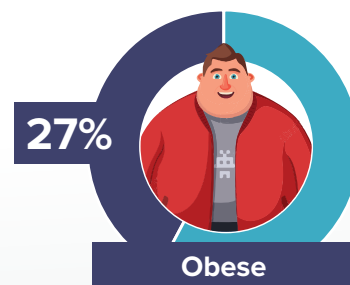
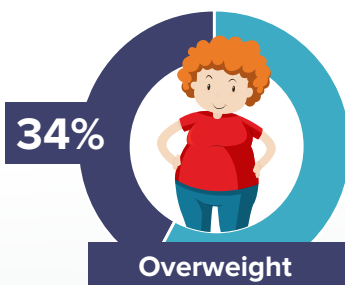
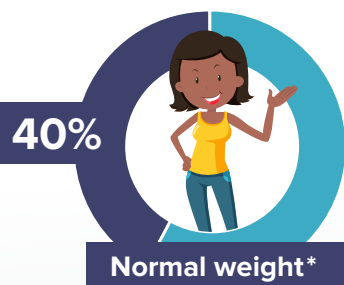


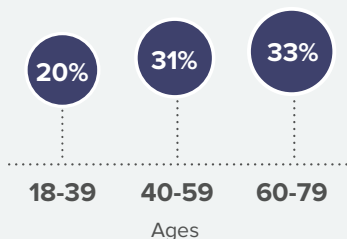
OBESITY IN CANADIAN ADULTS, 2016 AND 2017

OVERALL CANADIAN RESULTS FOR BODY MASS INDEX, 2016 AND 2017¹



Obesity has remained stable over 10 years (2007 to 2017).^{1,2}

OBESITY INCREASES WITH AGE¹



OBESITY DECREASES WITH FRUIT AND VEGETABLE CONSUMPTION¹

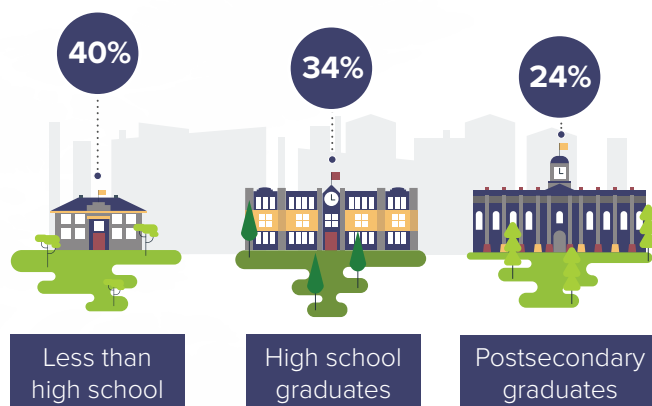
Fewer than five fruits or vegetables per day:
28% obese



Five or more fruits or vegetables per day:
20% obese

Note: Indicates the usual number of times (frequency) per day a person reported eating fruits and vegetables. It does not take into account the amount consumed.

OBESITY DECREASES WITH HIGHER HOUSEHOLD EDUCATION¹



IMMIGRANTS ARE LESS LIKELY TO BE OBESE THAN NON-IMMIGRANTS¹

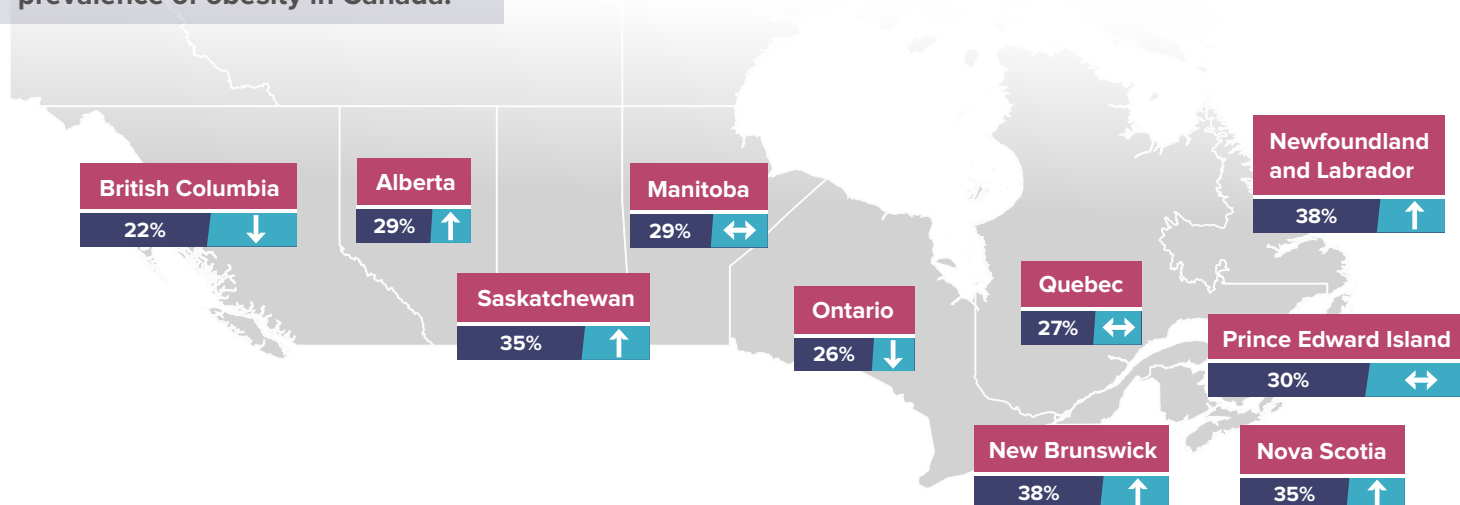


Landed immigrants:
17% obese

Non-immigrants:
30% obese

OBESITY PREVALENCE BY PROVINCE COMPARED TO CANADIAN AVERAGE (27%), 2017³

British Columbia had the lowest prevalence of obesity in Canada.³



Sources

- ¹ Statistics Canada, 2016 and 2017. Canadian Health Measures Survey. Ottawa.
- ² Statistics Canada, 2007 to 2009. Canadian Health Measures Survey. Ottawa.
- ³ Statistics Canada, 2017. Canadian Community Health Survey. Ottawa.

Notes

- * Underweight and normal weight categories were combined.
- Catalogue number: 11-627-M
- ISBN number: 978-0-660-28023-3