<u>Home</u> > <u>CANSIM</u> >



(Note: Content area on this page may be wider than usual.)

## **CANSIM - Results**

Table 105-4009<sup>1,2,3,4,5,6</sup>

Body mass index (BMI), by sex, household population aged 18 and over excluding pregnant females, Canada, provinces and territories,

## Survey or program details:

Canadian Community Health Survey - 3226 National Population Health Survey - Household Component - Cross-sectional - 3236 National Population Health Survey - North Component - 5004

Geography	Sex	Body mass index (BMI)	Characteristics <sup>6,7,8,9,10,13</sup>	1994/1995	1996/1997	1998/1999	2000/2001	2003	2005	2007
		Total population for	Number of persons	17,629	18,822	18,577	21,785	22,027	24,085	24,003
		the variable body mass index	Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
		Underweight, body mass	Number of persons	206 <sup>E</sup>	F	302 <sup>E</sup>	F	F	F	F
		index under 18.50	Percent	1.2 <sup>E</sup>	F	1.6 <sup>E</sup>	F	F	F	F
		Normal weight, body mass index	Number of persons	8,203	8,351	6,167	10,977	9,856	11,617	10,703
		18.50 to 24.99	Percent	46.5	44.4	33.2	50.4	44.7	48.2	44.6
		Overweight, body mass	Number of persons	6,043	6,648	5,833	6,350	6,593	7,290	6,150
		index 25.00 to 29.99	Percent	34.3	35.3	31.4	29.1	29.9	30.3	25.6
	Both sexes		Number of persons	1,800	2,828	2,067	3,505	4,546	4,295	6,040
			Percent	10.2	15.0	11.1	16.1	20.6	17.8	25.2
		Obese, class I, body mass index 30.00 to 34.99 Obese, class II, body mass index 35.00 to 39.99 Obese, class III, body mass index 40.00 or higher	Number of persons	1,332	2,001	1,499	2,489	2,865	2,816	4,420
			Percent	7.6	10.6	8.1	11.4	13.0	11.7	18.4
			Number of persons	317 <sup>E</sup>	491 <sup>E</sup>	403 <sup>E</sup>	775 <sup>E</sup>	1,085 <sup>E</sup>	960 <sup>E</sup>	1,045 <sup>E</sup>
			Percent	1.8 <sup>E</sup>	2.6 <sup>E</sup>	2.2 <sup>E</sup>	3.6 <sup>E</sup>	4.9 <sup>E</sup>	4.0 <sup>E</sup>	4.4 <sup>E</sup>
			Number of persons	F	F	F	F	597 <sup>E</sup>	519 <sup>E</sup>	F
			Percent	F	F	F	F	2.7 <sup>E</sup>	2.2 <sup>E</sup>	F
		Body mass index, not	Number of persons	1,377	868 <sup>E</sup>	4,209	654 <sup>E</sup>	718 <sup>E</sup>	467 <sup>E</sup>	770 <sup>E</sup>
	State Tota popu	stated	Percent	7.8	4.6 <sup>E</sup>	22.7	3.0 <sup>E</sup>	3.3 <sup>E</sup>	1.9 <sup>E</sup>	3.2 <sup>E</sup>
		Total population for	Number of persons	9,221	10,084	9,787	11,180	11,077	12,154	12,087
		the variable body mass index	Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
		Underweight, body mass	Number of persons	F	F	F	F	F	F	F
		index under 18.50	Percent	F	F	F	F	F	F	F

