Linking children's lifestyle behaviours to their mental health

Childhood is a crucial period for the development of mental illness and also a time where patterns of lifestyle behaviours are established.

- GRAIN PRODUCTS
- SATURATED FAT
- ADDED SUGAR
- FRUIT & VEG
- MEAT & ALT
- MILK & ALT
- SLEEP TIME
- SCREEN TIME
- PHYSICAL ACTIVITY

Among 3,400 10/11 year olds, information on meeting lifestyle recommendations was prospectively linked to physician visits for mental health (depression, anxiety, ADHD & other mental illnesses).

KEY MESSAGES

- Encouraging multiple lifestyle behaviours is better than single lifestyle factors

Emphasize adherence to lifestyle recommendations to parents, in schools, and in pediatric practices.

On average, Children met 5.3/9 recommendations

15% of the sample had a mental illness

Meeting more recommendations was associated with lower rates of mental health visits.

39% lower rate of mental health visits

56% of respondents

15% reduction in rate of physician visits for mental health with every additional recommendation met