



# Rating Canada's Regional Health

## Which health regions have the highest proportion of overweight and obese residents?

The World Health Organization has estimated that every year 2.6 million people die as a result of being overweight or obese.<sup>1</sup> Overweight and obesity are linked to cardiovascular disease, Type 2 diabetes and cancer. The determinants of obesity include not only individual level behavioural determinants of diet and physical activity, but also environmental and social determinants.<sup>2</sup> For example, availability of safe low cost places to be physically active and low cost, nutritious food may be limited for people with low socio-economic status, and regardless of socio-economic status, environments increasingly discourage physical activity and promote excessive food intake.

Nationally, 50% of Canadian adults and 24% of youth are considered overweight or obese. Canada's health regions are ranked based on the proportion of overweight and obese adults and youth. The top ten ranked health regions in Canada include Health Regions in northern Ontario, northern Manitoba, and New Brunswick, Integrated Health Authorities in Newfoundland, and several Saskatchewan Health Authorities. In these regions, approximately two thirds of the adult population and two fifths to one half of youth are overweight or obese. The lowest ranking health regions include the cities of Toronto, Montreal, Quebec, and Vancouver, along with Quebec's Abitibi-Témiscamingue and Chaudière-Appalaches regions, and British Columbia's North Vancouver Island Region. In these regions, two-fifths to one half of the adult population is overweight or obese, and less than one quarter of youth fall into this category.

### Regions in profile

Where does your health region rank? The ranked list of all the Canadian health regions, along with the percentage of the population that meets each of the criteria, is provided in Table 1. Maps display data for adults and youth graphically.

Within provinces, significant differences exist. In general, the proportion of overweight and obese adults in the northern regions of each province is higher than in the southern regions. However, the proportion in the Territories and Nunavut is similar to the southern regions of the

provinces. Similar regional generalizations cannot be made for youth.

It is worth noting that high density population areas located in these southern areas are much smaller health regions, in terms of geographic area. Thus, while the map shows huge land areas with a high proportion of overweight and obese adults, the majority of Canada is sparsely populated.

When examined by rankings, the highest and lowest ranked regions are fairly consistent when the individual rankings for adults and youth overweight and obesity are examined. These findings indicate that social, physical and policy environments likely have a similar impact on youth and adults alike. However, there are some exceptions, in that some regions' combined rankings do not reflect the ranks assigned to adults or youth separately. Overweight and obesity rates of youth in the Interlake Health Region in Manitoba rank 38<sup>th</sup> while the adult ranking is 1<sup>st</sup>. Large discrepancies between adult and youth rankings can also be seen in Nova Scotia's Zones 1 and 6, Saskatchewan's Prince Albert Parkland and Mamawetan, Keewatin, and Athabasca, British Columbia's East Kootenay and Vancouver, Quebec's Estrie, Mauricie and Centre-du-Québec, and Ontario's City of Toronto Regions.

### What can local governments do?

A comprehensive, population based approach should:

- address both dietary habits and physical activity patterns;
- address both societal and individual level factors;
- include both policies and programs; and,
- build links between sectors that may otherwise be viewed as independent.<sup>3</sup>

Population interventions to increase physical activity should include informational, behavioural and environmental approaches.<sup>3</sup> Local governments could consider physical activity interventions such as:

- promoting and encouraging physical activity through informational campaigns and 'point-of-decision' prompts;
- behavioural and social approaches, such as encouraging and facilitating school based physical education, social

support and individually-adapted health behaviour change; and

- taking environment and policy approaches, such as creating or increasing access to facilities and programs and creating neighbourhood environments that are conducive to walking, cycling and play.

Promotion of healthy eating can be undertaken through:

- educational approaches, and,
- policy approaches such as labelling healthy choices in vending machines across the community, and particularly in school and workplace cafeterias, zoning for grocery stores in economically disadvantaged or remote areas and through establishing community garden programs or food cooperatives.