		Normal	Number of persons	3,858	4,177	3,501	5,172	4,452	5,640	4,717
		weight, body mass index 18.50 to 24.99	Percent	41.8	41.4	35.8	46.3	40.2	46.4	39.0
		Overweight, body mass	Number of persons	3,875	4,168	4,281	4,067	4,105	4,484	3,536
		index 25.00 to 29.99	Percent	42.0	41.3	43.7	36.4	37.1	36.9	29.3
		Obese, body mass index	Number of persons	1,098	1,604	1,429	1,759	2,205	1,801 <sup>E</sup>	3,447
		30.00 or higher	Percent	11.9	15.9	14.6	15.7	19.9	14.8 <sup>E</sup>	28.5
	Males	Obese, class I, body mass	Number of persons	856	1,178 <sup>E</sup>	1,090 <sup>E</sup>	1,196	1,614	1,368 <sup>E</sup>	2,691
		index 30.00 to 34.99	Percent	9.3	11.7 <sup>E</sup>	11.1	10.7	14.6	11.3 <sup>E</sup>	22.3
		Obese, class	Number of persons	207 <sup>E</sup>	F	254 <sup>E</sup>	F	F	367 <sup>E</sup>	701 <sup>E</sup>
		index 35.00 to 39.99	Percent	2.2 <sup>E</sup>	F	2.6 <sup>E</sup>	F	F	3.0 <sup>E</sup>	5.8 <sup>E</sup>
		Obese, class III, body mass index	Number of persons	F	F	F	F	F	F	F
		40.00 or higher	Percent	F	F	F	F	F	F	F
		Body mass index, not stated	Number of persons	370 <sup>E</sup>	F	513 <sup>E</sup>	F	F	F	F
			Percent	4.0 <sup>E</sup>	F	5.2 <sup>E</sup>	F	F	F	
		Total population for the variable	Number of persons	8,409	8,738	8,791	10,605	10,950	11,931	11,916
Yukon		body mass index	Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Territory		Underweight, body mass	Number of persons	186 <sup>E</sup>	F	F	F	F	F	F
		index under 18.50	Percent	2.2 <sup>E</sup>	F	F	F	F	F	F
		Normal weight, body mass index 18.50 to 24.99	Number of persons	4,346	4,174	2,666	5,805	5,404	5,978	5,986
	Females		Percent	51.7	47.8	30.3	54.7	49.4	50.1	50.2
		Overweight, body mass index 25.00 to 29.99 Obese, body mass index 30.00 or higher Obese, class I, body mass index 30.00 to 34.99	Number of persons	2,168	2,481	1,552	2,283	2,488	2,806	2,614
			Percent	25.8	28.4	17.7	21.5	22.7	23.5	21.9
			Number of persons	702	1,224	637 <sup>E</sup>	1,746	2,341 <sup>E</sup>	2,494	2,593
			Percent	8.3	14.0	7.2 <sup>E</sup>	16.5	21.4 <sup>E</sup>	20.9	21.8
			Number of persons	476 <sup>E</sup>	823 <sup>E</sup>	409 <sup>E</sup>	1,293 <sup>E</sup>	1,251 <sup>E</sup>	1,448	1,728
			Percent	5.7 <sup>E</sup>	9.4 <sup>E</sup>	4.7 <sup>E</sup>	12.2 <sup>E</sup>	11.4 <sup>E</sup>	12.1	14.5
		Obese, class	Number of persons	F	F	F	348 <sup>E</sup>	660 <sup>E</sup>	593 <sup>E</sup>	344 <sup>E</sup>
		index 35.00 to 39.99	Percent	F	F	F	3.3 <sup>E</sup>	6.0 <sup>E</sup>	5.0 <sup>E</sup>	2.9 <sup>E</sup>
		Obese, class III, body mass index 40.00 or higher	Number of persons	F	F	F	F	F	453 <sup>E</sup>	F
			Percent	F	F	F	F	F	3.8 <sup>E</sup>	F
		Body mass index, not stated	Number of persons	1,008	733 <sup>E</sup>	3,696	515 <sup>E</sup>	539 <sup>E</sup>	F	F
	ļ		Percent	12.0	8.4 <sup>E</sup>	42.0	4.9 <sup>E</sup>	4.9 <sup>E</sup>	F	F
		Total population for the variable	Number of persons	23,820	25,492	26,534	27,793	28,604		
		body mass index	Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0

