

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}=Nunavut [62]

Age group	Sex	Self-reported adult body mass index (BMI) ^{10,11,12,13}	Characteristics 14,15,16,17	2005
		Total population for the variable self-reported adult body mass index	Number of persons	12,000
		Total population for the variable self-reported addit body mass mack	Percent	100.0
		Underweight, self-reported adult body mass index under 18.50	Number of persons	F
		onast molgrit, con roportou addit body mass mass and rotos	Percent	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	4,391
		3 ,	Percent	36.6
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	3,643
			Percent	30.4
	Both coves	Obese, self-reported adult body mass index 30.00 or higher	Number of persons	3,114
	Both sexes	,	Percent	25.9
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	2,217
			Percent	18.5
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	576 ^E
		observed additional mass mass color to select	Percent	4.8 ^E
			Number of persons	321 ^E
		Obese, class III, self-reported adult body mass index 40.00 or higher	Percent	2.7 ^E
			Number of persons	F
		Self-reported adult body mass index, not stated	Percent	F
			Number of persons	6,323
	Males	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
Total, 18 years and over			Percent	F
Total, 10 years and over		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	2,254
			Percent	35.7
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	2,210
			Percent	35.0
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,675
			Percent	26.5
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,153 ^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
			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	5,677
			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	2,137
			Percent	37.6
			Number of persons	1,433
		Overweight, self-reported adult body mass index 25.00 to 29.99	- Porcono	1,100

			Percent	25.2
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,439
			Percent	25.3
			Number of persons	1,064
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	18.7
	Females		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	5,650
		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	-
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	2,642
			Percent	46.8
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,561
			Percent	27.6
	Doth saves	Obese, self-reported adult body mass index 30.00 or higher	Number of persons	945 ^E
	Both sexes	obese, sen reported addit body mass mack oblod of migner	Percent	16.7 ^E
			Number of persons	615 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	10.9 ^E
			Number of persons	F 10.5
		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
		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	3,109
			Percent	100.0
		Underweight, self-reported adult body mass index under 18.50	Number of persons	_ F
			Percent	F
40 40 24 2222		Normal weight, self-reported adult body mass index 18.50 to 24.99	Number of persons	1,459
18 to 34 years			Percent	46.9
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,017 ^E
			Percent	32.7 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	548 ^E
			Percent	17.6 ^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
				F
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	F
			Percent	_
		Self-reported adult body mass index, not stated	Number of persons	F
			Percent	F 0.544
		Total population for the variable self-reported adult body mass index	Number of persons	2,541
	remales		Percent	100.0
		Underweight, self-reported adult body mass index under 18.50	Number of persons	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	F
			Number of persons	1,183
			Percent	46.5
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	544
		Overweight, self-reported addit body mass muex 25.00 to 29.99	Percent	21.4 ^E
			Number of persons	397 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Percent	15.6 ^E
l	I	 	 	+

1	I	L	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
			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	2,900
		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	967
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	33.3
				_
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	939 ^E
			Percent	32.4
	Both sexes	Obese, self-reported adult body mass index 30.00 or higher	Number of persons	890 ^E
	Don's sexes	oboos, con reported dank body mace mack color of migner	Percent	30.7 ^E
			Number of persons	617 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	21.3 ^E
			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
				_
		Total population for the variable self-reported adult body mass index	Number of persons	1,433
	Males		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	410 ^E
		Normal weight, sen-reported addit body mass maex 10.30 to 24.33	Percent	28.6 ^E
35 to 44 years			Number of persons	532 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	37.1 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	481
			Percent	33.6
			Number of persons	352 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	· .	4
			Percent	24.6 ^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	1,467
	Females	Total population for the variable self-reported addit body mass much	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
			Number of persons	557 ^E
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	37.9 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	407 ^E
				┥
			Percent	27.8 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	F
			Percent	27.9 ^E
		Ohene alone I colf reported adult hadromers in the CO CO to CO		
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	F

		L	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	2,931
		Total population for the variable self-reported adult body mass index	Percent	100.0
			Number of persons	- 100.0
		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	709
			Percent	24.2
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	885 ^E
		Overweight, sen-reported addit body mass muex 25.00 to 29.99	Percent	30.2 ^E
	L		Number of persons	1,162
	Both sexes	Obese, self-reported adult body mass index 30.00 or higher	Percent	39.7
			Number of persons	887
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	30.2
				┥──
		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
		5.5.5.5, 5.1.5.5 in 5.5.5 in 5	Percent	F
		Self-reported adult body mass index, not stated	Number of persons	F
		Self-reported addit body mass muex, not stated	Percent	F
		T-(-)	Number of persons	1,466
		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	380 ^E
		Normal weight, self-reported adult body mass index 18.50 to 24.99		4
			Percent	25.9 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	440 ^E
45 to 64 years	Malaa	Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	30.0 ^E
			Number of persons	625
	Males	Obese, self-reported adult body mass index 30.00 or higher	Percent	42.6
			Number of persons	455 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	·	_
			Percent	31.1 ^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	1,465
			Percent	100.0
			Number of persons	F
	Females	Underweight, self-reported adult body mass index under 18.50	Percent	F
			Number of persons	330 ^E
		Normal weight, self-reported adult body mass index 18.50 to 24.99	·	
			Percent	22.5 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	F
			Percent	F
		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	538
			Percent	36.7
			Number of persons	431
			Percent	29.4
		Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	F
			Percent	F
			Number of persons	- F
			Trainibol of persons	

1	I	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 Underweight, self-reported adult body mass index under 18.50	Number of persons	519
			Percent	100.0
			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	259 ^E
		overweight, sen reported addit body mass mack 25.00 to 25.55	Percent	49.8 ^E
	Both saves		Number of persons	F
	Both sexes	Obese, self-reported adult body mass index 30.00 or higher	Percent	F
			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
		, , , , , , , , , , , , , , , , , , , ,	Percent	F
		Total population for the variable self-reported adult body mass index	Number of persons	315
		Total population for the variable self-reported addit body mass muck	Percent	100.0
		Underweicht auf vor auf abeit bach was a index on das 40.50	Number of persons	F
		Underweight, self-reported adult body mass index under 18.50	Percent	F
			Number of persons	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99	Percent	F
			Number of persons	F
	Males	Overweight, self-reported adult body mass index 25.00 to 29.99	Percent	F
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	F
65 years and over				_
			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
		Total population for the variable self-reported adult body mass index	Number of persons	204
			Percent	100.0
			Number of persons	F
		Underweight, self-reported adult body mass index under 18.50	Percent	F
			Number of persons	F
		Normal weight, self-reported adult body mass index 18.50 to 24.99		_
			Percent	F
	Females	Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	F
		,	Percent	F
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	F
		oboos, con reported addit body made made onless or migner	Percent	F
		Ohoso class I solf-reported adult hady mass index 20.00 to 24.00	Number of persons	F
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Percent	F
		Observation III and among the latest the second second	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

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?

Lang=E& CANSIMFile=CII\CII_1_E.htm& RootDir=CII/

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