

# 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<sup>2,3</sup>=Northwest Territories [61]

| Age group                | Sex        | Self-reported adult body mass index (BMI) <sup>10,11,12,13</sup>   | Characteristics 14,15,16,17 | 2005               |
|--------------------------|------------|--|-----------------------------|--------------------|
|                          |            | Total nonulation for the variable self reported adult body mass index  | Number of persons           | 29,531             |
|                          |            | Total population for the variable self-reported adult body mass index  | Percent                     | 100.0              |
|                          |            | Underweight, self reported adult hady mass index under 10 E0   | Number of persons           | F                  |
|                          |            | Underweight, self-reported adult body mass index under 18.50   | Percent                     | F                  |
|                          |            | Normal weight colf-reported adult hady mass index 18 50 to 24 90   | Number of persons           | 11,421             |
|                          |            | Normal weight, self-reported adult body mass index 18.50 to 24.99  | Percent                     | 38.7               |
|                          |            | Overweight, self-reported adult body mass index 25.00 to 29.99   | Number of persons           | 9,636              |
|                          |            | Overweight, sen-reported adult body mass index 23.00 to 25.55  | Percent                     | 32.6               |
|                          |            | Obese, self-reported adult body mass index 30.00 or higher   | Number of persons           | 7,245              |
|                          | Both sexes |  | Percent                     | 24.5               |
|                          |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99   | Number of persons           | 5,054              |
|                          |            | obsect, state i, con reported data body made made color to only  | Percent                     | 17.1               |
|                          |            | Obose class II self reported adult body mass index 25 00 to 20 00  | Number of persons           | 1,763 <sup>E</sup> |
|                          |            | Obese, class II, self-reported adult body mass index 35.00 to 39.99  | Percent                     | 6.0 <sup>E</sup>   |
|                          |            |  | Number of persons           | 428 <sup>E</sup>   |
|                          |            | Obese, class III, self-reported adult body mass index 40.00 or higher  | Percent                     | 1.5 <sup>E</sup>   |
|                          |            |  | Number of persons           | 869 <sup>E</sup>   |
|                          |            | Self-reported adult body mass index, not stated  | ·                           |                    |
|                          |            |  | Percent                     | 2.9 <sup>E</sup>   |
|                          |            | Total population for the variable self-reported adult body mass index  | Number of persons           | 15,660             |
|                          | Males      |  | Percent                     | 100.0              |
|                          |            | Underweight, self-reported adult body mass index under 18.50   | Number of persons           | F                  |
| Total, 18 years and over |            |  | Percent                     | F = 504            |
|                          |            | Normal weight, self-reported adult body mass index 18.50 to 24.99  | Number of persons           | 5,501              |
|                          |            |  | Percent                     | 35.1               |
|                          |            | Overweight, self-reported adult body mass index 25.00 to 29.99  Obese, self-reported adult body mass index 30.00 or higher  Obese, class I, self-reported adult body mass index 30.00 to 34.99 | Number of persons           | 6,120              |
|                          |            |  | Percent                     | 39.1               |
|                          |            |  | Number of persons           | 3,757              |
|                          |            |  | Percent                     | 24.0               |
|                          |            |  | Number of persons           | 2,542              |
|                          |            |  | Percent                     | 16.2               |
|                          |            | Obese, class II, self-reported adult body mass index 35.00 to 39.99  | Number of persons           | 1,010 <sup>E</sup> |
|                          |            |  | Percent                     | 6.4 <sup>E</sup>   |
|                          |            | 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           | 13,871             |
|                          |            |  | 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           | 5,921              |
|                          |            |  | Percent                     | 42.7               |
|                          |            | Overweight, self-reported adult body mass index 25.00 to 29.99   | Number of persons           | 3,516              |
|                          |            |  | Percent                     | 25.3               |

