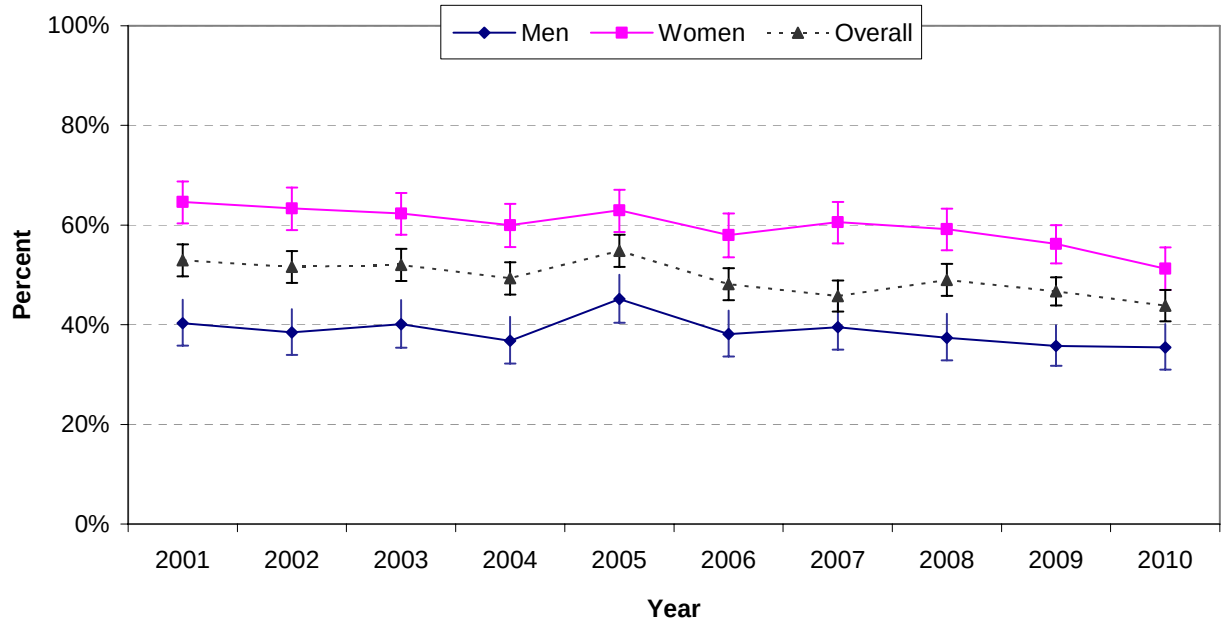
Adult Body Mass Index

This summary focuses on the percent of York Region adults considered normal weight and overweight or obese based on self-reported measures of height and weight.

Ontario Public Health Standards, Chronic Diseases and Injuries Program Standard, Chronic Disease Prevention – Req 1.

