

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

Table 1. Proportion of adults aged 18 years and older, by body mass index (BMI) category, Waterloo Region & Ontario, 2009-2010, 2011-2012, 2013-2014

Place of residence	BMI category	BMI values	2009-2010	2011-2012	2013-2014
Waterloo Region	Underweight	<18.5	1.3 (CI: 0.7-1.9) <sup>E</sup>	2.0 (CI:1.0-2.9) <sup>E</sup>	1.5 (CI: 0.8-2.2) <sup>E</sup>
	Healthy weight	18.5-24.9	47.1 (CI: 43.2-51.1)	43.8 (CI:40.0-47.5)	43.1 (CI: 39.3-47.0)
	Overweight	25.0-29.9	33.8 (CI: 29.6-38.0)	36.1 (CI:31.7-40.4)	33.4 (CI: 29.8-36.9)
	Obese	≥30.0	17.8 (CI: 15.0-20.6)	18.2 (CI:15.3-21.1)	22.0 (CI: 18.4-25.6)
	Overweight or obese	≥25.0	<b>51.6 (CI: 47.7-55.4)</b>	<b>54.3 (CI:50.5-58.0)</b>	<b>55.4 (CI: 51.6-59.1)</b>
Ontario	Underweight	<18.5	2.5 (CI: 2.2-2.8)	2.5 (CI:2.2-2.8)	2.6 (CI: 2.3-3.0)
	Healthy weight	18.5-24.9	45.0 (CI: 44.1-45.9)	44.9 (CI:43.8-45.9)	43.0 (CI: 42.1-43.9)
	Overweight	25.0-29.9	34.2 (CI: 33.3-35.1)	34.1 (CI:33.1-35.1)	35.1 (CI: 34.2-36.0)
	Obese	≥30.0	18.3 (CI: 17.6-19.0)	18.5 (CI:17.8-19.3)	19.3 (CI: 18.5-20.0)
	Overweight or obese	≥25.0	<b>52.5 (CI: 51.6-53.4)</b>	<b>52.7 (CI:51.6-53.7)</b>	<b>54.3 (CI: 53.5-55.2)</b>

### Definition:

Proportion of adults aged 18 and older by body mass index (BMI) category. BMI is calculated as weight in kilograms divided by height in metres squared.

- Underweight: BMI < 18.5
- Healthy weight: BMI = 18.5 - 24.9
- Overweight: BMI = 25.0 - 29.9
- Obese: BMI ≥ 30

**Table 2. Proportion of adults 18 years and older who had overweight or obese body weight, by sex, age group, municipality, household income, level of education & immigration status, Waterloo Region, 2013-2014**

	Measure	Per cent
<b>Sex</b>	<b>Male</b>	65.4 (CI: 60.6-70.2)
	<b>Female</b>	44.8 (CI: 38.3-51.3)
<b>Age group</b>	<b>18 to 24 years</b>	27.4 (CI: 18.7-36.2)
	<b>25 to 34 years</b>	44.9 (CI: 34.3-55.6)
	<b>35 to 49 years</b>	63.0 (CI: 54.6-71.5)
	<b>50 to 64 years</b>	65.1 (CI: 57.4-72.8)
	<b>65 years and older</b>	61.8 (CI: 53.5-70.1)
<b>Municipality</b>	<b>Cambridge</b>	53.7 (CI: 45.2-62.2)
	<b>Kitchener</b>	60.0 (CI: 54.8-65.2)
	<b>Waterloo</b>	44.5 (CI: 34.8-54.2)
	<b>Townships</b>	57.2 (CI: 45.7-68.6)
<b>Household income</b>	<b>Less than \$40,000</b>	55.4 (CI: 47.5-63.2)
	<b>\$40,000-\$69,999</b>	53.9 (CI: 45.3-62.6)
	<b>\$70,000-\$99,999</b>	58.0 (CI: 49.6-66.4)
	<b>\$100,000 or more</b>	54.9 (CI: 47.7-62.2)
<b>Level of education</b>	<b>Less than high school</b>	55.4 (CI: 44.6-66.2)
	<b>High school diploma</b>	57.4 (CI: 48.0-66.8)
	<b>Some post-secondary</b>	47.9 (CI: 32.0-63.8) <sup>E</sup>
	<b>Post-secondary degree</b>	55.1 (CI: 50.4-59.9)
<b>Immigration status</b>	<b>Immigrant</b>	53.1 (CI: 45.9-60.3)
	<b>Canadian-born</b>	55.7 (CI: 51.1-60.3)

## 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. '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.

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.

The superscript 'E' denotes high sampling variability, and estimates must be interpreted with caution. The 'F' denotes estimates which were suppressed due to unacceptably high sampling variability.

## Limitations and Notes (continued):

The 'Townships' category combines responses from North Dumfries, Wellesley, Wilmot and Woolwich townships. 'CI' refers to 95 per cent confidence limits

BMI classifies body weight into health risk categories. BMI is recommended for use among Canadian adults aged 18 years and older except for pregnant and lactating women. BMI may not be an accurate measurement of health risk for young adults who have not reached full growth; adults who are naturally very lean; adults with a very muscular body build; and certain ethnic groups.

## Source:

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

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