

StatsUpdate

Topic: **Body Mass Index (BMI)**
2014
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Background: In 2014, around **49%** of the population in Nunavut aged 18 years and over reported a height and weight that would classify them as overweight or obese.

By comparison, **54%** of the adult population in Canada reported a height and weight that would classify them as overweight or obese.

Details:

Percentage of People Who Reported Themselves as Overweight or Obese, 18 Years and Over, by Provinces and Territories, 2008 – 2014.							
	2008	2009	2010	2011	2012	2013	2014
	%						
Nunavut	62	51	60	58	54	60	49
Canada	51	52	52	52	53	54	54
Newfoundland and Labrador	64	65	63	69	63	69	68
Prince Edward Island	60	59	57	58	61	64	61
Nova Scotia	63	60	61	61	61	61	63
New Brunswick	61	63	63	59	61	64	64
Quebec	48	49	52	50	51	53	51
Ontario	52	51	53	52	53	53	55
Manitoba	55	58	61	58	56	57	62
Saskatchewan	60	59	59	59	60	61	58
Alberta	52	55	52	52	53	55	55
British Columbia	45	45	44	47	47	47	48
Yukon	51	54	52	55	52	64	57
Northwest Territories	63	63	54	61	62	57	65

Source: Canadian Community Health Survey (CCHS).

Notes:

1. 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.
2. Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in meters) squared.
3. In Nunavut, starting in 2013, the coverage was expanded to represent 92% of the targeted population. Before 2013, the coverage was 71% since the survey covered only the 10 largest communities. As such, comparisons over time should be made with some caution.

For more statistical information, visit our website at <http://www.stats.gov.nu.ca/en/home.aspx>.