1	I	Underweight,	Number of persons	F	F	F	422 <sup>E</sup>	459 <sup>E</sup>	F	F
		body mass index under	Percent	F	F	F	1.5 <sup>E</sup>	1.6 <sup>E</sup>	F	F
		Normal weight, body mass index 18.50 to 24.99	Number of persons	10,416	10,775	10,641	11,109	11,992	11,421	10,832
			Percent	43.7	42.3	40.1	40.0	41.9	38.7	36.8
		Overweight, body mass	Number of persons	7,846	8,552	8,453	9,060	9,100	9,636	9,851
			Percent	32.9	33.5	31.9	32.6	31.8	32.6	33.5
		Obese, body mass index	Number of persons	3,698	4,239	3,183	6,294	6,265	7,245	6,434
	Both	30.00 or higher	Percent	15.5	16.6	12.0	22.6	21.9	24.5	21.9
	sexes	Obese, class I, body mass	Number of persons	2,549	2,805 <sup>E</sup>	2,398	4,555	4,485	5,054	4,639
		index 30.00 to 34.99	Percent	10.7	11.0 <sup>E</sup>	9.0	16.4	15.7	17.1	15.8
		Obese, class	Number of persons	887 <sup>E</sup>	1,097 <sup>E</sup>	566 <sup>E</sup>	987 <sup>E</sup>	1,579 <sup>E</sup>	1,763 <sup>E</sup>	1,085 <sup>E</sup>
		index 35.00 to 39.99	Percent	3.7 <sup>E</sup>	4.3 <sup>E</sup>	2.1 <sup>E</sup>	3.6 <sup>E</sup>	5.5 <sup>E</sup>	6.0 <sup>E</sup>	3.7 <sup>E</sup>
		Obese, class III, body mass index 40.00 or higher	Number of persons	F	F	F	752	F	428 <sup>E</sup>	F
			Percent	F	F	F	2.7	F	1.5 <sup>E</sup>	F
		Body mass index, not stated	Number of persons	1,512 <sup>E</sup>	1,808 <sup>E</sup>	4,021	909	788 <sup>E</sup>	869 <sup>E</sup>	1,663 <sup>E</sup>
			Percent	6.3 <sup>E</sup>	7.1 <sup>E</sup>	15.2	3.3	2.8 <sup>E</sup>	2.9 <sup>E</sup>	5.6 <sup>E</sup>
		Total population for the variable	Number of persons	12,637	13,208	13,841	14,656	14,838	15,660	15,590
Northwest Territories <sup>12</sup>		body mass index	Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
		Underweight, body mass index under 18.50	Number of persons	F	F	F	F	F	F	F
			Percent	F	F	F	F	F	F	F
		Normal weight, body mass index 18.50 to 24.99 Overweight, body mass index 25.00 to 29.99	Number of persons	5,112	4,613	5,145	5,290	5,597	5,501	5,072
			Percent	40.4	34.9	37.2	36.1	37.7	35.1	32.5
			Number of persons	5,221	5,432	6,119	5,466	5,446	6,120	6,169
			Percent	41.3	41.1	44.2	37.3	36.7	39.1	39.6
	Males	Obese, body mass index	Number of persons	1,943 <sup>E</sup>	2,555 <sup>E</sup>	1,935	3,327	3,392	3,757	2,956
		30.00 or higher	Percent	15.4 <sup>E</sup>	19.3 <sup>E</sup>	14.0	22.7	22.9	24.0	19.0
		Obese, class I, body mass	Number of persons	1,430 <sup>E</sup>	1,863 <sup>E</sup>	1,595	2,648	2,733	2,542	2,316
		index 30.00 to 34.99	Percent	11.3 <sup>E</sup>	14.1 <sup>E</sup>	11.5	18.1	18.4	16.2	14.9
		Obese, class	Number of persons	F	F	F	328 <sup>E</sup>	650 <sup>E</sup>	1,010 <sup>E</sup>	F
			Percent	F	F	F	2.2 <sup>E</sup>	4.4 <sup>E</sup>	6.4 <sup>E</sup>	F
		Obese, class III, body mass index 40.00 or higher	Number of persons	F	F	F	F	F	F	F
			Percent	F	F	F	F	F	F	F
		Body mass	Number of persons	F	F	F	324 <sup>E</sup>	F	F	F
		index, not stated	Percent	F	F	F	2.2 <sup>E</sup>		F	F
		Total		11,182	12,284	12,693	13,138	13,767	13,871	13,854