## Methodology

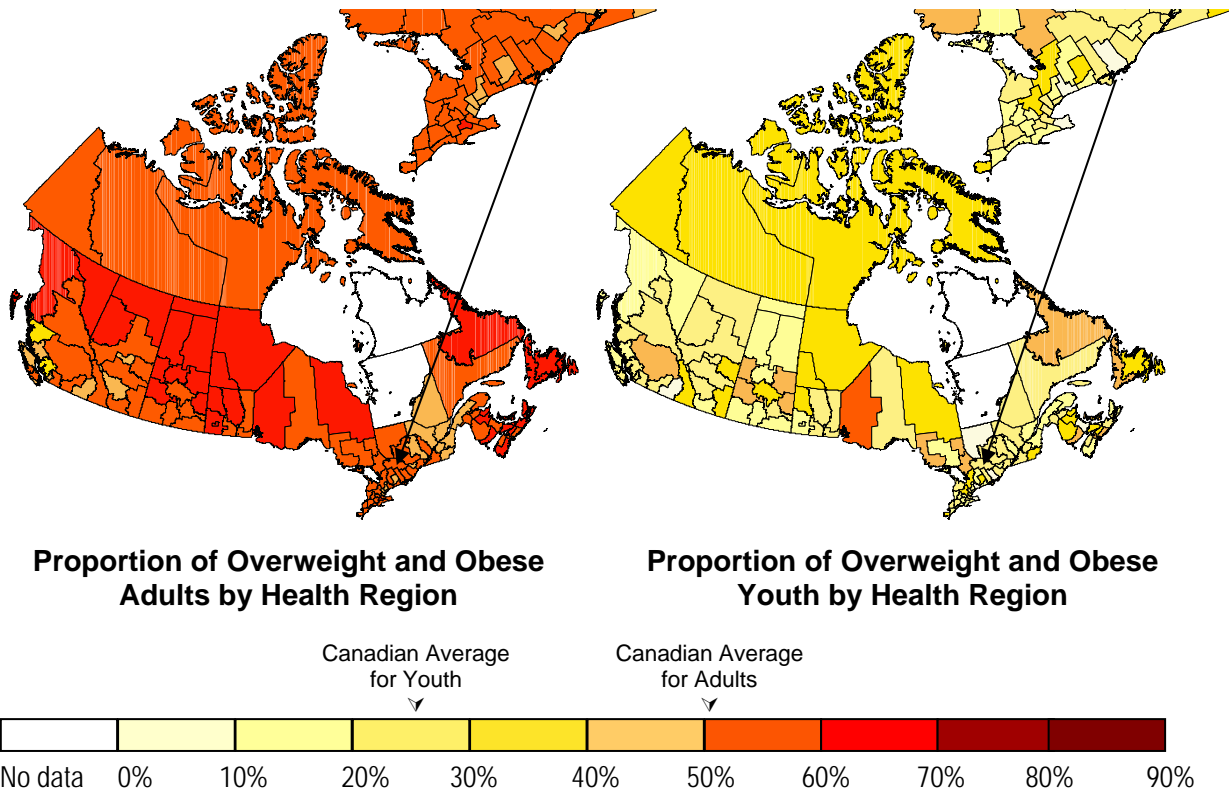
Body mass Index (BMI) is calculated by taking the ratio of weight and height. Thresholds are set for defining overweight and obesity: adults with a BMI of greater than 25 exceed this threshold; age and sex specific thresholds are set for children and youth. BMI data from Statistics Canada's 2005 Canadian Community Health Survey were

compiled to create these rankings. Regions with small populations were combined with nearby regions in the public use data. Data were normalized to the overall Canadian population for age and sex. Health regions were then ranked from those with the largest proportion of overweight and obese residents to the smallest. The region with the largest proportion was given the score of 1, while the one with the smallest was given the highest score. Where the proportion was the same, an identical ranking was assigned. This was done separately for adults and youth. The two ranks were then added together and the health region with the lowest arithmetic score was ranked as the Canadian health region with the greatest proportion of overweight and obese residents.

<sup>1</sup> World Health Organization. Preventing chronic disease: a vital investment. Geneva: World Health Organization. 2005.

<sup>2</sup> Canadian Institute for Health Information. Overweight and Obesity in Canada: A population health perspective. 2004. Available at: <http://www.cdpc.ca/media.php?mid=234>

<sup>3</sup> Heart and Stroke Foundation. A State of the Evidence Review of Interventions Related to Obesity. 2005. Available at [www.heartandstroke.ca](http://www.heartandstroke.ca)



Data for this bulletin are based on Statistics Canada's Canadian Community Health Survey Public Use Microdata Files, which contains anonymized data. All computations on these microdata were prepared by the authors and the responsibility for the use and interpretation of these data is entirely that of the authors. Map templates are courtesy of Statistics Canada and available at <http://www.statcan.ca/english/freepub/82-402-XIE/82-402-XIE2006001.htm>



Cragg, S and Craig, CL. (2009) Rating Canada's Regional Health: Which health region has the highest proportion of overweight and obese residents? Canadian Fitness and Lifestyle Research Institute, Ottawa, Ontario.

