

Health Fact Sheets

Overweight and obese adults (self-reported), 2014



Statistics
Canada Statistique
Canada

Canada

How to obtain more information

For information about this product or the wide range of services and data available from Statistics Canada, visit our website, www.statcan.gc.ca.

You can also contact us by

email at STATCAN.infostats-infostats.STATCAN@canada.ca

telephone, from Monday to Friday, 8:30 a.m. to 4:30 p.m., at the following numbers:

- Statistical Information Service 1-800-263-1136
- National telecommunications device for the hearing impaired 1-800-363-7629
- Fax line 1-514-283-9350

Depository Services Program

- Inquiries line 1-800-635-7943
- Fax line 1-800-565-7757

Standards of service to the public

Statistics Canada is committed to serving its clients in a prompt, reliable and courteous manner. To this end, Statistics Canada has developed standards of service that its employees observe. To obtain a copy of these service standards, please contact Statistics Canada toll-free at 1-800-263-1136. The service standards are also published on www.statcan.gc.ca under “Contact us” > “Standards of service to the public.”

Note of appreciation

Canada owes the success of its statistical system to a long-standing partnership between Statistics Canada, the citizens of Canada, its businesses, governments and other institutions. Accurate and timely statistical information could not be produced without their continued co-operation and goodwill.

Standard table symbols

The following symbols are used in Statistics Canada publications:

- not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- ^P preliminary
- ^r revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F too unreliable to be published
- * significantly different from reference category ($p < 0.05$)

Published by authority of the Minister responsible for Statistics Canada

© Minister of Industry, 2015

All rights reserved. Use of this publication is governed by the Statistics Canada [Open Licence Agreement](#).

An HTML version is also available.

Cette publication est aussi disponible en français.

Overweight and obese adults (self-reported), 2014

Obesity has been linked with many chronic diseases, including hypertension, type 2 diabetes, cardiovascular disease, osteoarthritis and certain types of cancer.¹

To assess the health risks of obesity, the World Health Organization and Health Canada use guidelines based on Body Mass Index² (BMI), a measure that examines weight in relation to height. BMI (Body Mass Index) is defined as weight in kilograms divided by the square of the height in meters (Table 1). BMI (Body Mass Index) is calculated for the population aged 18 and older, excluding pregnant women, and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres).

Table 1
Weight ranges for underweight, normal weight, overweight and obese for selected heights

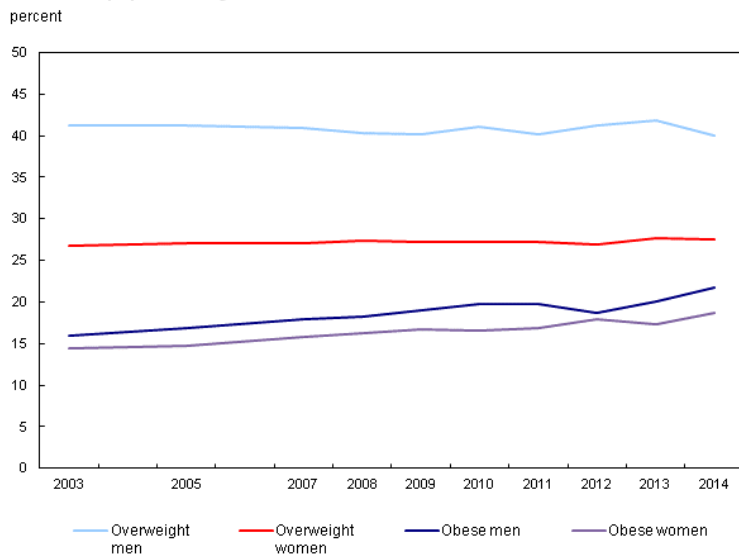
Height	Underweight [‡]	Normal weight	Overweight [‡]	Obese ^{‡‡}
5'4"	less than 107.5 lb	107.6 to 145.2 lb	145.3 to 174.3 lb	174.4 lbs or more
5'8"	less than 121.3 lb	121.4 to 164.0 lb	164.1 to 196.8 lb	196.9 lbs or more
6'0"	less than 136.0 lb	136.1 to 183.8 lb	183.9 to 220.6 lb	220.7 lbs or more
1.63 m	less than 48.8 kg	48.9 to 66.0 kg	66.1 to 79.2 kg	79.3 kg or more
1.73 m	less than 55.1 kg	55.2 to 74.5 kg	74.6 to 89.4 kg	89.5 kg or more
1.83 m	less than 61.8 kg	61.9 to 83.5 kg	83.6 to 100.2 kg	100.3 kg or more

[‡] increased risk of health problems
^{‡‡} high to extremely high risk of health problems

In 2014, 20.2% of Canadians aged 18 and older, roughly 5.3 million adults, reported height and weight that classified them as obese. The rate of obesity among men increased to 21.8% in 2014 from 20.1% in 2013, and is the highest obesity rate for men reported since 2003 (in 2003, 16.0% of males were obese). Among women, the rate of obesity in 2014 (18.7%) was an increase over 2013 and also up significantly from 2003 when it was 14.5% (Chart 1).