			Number of persons							
		the variable body mass index	Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
		Underweight, body mass	Number of persons	F	F	F	F	F	F	F
		index under 18.50	Percent	F	F	F	F	F	F	F
		Normal weight, body	Number of persons	5,304	6,162	5,497	5,818	6,395	5,921	5,759
		mass index 18.50 to 24.99	Percent	47.4	50.2	43.3	44.3	46.5	42.7	41.6
		Overweight, body mass	Number of persons	2,624	3,120	2,334	3,594	3,653	3,516	3,682
	Females	index 25.00 to 29.99	Percent	23.5	25.4	18.4	27.4	26.5	25.3	26.6
		Obese, body mass index	Number of persons	1,754 <sup>E</sup>	1,684 <sup>E</sup>	1,249	2,967	2,874	3,488	3,478
		30.00 or higher	Percent	15.7 <sup>E</sup>	13.7 <sup>E</sup>	9.8	22.6	20.9	25.1	25.1
		Obese, class I, body mass	Number of persons	1,119 <sup>E</sup>	942 <sup>E</sup>	803 <sup>E</sup>	1,907	1,752	2,512	2,323 <sup>E</sup>
		index 30.00 to 34.99	Percent	10.0 <sup>E</sup>	7.7 <sup>E</sup>	6.3 <sup>E</sup>	14.5	12.7 <sup>E</sup>	18.1	16.8 <sup>E</sup>
		Obese, class II, body mass index 35.00 to 39.99	Number of persons	F	F	F	658 <sup>E</sup>	929 <sup>E</sup>	753 <sup>E</sup>	721 <sup>E</sup>
			Percent	F	F	F	5.0 <sup>E</sup>	6.7 <sup>E</sup>	5.4 <sup>E</sup>	5.2 <sup>E</sup>
		Obese, class	Number of persons	F	F	F	401 <sup>E</sup>	F	F	F
		mass index 40.00 or higher	Percent	F	F	F	3.1 <sup>E</sup>	F	F	F
		Body mass index, not stated	Number of persons	1,151 <sup>E</sup>	1,201 <sup>E</sup>	3,488	585	679 <sup>E</sup>	606 <sup>E</sup>	
			Percent	10.3 <sup>E</sup>	9.8 <sup>E</sup>	27.5	4.5	4.9 <sup>E</sup>	4.4 <sup>E</sup>	
		Total population for the variable	Number of persons	13,719	12,315	13,716	15,304	10,825	12,000	12,580
		body mass index	Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
		Underweight, body mass index under 18.50	Number of persons	F	F	F	287 <sup>E</sup>	F	F	F
			Percent	F	F	F	1.9 <sup>E</sup>	F	F	F
		Normal weight, body mass index 18.50 to 24.99	Number of persons	4,601	3,717	4,581	6,211	4,756	4,391	5,374
			Percent	33.5	30.2	33.4	40.6	43.9	36.6	42.7
		Overweight, body mass	Number of persons	3,403	3,625	3,876	4,501	3,065	3,643	3,821
	Both	index 25.00 to 29.99	Percent	24.8	29.4	28.3	29.4	28.3	30.4	30.4
	sexes	Obese, body mass index	Number of persons	1,547 <sup>E</sup>	1,211 <sup>E</sup>	1,531	3,508	2,197	3,114	1,967
		30.00 or higher	Percent	11.3 <sup>E</sup>	9.8 <sup>E</sup>	11.2	22.9	20.3	25.9	15.6
		Obese, class I, body mass	Number of persons	1,319 <sup>E</sup>	1,061 <sup>E</sup>	1,239 <sup>E</sup>	2,694	1,479	2,217	1,365 <sup>E</sup>
		indox 20 00 to	Percent	9.6 <sup>E</sup>	8.6 <sup>E</sup>	9.0 <sup>E</sup>	17.6	13.7	18.5	10.9 <sup>E</sup>
		Obese, class II, body mass index 35.00 to 39.99	Number of persons	F	F	F	503	520 <sup>E</sup>	576 <sup>E</sup>	416 <sup>E</sup>
			Percent	F	F	F	3.3	4.8 <sup>E</sup>	4.8 <sup>E</sup>	3.3 <sup>E</sup>
		Obese, class III, body mass index	Number of persons	F	F	F	312 <sup>E</sup>	F	321 <sup>E</sup>	F
1		40.00 or	Percent	F	F	F	2.0 <sup>E</sup>	F	2.7 <sup>E</sup>	F