|                |            | Obaca, salf reported adult hady mass index 20.00 or higher  | Number of persons            | 3,488              |
|----------------|------------|---|------------------------------|--------------------|
|                |            | Obese, self-reported adult body mass index 30.00 or higher  | Percent                      | 25.1               |
|                |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99  | Number of persons            | 2,512              |
|                |            |   | Percent                      | 18.1               |
|                |            |   | Number of persons            | 753 <sup>E</sup>   |
|                | Females    | Obese, class II, self-reported adult body mass index 35.00 to 39.99   | ·                            | _                  |
|                |            |   | Percent                      | 5.4 <sup>E</sup>   |
|                |            | Obese, class III, self-reported adult body mass index 40.00 or higher   | Number of persons            | F                  |
|                |            | obese, slass III, sell reported addit body mass mack 40.00 or might   | Percent                      | F                  |
|                |            |   | Number of persons            | 606 <sup>E</sup>   |
|                |            | Self-reported adult body mass index, not stated   | Percent                      | 4.4 <sup>E</sup>   |
|                | -          |   |                              | _                  |
|                |            | Total population for the variable self-reported adult body mass index   | Number of persons            | 11,668             |
|                |            |   | Percent                      | 100.0              |
|                |            | Underweight, self-reported adult body mass index under 18.50  | Number of persons            | F                  |
|                |            | onao noogaa, oo noo oo aa a   | Percent                      | F                  |
|                |            | Normal waight and remarked adult hadromans index 40 50 to 24 00   | Number of persons            | 5,049              |
|                |            | Normal weight, self-reported adult body mass index 18.50 to 24.99   | Percent                      | 43.3               |
|                |            |   | Number of persons            | 3,471              |
|                |            | Overweight, self-reported adult body mass index 25.00 to 29.99  | Percent                      | 29.7               |
|                |            |   | Number of persons            | 2,602              |
|                | Both sexes | Obese, self-reported adult body mass index 30.00 or higher  |                              | _                  |
|                |            |   | Percent                      | 22.3               |
|                |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99  | Number of persons            | 1,832 <sup>E</sup> |
|                |            | obese, class i, sell-reported addit body mass much 30.00 to 34.33   | Percent                      | 15.7 <sup>E</sup>  |
|                |            |   | Number of persons            | F                  |
|                |            | Obese, class II, self-reported adult body mass index 35.00 to 39.99   | Percent                      | F                  |
|                |            |   |                              | F                  |
|                |            | Obese, class III, self-reported adult body mass index 40.00 or higher   | Number of persons            | _                  |
|                |            |   | 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            | 6,168              |
|                |            |   | Percent                      | 100.0              |
|                |            |   | Number of persons            | F                  |
|                |            | Underweight, self-reported adult body mass index under 18.50  | Percent                      | F                  |
|                |            |   | Number of persons            | 2,436              |
|                |            | Normal weight, self-reported adult body mass index 18.50 to 24.99   | Percent                      | 39.5               |
| 18 to 34 years |            |   |                              | -                  |
|                |            | Overweight, self-reported adult body mass index 25.00 to 29.99  | Number of persons            | 2,432              |
|                |            | ,   | Percent                      | 39.4               |
|                |            | Obese, self-reported adult body mass index 30.00 or higher  | Number of persons            | 1,278 <sup>E</sup> |
|                |            |   | Percent                      | 20.7 <sup>E</sup>  |
|                |            | Obese, class II, self-reported adult body mass index 30.00 to 34.99  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            | 814 <sup>E</sup>   |
|                |            |   | ·                            | _                  |
|                |            |   | Percent                      | 13.2 <sup>E</sup>  |
|                |            |   | Number of persons            | F                  |
|                |            |   | Percent                      | F                  |
|                |            |   | Number of persons            | F                  |
|                |            |   | Percent                      | F                  |
|                |            | Self-reported adult body mass index, not stated   | Number of persons            | F                  |
|                |            |   | Percent                      | F                  |
|                | Females    |   | Number of persons            | 5,500              |
|                |            | 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 hady mass index 49 50 to 24 00   | Number of persons            | 2,613              |
|                |            | Normal weight, self-reported adult body mass index 18.50 to 24.99   | Percent                      | 47.5               |
|                |            | Overweight, self-reported adult body mass index 25.00 to 29.99  | Number of persons            | 1,038              |
|                |            |   | Percent                      | 18.9               |
|                |            |   |                              | -                  |
|                |            | Obese, self-reported adult body mass index 30.00 or higher  | Number of persons            | 1,324 <sup>E</sup> |
|                |            |   |                              |                    |
|                |            | <u> </u>  | Percent                      | _                  |
|                |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99  | Percent<br>Number of persons | 24.1 <sup>E</sup>  |

