



BACKGROUNDER: FARMED SEAFOOD AND CANADIAN HEALTH

RIAS Inc undertook an analysis of the health and financial benefits of increased levels of consumption of Omega-3 rich seafood based on the Canada Food Guide and drawing upon research from Statistics Canada and Abacus Data.

FACT: In 2009, 35,896 Canadians died of coronary heart disease, making it one of the leading causes of death in Canada.

FACT: In 1998, Health Canada estimated the cost of heart disease to the Canadian health care system to be \$6.8 billion per year, which is over \$9 billion in 2013 dollar values.

FACT: Based on figures from Statistics Canada and Abacus Data only 12% of Canadians meet Canada's Food Guide recommendations for fish consumption of 150g per week.

FACT: Studies show the risk of death from coronary heart disease can be greatly reduced through the consumption of healthy fats, which are found in fish and seafood. D. Mozaffarian and E.B. Rimm of the HSPH found that intake of 250mg per day of Omega-3 fatty acids DHA and EPA, could reduce the risk of death from coronary heart disease up to 36%. By exceeding the Canada Food Guide recommended level of fish high in Omega-3 fats up to 7,000 lives per year could be saved.

FACT: Based on the Treasury Board of Canada's recommended value of life saved (VSL), 5,800 to 7,000 lives saved represent a potential benefit to Canadian society of between \$42 and \$50 billion per year.