The rate of adults who reported height and weight that classified them as overweight in 2014 was 40.0% for men and 27.5% for women. The percentage of men who were overweight was about the same as 2012, but was a decrease from 41.9% in 2013. The rate among women has been stable since 2003 (Chart 1).

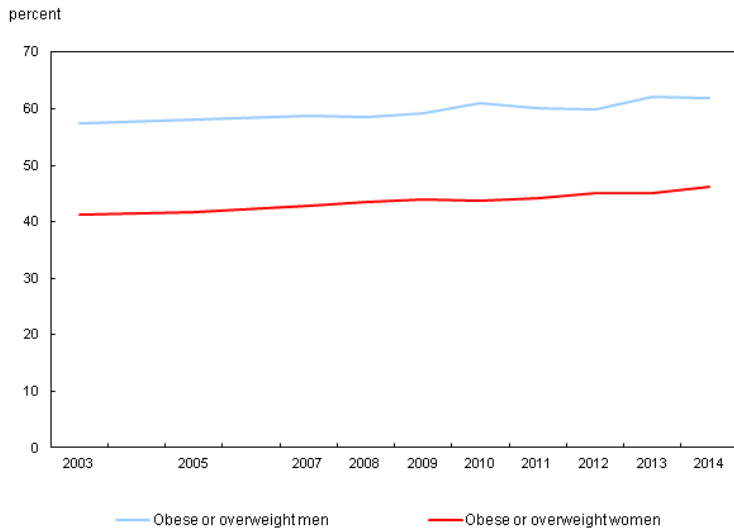
Chart 1
Percentage who were obese and overweight (self-reported), by sex, household population aged 18 and older, Canada, 2003 to 2014



Source: Canadian Community Health Survey, 2003, 2005, 2007 to 2014.

When those who were classified as obese were combined with those who were overweight, 61.8% of men (8.2 million) and 46.2% of women (6.1 million) had an increased health risk because of excess weight. The combined rate of overweight and obese women has remained stable since 2009, though has increased from 2003 when it was 57.3% of men and 41.3% of women (Chart 2).

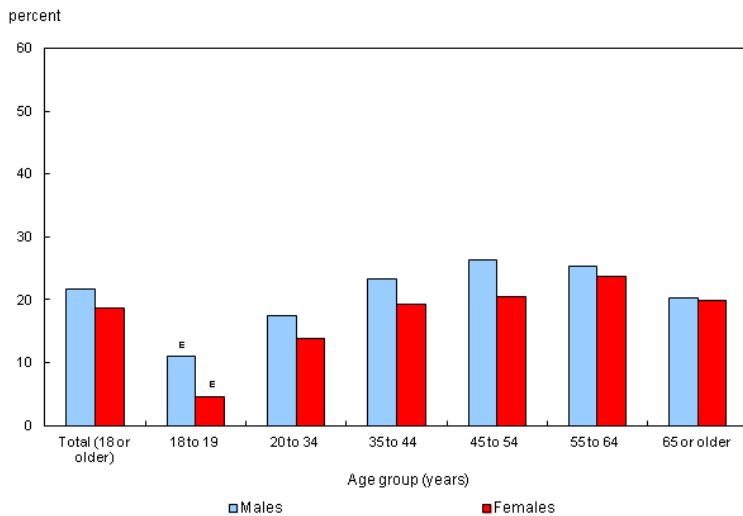
Chart 2
Percentage who were obese or overweight (self-reported), by sex, household population aged 18 and older, Canada, 2003 to 2014



Source: Canadian Community Health Survey, 2003, 2005, 2007 to 2014.

Between the ages of 18 and 54, significantly more men than women were obese.³ After age 54, the rate of obesity was about the same for men and women. Among both sexes, those aged 18 to 19 had the lowest obesity rate (Chart 3).

