

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

CANSIM - Results

Table 105-4009^{1,2,3,4,5,6}

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

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) 2,3,4,5	Characteristics ^{6,7,8,9,10,13}	1994/1995	1996/1997	1998/1999	2000/2001	2003	2005	2007		
	Both sexes	Total population for the variable body mass index	Number of persons	17,629	18,822	18,577	21,785	22,027	24,085	24,003		
			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	206 ^E	F	302 ^E	F	F	F	F		
			Percent	1.2 ^E	F	1.6 ^E	F	F	F	F		
		Normal weight, body mass index 18.50 to 24.99	Number of persons	8,203	8,351	6,167	10,977	9,856	11,617	10,703		
			Percent	46.5	44.4	33.2	50.4	44.7	48.2	44.6		
		Overweight, body mass index 25.00 to 29.99	Number of persons	6,043	6,648	5,833	6,350	6,593	7,290	6,150		
			Percent	34.3	35.3	31.4	29.1	29.9	30.3	25.6		
		Obese, body mass index 30.00 or higher	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	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		
		Obese, class II, body mass index 35.00 to 39.99	Number of persons	317 ^E	491 ^E	403 ^E	775 ^E	1,085 ^E	960 ^E	1,045 ^E		
			Percent	1.8 ^E	2.6 ^E	2.2 ^E	3.6 ^E	4.9 ^E	4.0 ^E	4.4 ^E		
		Obese, class III, body mass index 40.00 or higher	Number of persons	F	F	F	F	597 ^E	519 ^E	F		
			Percent	F	F	F	F	2.7 ^E	2.2 ^E	F		
		Body mass index, not stated	Number of persons	1,377	868 ^E	4,209	654 ^E	718 ^E	467 ^E	770 ^E		
			Percent	7.8	4.6 ^E	22.7	3.0 ^E	3.3 ^E	1.9 ^E	3.2 ^E		
				Total population for the variable body mass index	Number of persons	9,221	10,084	9,787	11,180	11,077	12,154	12,087
					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		

Northwest Territories ¹²	Both sexes	Underweight, body mass index under 18.50	Number of persons	F	F	F	422 ^E	459 ^E	F	F	
			Percent	F	F	F	1.5 ^E	1.6 ^E	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 index 25.00 to 29.99	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 30.00 or higher	Number of persons	3,698	4,239	3,183	6,294	6,265	7,245	6,434	
			Percent	15.5	16.6	12.0	22.6	21.9	24.5	21.9	
		Obese, class I, body mass index 30.00 to 34.99	Number of persons	2,549	2,805 ^E	2,398	4,555	4,485	5,054	4,639	
			Percent	10.7	11.0 ^E	9.0	16.4	15.7	17.1	15.8	
	Obese, class II, body mass index 35.00 to 39.99	Number of persons	887 ^E	1,097 ^E	566 ^E	987 ^E	1,579 ^E	1,763 ^E	1,085 ^E		
		Percent	3.7 ^E	4.3 ^E	2.1 ^E	3.6 ^E	5.5 ^E	6.0 ^E	3.7 ^E		
	Obese, class III, body mass index 40.00 or higher	Number of persons	F	F	F	752	F	428 ^E	F		
		Percent	F	F	F	2.7	F	1.5 ^E	F		
	Body mass index, not stated	Number of persons	1,512 ^E	1,808 ^E	4,021	909	788 ^E	869 ^E	1,663 ^E		
		Percent	6.3 ^E	7.1 ^E	15.2	3.3	2.8 ^E	2.9 ^E	5.6 ^E		
	Males	Total population for the variable body mass index	Number of persons	12,637	13,208	13,841	14,656	14,838	15,660	15,590	
			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		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		
Overweight, body mass index 25.00 to 29.99		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		
Obese, body mass index 30.00 or higher		Number of persons	1,943 ^E	2,555 ^E	1,935	3,327	3,392	3,757	2,956		
		Percent	15.4 ^E	19.3 ^E	14.0	22.7	22.9	24.0	19.0		
Obese, class I, body mass index 30.00 to 34.99		Number of persons	1,430 ^E	1,863 ^E	1,595	2,648	2,733	2,542	2,316		
		Percent	11.3 ^E	14.1 ^E	11.5	18.1	18.4	16.2	14.9		
Obese, class II, body mass index 35.00 to 39.99		Number of persons	F	F	F	328 ^E	650 ^E	1,010 ^E	F		
		Percent	F	F	F	2.2 ^E	4.4 ^E	6.4 ^E	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 index, not stated	Number of persons	F	F	F	324 ^E	F	F	F			
	Percent	F	F	F	2.2 ^E	F	F	F			
	Total				11,182	12,284	12,693	13,138	13,767	13,871	13,854

