

Table 105-04091

Self-reported adult body mass index (BMI), by age group and sex, household population aged 18 and over excluding pregnant females, Canada, provinces, territories, health regions (June 2005 boundaries) and peer groups, every 2 years

Survey or program details:

Canadian Community Health Survey - 3226

Age group	Sex	Self-reported adult body mass index (BMI) ^{10,11,12,13}	Characteristics 14,15,16,17	200
		Total population for the variable self-reported adult body mass index	Number of persons	24,085
		Total population for the variable self-reported addit body mass index	Percent	100.0
		Underweight, self-reported adult body mass index under 18.50	Number of persons	F
		onderweight, sen-reported addit body mass maex under 10.00	Percent	ا
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	11,61
		Horman Weight, Sen reported addit body mass mack 10.00 to 24.00	Percent	48.
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	7,29
		overweight, con reported dath body mass mask 2010 to 2010	Percent	30.
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	4,29
	Both sexes	3	Percent	17.
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	2,81
		, , ,	Percent	11.
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	960
			Percent	4.0
		Ohana alaa III aalf uuruutad adult hadu maaa inday 40 00 cu hinbar	Number of persons	519
		Obese, class III, self-reported adult body mass index 40.00 or higher	Percent	2.2
			Number of persons	467
		Self-reported adult body mass index, not stated	Percent	1.9
			Number of persons	12,15
	Males	Total population for the variable self-reported adult body mass index	Percent	100.
			Number of persons	
Tatal 40 wasna and awar		Underweight, self-reported adult body mass index under 18.50	Percent	
Total, 18 years and over		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	5,64
			Percent	46.
		Overweet in het geld van enteel edvilé heelig mages in day 25 00 to 20 00	Number of persons	4,48
		Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	36.
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,801
			Percent	14.8
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,368
			Percent	11.3
			Number of persons	367
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	-	-
		Obese, class III, self-reported adult body mass index 40.00 or higher	Percent	3.0
			Number of persons	
			Percent	
		Self-reported adult body mass index, not stated Total population for the variable self-reported adult body mass index	Number of persons	
			Percent	_
			Number of persons Percent	11,93
		Underweight, self-reported adult body mass index under 18.50		100.
			Number of persons Percent	
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	-
				5,97
		·	Percent	2,80
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	2,800

			Percent	23.5
			Number of persons	2,494
		Obese, self-reported adult body mass index 30.00 or higher	Percent	20.9
			Number of persons	1,448
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	12.1
	Females	Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	593 ^E
	remales		Percent	5.0 ^E
				-
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	453 ^E
		<u> </u>	Percent	3.8 ^E
		Self-reported adult body mass index, not stated	Number of persons	F
		den-reported addit body mass maex, not stated	Percent	F
		Total population for the variable self-reported adult body mass index	Number of persons	7,224
		Total population for the variable self-reported addit body mass muck	Percent	100.0
		Underweight, self reported adult hady mass index under 19 50	Number of persons	F
		Underweight, self-reported adult body mass index under 18.50	Percent	F
		Name of the last and a second of the last transfer to the AC 50 to 04 00	Number of persons	4,032
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	55.8
			Number of persons	1,600
		Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	22.2
			Number of persons	1,137 ^E
	Both sexes	Obese, self-reported adult body mass index 30.00 or higher	Percent	15.7 ^E
				_
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	855 ^E
		,	Percent	11.8 ^E
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	F
		Obese, class ii, seii-reported addit body mass muex 55.00 to 55.55	Percent	F
		Ohana alaaa III aalf waxaastad adulf hadu waxaa inday 40,00 ay hisbay	Number of persons	F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Percent	F
			Number of persons	F
		Self-reported adult body mass index, not stated	Percent	F
			Number of persons	3,428
		Total population for the variable self-reported adult body mass index	Percent	100.0
			Number of persons	F
		Underweight, self-reported adult body mass index under 18.50	Percent	F
			Number of persons	1,914
18 to 34 years		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	55.9
				939 ^E
	Males	Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	
			Percent	27.4 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	F
		obese, sen reported dualt body mass mack solds of migher	Percent	F
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	F
			Percent	F
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	F
			Percent	F
		Oboco place III colf reported adult hady were index 40.00 or binbar	Number of persons	F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Percent	F
		Solf-reported adult body mass index, not effect	Number of persons	F
		Self-reported adult body mass index, not stated	Percent	F
		Total population for the variable self-reported adult body mass index	Number of persons	3,797
			Percent	100.0
	Females		Number of persons	F
		Underweight, self-reported adult body mass index under 18.50	Percent	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	2,118
			Percent	55.8
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	662 ^E
			•	_
		Obese, self-reported adult body mass index 30.00 or higher	Percent	17.4 ^E
			Number of persons	595 ^E
			Percent	15.7 ^E
l				7

