

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, 18 years and over	Both sexes	Total population for the variable self-reported adult body mass index	Number of persons	12,000
			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	4,391
			Percent	36.6
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	3,643
			Percent	30.4
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	3,114
			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
	Males	Obese, class II, self-reported adult body mass index 35.00 to 39.99	Number of persons	576 ^E
			Percent	4.8 ^E
		Obese, class III, self-reported adult body mass index 40.00 or higher	Number of persons	321 ^E
			Percent	2.7 ^E
		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	6,323
			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	2,254
			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
		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	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
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,433

18 to 34 years	Females		Percent	25.2
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,439
			Percent	25.3
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	1,064
			Percent	18.7
		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
	Both sexes	Total population for the variable self-reported adult body mass index	Number of persons	5,650
			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	2,642
			Percent	46.8
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	1,561
			Percent	27.6
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	945 ^E
			Percent	16.7 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	615 ^E
			Percent	10.9 ^E
	Males	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	3,109
			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	1,459
			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
		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	2,541
			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	1,183
			Percent	46.5
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	544
			Percent	21.4 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	397 ^E
			Percent	15.6 ^E

35 to 44 years		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
	Both sexes	Total population for the variable self-reported adult body mass index	Number of persons	2,900
			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	967
			Percent	33.3
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	939 ^E
			Percent	32.4
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	890 ^E
			Percent	30.7 ^E
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	617 ^E
			Percent	21.3 ^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
	Males	Total population for the variable self-reported adult body mass index	Number of persons	1,433
			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
			Percent	28.6 ^E
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	532 ^E
			Percent	37.1 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	481
			Percent	33.6
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	352 ^E
			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
	Females	Total population for the variable self-reported adult body mass index	Number of persons	1,467
			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	557 ^E
			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
		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	2,931
			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	709
			Percent	24.2
		Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	885 ^E
			Percent	30.2 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	1,162
			Percent	39.7
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	887
			Percent	30.2
	Males	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	1,466
			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	380 ^E
			Percent	25.9 ^E
	Females	Overweight, self-reported adult body mass index 25.00 to 29.99	Number of persons	440 ^E
			Percent	30.0 ^E
		Obese, self-reported adult body mass index 30.00 or higher	Number of persons	625
			Percent	42.6
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	Number of persons	455 ^E
			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
		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	330 ^E
			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	Number of persons	538
			Percent	36.7
		Obese, class I, self-reported adult body mass index 30.00 to 34.99	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
			Percent	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
65 years and over	Both sexes	Total population for the variable self-reported adult body mass index	Number of persons	519
			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	259 ^E
			Percent	49.8 ^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
	Males	Total population for the variable self-reported adult body mass index	Number of persons	315
			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	F
			Percent	F
		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	204
			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	F
			Percent	F
		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?>

[Lang=E&CANSIMFile=CII\CII_1_E.htm&RootDir=CII/](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](#)