| 1              | 1          |   | Percent                   | 18.5 <sup>E</sup>  |
|----------------|------------|---|---------------------------|--------------------|
|                |            |   | 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                  |
|                |            |   | Number of persons         | 7,029              |
|                |            | 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         | 2,658              |
|                |            | Normal weight, self-reported adult body mass index 18.50 to 24.99     | Percent                   | 37.8               |
|                |            |   | Number of persons         | 2,418              |
|                |            | Overweight, self-reported adult body mass index 25.00 to 29.99        | Percent                   | 34.4               |
|                |            |   |                           | -                  |
|                | Both sexes | Obese, self-reported adult body mass index 30.00 or higher            | Number of persons         | 1,702              |
|                |            |   | Percent                   | 24.2               |
|                |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99    | Number of persons         | 1,278 <sup>E</sup> |
|                |            | ,,,   | Percent                   | 18.2 <sup>E</sup>  |
|                |            | Ohana alasa II aali ramantad adulik hadu maaa inday 25 00 ta 20 00    | Number of persons         | 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                   | F                  |
|                |            |   | Number of persons         | F                  |
|                |            | Self-reported adult body mass index, not stated                       | Percent                   | F                  |
|                |            |   | Number of persons         | 3,710              |
|                |            | Total population for the variable self-reported adult body mass index | Percent                   | 100.0              |
|                |            |   | Number of persons         | F                  |
|                | Males      | Underweight, self-reported adult body mass index under 18.50          | Percent                   | -<br>              |
|                |            |   |                           |                    |
|                |            | Normal weight, self-reported adult body mass index 18.50 to 24.99     | Number of persons         | 1,083 <sup>E</sup> |
|                |            | ,                               | Percent                   | 29.2 <sup>E</sup>  |
|                |            | Overweight, self-reported adult body mass index 25.00 to 29.99        | Number of persons         | 1,579              |
| 35 to 44 years |            |   | Percent                   | 42.6               |
|                |            |   | Number of persons         | 894 <sup>E</sup>   |
|                |            | Obese, self-reported adult body mass index 30.00 or higher            | Percent                   | 24.1 <sup>E</sup>  |
|                |            |   |                           |                    |
|                |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99    | Number of persons         | 778 <sup>E</sup>   |
|                |            | · · · · · · · · · · · · · · · · · · ·                                 | Percent                   | 21.0 <sup>E</sup>  |
|                |            | Obese, class II, self-reported adult body mass index 35.00 to 39.99   | Number of persons         | F                  |
|                |            | busese, class ii, seii-reported addit body mass midex 33.00 to 33.33  | 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         | 3,318              |
|                |            |   | Percent                   | 100.0              |
|                |            |   | Number of persons         | F                  |
|                |            | Underweight, self-reported adult body mass index under 18.50          | Percent                   | F                  |
|                |            |   | Number of persons         | 1,575              |
|                |            | Normal weight, self-reported adult body mass index 18.50 to 24.99     | -                         | _                  |
|                |            |   | Percent                   | 47.5               |
|                |            | Overweight, self-reported adult body mass index 25.00 to 29.99        | Number of persons         | 839 <sup>E</sup>   |
|                |            |   | Percent                   | 25.3 <sup>E</sup>  |
|                |            | Obese, self-reported adult body mass index 30.00 or higher            | Number of persons         | 808 <sup>E</sup>   |
|                |            |   | Percent                   | 24.4 <sup>E</sup>  |
|                |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99    | Number of persons         | F                  |
|                |            |   | •                         |                    |
|                |            | . , ,   | Percent                   | 15.1 <sup>E</sup>  |
|                |            | Obese, class II, self-reported adult hody mass index 35 00 to 30 00   | INJumber of percent       |                    |
|                |            | Obese, class II, self-reported adult body mass index 35.00 to 39.99   | Number of persons Percent | F<br>F             |

