



# The Daily

Statistics Canada

Monday, November 3, 2003

Released at 8:30 a.m. Eastern time

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## MAJOR RELEASES

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- **Parent and child factors associated with youth obesity, 2000/01** 2  
Having an obese parent greatly increased the odds of obesity among adolescent boys and girls, according to a new study.
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## MAJOR RELEASES

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### Parent and child factors associated with youth obesity

2000/01

Having an obese parent greatly increased the odds of obesity among adolescent boys and girls, according to a new study.

Girls who were former smokers had higher odds of being obese than those who had never smoked, but youth smoking behaviour was not associated with obesity among boys. When the parent smoked daily, however, this increased the odds that boys would be obese.

Activity level played a role for boys: being physically inactive — or even just moderately active — increased boys' odds of obesity.

In general, the health behaviours of both boys and girls mirrored those of the responding parent.

The study is based on a subset of data from the 2000/01 Canadian Community Health Survey (CCHS). The sample comprised 4,803 girls and 4,982 boys aged 12 to 19 at the time of the interviews. Analysis is based on two independent reports from the same household: one from a 12- to 19-year-old and the other from one of his or her parents.

#### Excess weight and adolescents' self-perceptions

Close to 5% of the adolescents in this study were considered obese, based on their body mass index (BMI). In 2000/01, the proportion of boys who were obese was about twice that for girls: 6% versus 3%. Another 17% of 12- to 19-year-old boys were considered overweight, as were about 10% of the girls.

These differences between boys and girls did not always match their self-perceptions. In fact, girls were more apt to erroneously see themselves as overweight.

Slightly more than half (53%) of the girls who perceived themselves as overweight were actually neither obese nor overweight according to their BMI. In contrast, the proportion of boys who saw themselves as overweight when they did not have excess weight was 22%. However, boys were more likely than girls to see themselves in the acceptable to underweight range when they were, in fact, overweight or obese; 16% of boys who perceived their weight as normal or underweight, compared with only 6% of girls, had a BMI indicating they were overweight or obese.

#### Note to readers

*This study is the second of several on the health of Canadian children that will be released this fall in the How Healthy are Canadians? series of annual supplements to Health Reports. The articles examine the conditions that impede, as well as those that enhance, children's potential to grow up healthy.*

*This article uses self-reported cross-sectional data from the 2000/01 Canadian Community Health Survey to examine relationships between parent and adolescent weight, as well as other selected characteristics and health behaviours of both, to explore which factors are associated with youth obesity.*

*The data in this analysis are based on two independent reports: one directly from an adolescent aged 12 to 19, and another from one of his or her parents. Both the adolescent and the parent were living in the same household at the time of the survey. The sample comprises 4,803 girls and 4,982 boys. The large national sample allows for separate analysis by sex.*

*To determine excess weight for respondents (both overweight and obesity), body mass index (BMI) was used. BMI, a measure used to determine a person's weight status, is calculated by dividing weight in kilograms by height in metres squared.*

#### Parental factors

Excess weight among parents was a major factor in excess weight for adolescent boys and girls. Among girls aged 12 to 19 who lived with an obese parent, 18% were overweight and 10% were obese. The situation was similar for boys: 22% of boys with an obese parent were overweight, and 12% were obese.

Aside from weight, other parental habits were associated with those of their children. These include physical activity, smoking and eating habits — all factors that should be considered together in investigations of youth obesity.

Youth aged 12 to 19 with a reporting parent who was inactive during leisure time were more likely to be inactive themselves. And if the adolescents' parents smoked or ate fruits and vegetables relatively infrequently, the adolescents were likely to mirror these behaviours.

A subtle difference emerged between the sexes in adolescent activity during leisure time. The proportion of boys who reported being active was similar in households with an active or moderately active reporting parent. But this was not the case for girls, who were less active even when the reporting parent was moderately active. This raises the possibility that if parents' level of physical activity is mimicked by their children, then it is especially important that girls have an active role model.

Youths were most likely to smoke, either daily or occasionally, if they lived in homes where the reporting parent was also a daily smoker. Conversely, the highest proportion of adolescents who had never smoked lived in homes where the reporting parent also had never smoked.

**Parental obesity strongly associated with youth obesity**

To better understand the risk factors for youth obesity, adolescent and parental characteristics were examined together. Several factors were taken into account, such as the youth's age, leisure-time physical activity level, smoking status and daily frequency of fruit and vegetable consumption; the reporting parent's smoking status and BMI; the household income; and the reporting parent's sex. Parental obesity emerged as being strongly associated with youth obesity.

Girls who lived in the same household as an obese parent had much higher odds of being obese themselves — nearly six times as high compared with girls whose reporting parent was not obese. For boys, those with an obese parent were almost three times as likely to be obese.

Although inferences about the causes of youth obesity cannot be drawn from the CCHS cross-sectional

data, the results of this analysis do support the claim that parents can influence their children's attitudes and behaviours and play a role in the development or prevention of childhood obesity. The findings are particularly notable in light of the fact that over half (52%) of the reporting parents in this study were overweight or obese.

**Definitions, data sources and methods: survey number 3226.**

The report "Parent and child factors associated with youth obesity" (82-003-SIE, free) is now available online. The study is the second of several articles to be released this fall in the *How Healthy are Canadians?* series, an annual supplement to *Health reports* (82-003-XIE, \$17/\$48; 82-003-XPE, \$22/\$63). Other articles in the series focus on topics such as self-perceived health, children who become active, adolescent self-concept and the effects of witnessing violence. A print compendium of all articles will be released in December 2003.

