and principles meant to guide "Marketing to Kids" (M2K) policy-making in Canada as follows:

Definitions and Scope

1. Marketing refers to any form of commercial communication or message that is designed to, or has the effect of, increasing the recognition, appeal and/or consumption of particular products and services. It comprises anything that acts to advertise or otherwise promote a product or service.
2. Restrictions would apply to all food and beverages.
3. Restrictions do not relate to non-commercial marketing for valid public health education or public awareness campaigns.
4. The age at which restrictions in marketing to children would apply should be 16 years and younger.

Policy Recommendation

Restrict the commercial marketing of all food and beverages to children and youth age 16 years and younger. Restrictions would include all forms of marketing with the exception of non-commercial marketing for public education. In addition, the regulations should fulfill the nine Ottawa principles:

The Ottawa Principles:

In Canada, policies and regulations to effectively protect children from commercial food and beverage marketing should:

- 1. AFFORD SUBSTANTIAL PROTECTION TO CHILDREN.** Children are particularly vulnerable to commercial marketing. Policies and regulations need to be sufficiently powerful to provide them with a high level of protection. Child protection is the responsibility of every sector of society – parents and guardians, non-governmental organizations, the private sector, and government.
- 2. BE STATUTORY IN NATURE.** Only legally enforceable regulations have sufficient authority and power to ensure high-level protection of children from marketing and its persuasive influence over food preference and consumption. Industry self-regulation is not designed to achieve this goal and has proven insufficient.
- 3. TAKE A WIDE DEFINITION OF COMMERCIAL MARKETING.** Policies and regulations need to encompass a broad range of commercial targeting of children (e.g. television advertising, print, competitions, loyalty schemes, product placements, celebrity endorsements, financial inducements and incentives, relationship marketing, games, packaging, Internet) and be sufficiently flexible to include new marketing methods as they evolve.

- 4. RESTRICT THE COMMERCIAL MARKETING TO CHILDREN IN CHILD-FOCUSED SETTINGS.** Policies and regulations need to ensure that the commercial marketing to children (the specific types to be determined) is restricted in child-focused settings such as schools, childcare, early childhood education facilities, and sports and recreation centres.
- 5. TAKE ACTION TO MANAGE CROSS BORDER MEDIA.** Cross-border media or communication channels, such as Internet, satellite and cable television, and free-to-air television broadcast from neighbouring countries, should be managed wherever possible. This is not a pre-requisite for restrictions to be implemented.
- 6. BE EVALUATED, MONITORED, RESOURCED AND ENFORCED.** Policies and regulations need to be independently evaluated to ensure the expected effects are achieved, independently monitored to ensure compliance, and fully resourced and enforced.
- 7. BE IDENTIFIED AND ENACTED QUICKLY THROUGH A MULTI-GOVERNMENT APPROACH.** All levels of government are urged to take action, with a view to have full compliance, as soon as possible.
- 8. ENSURE GOVERNMENT IS A KEY STAKEHOLDER IN DEVELOPING POLICY.** Governments should provide leadership in setting the policy framework, while protecting the public interest and avoiding conflict of interest.
- 9. ENSURE GOVERNMENT SETS CLEAR POLICY DEFINITIONS.** The setting of clear definitions would facilitate uniform implementation and consistency, irrespective of the implementing body.

The following groups and individuals have endorsed the *Ottawa Principles*

- Alberta Policy Coalition for Chronic Disease Prevention
- Alberta Food Matters
- Association of Local Public Health Agencies
- BC Healthy Living Alliance
- BC Pediatric Society
- Canadian Association of Cardiovascular Prevention and Rehabilitation
- Canadian Cancer Society
- Canadian Council of Cardiovascular Nurses
- Canadian Diabetes Association
- Canadian Medical Association
- Canadian Nurses Association
- Canadian Pediatric Society
- Capsana
- The Centre for Child Honouring
- Childhood Obesity Foundation
- Chronic Disease Prevention Alliance of Canada
- College of Family Physicians Canada
- Dietitians of Canada
- First Call BC Child and Youth Advocacy Coalition
- Food Secure Canada
- Health Officers Council of BC
- Heart and Stroke Foundation of Canada
- Institut De Cardiologie de Montréal
- Key Gordon
- Ontario Society of Nutrition Professionals in Public Health
- Physical and Health Education Canada
- Quebec Coalition on Weight related problems
- Toronto Public Health



HEART & STROKE
FOUNDATION

Childhood
Obesity
Foundation

Stop Marketing to Kids Coalition

Advocates for restricting food and beverage marketing to kids

- Troubadour Productions
- Dr. Charlene Elliott, researcher in food marketing, policy and children's health
- Dr. Kapil Khatter, family physician with an interest in healthy food environments
- Dr. Kim Raine, public health nutrition expert and professor
- Dr. Monique Potvin-Kent, researcher and expert on food and beverage marketing directed at children
- Dr. Norm Campbell, hypertension expert and professor
- Raffi Cavoukian, children's entertainer
- Dr. Yoni Freedhoff, obesity expert and long-time public health advocate

1. World Health Organization. A Framework for Implementing the Set of Recommendations on the marketing of foods and non-alcoholic beverages to children. Geneva: WHO; 2012 available at

http://apps.who.int/iris/bitstream/10665/80148/1/9789241503242_eng.pdf?ua=1 Accessed January 2015