

# Adjusted body mass index (BMI)

## Health indicator report

### Background

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- The purpose of this health indicator report is to provide information about adjusted body mass index (BMI) among adults aged 18 and over living in Halton Region and Ontario.
- Maintaining a healthy weight is important for health. Benefits of maintaining a healthy weight include a reduced risk of health problems such as heart disease, stroke, diabetes and high blood pressure. It can also reduce the risk of certain cancers and improve sleep.<sup>1</sup>
- Body mass index a measure used to estimate a person's body fat, and is calculated based on their height and weight.<sup>2, 3</sup>
- BMI can be used to estimate levels of overweight and obesity in a population or as a screening tool. However, an individual's BMI alone does not determine their risk for weight related health issues.<sup>2</sup> For instance, a very muscular person may have a high BMI without health risks, while people of certain ethnicities may have higher weight-related disease risks at lower BMIs.<sup>4</sup>
- This health indicator report uses data from the Canadian Community Health Survey (CCHS).

### Key findings

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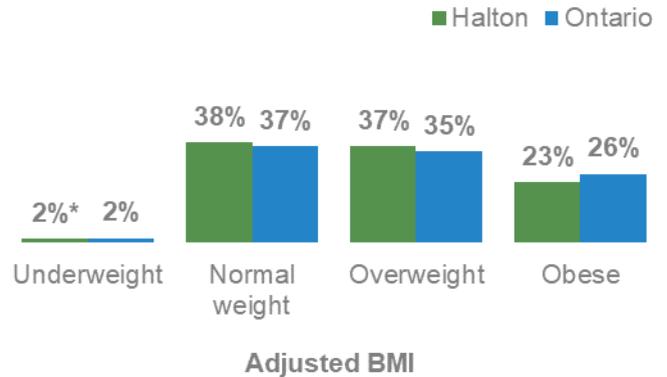
- 60% of Halton adults were overweight or obese based on adjusted BMI.
- Males were more likely than females to be overweight or obese based on adjusted BMI.
- Adults aged 45-64 were more likely than young adults aged 18-24 to be overweight or obese based on adjusted BMI.



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## Halton vs. Ontario

- In 2015-16, 2%\* of Halton adults were underweight, 38% were a normal weight, 37% were overweight, and 23% were obese based on adjusted BMI.
- In 2015-16, 2% of Ontario adults were underweight, 37% were a normal weight, 35% were overweight, and 26% were obese based on adjusted BMI.
- There were no statistically significant differences between Halton and Ontario in any of the adjusted BMI categories.



Percentage of adults aged 18 and over by adjusted BMI categories, Halton Region and Ontario, 2015-16

## Sex

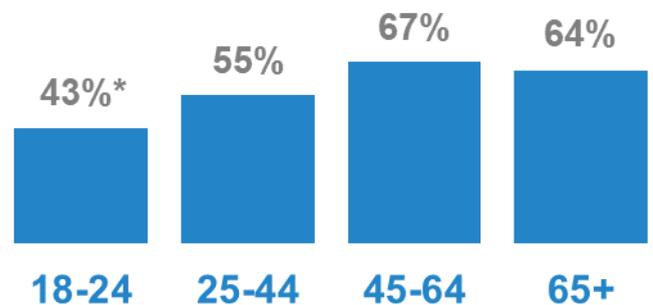
- In 2015-16, Halton males were more likely than females to be overweight or obese (combined) based on adjusted BMI, and this difference was **statistically significant**.



Percentage of adults aged 18 and over who were overweight/obese (combined) based on adjusted BMI, by sex, Halton Region, 2015-16

## Age

- In 2015-16, adults aged 45-64 were more likely than the younger age groups to be overweight or obese (combined) based on adjusted BMI. This difference was **statistically significant** when comparing adults aged 45-64 to young adults aged 18-24.



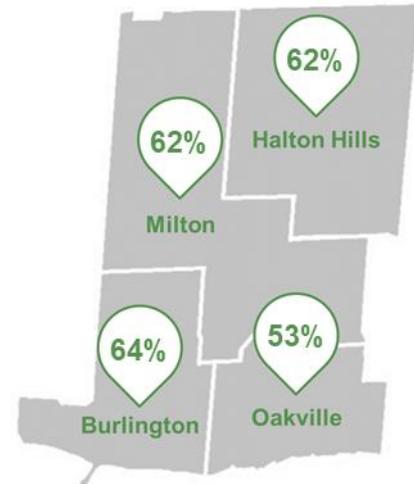
Percentage of adults aged 18 and over who were overweight/obese (combined) based on adjusted BMI, by age, Halton Region, 2015-16



# Adjusted body mass index

## Municipality

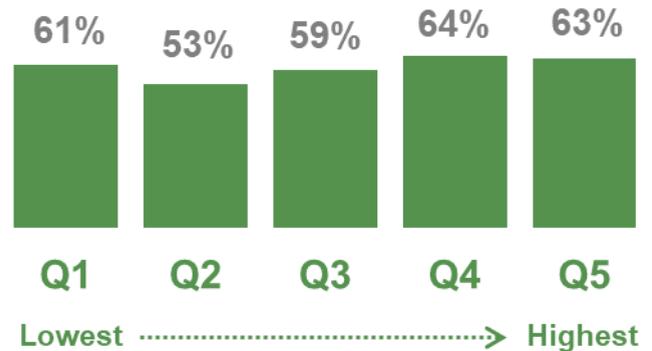
- In 2015-16, there were no statistically significant differences by municipality in the percentage of Halton adults who were overweight or obese (combined) based on adjusted BMI.



