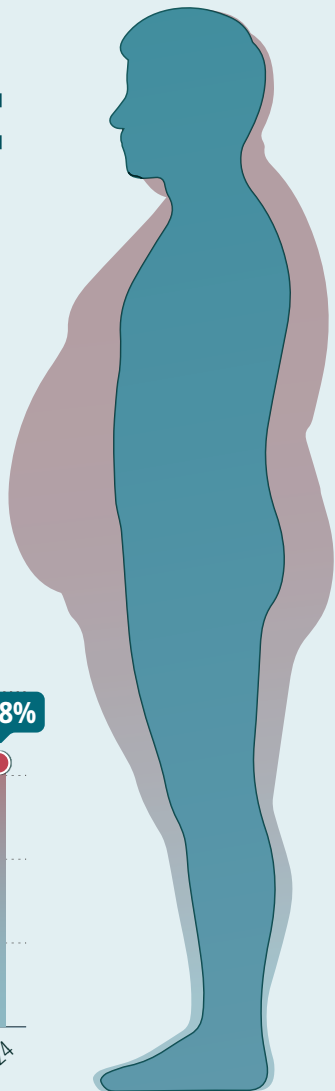
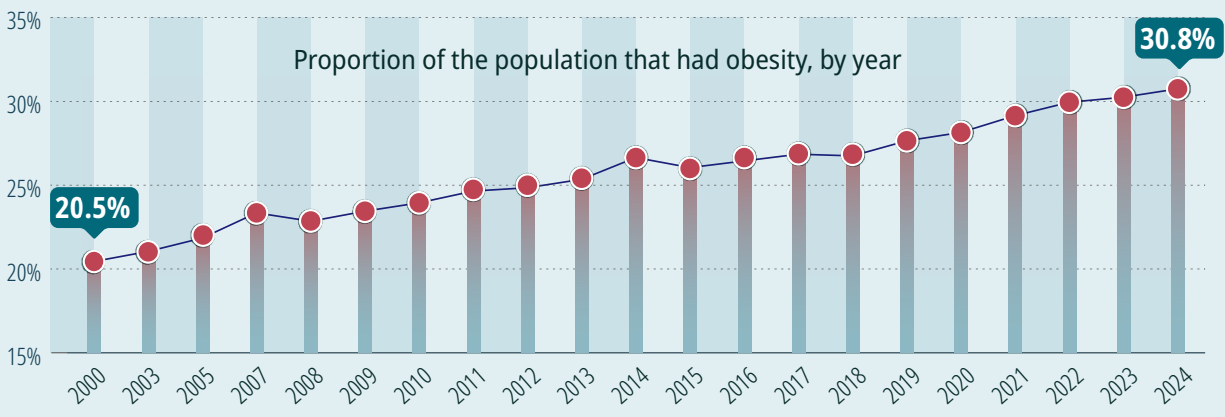


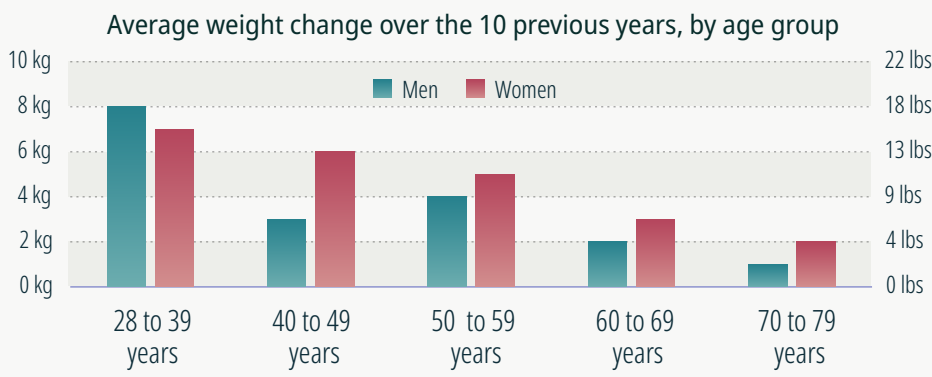
# WEIGHT CHANGE OVER TIME AND OBESITY IN CANADA

Over the past few decades, obesity has become more prevalent in Canada. Here's a look at how the weight of Canadians has evolved over time and the effects of obesity on health.

 In 2024, about 1 in 3 adults aged 18 and older had obesity, versus 1 in 5 adults in 2000



## Canadian adults gain more weight in the first few decades of adulthood than in later years



**Obesity**

A person is considered to have **obesity** if their BMI is **30.0 kg/m<sup>2</sup> or higher**.<sup>1</sup>

|                                                                                                         | Increased risk of selected chronic health conditions compared with people who never had obesity | Did not have obesity at the time of the survey but did in the past | Had obesity at the time of the survey and in the past |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------|
|  Heart disease       |                                                                                                 | 1.8× higher                                                        | 2.0× higher                                           |
|  High blood pressure |                                                                                                 | 2.4× higher                                                        | 3.8× higher                                           |
|  Type 2 diabetes     |                                                                                                 | 3.3× higher                                                        | 5.4× higher                                           |

A history of obesity is associated with a number of chronic conditions. The odds of having a chronic health condition increase the longer someone has obesity.

1. The body mass index is a ratio of a person's weight to height. It is calculated by dividing the person's weight in kilograms by the square of their height in metres.

**Sources:** Statistics Canada, Canadian Health Measures Survey, 2007 to 2011 and 2022 to 2024, Canadian Community Health Survey, 2024; Colley, Rachel C., T. Bushnik and J. Barnes, 2025, "The health consequences of obesity history and weight fluctuations in adulthood," *Health Reports*, Statistics Canada Catalogue no. 82-003-X.

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