**Body mass** 3,994 3,615 3,595 797 570<sup>E</sup> Number of persons 1,324<sup>E</sup> index, not 5.3<sup>E</sup> 29.1 29.4 26.2 5.2 10.5<sup>E</sup> Percent stated 6,994 Total 7,294 7,401 8,232 5,739 6,323 6,581 Number of persons population for the variable 100.0 100.0 100.0 100.0 100.0 100.0 100.0 body mass Percent index Underweight, F F F F F F F Number of persons body mass index under F F F F F F F Percent 18.50 Normal 2,504 2,751 3,271 2,513 2,254 3,163 2,149<sup>E</sup> Number of persons weight, body mass index 39.7 48.1 34.3 30.7<sup>E</sup> 37.2 43.8 35.7 18.50 to Percent 24.99 Overweight, 2,584 2,735 2,340 2,805 1,828 2,210 2,038 Number of persons body mass index 25.00 to 35.4 39.1 31.6 34.1 31.8 35.0 31.0 Percent 29.99 Obese, body 1,094<sup>E</sup> 847<sup>E</sup> 1,247<sup>E</sup> 1.738 1,160 1,675 838<sup>E</sup> Males Number of persons mass index 30.00 or 21.1 20.2 12.7<sup>E</sup> 15.0<sup>E</sup> 12.1<sup>E</sup> 26.5 Percent higher Obese, class 902<sup>E</sup> 847<sup>E</sup> 1,061<sup>E</sup> 1,329 806 1,153<sup>E</sup> 665<sup>E</sup> Number of persons I, body mass index 30.00 to 12.4<sup>E</sup> 16.1 14.0 12.1<sup>E</sup> 14.3<sup>E</sup> 18.2<sup>E</sup> 10.1<sup>E</sup> Percent 34.99 Obese, class F F F F F F Number of persons II, body mass index 35.00 to F F F F F F F Percent 39.99 Obese, class F F F F F F F Number of persons III, body mass index F F F F F F F Nunavut12 40.00 or Percent higher F **Body mass** 306 F 1,113<sup>E</sup> 1,223<sup>E</sup> 1,000<sup>E</sup> Number of persons index, not F F 15.3<sup>E</sup> 17.5<sup>E</sup> 13.5<sup>E</sup> 3.7 Percent stated Total 6,425 5,321 6,315 7,072 5,086 5,677 5,999 Number of persons population for the variable 100.0 100.0 100.0 100.0 100.0 100.0 100.0 body mass Percent index Underweight, F F F F F F F Number of persons body mass index under F F F F F F F Percent 18.50 2.211 Normal 2,097<sup>E</sup> 1,568<sup>E</sup> 1,830 2,940 2,243 2,137 Number of persons weight, body mass index 29.0 44.1 37.6 36.9 41.6 32.6<sup>E</sup> 29.5<sup>E</sup> 18.50 to Percent 24.99 Overweight, 819<sup>E</sup> 1,536 1,696 1,237 1,433 1,783E 890<sup>E</sup> Number of persons Females body mass index 25.00 to 24.3 24.0 16.7<sup>E</sup> 24.3 25.2 12.7<sup>E</sup> 29.7<sup>E</sup> Percent 29.99 Obese, body F F F 1,770 <sub>1,037</sub>E 1,439 1,129<sup>E</sup> Number of persons mass index 30.00 or F F F 25.0 20.4<sup>E</sup> 25.3 18.8<sup>E</sup> Percent higher F F F Obese, class 1,365 1,064 673<sup>E</sup> 700<sup>E</sup> Number of persons I, body mass index 30.00 to F F 11.7<sup>E</sup> F 19.3 13.2<sup>E</sup> 18.7 Percent 34.99 F F Obese, class F 258<sup>E</sup> 238 F F Number of persons II, body mass index 35.00 to F  $3.7^{\text{E}}$ F F F F 4.7 Percent 39.99 F F F F F F F Obese, class

1	III, body	Number of persons							
	mass index 40.00 or higher	Percent	F	F	F	F	F	F	F
	Body mass	Number of persons	2,881	2,392	2,595	491	360 <sup>E</sup>	F	819 <sup>E</sup>
	index, not stated	Percent	44.8	45.0	41.1	6.9	7.1 <sup>E</sup>	F	13.7

## Symbol legend:

E Use with caution

F Too unreliable to be published

## Footnotes:

- Sources: Statistics Canada, Canadian Community Health Survey (CCHS), 2000/2001, 2003, 2005 and 2007; National Population Health Survey (NPHS), 1994/1995, 1996/1997 and 1998/1999, cross sectional sample, health file (household component); National Population Health Survey (NPHS), 1994/1995 and 1996/1997, cross sectional sample, health file (North component)
- 2. 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). A definition change was implemented in 2004 to conform with Health Canada guidelines for body weight classification.
- 3. Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared.
- **4.** The index 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).
- 5. 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.
- **6.** Rates are age-standardized using the direct method and the 1991 Canadian Census population structure. The use of a standard population results in more meaningful comparisons because it adjusts for variations in population age distributions over time and across geographic areas.
- 7. 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. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
- 8. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.
- **9.** 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.
- 10. Currently produced National Population Health Survey (NPHS) data (cross sectional sample, health file, household component) make use of new coordinated bootstrap weights, and as a result confidence intervals (CI) and coefficient of variations (CV) may differ from values previously published
- **12.** Nunavut and the Northwest Territories (excluding Nunavut) came into existence on April 1, 1999. To facilitate comparisons, data presented in this table for the Northwest Territories reflect the current boundaries, showing the Northwest Territories and Nunavut as separate regions.
- 13. The following standard symbols are used in this Statistics Canada table: (...) for figures not available for a specific reference period and (...) for figures not applicable.

**Source:** Statistics Canada. *Table 105-4009 - Body mass index (BMI), by sex, household population aged 18 and over excluding pregnant females, Canada, provinces and territories, occasional*, CANSIM (database).

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

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