

Measured adult body mass index (BMI), by sex, household population aged 18 and over excluding pregnant females, Canada and provinces

	Measured adult body mass index									
	Total		Underweight, BMI under 18.50		Normal weight, BMI 18.50 to 24.99		Overweight, BMI 25.00 to 29.99		Obese, BMI 30.00 or higher	
	number	number	%	number	%	number	%	number	%	
2004										
Canada	23,985,069	471,315	2.0	9,328,312	38.9	8,646,771	36.1	5,538,672	23.1	
Males	11,860,932	169,614^E	1.4^E	3,985,661	33.6	4,983,865	42.0	2,721,792	22.9	
Females	12,124,137	301,700	2.5	5,342,651	44.1	3,662,906	30.2	2,816,880	23.2	
Newfoundland and Labrador	404,851	F	F	113,873	28.1	150,128	37.1	137,276	33.9	
Males	200,001	F	F	37,455	18.7	95,144	47.6	66,578	33.3	
Females	204,850	F	F	76,418	37.3	54,984	26.8	70,697	34.5	
Prince Edward Island	103,639	F	F	33,674	32.5	41,621	40.2	27,298	26.3	
Males	50,264	F	F	13,843	27.5	25,056	49.8	11,109	22.1	
Females	53,375	F	F	19,831	37.2	16,565	31.0	16,189	30.3	
Nova Scotia	719,062	F	F	270,795	37.7	251,621	35.0	177,526	24.7	
Males	350,615	F	F	139,572	39.8	140,510	40.1	65,760 ^E	18.8 ^E	
Females	368,447	F	F	131,223	35.6	111,111	30.2	111,767	30.3	
New Brunswick	569,616	F	F	197,649	34.7	200,855	35.3	166,228	29.2	
Males	280,404	F	F	81,704	29.1	110,865	39.5	86,406	30.8	
Females	289,212	F	F	115,945	40.1	89,990	31.1	79,821	27.6	
Quebec	5,820,415	128,297^E	2.2^E	2,414,879	41.5	2,008,482	34.5	1,268,756	21.8	
Males	2,868,395	F	F	1,040,237	36.3	1,181,559	41.2	598,217	20.9	
Females	2,952,020	79,914 ^E	2.7 ^E	1,374,643	46.6	826,924	28.0	670,540	22.7	
Ontario	9,303,560	214,400^E	2.3^E	3,638,946	39.1	3,340,406	35.9	2,109,807	22.7	
Males	4,595,012	F	F	1,590,588	34.6	1,881,656	40.9	1,055,042	23.0	
Females	4,708,547	146,674 ^E	3.1 ^E	2,048,358	43.5	1,458,750	31.0	1,054,765	22.4	
Manitoba	826,582	10,992^E	1.3^E	298,990	36.2	283,595	34.3	233,005	28.2	
Males	408,199	F	F	116,366	28.5	162,530	39.8	124,288	30.4	
Females	418,383	F	F	182,624	43.6	121,064	28.9	108,717	26.0	
Saskatchewan	702,592	F	F	208,253	29.6	262,029	37.3	216,681	30.8	
Males	346,853	F	F	87,597	25.3	154,469	44.5	99,788	28.8	
Females	355,739	F	F	120,657	33.9	107,560	30.2	116,893	32.9	
Alberta	2,345,818	F	F	876,107	37.3	837,430	35.7	591,343	25.2	
Males	1,181,555	F	F	348,537	29.5	485,091	41.1	327,812	27.7	
Females	1,164,262	F	F	527,570	45.3	352,339	30.3	263,531	22.6	
British Columbia	3,188,935	F	F	1,275,145	40.0	1,270,603	39.8	610,751	19.2	
Males	1,579,633	F	F	529,762	33.5	746,986	47.3	286,791	18.2	
Females	1,609,302	16,342 ^E	1.0 ^E	745,383	46.3	523,617	32.5	323,960	20.1	

1. Data source: Statistics Canada, Canadian Community Health Survey, Nutrition, 2004
2. A definition change was implemented in 2004 to conform with Health Canada guidelines for body weight classification.
3. Measured body mass index (BMI) is calculated by dividing the respondent's measured body weight (in kilograms) by their measured height (in metres) squared.
4. The index is: less than 18.50 (underweight); 18.50 to 24.99 (normal weight), 25.00 to 29.99 (overweight); 30.00 to 34.99 (obese, class I); 35.00 to 39.99 (obese, class II); 40.00 or greater (obese, class III).
5. 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.
6. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
7. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified by an (E) and should be interpreted with caution.
8. Data with a coefficient of variation (CV) greater than 33.3% were suppressed (F) due to extreme sampling variability.
9. CANSIM table 105-2001.