For more information, or to enquire about the methods, concepts or data quality of this release, contact Gisèle Carrière (604-666-5907; [gisele.carriere@statcan.ca](mailto:gisele.carriere@statcan.ca)), Health Statistics Division. ■

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## OTHER RELEASES

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### Production and disposition of tobacco products

September 2003

The total number of cigarettes sold in September increased 5% from August to 3.4 billion. This total was down 10% from the level recorded in September 2002. The cumulative amount of cigarettes sold for the first nine months of 2003 totalled 28.7 billion, down 9% from the same period of 2002.

Cigarette production for September stood at 3.7 billion cigarettes, up 34% from August and 18% from the 3.2 billion cigarettes produced in September 2002. Cumulative production for the first nine months of 2003 was 28.1 billion cigarettes, down 11% from the same period of 2002.

In September, the level of closing inventories decreased to 3.6 billion cigarettes, down 1% from August and 19% over the level recorded for September 2002.

**Available on CANSIM: table 303-0007.**

**Definitions, data sources and methods: survey number 2142.**

The September 2003 issue of *Production and disposition of tobacco products* (32-022-XIB, \$6/\$51) is now available. See *How to order products*.

For general information, or to enquire about the concepts, methods or data quality of this release, contact the dissemination officer (1-866-873-8789; 613-951-9497; [manufact@statcan.ca](mailto:manufact@statcan.ca)), Manufacturing, Construction and Energy Division. ■

### Electric power statistics

August 2003

Data on electric power are now available for August

**Available on CANSIM: table 127-0001.**

**Definitions, data sources and methods: survey number 2151.**

For more information, or to enquire about the concepts, methods or data quality of this release,

contact the dissemination officer (1-866-873-8789; 613-951-9497; [energ@statcan.ca](mailto:energ@statcan.ca)), Manufacturing, Construction and Energy Division. ■

### Crude oil

First quarter 2003

Data on the supply and disposition of crude oil and equivalent hydrocarbons, gas use, reprocessing and supply of processing plant products, are now available for the first quarter of 2003.

**Available on CANSIM: tables 126-0001 and 131-0002.**

**Definitions, data sources and methods: survey number 2198.**

For more information, or to enquire about the concepts, methods or data quality of this release, contact the dissemination officer (1-866-873-8789; 613-951-9497; [energ@statcan.ca](mailto:energ@statcan.ca)), Manufacturing, Construction and Energy Division. ■

### Steel primary forms — weekly data

Week ending October 25, 2003 (preliminary)

Steel primary forms production for the week ending October 25 totalled 317 183 metric tonnes, up 3.1% from 307 651 tonnes a week earlier and 4.0% from 305 015 tonnes in the same week of 2002.

The year-to-date total as of October 25 was 12 845 696 tonnes, down 2.3% from 13 153 741 tonnes in the same period of 2002.

**Definitions, data sources and methods: survey number 2131.**

For more information, or to enquire about the concepts, methods or data quality of this release, contact the dissemination officer (1-866-873-8789; 613-951-9497; [manufact@statcan.ca](mailto:manufact@statcan.ca)), Manufacturing, Construction and Energy Division. ■

## NEW PRODUCTS

**Production and disposition of tobacco products,**  
September 2003, Vol. 32, no. 9  
Catalogue number 32-022-XIB (\$6/\$51).

**Canadian Foreign Post Indexes,** November 2003  
Catalogue number 62-013-XIE  
(free).

**Health report - supplement: Parent and child factors  
associated with youth obesity,** 2003  
Catalogue number 82-003-SIE  
(free).

**Longitudinal Survey of Immigrants to Canada:  
Process, progress and prospects,** 2001  
Catalogue number 89-611-XIE  
(free).

**All prices are in Canadian dollars and exclude sales  
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Statistics Canada

Thursday, June 9, 1997  
For release at 9:30 a.m.



**MAJOR RELEASES**

- **Urban transit, 1996** 2  
Despite the emphasis on taking urban transit, Canadians are using it less and less. In 1996, about 46 million Canadians took an average of about 45 trips on some form of urban transit, the lowest level in the past 25 years.
- **Productivity, hourly compensation and unit labour cost, 1996** 4  
Growth in productivity among Canadian businesses was relatively weak again in 1996, accompanied by sluggish gains in employment and slow economic growth during the year.

**OTHER RELEASES**

- **Measures of price** May 1997 3
- **Short-term Expectations Survey** 3
- **Steel primary forms, week ending May 31, 1997** 12
- **EQB production, April 1997** 12

**PUBLICATIONS RELEASED** 11



### Statistics Canada's official release bulletin

Catalogue 11-001-XIE.

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# The Daily

## Statistics Canada

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<b>2001 Census technical report: Age, sex, marital status and common-law status</b>		October 28, 2003
<b>2001 Census topic-based tabulations (various levels of geography)</b>		October 14, 2003 October 29, 2003
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<b>Aircraft movement statistics</b>	August 2003 September 2003	October 2, 2003 October 31, 2003
<b>Aircraft movement statistics: Major airports</b>	July 2003	October 17, 2003
<b>Alberta Aboriginal Labour Force Survey: Pilot Project</b>	March to September 2003	October 10, 2003
<b>Aquaculture statistics</b>	2002	October 30, 2003
<b>Asphalt roofing</b>	September 2003	October 30, 2003
<b>Building permits</b>	August 2003	October 6, 2003
<b>Cable and satellite television</b>	2002	October 24, 2003
<b>Canada's international transactions in securities</b>	August 2003	October 20, 2003
<b>Canadian economic observer</b>	October 2003	October 23, 2003
<b>Canadian international merchandise trade</b>	August 2003	October 10, 2003
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<b>Coal and coke statistics</b>	July 2003	October 7, 2003
<b>Construction type plywood</b>	August 2003	October 17, 2003



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<b>Crushing statistics</b>	September 2003	October 22, 2003
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