			Number of persons	l F
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	9.0 ^E
			Number of persons	- 5.0 F
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Percent	F
			Number of persons	F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Percent	-
				_
		Self-reported adult body mass index, not stated	Number of persons	F
			Percent	F 500
		Total population for the variable self-reported adult body mass index	Number of persons	5,529
			Percent	100.0
		Underweight, self-reported adult body mass index under 18.50	Number of persons	_ F
			Percent	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	2,928
			Percent	53.0
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,671
		overweight, sen-reported addit body mass maex 25.00 to 25.55	Percent	30.2
			Number of persons	667 ^E
	Both sexes	Obese, self-reported adult body mass index 30.00 or higher	Percent	12.1 ^E
				_
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	F
			Percent	F
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	F
			Percent	F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
		obood, diada iii, dan rapartaa aaan baay iiiada iiiada 1000 di iiigildi	Percent	F
		Solf reported adult hady mass index, not stated	Number of persons	F
		Self-reported adult body mass index, not stated	Percent	F
			Number of persons	2,807
		Total population for the variable self-reported adult body mass index	Percent	100.0
			Number of persons	F
		Underweight, self-reported adult body mass index under 18.50	Percent	F
			Number of persons	1,200 ^E
		Normal weight, self-reported adult body mass index 18.50 to 24.99	·	_
			Percent	42.7
35 to 44 years		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,143
35 to 44 years		, , , , , , , , , , , , , , , , , , ,	Percent	40.7
	Males	Obese, self-reported adult body mass index 30.00 or higher	Number of persons	F
			Percent	F
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	F
			Percent	F
		Obese, class II, self-reported adult body mass index 35.00 to 39.99 Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
			Percent	F
			Number of persons	F
			Percent	F
		Self-reported adult body mass index, not stated Total population for the variable self-reported adult body mass index	Number of persons	F
			Percent	- F
			Number of persons	_
				2,722
			Percent	100.0
		Underweight, self-reported adult body mass index under 18.50	Number of persons	F
	Females	<u> </u>	Percent	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	1,728
		- 5 y	Percent	63.5
			Number of persons	528 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	19.4 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	F
			Percent	F
		Obese, class I, self-reported adult body mass index 30.00 to 34.99		-
			Number of persons	_
		·	Percent	F
			Munahar of man	
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons Percent	F

1		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
			Percent	F
		Self-reported adult body mass index, not stated	Number of persons	F
			Percent	F
	<u> </u>		Number of persons	9,228
		Total population for the variable self-reported adult body mass index	· · · · · · · · · · · · · · · · · · ·	-
			Percent	100.0
		Underweight, self-reported adult body mass index under 18.50	Number of persons	F
			Percent	F
		Normal weight, self-reported adult body mass index 19 50 to 24 00	Number of persons	3,899
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	42.2
			Number of persons	3,152
		Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	34.2
			Number of persons	2,028
	Both sexes	Obese, self-reported adult body mass index 30.00 or higher	Percent	_
				22.0
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,348 ^E
		One of the original and of the original and original and or	Percent	14.6 ^E
			Number of persons	F
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Percent	F
			Number of persons	- ·
		Obese, class III, self-reported adult body mass index 40.00 or higher	·	-
			Percent	F
		Self-reported adult body mass index, not stated	Number of persons	F
		•	Percent	F
		Total population for the variable self-reported adult body mass index	Number of persons	4,816
		Total population for the variable self-reported addit body mass much	Percent	100.0
			Number of persons	F
		Underweight, self-reported adult body mass index under 18.50	Percent	F
			Number of persons	2,138
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	44.4
				_
	Males	Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,834
		, , , , , , , , , , , , , , , , , , ,	Percent	38.1
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	844 ^E
45 to 64 years			Percent	17.5 ^E
			Number of persons	628 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	· .	-
			Percent	13.0 ^E
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	F
			Percent	F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
			Percent	F
		Self-reported adult body mass index, not stated	Number of persons	F
			Percent	F
				-
		Total population for the variable self-reported adult body mass index Underweight, self-reported adult body mass index under 18.50	Number of persons	4,412
			Percent	100.0
			Number of persons	F
			Percent	F
		Normal weight call reported adult hady many index 19 50 to 24 00	Number of persons	1,761
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	39.9
			Number of persons	1,318
	Females	Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	29.9
				-
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,184 ^E
			Percent	26.8 ^E
			Number of persons	720 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	16.3 ^E
				4
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	F
		, seed and seed to seed to seed to seed to seed to	Percent	F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
		Obese, class III, sell-reported adult body mass index 40.00 or higher	Percent	F
		Calf remarked adult hadroness in the constant of		1
		Self-reported adult body mass index, not stated	Number of persons	F

