

## Definition/Description:

Percent of the population aged 18 and over who were identified as having a Body Mass Index value of 25.0-29.0, considered as being overweight, and 30.0 or greater, considered as being obese.

Body mass index (BMI) - Canadian standard, which relates weight to height, is a common method of determining if an individual's weight is in a healthy range based on their height. (NOTE: BMI is calculated as follows: weight in kilograms divided by height in metres squared.) The index is: less than 18.5 (underweight), 18.5-24.9 (normal weight), 25.0-29.9 (overweight) and greater than 30.0 (obese). The index is calculated for those aged 18 and over excluding pregnant women and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres).

It is important to remember that this is a derived variable, based on two values (height and weight) provided by the respondent.

## Source:

Statistics Canada, Canadian Community Health Survey Cycle 2.1, 2003

## Findings:

### Population Considered Overweight and Obese

	Sex	Geography	Per Cent	Low 95% confidence interval - per cent	High 95% confidence interval - per cent
BMI 25.0-29.9 (Overweight)	Both	Canada	33.3	32.9	33.7
		Manitoba	35.0	32.9	37.1
		Winnipeg Health Region	34.4	31.1	37.6
	F	Canada	25.7	25.1	26.2
		Manitoba	27.7	25.1	30.2
		Winnipeg Health Region	27.2	23.3	31.1
	M	Canada	41.0	40.4	41.6
		Manitoba	42.5	39.4	45.5
		Winnipeg Health Region	41.8	37.3	46.3
BMI 30.0 or higher (Obese)	Both	Canada	14.9	14.6	15.2
		Manitoba	18.0	16.4	19.6
		Winnipeg Health Region	16.5	14.0	18.9
	F	Canada	13.9	13.4	14.3
		Manitoba	16.5	14.3	18.7
		Winnipeg Health Region	15.1	11.8	18.3
	M	Canada	15.9	15.5	16.3
		Manitoba	19.6	17.4	21.8
		Winnipeg Health Region	18.0	14.6	21.3

**Highlights:**

- Overall, 34.4% or approximately one third of WHR residents are considered overweight based on the Canadian BMI index.
- A significantly larger percentage of males (41.8%) fall within the overweight range, when compared to females (27.2%).
- Based on the Canadian BMI index, one sixth or 16.5% of WHR residents are considered to be obese.
- In the WHR, 18.0% of males and 15.1% females are obese than females (18.0% vs 15.1%, respectively).
- The values for the WHR population considered to be overweight, and also those considered obese, are very similar to those of Canada as a whole, but are lower than those for Manitoba as a whole.
- This indicator should be considered along with the 'dietary practices' indicator and the 'physical activity' indicator, given the latter two can impact BMI.