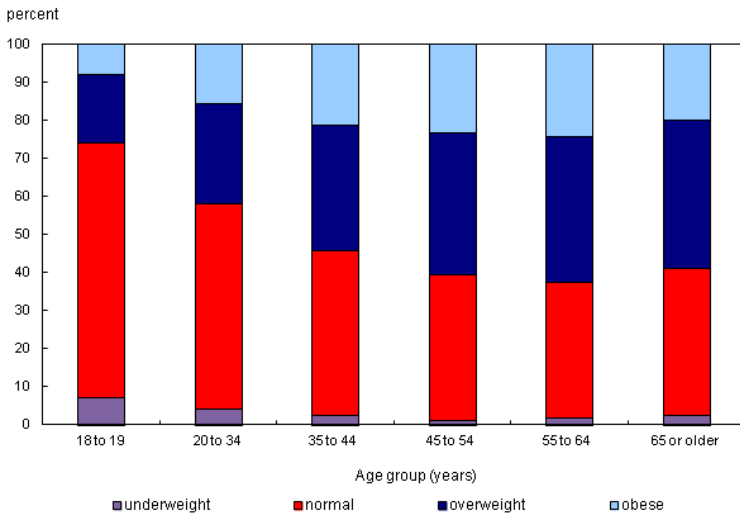
Chart 3
Percentage who were obese (self-reported), by age group and sex, household population aged 18 or older, Canada 2014



^E use with caution (these data have a coefficient of variation from 16.6% to 33.3%)
 Source: Canadian Community Health Survey, 2014.

In 2014, the percentage of Canadians who were overweight or obese increased between the ages of 18 and 54, while the percentage of Canadians underweight decreased between the ages of 18 and 54 (Chart 4). People whose height and weight classifies them as underweight are also considered to have increased health risks.⁴

Chart 4
Percentage who were underweight, normal weight, overweight and obese (self-reported), by age group, household population 18 or older, Canada, 2014



Source: Canadian Community Health Survey, 2014.

The proportion of residents who were obese was **lower than** the national average (20.2%) in:

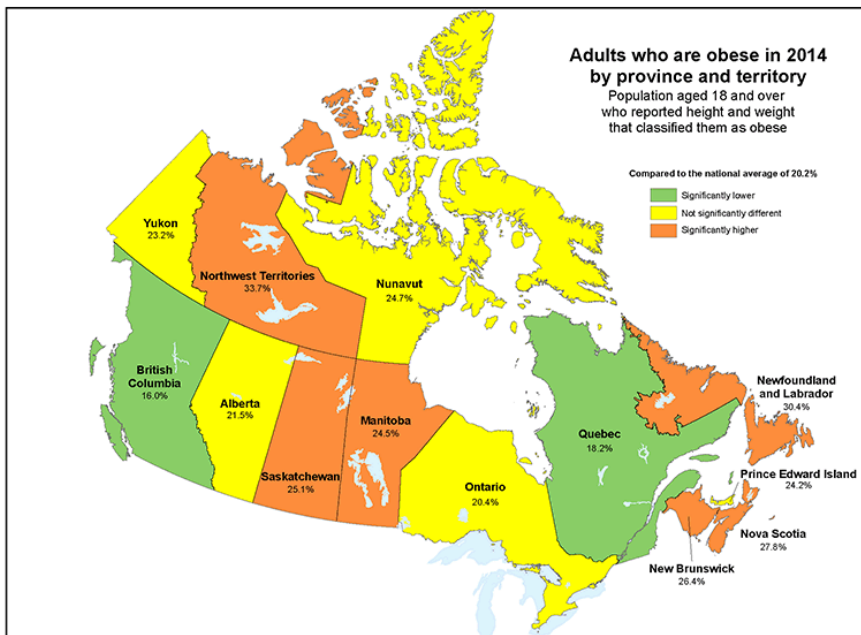
- Quebec (18.2%)
- British Columbia (16.0%)

The proportion of residents who were obese was **higher than** the national average in:

- Newfoundland and Labrador (30.4%)
- Nova Scotia (27.8%)
- New Brunswick (26.4%)
- Manitoba (24.5%)
- Saskatchewan (25.1%)
- Northwest Territories (33.7%)

Residents of Prince Edward Island, Ontario, Alberta, Yukon, and Nunavut reported rates of obesity that were about the same as the national average (Figure 1).

Figure 1
 Adults who are obese in 2014 by province or territory



Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2014.

Notes

- 1 Tjepkema, Michael. 2006. “ Adult Obesity.” *Health Reports. Vol. (Volume) 17, no. (number) 3.* August. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 9. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2006/9276-eng.pdf>.
- 2 Measures of BMI (Body Mass Index) can be used to understand how the weight of a population changes over time and how weight is related to health risks. However, while BMI (Body Mass Index) is useful to monitor the health of a population, it does not necessarily reflect health risks for a person. Individuals should be cautious if using BMI (Body Mass Index) to classify themselves since this measure is not as precise for predicting health risks for people who are naturally very lean or muscular, or people from certain minority ethnic groups.

