

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](#)

Geography^{2,3} = Yukon Territory [60]

Age group	Sex	Self-reported adult body mass index (BMI) ^{10,11,12,13}	Characteristics ^{14,15,16,17}	2005
Total, 18 years and over	Both sexes	Total population for the variable self-reported adult body mass index	Number of persons	24,085
			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	11,617
			Percent	48.2
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	7,290
			Percent	30.3
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	4,295
			Percent	17.8
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	2,816
			Percent	11.7
	Males	Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	960 ^E
			Percent	4.0 ^E
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	519 ^E
			Percent	2.2 ^E
		Self-reported adult body mass index, not stated	Number of persons	467 ^E
			Percent	1.9 ^E
		Total population for the variable self-reported adult body mass index	Number of persons	12,154
			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	5,640
			Percent	46.4
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	4,484
			Percent	36.9
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,801 ^E
			Percent	14.8 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,368 ^E
			Percent	11.3 ^E
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	367 ^E
			Percent	3.0 ^E
		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	11,931
			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	5,978
			Percent	50.1
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	2,806

	Females		Percent	23.5
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	2,494
			Percent	20.9
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,448
			Percent	12.1
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	593 ^E
			Percent	5.0 ^E
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	453 ^E
			Percent	3.8 ^E
		Self-reported adult body mass index, not stated	Number of persons	F
			Percent	F
18 to 34 years	Both sexes	Total population for the variable self-reported adult body mass index	Number of persons	7,224
			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	4,032
			Percent	55.8
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,600
			Percent	22.2
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,137 ^E
			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
			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
	Males	Total population for the variable self-reported adult body mass index	Number of persons	3,428
			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	1,914
			Percent	55.9
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	939 ^E
			Percent	27.4 ^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	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
			Percent	F
		Self-reported adult body mass index, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable self-reported adult body mass index	Number of persons	3,797
			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	2,118
			Percent	55.8
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	662 ^E
			Percent	17.4 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	595 ^E
			Percent	15.7 ^E

35 to 44 years		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	F
			Percent	9.0 ^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
	Both sexes	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
			Percent	30.2
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	667 ^E
			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
			Percent	F
		Self-reported adult body mass index, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable self-reported adult body mass index	Number of persons	2,807
			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	1,200 ^E
			Percent	42.7
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,143
			Percent	40.7
		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	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
	Females	Total population for the variable self-reported adult body mass index	Number of persons	2,722
			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	1,728
			Percent	63.5
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	528 ^E
			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	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
			Percent	F
		Self-reported adult body mass index, not stated	Number of persons	F
			Percent	F
45 to 64 years	Both sexes	Total population for the variable self-reported adult body mass index	Number of persons	9,228
			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	3,899
			Percent	42.2
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	3,152
			Percent	34.2
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	2,028
			Percent	22.0
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,348 ^E
			Percent	14.6 ^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
	Males	Total population for the variable self-reported adult body mass index	Number of persons	4,816
			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	2,138
			Percent	44.4
		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
			Percent	17.5 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	628 ^E
			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
	Females	Total population for the variable self-reported adult body mass index	Number of persons	4,412
			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	1,761
			Percent	39.9
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,318
			Percent	29.9
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,184 ^E
			Percent	26.8 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	720 ^E
			Percent	16.3 ^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

65 years and over	Both sexes	Total population for the variable self-reported adult body mass index	Number of persons	2,103
			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	758 ^E
			Percent	36.0 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	867
			Percent	41.2
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	463 ^E
			Percent	22.0 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	244 ^E
			Percent	11.6 ^E
	Males	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
			Percent	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	388 ^E
			Percent	35.1 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	569 ^E
			Percent	51.6 ^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	F
			Percent	F
	Females	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
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	370 ^E
			Percent	37.0 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	298 ^E
			Percent	29.8 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	331 ^E
			Percent	33.1 ^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
			Percent	F
		Self-reported adult body mass index, not stated	Number of persons	F
			Percent	F

Symbol legend:

^E Use with caution

F

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?Lang=E&CANSIMFile=CII\CII_1_E.htm&RootDir=CII/ (accessed: October 8, 2008)

[Printer-friendly format](#)