

# StatsUpdate

**Topic:** **Adult Body Mass Index**  
2011  
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**Background:** In 2011, **58%** of the population in Nunavut's 10 largest communities aged 18 years and over, reported height and weight that classified them as overweight. From 2003 to 2011, overweight or obesity among men rose from **57%** to **60%** and among women, from **41%** to **44 %**.

In Canada, **52%** of the population aged 18 years and over reported height and weight that classified them as overweight.

## Detail:

**Percentage of People Who Reported Themselves as Overweight or Obese, 18 Years and Over, by Provinces and Territories, 2003, 2005, 2007, 2008, 2009, 2010 and 2011.**

	2003	2005	2007	2008	2009	2010	2011
	%						
<b>Nunavut - 10 largest communities</b>	<b>51</b>	<b>59</b>	<b>51</b>	<b>62</b>	<b>51</b>	<b>60</b>	<b>58</b>
<b>Canada</b>	<b>49</b>	<b>50</b>	<b>51</b>	<b>51</b>	<b>52</b>	<b>52</b>	<b>52</b>
Newfoundland and Labrador	61	63	63	64	65	63	69
Prince Edward Island	60	61	60	60	59	57	58
Nova Scotia	56	58	58	63	60	61	61
New Brunswick	57	60	59	61	63	63	59
Quebec	48	47	49	48	49	52	50
Ontario	50	50	52	52	51	53	52
Manitoba	55	55	56	55	58	61	58
Saskatchewan	57	58	56	60	59	59	59
Alberta	51	52	53	52	55	52	52
British Columbia	43	46	44	45	45	44	47
Whitehorse	52	49	53	51	54	52	55
Northwest Territories	55	59	59	63	63	54	61

**Source:** Statistics Canada, Canadian Health Survey, CANSIM # 105-0501

Body mass index (BMI) is a method of classifying body weight according to health risk. According to the World Health Organization (WHO) and Health Canada guidelines, health risk levels are associated with each of the following BMI categories: normal weight = least health risk; underweight and overweight = increased health risk; obese, class I = high health risk; obese, class II = very high health risk; obese, class III = extremely high health risk.

Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared

**Note:** Since 2007, data for the Canadian Community Health Survey (CCHS) are collected yearly instead of every two years.

For more statistical information, visit our website at <http://www.gov.nu.ca/eia/stats/index.html>.