

Table 35

Distribution of the household population aged 18 to 79, by body mass index norms based on measured inputs, by age and sex, Canada, 2007 to 2009

	Body mass index norms based on measured inputs								
	Underweight			Normal weight			Overweight		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 18 to 39	3.0 E	1.6	4.4	48.2	42.8	53.7	29.7	25.4	33.9
Age 40 to 59	F	...	...	32.7	28.0	37.4	41.4	38.0	44.8
Age 60 to 79	F	...	...	27.9	22.5	33.3	41.2	37.2	45.3
Age 18 to 79	1.5 E	0.9	2.1	37.9	33.3	42.4	36.7	33.7	39.7
Males									
Age 18 to 39	F	...	...	44.2	39.1	49.4	36.2	29.4	43.0
Age 40 to 59	F	...	...	20.6	15.2	26.0	51.9	47.1	56.7
Age 60 to 79	F	...	...	24.7	19.4	30.1	44.3	39.7	48.8
Age 18 to 79	0.8 E	0.3	1.2	31.0	26.6	35.4	44.1	39.6	48.5
Females									
Age 18 to 39	5.0 E	2.4	7.6	52.4	44.5	60.4	22.9	17.3	28.5
Age 40 to 59	F	...	...	44.6	39.7	49.5	31.0	27.1	35.0
Age 60 to 79	F	...	...	30.8	24.6	37.1	38.4	33.8	43.1
Age 18 to 79	2.2 E	1.2	3.2	44.7	39.0	50.4	29.5	26.6	32.3

	Body mass index norms based on measured inputs								
	Obese, class I			Obese, class II			Obese, class III		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 18 to 39	11.3	9.8	12.7	5.0	3.4	6.5	2.8 E	1.6	4.0
Age 40 to 59	15.9	12.8	19.0	6.3 E	4.2	8.5	3.2	2.2	4.2
Age 60 to 79	21.0	16.1	25.8	6.5	4.5	8.5	3.0 E	1.9	4.1
Age 18 to 79	15.1	13.3	16.9	5.8	4.7	7.0	3.0	2.3	3.7
Males									
Age 18 to 39	12.4	9.3	15.6	4.6 E	2.9	6.3	1.4 E	0.8	2.0
Age 40 to 59	19.9	15.0	24.9	3.7 E	2.0	5.4	3.3 E	1.8	4.8
Age 60 to 79	22.8	16.5	29.1	6.3	4.3	8.4	F	...	...
Age 18 to 79	17.4	14.7	20.2	4.6	3.6	5.6	2.2	1.5	2.8
Females									
Age 18 to 39	10.1	7.4	12.8	5.3 E	2.6	8.0	4.3 E	2.1	6.5
Age 40 to 59	11.9	9.3	14.5	8.9 E	5.8	12.0	3.1 E	1.1	5.1
Age 60 to 79	19.2	14.3	24.2	6.7 E	3.6	9.8	4.4 E	2.7	6.0
Age 18 to 79	12.7	10.6	14.9	7.1	5.4	8.8	3.8 E	2.4	5.3

E use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)

F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

Note(s): The norms used in this table can be found in Health Canada, 2003, "Description of the *Canadian Guidelines for Body Weight Classification in Adults*," Canadian Guidelines for Body Weight Classification in Adults, Health Canada Catalogue no. H49-179/2003E, p. 9-12.
http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/weight_book_tc-livres_des_poids_tm-eng.php (accessed Dec 19 2006).
 Total household population aged 18 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Source(s): Canadian Health Measures Survey, Cycle 1.