Obesity (Age 18 and Older)

Name	Obesity (Age 18 and Older)
Short/Other Names	Percentage of Adults Considered Obese, Self-Reported
Description	This indicator measures the percentage of adults who are considered to be obese (body mass index higher than 30), based on self-reported height and weight.
Interpretation	High results are undesirable.
HSP Framework Dimension	Social Determinants of Health: Biological, material, psychosocial and behavioural factors
Areas of Need	Not applicable
Geographic Coverage	All provinces/territories
Reporting Level /Disaggregation	National, Province/Territory, Region
Indicator Results	Accessing Indicator Results on Your Health System: In Depth (PDF)

Identifying Information

Name	Obesity (Age 18 and Older)
Short/Other Names	Percentage of Adults Considered Obese, Self-Reported

Indicator Description and Calculation

Description	This indicator measures the percentage of adults who are considered to be obese (body mass index higher than 30), based on self-reported height and weight.
Calculation: Description	Population age 18 and older considered obese divided by the total population age 18 and older
	Population estimates are based on weighted survey responses to reflect the total population.
Calculation: Geographic Assignment	Place of residence
Calculation: Type of Measurement	Percentage or proportion
Calculation: Adjustment Applied	None
Calculation: Method of Adjustment	Not applicable
Denominator	**Description:** Population age 18 and older (based on weighted survey responses) **Exclusions:** 1. Pregnant females and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres) tall 2. Non-response categories (refusal, don't know and not stated) are excluded.
Numerator	**Description:** Population age 18 and older with body mass index (BMI) greater than or equal to 30.00 kg/m^2, based on self-reported height and weight (based on weighted survey responses) BMI is calculated by dividing the respondent's body weight (in kilograms) by his or her height (in metres) squared. Given that the literature shows self-reported data among adults underestimates weight and overestimates height, the CCHS applied BMI correction equations to the obesity estimates. According to World Health Organization (WHO) and Health Canada guidelines, the index for body weight classification is as follows: • 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

Background, Interpretation and Benchmarks

Rationale	The prevalence of obesity has been increasing in Canada, and obesity is a risk factor for chronic diseases and cancer. Factors associated with obesity include dietary behaviours, physical inactivity and characteristics of the environment such as access to active modes of transportation and healthy foods.
Interpretation	High results are undesirable.
HSP Framework Dimension	Social Determinants of Health: Biological, material, psychosocial and behavioural factors

Areas of Need	Not applicable
Targets /Benchmarks	Not applicable
References	Cole TJ, Bellizzi MC, Flegal KM, Dietz WH. Establishing a standard definition for child overweight and obesity worldwide: International survey. *British Medical Journal.* 2000. Health Canada. *Canadian Guidelines for Body Weight Classification in Adults — Quick Reference Tool for Professionals.* 2003. Statistics Canada. Canadian Community Health Survey — Annual component (CCHS). Accessed February 20, 2020. Statistics Canada. Health characteristics, two-year period estimates. Accessed February 20, 2020.

Availability of Data Sources and Results

Data Sources	CCHS, Statistics Canada, Statistics Canada, Table 13-10-0113-01: Health characteristics, two-year period estimates (by age group and sex, Canada, provinces, territories and health regions).
Available Data Years	**Type of Year:** Calendar **First Available Year:** 2017 **Last Available Year:** 2018
Geographic Coverage	All provinces/territories
Reporting Level /Disaggregation	National, Province/Territory, Region

Result Updates

Update Frequency	Every year
Indicator Results	**Web Tool:** Your Health System: In Depth **URL:** Accessing Indicator Results on Your Health System: In Depth (PDF)
Updates	Not applicable

Quality Statement

Caveats and Limitations	Self-reported height and weight generally underestimate BMI. Using data from the 2005 Canadian Community Health Survey (CCHS) subsample, where both measured and self-reported height and weight were collected, Statistics Canada developed BMI correction equations that were applied in these estimates. This indicator is calculated based on 2 years of pooled data from 2017 and 2018. Data for the CCHS is collected yearly from a sample of approximately 65,000 respondents. Table 13-10-0113-01 presents estimates from 2-year combined data and features estimates for all provinces and territories as well as for health regions. The 2-year combined data has higher precision (less variability) than annual estimates; annual CCHS estimates are not available at the health region level. Some values have data quality flags that indicate "use with caution" or "suppressed" due to high coefficients of variation: health regions with small populations and results disaggregated by age group or sex within small regions. The CCHS covers the population age 12 and older living in the 10 provinces and 3 territories. Excluded from the survey's coverage are: • Persons living on reserves and in other Indigenous settlements in the provinces • Full-time members of the Canadian Forces • The population of institutionalized persons • Persons living in 2 Quebec health regions: Nunavik Region and Terres-Cries-de-la-Baie-James Region Altogether, these exclusions represent less than 3% of the Canadian population age 12 and older.
Trending Issues	As a result of a redesign in 2015, the CCHS has a new collection strategy and sample design. For this reason, Statistics Canada does not recommend making comparisons with CCHS data from 2001 to 2014. In addition to the 2015 CCHS redesign, a definition change was implemented in 2004 to conform with WHO and Health Canada guidelines for body weight classification. The index is calculated for the population age 18 and older, excluding pregnant females and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres) tall.

Data for Ontario's local health integration networks and British Columbia's regional health authorities was received from Statistics Canada through custom tabulation requests:

Source: Statistics Canada. Selected CCHS Indicators for Ontario by Local Health Integration Network and British Columbia Regional Health Authority, 2017–2018. January 2020. Reproduced and distributed on an "as is" basis with the permission of Statistics Canada.

Indicator results are also available in

Comments

- Your Health System: In Brief
- OECD Interactive Tool

Please note that these results are calculated based on the population age 15+.

- Health Inequalities Interactive Tool

Please note that these results are calculated based on age-standardization to the 2011 Canadian standard population.