|                |           | Obese, class III, self-reported adult body mass index 40.00 or higher  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 Number of persons | F<br>F   |
|----------------|-----------|--|---|--|
|                |           |  | Number of persons<br>Percent  | F  |
|                |           |  | Percent   | F  |
|                |           | Total population for the variable self-reported adult body mass index  | <del></del>   | _  |
|                |           | Total population for the variable self-reported adult body mass index  | Inumper of persons  |  |
|                |           |  | · · · · · · · · · · · · · · · · · · ·                                 | 9,053  |
|                |           |  | Percent   | 100.0  |
|                |           | Underweight, self-reported adult body mass index under 18.50   | Number of persons   | F  |
|                |           | ondo noight, con reported dadit body made made and roles   | Percent   | F  |
|                |           | Name of contract and the second of the secon | Number of persons   | 3,305  |
|                |           | Normal weight, self-reported adult body mass index 18.50 to 24.99  | Percent   | 36.5   |
|                |           |  | Number of persons   | 3,129  |
|                |           | Overweight, self-reported adult body mass index 25.00 to 29.99   | Percent   | 34.6   |
|                |           |  | Number of persons   | 2,436  |
| l B            | oth sexes | Obese, self-reported adult body mass index 30.00 or higher   | <u> </u>  |  |
|                |           |  | Percent   | 26.9   |
|                |           | Obese, class I, self-reported adult body mass index 30.00 to 34.99   | Number of persons   | 1,65   |
|                |           | obese, class i, self-reported addit body mass mack 50.00 to 54.33  | Percent   | 18.2   |
|                |           |  | Number of persons   | 656 <sup>l</sup>   |
|                |           | Obese, class II, self-reported adult body mass index 35.00 to 39.99  | · ·   | _  |
|                |           |  | Percent   | 7.3 <sup>l</sup>   |
|                |           | Obese, class III, self-reported adult body mass index 40.00 or higher  | Number of persons   | F  |
|                |           | obcoc, olass III, sell-reported addit body Illass Illuex 40.00 of Higher   | Percent   | F  |
|                |           |  | Number of persons   | F  |
|                |           | Self-reported adult body mass index, not stated  | Percent   | F  |
| l –            |           |  | <del></del>   | _  |
|                |           | Total population for the variable self-reported adult body mass index  | Number of persons   | 4,888  |
|                |           |  | Percent   | 100.0  |
|                |           | Underweight, self-reported adult body mass index under 18.50   | Number of persons   | F  |
|                |           | onder weight, sen-reported addit body mass muck under 10.50  | Percent   | F  |
|                |           |  | Number of persons   | 1,750 <sup>E</sup>   |
|                |           | Normal weight, self-reported adult body mass index 18.50 to 24.99  | · · · · · · · · · · · · · · · · · · ·                                 |  |
|                |           |  | Percent   | 35.8 <sup>E</sup>  |
|                | Males     | Overweight, self-reported adult body mass index 25.00 to 29.99   | Number of persons   | 1,889 <sup>E</sup>   |
|                |           |  | Percent   | 38.6 <sup>E</sup>  |
|                |           |  | <del> </del>  | _  |
| 45 to 64 years |           | Obese, self-reported adult body mass index 30.00 or higher   | Number of persons   | 1,218 <sup>E</sup>   |
|                |           |  | Percent   | 24.9 <sup>E</sup>  |
|                |           |  | Number of persons   | 775 <sup>E</sup>   |
|                |           | Obese, class I, self-reported adult body mass index 30.00 to 34.99   |   | 15.9 <sup>E</sup>  |
|                |           | Obese, class II, self-reported adult body mass index 35.00 to 39.99  | Percent   | _  |
|                |           |  | 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  |
|                |           |  | Number of persons   | F  |
|                |           | Total population for the variable self-reported adult body mass index  | · · · · · · · · · · · · · · · · · · ·                                 | _  |
|                |           |  | Percent   | F  |
|                |           |  | Number of persons   | 4,164  |
|                |           |  | Percent   | 100.0  |
|                |           |  | Number of persons   | F  |
|                |           | Underweight, self-reported adult body mass index under 18.50   | Percent   | F  |
|                |           |  | Number of persons   | 1,555  |
|                |           | Normal weight, self-reported adult body mass index 18.50 to 24.99  | Percent   | 37.3   |
|                |           |  | <del>                                     </del>                      | _  |
|                |           | Overweight, self-reported adult body mass index 25.00 to 29.99   | Number of persons   | 1,240 <sup>E</sup>   |
|                |           | Indo Huon Loid to Loid   | Percent   | 29.8 <sup>E</sup>  |
|                |           | Obese, self-reported adult body mass index 30.00 or higher   | Number of persons   | 1,217 <sup>E</sup>   |
| _              |           |  | · · · · · · · · · · · · · · · · · · ·                                 | ┥ .  |
| F              | emales    |  | Percent   | 29.2 <sup>E</sup>  |
| F              | emales    |  | (   |  |
| F              | emales    |  | Number of persons   | 876 <sup>E</sup>   |
| F              | emales    | Obese, class I, self-reported adult body mass index 30.00 to 34.99   | <u> </u>  | _  |
| F              | emales    | Obese, class I, self-reported adult body mass index 30.00 to 34.99   | Percent   | 21.0 <sup>E</sup>  |
| F              | remales   |  | <u> </u>  | 21.0 <sup>E</sup>  |
| F              | remales   | Obese, class I, self-reported adult body mass index 30.00 to 34.99  Obese, class II, self-reported adult body mass index 35.00 to 39.99  | Percent   | 21.0 <sup>E</sup>  |
| F              | emales    | Obese, class II, self-reported adult body mass index 35.00 to 39.99  | Percent Number of persons   | 876 <sup>E</sup> 21.0 <sup>E</sup> 260 <sup>E</sup> 6.2 <sup>E</sup> |
| F              | emales    |  | Percent Number of persons Percent                                     | 21.0 <sup>E</sup><br>260 <sup>E</sup><br>6.2 <sup>E</sup>            |

