

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}=Northwest Territories [61]

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	29,531
			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	11,421
			Percent	38.7
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	9,636
			Percent	32.6
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	7,245
			Percent	24.5
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	5,054
			Percent	17.1
	Males	Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	1,763 ^E
			Percent	6.0 ^E
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	428 ^E
			Percent	1.5 ^E
		Self-reported adult body mass index, not stated	Number of persons	869 ^E
			Percent	2.9 ^E
		Total population for the variable self-reported adult body mass index	Number of persons	15,660
			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	5,501
			Percent	35.1
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	6,120
			Percent	39.1
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	3,757
			Percent	24.0
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	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 ^E
			Percent	6.4 ^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
	Females	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

18 to 34 years	Females	Obese, self-reported adult body mass index 30.00 or higher	Number of persons	3,488
			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
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	753 ^E
			Percent	5.4 ^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	606 ^E
			Percent	4.4 ^E
	Both sexes	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
			Percent	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	5,049
			Percent	43.3
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	3,471
			Percent	29.7
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	2,602
			Percent	22.3
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,832 ^E
			Percent	15.7 ^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	6,168
			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	2,436
			Percent	39.5
		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 ^E
			Percent	20.7 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	814 ^E
			Percent	13.2 ^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	5,500
			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	2,613
			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 ^E
			Percent	24.1 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,018 ^E

35 to 44 years			Percent	18.5 ^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	7,029
			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	2,658
			Percent	37.8
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	2,418
			Percent	34.4
		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 ^E
			Percent	18.2 ^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	3,710
			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	1,083 ^E
			Percent	29.2 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,579
			Percent	42.6
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	894 ^E
			Percent	24.1 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	778 ^E
			Percent	21.0 ^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	3,318
			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	1,575
			Percent	47.5
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	839 ^E
			Percent	25.3 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	808 ^E
			Percent	24.4 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	F
			Percent	15.1 ^E
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	F
			Percent	F

45 to 64 years		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	9,053
			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	3,305
			Percent	36.5
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	3,129
			Percent	34.6
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	2,436
			Percent	26.9
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,651
			Percent	18.2
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	656 ^E
			Percent	7.3 ^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
	Males	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
			Percent	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	1,750 ^E
			Percent	35.8 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,889 ^E
			Percent	38.6 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,218 ^E
			Percent	24.9 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	775 ^E
			Percent	15.9 ^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	4,164
			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	1,555
			Percent	37.3
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,240 ^E
			Percent	29.8 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,217 ^E
			Percent	29.2 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	876 ^E
			Percent	21.0 ^E
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	260 ^E
			Percent	6.2 ^E
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
			Percent	F

65 years and over		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	1,782
			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	409 ^E
			Percent	22.9 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	618
			Percent	34.7
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	505 ^E
			Percent	28.3 ^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	894
			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	F
			Percent	F
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	220 ^E
			Percent	24.6 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	366 ^E
			Percent	41.0 ^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
	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 ^E
			Percent	19.9 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	398 ^E
			Percent	44.8 ^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

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).*

<http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?>

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(accessed: October 8, 2008)

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