Percentage of adults aged 18 and over who were overweight/obese (combined) based on adjusted BMI, by municipality, Halton Region, 2015-16

## Income

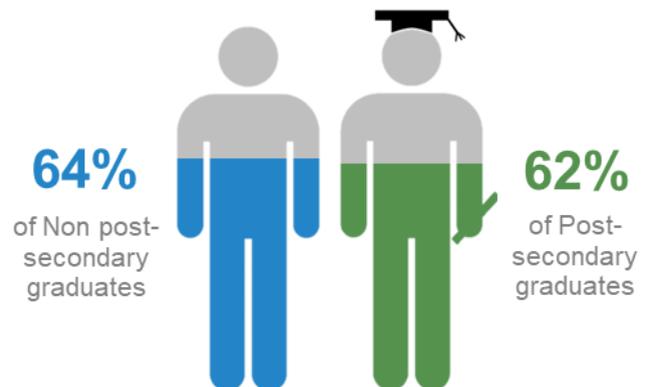
- In 2015-16, there were no statistically significant differences by income in the percentage of Halton adults who were overweight or obese (combined) based on adjusted BMI.



Percentage of adults aged 18 and over who were overweight/obese (combined) based on adjusted BMI, by income, Halton Region, 2015-16

## Education

- In 2015-16, there were no statistically significant differences by education in the percentage of Halton adults who were overweight or obese (combined) based on adjusted BMI.



Percentage of adults aged 25 and over who were overweight/obese (combined) based on adjusted BMI, by education, Halton Region, 2015-16

# About CCHS

- The Canadian Community Health Survey (CCHS) is a voluntary, cross-sectional survey that collects information related to health status, health system utilization and health determinants for the Canadian population. CCHS is conducted by Statistics Canada.
- Each year, CCHS surveys 65,000 people aged 12 and over from across Canada. The survey provides health information at the provincial and regional levels. CCHS is designed to provide reliable estimates at the health unit level every 2 years.
- In 2015, CCHS was redesigned, including major changes to content and methodology. **Therefore, it is not recommended to compare data from the 2015 cycle onwards to past CCHS cycles.**
- For more information on CCHS methodology, limitations and statistical terms see the CCHS Data Notes and Data Interpretation Guide at [Halton.ca](http://Halton.ca)

# Data notes

## Definitions:

A person's body mass index (BMI) is calculated by dividing their weight (in kilograms) by the square of their height (in meters). For adults, aged 18 and over, this score is grouped into the following categories: **underweight** (BMI <18.5), **normal weight** (BMI 18.5-24.9), **overweight** (BMI 25.0-29.9) and **obese** (BMI ≥ 30.0). The BMI categories are adapted from a body weight classification system recommended by Health Canada and the WHO.

**This report used adjusted measures of BMI.** Body mass index scores based on self-reported height and weight are known to under-represent the true rate of overweight/obesity in the community. The rate of overweight/obesity presented in this report has been **adjusted** to correct for this underestimation. The correction equation used was based on data from the 2005 CCHS where both measured and self-reported values were collected.

**Data Source:** Canadian Community Health Survey [2015-16], Statistics Canada, Share File, Ontario MOHLTC

Estimates marked with an asterisk (\*) should be interpreted with caution due to high variability.

## References

1. National Heart, Lung, and Blood Institute. (n.d.). What Are the Health Risks of Overweight and Obesity? Retrieved August 2018 from <http://www.nhlbi.nih.gov/health/health-topics/topics/obe/risks>
2. Centers for Disease Control and Prevention. (n.d.). Body Mass Index: Considerations for Practitioners. Retrieved August 2018 from <http://www.cdc.gov/obesity/downloads/bmiforpractitioners.pdf>
3. Health Canada. 2011. Canadian Guidelines for Body Weight Classification in Adults. Retrieved August 2018 from <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/healthy-weights/canadian-guidelines-body-weight-classification-adults.html>
4. National Health Service. 2016. What is the body mass index (BMI)? Retrieved September 2018 from <https://www.nhs.uk/common-health-questions/lifestyle/what-is-the-body-mass-index-bmi/>

For more health indicator and health status reports, visit the Halton Health Statistics website at [Halton.ca](http://Halton.ca)

*Last updated: September 2018*