York Region Adults of Normal Weight Status, 2001-2010

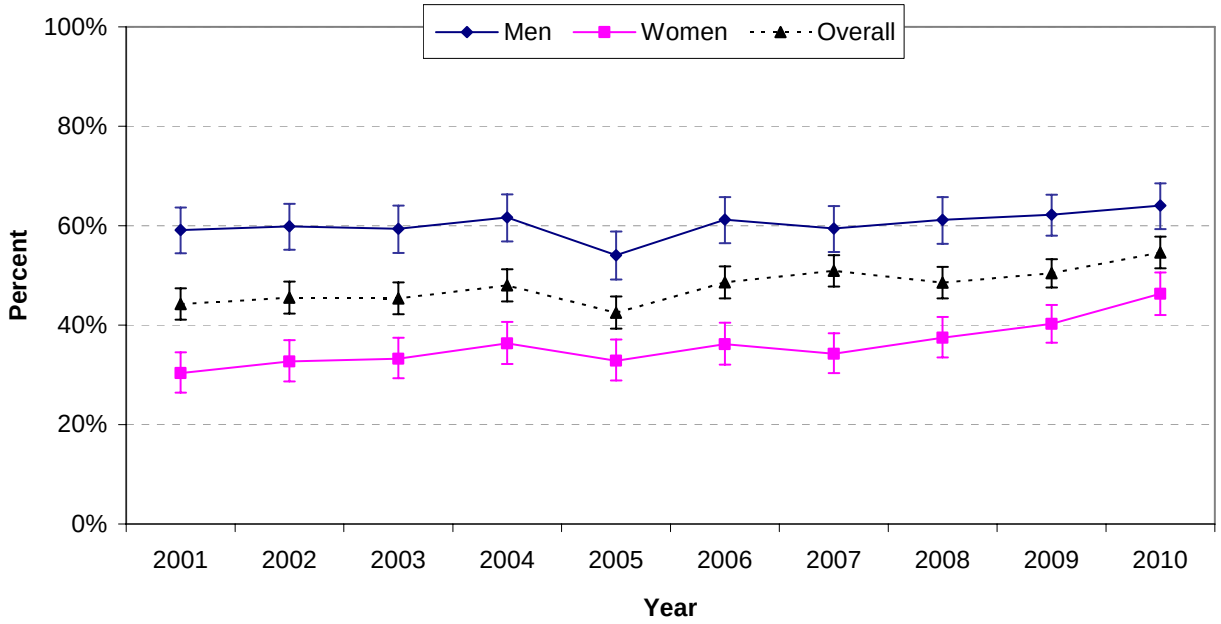


Data Source: Rapid Risk Factor Surveillance System, January 2001 – December 2010. (Sample Sizes by Year: 2001 n=1116, 2002 n=1099, 2003 n=1097, 2004 n=1097, 2005 n=1094, 2006 n=1104, 2007 n=1136, 2008 n=1111, 2009 n=1394, 2010 n=1134).

Interpretation:

- According to self-report height and weight measurements, 44% (±3) of York Region adults were considered to be of normal weight in 2010, with a BMI between 18.5 and 24.9. This percentage appears to be decreasing over time as the 2010 rate was statistically lower than 2001, 2002, 2003 and 2005 rates.
- Consistent across all years, women were significantly more likely than men to be considered normal weight (51% (±4) and 35% (±5) respectively in 2010).
- In general, residents aged 18 to 34 years were more likely to be of normal weight status compared to their older counterparts over the age of 45 years (data not shown). This result is consistent across all years with the exception of 2001.
- The percentage of York Region adults who were considered to be underweight was less than 5% for all ten years of data collection (data not shown).

York Region Adults of Overweight or Obese Status, 2001-2010



Data Source: Rapid Risk Factor Surveillance System, January 2001 – December 2010. (Sample Sizes by Year: 2001 n=1116, 2002 n=1099, 2003 n=1097, 2004 n=1097, 2005 n=1094, 2006 n=1104, 2007 n=1136, 2008 n=1111, 2009 n=1394, 2010 n=1134).

Interpretation:

- According to self-report height and weight measurements, 55% (±3) of York Region adults were considered to be overweight or obese in 2010, with a BMI of 25 or higher. The percentage appears to be increasing over time as the 2010 rate was statistically higher than the yearly rates from 2001 to 2005.
- Consistent across all years, men were significantly more likely than women to be considered overweight or obese (64% (±5) and 46% (±4) respectively in 2010).
- The percentage of women considered overweight or obese appears to be increasing over time as the rate in 2010 was statistically higher than the yearly rates from 2001 to 2008. Conversely, the percentage of men considered overweight or obese does not appear to be changing over time.
- In general, residents aged 18 to 34 years were less likely to be overweight or obese compared to their older counterparts over the age of 45 years (data not shown). This result is consistent across all years with the exception of 2001.

Data Notes: Rapid Risk Factor Surveillance System (RRFSS), [January 2001 – December 2010 (variable BMICAT_ISR)]. For more information on RRFSS, visit http://www.rrfss.ca/

Adults represent individuals aged 18 years or older. This telephone survey was only administered in English, using a random digit dialling methodology and data are weighted for probability of selection in households of different size. Survey indicators based on self-reported information and may be subject to biases, such as recall bias or social desirability bias, or result in high non-response.

BMI is considered the most useful measurement tool to determine overweight and obesity and to indicate the risk of developing chronic health problems associated with under or excess weight. For adults, it is calculated by dividing body weight in kilograms by height in metres squared. Individuals are considered to be underweight if their BMI <18.5, of normal weight if their BMI=18.5-24.9, overweight if their BMI= 25.0-29.9, and obese if their BMI ≥ 30.0. This indicator excludes pregnant women, lactating women, and persons less than 3 feet tall or greater than 6 feet 11 inches.

These BMI estimates are based on self-reported height and weight measures, which tend to yield lower rates of overweight and obesity, as both women and men are inclined to underestimate their weight and overestimate their height. Also, as BMI increases more underreporting of weight occurs. The Canadian Community Health Survey on Nutrition (2004), which directly measured height and weight, found that the proportion of obese Canadians was much higher compared to the estimates from the self-reported data.

⌶ and ± represents the 95% confidence interval, meaning 19 times out of 20 the results will fall within this range. Confidence intervals are reported as equal, though this is not always the case as the estimate approaches zero or 100%.

'Don't know' and 'refused' responses are excluded if less than five (5) percent.