

Adolescent Body Mass Index, Waterloo Region & Ontario, 2009-2010, 2011-2012, 2013-2014

Table 1. Proportion of youth aged 12 to 17 years, by body mass index (BMI) category, Waterloo Region & Ontario, 2009-2010, 2011-2012, 2013-2014

Place of residence	BMI category	2009-2010	2011-2012	2013-2014
Waterloo Region	Neither overweight nor obese	87.4 (CI: 81.6-93.2)	81.2 (CI: 71.2-91.2)	81.4 (CI: 72.3-90.6)
	Overweight	S	S	S
	Obese	NR	NR	NR
	Overweight or obese	12.6 (CI: 6.8-18.4)^E	18.8 (CI: 8.8-28.8)^E	18.6 (CI: 9.4-27.7)^E
Ontario	Neither overweight nor obese	80.1 (CI: 78.3-81.9)	79.0 (CI: 76.7-81.2)	77.3 (CI: 75.0-79.7)
	Overweight	15.5 (CI: 13.8-17.1)	15.9 (CI: 13.8-18.0)	18.1 (CI: 15.9-20.3)
	Obese	4.5 (CI: 3.5-5.4)	5.1 (CI: 4.0-6.2)	4.6 (CI: 3.5-5.7)
	Overweight or obese	19.9 (CI: 18.1-21.7)	21.0 (CI: 18.8-23.3)	22.7 (CI: 20.3-25.0)

Definition:

Proportion of youth aged 12 to 17 years by body mass index (BMI) category. BMI is calculated for youth (adolescents) using the Cole method.¹

Categories of BMI for adolescents include:

- Neither overweight nor obese
- Overweight
- Obese

Limitations and Notes:

The CCHS is based on self-reported data collected in telephone and in-person interviews. The CCHS excludes individuals living on Indian reserve communities, institutions, full-time members of the Canadian Armed Forces, and residents of remote regions of the country.

Self-reported measures are subject to such sources of bias as social desirability bias and recall bias.

Estimates provided at the municipal level may not be representative of the given population as the CCHS sampling frame was not designed for analysis below the health region level.

'Don't know', refused and not stated responses were removed from analysis when they represented less than five per cent of the sample. In removing these responses from the denominator, the assumption is that the missing values are random, which is not always the case.

The 'Townships' category combines responses from North Dumfries, Wellesley, Wilmot and Woolwich townships.

Table 2. Proportion of youth aged 12 to 17 years who had neither overweight nor obese body weight, by sex, age, municipality, household income & immigration status, Waterloo Region, 2009-2014 (combined)

	Measure	Per cent
Sex	Male	75.5 (CI: 66.6-84.5)
	Female	91.6 (CI: 86.8-96.3)
Age group	12 to 14 years	84.1 (CI: 76.9-91.4)
	15 to 17 years	82.9 (CI: 75.8-90.0)
Municipality	Cambridge	88.0 (CI: 78.6-97.3)
	Kitchener	83.4 (CI: 77.2-89.5)
	Waterloo	78.6 (CI: 62.6-94.6)
	Townships	77.4 (CI: 56.9-98.0)
Household income	Less than \$40,000	80.6 (CI: 70.3-91.0)
	\$40,000 or more	83.8 (CI: 77.1-90.4)
	Don't know/refused	86.4 (CI: 72.8-99.9)
Immigration status	Immigrant	75.2 (CI: 60.2-90.1)
	Canadian-born	84.1 (CI: 77.9-90.3)

Limitations and Notes (continued):

'CI' refers to 95 per cent confidence limits. The superscript 'E' denotes high sampling variability, and estimates must be interpreted with caution. The 'NR' denotes estimates which were not reportable (numerator contained less than 10 observations or denominator contained less than 30 observations). The 'S' denotes estimates which were suppressed in order to prevent residual disclosure. Residual disclosure can occur when confidential data can be estimated by cross-referencing released information with other accessible information. For example, when all estimates but one are reportable, out of a known total (100%), the value of the non-reportable data point could be estimated using simple math. In such cases, additional estimates must be suppressed to maintain confidentiality.

BMI classifies body weight into health risk categories.

Reference:

1. T. Cole et al. (2000). "Establishing a Standard Definition for Child Overweight and Obesity Worldwide: International Survey". *British Medical Journal*, 320(7244): 1240-1243.

Source:

Canadian Community Health Survey, 2009-2010, 2011-2012, 2013-2014, Statistics Canada, Share File, Ontario MOHLTC

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