

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

	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									
Total, 18 years and over	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
18 to 34 years	6,970,240	235,995 E	3.4 E	3,549,321	50.9	2,041,033	29.3	1,143,890	16.4
Males	3,581,115	71,767 E	2.0 E	1,656,601	46.3	1,212,189	33.8	640,558	17.9
Females	3,389,125	164,228 E	4.8 E	1,892,721	55.8	828,844	24.5	503,332	14.9
18 to 24 years	3,144,054	139,984 E	4.5 E	1,866,568	59.4	779,849	24.8	357,654	11.4
Males	1,680,982	59,262 E	3.5 E	987,782	58.8	453,255	27.0	180,683 E	10.7 E
Females	1,463,072	80,722 E	5.5 E	878,786	60.1	326,594	22.3	176,971	12.1
18 to 19 years	884,912	58,109 E	6.6 E	556,486	62.9	167,903	19.0	102,414	11.6
Males	441,991	27,610 E	6.2 E	292,188	66.1	76,743 E	17.4 E	45,450 E	10.3 E
Females	442,921	F	F	264,298	59.7	91,160 E	20.6 E	56,965 E	12.9 E
20 to 24 years	2,259,142	81,875 E	3.6 E	1,310,082	58.0	611,946	27.1	255,239	11.3
Males	1,238,991	F	F	695,594	56.1	376,512	30.4	135,233 E	10.9 E
Females	1,020,151	F	F	614,488	60.2	235,434	23.1	120,006 E	11.8 E
25 to 34 years	3,826,185	F	F	1,682,754	44.0	1,261,184	33.0	786,236	20.5
Males	1,900,133	F	F	668,818	35.2	758,935	39.9	459,875	24.2
Females	1,926,052	F	F	1,013,935	52.6	502,250	26.1	326,362	16.9
35 to 44 years	5,105,776	111,999 E	2.2 E	2,104,693	41.2	1,846,153	36.2	1,042,930	20.4
Males	2,576,531	F	F	847,972	32.9	1,147,123	44.5	514,221	20.0
Females	2,529,245	F	F	1,256,721	49.7	699,030	27.6	528,709	20.9
45 to 64 years	8,138,670	51,424 E	0.6 E	2,523,586	31.0	3,122,115	38.4	2,441,545	30.0
Males	3,992,986	F	F	1,045,610	26.2	1,749,085	43.8	1,188,123	29.8
Females	4,145,684	41,255 E	1.0 E	1,477,976	35.7	1,373,030	33.1	1,253,423	30.2
45 to 54 years	4,797,883	27,745 E	0.6 E	1,517,945	31.6	1,825,570	38.0	1,426,623	29.7
Males	2,369,969	F	F	654,011	27.6	1,004,800	42.4	707,801	29.9
Females	2,427,914	F	F	863,934	35.6	820,770	33.8	718,821	29.6
55 to 64 years	3,340,787	23,679 E	0.7 E	1,005,641	30.1	1,296,545	38.8	1,014,923	30.4
Males	1,623,017	F	F	391,599	24.1	744,285	45.9	480,321	29.6
Females	1,717,770	F	F	614,042	35.7	552,259	32.1	534,602	31.1
65 years and over	3,770,384	71,896 E	1.9 E	1,150,712	30.5	1,637,470	43.4	910,306	24.1
Males	1,710,301	20,463 E	1.2 E	435,478	25.5	875,468	51.2	378,891	22.2
Females	2,060,084	51,433 E	2.5 E	715,233	34.7	762,002	37.0	531,415	25.8
65 to 74 years	2,053,107	F	F	583,435	28.4	929,422	45.3	504,748	24.6
Males	1,025,386	F	F	226,721	22.1	540,005	52.7	246,483	24.0
Females	1,027,720	F	F	356,713	34.7	389,417	37.9	258,264	25.1
75 years and over	1,717,278	36,394 E	2.1 E	567,277	33.0	708,048	41.2	405,558	23.6
Males	684,914	F	F	208,757	30.5	335,463	49.0	132,407	19.3
Females	1,032,363	28,107 E	2.7 E	358,520	34.7	372,585	36.1	273,151	26.5

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.