| 1                 | 1          | I  | Number of persons                     | F                 |
|-------------------|------------|--|---------------------------------------|-------------------|
|                   |            | Self-reported adult body mass index, not stated  | Percent                               | F                 |
|                   |            |  | Number of persons                     | 1,782             |
|                   |            | 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 waight and remarked adult hade many index 40 50 to 24 00  | Number of persons                     | 409 <sup>E</sup>  |
|                   |            | Normal weight, self-reported adult body mass index 18.50 to 24.99  | Percent                               | 22.9 <sup>E</sup> |
|                   |            |  | Number of persons                     | 618               |
|                   |            | Overweight, self-reported adult body mass index 25.00 to 29.99   | Percent                               | 34.7              |
|                   | ļ .        |  | 1                                     | _                 |
|                   | Both sexes | Obese, self-reported adult body mass index 30.00 or higher   | Number of persons                     | 505 <sup>E</sup>  |
|                   |            |  | Percent                               | 28.3 <sup>E</sup> |
|                   |            |  | Number of persons                     | F                 |
|                   |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99   | Percent                               | F                 |
|                   |            |  | 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                 |
|                   |            | Self-reported adult body mass index, not stated  | Number of persons                     | F                 |
|                   |            | Total   Tota   | Percent                               | F                 |
|                   |            |  | Number of persons                     | 894               |
|                   |            | 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                 |
|                   |            | Normal weight, self-reported adult body mass index 18.50 to 24.99  | Number of persons                     | F                 |
|                   | Males      | ,  | Percent                               | F                 |
|                   |            |  | Number of persons                     | 220 <sup>E</sup>  |
|                   |            | Overweight, self-reported adult body mass index 25.00 to 29.99   | Percent                               | 24.6 <sup>E</sup> |
|                   |            |  | Number of persons                     | 366 <sup>E</sup>  |
| 65 years and over |            | Obese, self-reported adult body mass index 30.00 or higher   | Number of persons                     |                   |
|                   |            |  | Percent                               | 41.0 <sup>E</sup> |
|                   |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99   | Number of persons                     | F                 |
|                   |            |  | Percent                               | F                 |
|                   |            |  | 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 Self-reported adult body mass index, not stated  |                                       | F                 |
|                   |            |  | Number of persons                     | _                 |
|                   |            |  | Percent                               | F                 |
|                   |            |  | Number of persons                     | F                 |
|                   |            |  | Percent                               | F                 |
|                   | Females    | Total population for the variable self-reported adult body mass index  | Number of persons                     | 889               |
|                   |            |  | 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                     | 177 <sup>E</sup>  |
|                   |            | , and a second s | Percent                               | 19.9 <sup>E</sup> |
|                   |            |  | Number of persons                     | 398 <sup>E</sup>  |
|                   |            | Overweight, self-reported adult body mass index 25.00 to 29.99   | Percent                               | 44.8 <sup>E</sup> |
|                   |            |  |                                       | _                 |
|                   |            | Obese, self-reported adult body mass index 30.00 or higher   | Number of persons                     | F                 |
|                   |            | Obese, sen-reported addit body mass maex 50.00 or migner   | Percent                               | F                 |
|                   |            | Obose place I calf reported adult hady mass index 20.00 to 04.00   | Number of persons                     | F                 |
|                   |            | Obese, class I, self-reported adult body mass index 30.00 to 34.99   | 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                 |
|                   |            | Toon reported addit body mass much, not stated   | Percent                               | F                 |
|                   |            |  |                                       | _                 |

### Symbol legend:

- E Use with caution
- F 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). <a href="http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?">http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?</a>

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