The results shown here are based on height and weight as reported by Canadians. Comparisons of self-reported height and weight with actual measurements have shown that women are more likely to underestimate their weight, while men tend to overestimate their height. Moreover, under-reporting of weight increases proportionately with actual weight. In other words, the more overweight a person is, the more likely they are to under-report their weight (see “ Estimates of obesity based on self-report versus direct measures” in Health Reports).
- 3 Note that the rates of obesity for males and females aged 18-19 had coefficients of variation between 16.6% and 33.3%; interpret with caution.
- 4 Gilmore, Jason. 1999. “ Body mass index and health.” *Health Reports. Vol. (Volume) 11, no. (number) 1.* August. Statistics Canada Catalogue no. (number) 82-003. <http://www.statcan.gc.ca/pub/82-003-x/1999001/article/4644-eng.pdf>.

References

- Connor Gorber, Sarah, Shields, Margot, Tremblay, Mark S., McDowell, Ian. 2008. “ The feasibility of establishing correction factors to adjust self-reported estimates of obesity.” *Health Reports. Vol. 19, no. (number) 3.* September. Statistics Canada Catalogue no. (number) 82-003. <http://www.statcan.gc.ca/pub/82-003-x/2008003/article/10680-eng.pdf>.
- Garriguet, Didier. 2008. “ Obesity and the eating habits of the Aboriginal population.” *Health Reports. Vol. 19, no. (number) 1.* March. Statistics Canada Catalogue no. (number) 82-003. <http://www.statcan.gc.ca/pub/82-003-x/2008001/article/10487-eng.pdf>.
- Le Petit, Christel, Berthelot, Jean-Marie. 2006. “ Obesity—a growing issue.” *Health Reports. Vol. 17, no. (number) 3.* August. Statistics Canada Catalogue no. (number) 82-003. p. 43–50. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2006/9278-eng.pdf>.
- Orpana, Heather M., Tremblay, Mark S., Finès, Philippe. 2007. “ Trends in weight change among Canadian adults.” *Health Reports. Vol. 18, no. (number) 2.* May. Statistics Canada Catalogue no. (number) 82-003. <http://www.statcan.gc.ca/pub/82-003-x/2006005/article/trends-tendances/9633-eng.pdf>.
- Shields, Margot, Connor Gorber, Sarah, Tremblay, Mark S. 2008. “ Estimates of obesity based on self-report versus direct measures.” *Health Reports. Vol. 19, no. (number) 2.* June. Statistics Canada Catalogue no. (number) 82-003. <http://www.statcan.gc.ca/pub/82-003-x/2008002/article/10569-eng.pdf>.
- Shields, Margot, Connor Gorber, Sarah, Tremblay, Mark S. 2008. “ Effects of measurement on obesity and morbidity.” *Health Reports. Vol. 19, no. (number) 2.* June. Statistics Canada Catalogue no. (number) 82-003. <http://www.statcan.gc.ca/pub/82-003-x/2008002/article/10564-eng.pdf>.
- Shields, Margot, Tremblay, Mark S. 2008. “ Screen time among Canadian adults: A profile.” *Health Reports. Vol. 19, no. (number) 2.* June. Statistics Canada Catalogue no. (number) 82-003. <http://www.statcan.gc.ca/pub/82-003-x/2008002/article/10600-eng.pdf>.
- Shields, Margot, Tremblay, Mark S. 2008. “ Sedentary behaviour and obesity among Canadian adults.” *Health Reports. Vol. 19, no. (number) 2.* June. Statistics Canada Catalogue no. (number) 82-003. <http://www.statcan.gc.ca/pub/82-003-x/2008002/article/10599-eng.pdf>.
- Shields, Margot. 2006. “ Overweight and obesity among children and youth.” *Health Reports. Vol. (Volume) 17, no. (number) 3.* August. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 27–42. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2006/9277-eng.pdf>.
- Shields, Margot, Tjepkema, Michael. 2006. “ Trends in adult obesity.” *Health Reports. Vol. (Volume) 17, no. (number) 3.* August. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 53–59. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2006/9279-eng.pdf>.
- Shields, Margot, Tjepkema, Michael. 2006. “ Regional differences in obesity.” *Health Reports. Vol. (Volume) 17, no. (number) 3.* August. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 61–67. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2006/9280-eng.pdf>.
- Tjepkema, Michael. 2006. “ Adult Obesity.” *Health Reports. Vol. (Volume) 17, no. (number) 3.* August. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 9–24. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2006/9276-eng.pdf>.
- Tremblay, Mark S., Pérez, Claudio E., Arden, Chris I., Bryan, Shirley N., Katzmarzyk, Peter T. 2005. “ Obesity, overweight and ethnicity.” *Health Reports. Vol. (Volume) 16, no. (number) 4.* June. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 23–34. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2005/8041-eng.pdf>.
- Wilkins, Kathryn, de Groh, Margaret. 2005. “ Body mass and dependency.” *Health Reports. Vol. (Volume) 17, no. (number) 1.* November. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 27–39. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2005/8708-eng.pdf>.

Data

Additional data from the Canadian Community Health Survey are available from CANSIM tables 105–0501.