1	I		Number of persons	2,103
		Total population for the variable self-reported adult body mass index	Percent	100.0
			Number of persons	F
		Underweight, self-reported adult body mass index under 18.50	Percent	F
			Number of persons	758 ^E
		Normal weight, self-reported adult body mass index 18.50 to 24.99		_
			Percent	36.0 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	867
			Percent	41.2
	Dath saves	Ohana ask ramantad adult hadu maas inday 20.00 ay hinbar	Number of persons	463 ^E
	Both sexes	Obese, self-reported adult body mass index 30.00 or higher	Percent	22.0 ^E
			Number of persons	244 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	11.6 ^E
			}	_
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	F
			Percent	F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
			Percent	F
		Self-reported adult body mass index, not stated	Number of persons	F
		, , ,	Percent	F
		Total population for the variable self-reported adult body mass index	Number of persons	1,103
			Percent	100.0
		Underweight, self-reported adult body mass index under 18.50	Number of persons	F
		onder weight, self-reported addit body mass maex under 10.50	Percent	F
			Number of persons	388 ^E
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	35.1 ^E
			Number of persons	569 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	51.6 ^E
l	Males			51.0 F
65 years and over		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	_
			Percent	F
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	F
			Percent	F
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	F
			Percent	F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
		Self-reported adult body mass index, not stated	Percent	F
			Number of persons	F
			Percent	F
		Total population for the variable self-reported adult body mass index	Number of persons	1,000
			Percent	100.0
		Underweight, self-reported adult body mass index under 18.50	Number of persons	F
			Percent	F
			Number of persons	370 ^E
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	37.0 ^E
			Number of persons	298 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	_
	Females		 	29.8 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	331 ^E
			Percent	33.1 ^E
		Ohasa class I salf-ranortad adult hadu mass inday 30 00 to 24 00	Number of persons	F
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	F
		Ohana alaan II aalf ramaytad adadu badaan	Number of persons	F
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Percent	F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
			Percent	F
			Number of persons	F
		Self-reported adult body mass index, not stated	Percent	F
		<u> </u>	1	

Too unreliable to be published

Footnotes:

- 1. Source: Statistics Canada, Canadian Community Health Survey (CCHS 3.1), 2005. The CANSIM table 1050409 is an update of CANSIM table 1050209
- 2. Health regions are defined by the provincial ministries of health. These are legislated administrative areas in all provinces. The health regions presented in this table are based on boundaries and names in effect as of June 2005. For complete Canadian coverage, each of the northern territories also represents a health region.
- **3.** A "peer group" is a grouping of health regions that have similar social and economic characteristics. The nine peer groups are identified by the letters A through I, which are appended to the health region 4-digit code.
- 10. Body mass index (BMI) is a method of classifying body weight according to health risk. According to the World Health Organization (WHO) and Health Canada guidelines, health risk levels are associated with each of the following BMI categories: normal weight = least health risk; underweight and overweight = increased health risk; obese, class I = high health risk; obese, class II = very high health risk; obese, class III = extremely high health risk.
- 11. Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared.
- **12.** A definition change was implemented in 2004 to conform with World Health Organization (WHO) and Health Canada guidelines for body weight classification. The index is calculated for the population aged 18 and over, excluding pregnant females and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres).
- 13. According to the World Health Organization (WHO) and Health Canada guidelines, the index for body weight classification is: less than 18.50 (underweight); 18.50 to 24.99 (normal weight); 25.00 to 29.99 (overweight); 30.00 to 34.99 (obese, class I); 35.00 to 39.99 (obese, class II); 40.00 or greater (obese, class III).
- **14.** When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate.
- 15. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
- 16. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.
- 17. Data with a coefficient of variation (CV) greater than 33.3% were suppressed due to extreme sampling variability and are identified as follows: (F) too unreliable to be published.

Source: Statistics Canada. *Table 105-0409 - Self-reported adult body mass index (BMI), by age group and sex, household population aged 18 and over excluding pregnant females, Canada, provinces, territories, health regions (June 2005 boundaries) and peer groups, every 2 years, CANSIM (database). http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?*

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