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

	Body mass index, not stated	Number of persons	3,994	3,615	3,595	797	570 ^E	F	1,324 ^E
		Percent	29.1	29.4	26.2	5.2	5.3 ^E	F	10.5 ^E
Males	Total population for the variable body mass index	Number of persons	7,294	6,994	7,401	8,232	5,739	6,323	6,581
		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	Number of persons	2,504	2,149 ^E	2,751	3,271	2,513	2,254	3,163
		Percent	34.3	30.7 ^E	37.2	39.7	43.8	35.7	48.1
	Overweight, body mass index 25.00 to 29.99	Number of persons	2,584	2,735	2,340	2,805	1,828	2,210	2,038
		Percent	35.4	39.1	31.6	34.1	31.8	35.0	31.0
	Obese, body mass index 30.00 or higher	Number of persons	1,094 ^E	847 ^E	1,247 ^E	1,738	1,160	1,675	838 ^E
		Percent	15.0 ^E	12.1 ^E	16.8	21.1	20.2	26.5	12.7 ^E
	Obese, class I, body mass index 30.00 to 34.99	Number of persons	902 ^E	847 ^E	1,061 ^E	1,329	806	1,153 ^E	665 ^E
		Percent	12.4 ^E	12.1 ^E	14.3 ^E	16.1	14.0	18.2 ^E	10.1 ^E
	Obese, class II, body mass index 35.00 to 39.99	Number of persons	F	F	F	F	F	F	F
		Percent	F	F	F	F	F	F	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 index, not stated	Number of persons	1,113 ^E	1,223 ^E	1,000 ^E	306	F	F	F	
	Percent	15.3 ^E	17.5 ^E	13.5 ^E	3.7	F	F	F	
Females	Total population for the variable body mass index	Number of persons	6,425	5,321	6,315	7,072	5,086	5,677	5,999
		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	Number of persons	2,097 ^E	1,568 ^E	1,830	2,940	2,243	2,137	2,211
		Percent	32.6 ^E	29.5 ^E	29.0	41.6	44.1	37.6	36.9
	Overweight, body mass index 25.00 to 29.99	Number of persons	819 ^E	890 ^E	1,536	1,696	1,237	1,433	1,783 ^E
		Percent	12.7 ^E	16.7 ^E	24.3	24.0	24.3	25.2	29.7 ^E
	Obese, body mass index 30.00 or higher	Number of persons	F	F	F	1,770	1,037 ^E	1,439	1,129 ^E
		Percent	F	F	F	25.0	20.4 ^E	25.3	18.8 ^E
	Obese, class I, body mass index 30.00 to 34.99	Number of persons	F	F	F	1,365	673 ^E	1,064	700 ^E
		Percent	F	F	F	19.3	13.2 ^E	18.7	11.7 ^E
	Obese, class II, body mass index 35.00 to 39.99	Number of persons	F	F	F	258 ^E	238	F	F
		Percent	F	F	F	3.7 ^E	4.7	F	F
	Obese, class		F	F	F	F	F	F	F

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

Symbol legend:

- E Use with caution
- F Too unreliable to be published

Footnotes:

1. 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).

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