Table 1: Overweight and Obesity by Health Region in Canada	Proportion of adults who are overweight or obese					Proportion of youth who are overweight or obese					Overall	
	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Score	Rank
		Lower	Upper				Lower	Upper				
<b>Canada</b>	<b>50.7%</b>	<b>50.2%</b>	<b>51.1%</b>			<b>23.7%</b>	<b>21.7%</b>	<b>25.8%</b>				
<b>Health Region</b>												
Northwestern Health Unit, ON	63.0%	57.6%	68.1%	Higher	9	50.7%	27.6%	73.6%	Higher	1	10	1
Western & Labrador-Grenfell Regional Integrated Health Authority, NL	66.3%	62.6%	69.9%	Higher	2	41.8%	24.9%	60.9%	Same	9	11	2
Region 2, NB	65.1%	60.9%	69.2%	Higher	6	44.1%	26.3%	63.6%	Higher	6	12	3
Sunrise & Kelsey Trail Regional Health Authorities, SK	65.4%	60.8%	69.8%	Higher	5	44.0%	21.0%	69.8%	Same	7	12	3
Heartland & Prairie North Regional Health Authorities, SK	62.8%	58.5%	66.9%	Higher	10	47.6%	29.4%	66.4%	Higher	3	13	4
Prince and Kings Counties, PEI	62.1%	57.8%	66.2%	Higher	12	49.6%	30.1%	69.1%	Higher	2	14	5
Central Regional Integrated Health Authority, NL	66.3%	61.4%	70.8%	Higher	2	38.3%	18.9%	62.4%	Same	13	15	6
Region 6 & 7, NB	65.9%	62.1%	69.5%	Higher	3	34.1%	19.7%	52.2%	Same	19	22	7
Porcupine Health Unit, ON	61.7%	56.6%	66.5%	Higher	14	40.4%	17.1%	69.0%	Same	11	25	8
North Bay, Parry Sound & Timiskaming Health Units, ON	59.7%	55.8%	63.5%	Higher	19	40.9%	22.8%	61.9%	Same	10	29	9
Parkland, Norman & Burntwood/Churchill Regional Health Authorities, MB	60.8%	56.6%	64.9%	Higher	17	38.1%	15.9%	66.8%	Same	14	31	10
Zone 3 (DHA 4&5), NS	61.4%	56.4%	66.2%	Higher	16	35.1%	17.4%	58.0%	Same	17	33	11
Thompson/Cariboo Health Service Delivery Area, BC	57.3%	52.5%	61.9%	Higher	31	46.3%	21.4%	73.3%	Same	4	35	12
Queens County, PEI	58.7%	53.6%	63.5%	Higher	24	38.6%	22.1%	58.2%	Same	12	36	13
Region 3, NB	59.6%	55.3%	63.7%	Higher	20	35.9%	15.4%	63.3%	Same	16	36	13
Eastern Regional Integrated Health Authority, NL	60.6%	57.4%	63.7%	Higher	19	34.8%	21.4%	51.2%	Same	18	37	14
Interlake Regional Health Authority, MB	69.3%	63.4%	74.7%	Higher	1	21.2%	4.7%	59.4%	Same	38	39	15
Windsor-Essex County Health Unit, ON	59.2%	55.5%	62.7%	Higher	22	33.9%	17.4%	55.6%	Same	20	42	16
District of Algoma Health Unit, ON	56.5%	51.6%	61.2%	Higher	36	43.6%	26.0%	63.0%	Higher	8	44	17
Saskatoon Regional Health Authority, SK	56.9%	53.1%	60.6%	Higher	33	40.4%	26.1%	56.5%	Higher	11	44	17
Simcoe Muskoka District Health Unit, ON	58.1%	54.8%	61.3%	Higher	28	34.8%	17.8%	56.7%	Same	18	46	18
Yukon, Northwest Territories and Nunavut	58.5%	55.5%	61.4%	Higher	25	32.2%	22.0%	44.4%	Same	22	47	19
East Central Health, AB	57.9%	52.9%	62.8%	Higher	29	31.5%	16.5%	51.7%	Same	23	52	20
Brandon & Assiniboine Regional Health Authorities, MB	62.5%	58.5%	66.3%	Higher	11	19.6%	7.9%	40.9%	Same	42	53	21
Zone 5 (DHA 8), NS	65.8%	61.0%	70.2%	Higher	4	16.5%	6.9%	34.5%	Same	49	53	21
Brant County Health Unit, ON	61.6%	56.7%	66.2%	Higher	15	29.4%	12.2%	55.4%	Same	40	55	22
Fraser East Health Service Delivery Area, BC	58.2%	53.8%	62.4%	Higher	27	23.1%	7.1%	54.0%	Same	29	56	23
Zone 4 (DHA 6&7), NS	61.8%	56.7%	66.7%	Higher	13	26.6%	8.8%	57.7%	Same	43	56	24
Zone 6 (DHA 9), NS	52.7%	49.0%	56.4%	Higher	51	45.9%	25.8%	67.5%	Same	5	56	24
Peace Country & Northern Lights Health Regions, AB	62.1%	58.3%	65.8%	Higher	12	26.1%	13.9%	43.7%	Same	45	57	25
Zone 2 (DHA 3), NS	59.3%	53.7%	64.7%	Higher	21	21.7%	7.8%	47.5%	Same	36	57	25
Eastern Ontario Health Unit, ON	59.2%	54.9%	63.4%	Higher	22	30.4%	13.5%	55.0%	Same	36	58	26
David Thompson Regional Health Authority, AB	58.9%	54.8%	62.8%	Higher	23	29.9%	16.2%	48.4%	Same	37	60	27
North and South Eastman Regional Health Authorities, MB	58.5%	54.0%	62.9%	Higher	25	21.9%	9.4%	43.3%	Same	35	60	27
Zone 1 (DHA 1&2), NS	65.0%	60.2%	69.5%	Higher	7	12.1%	3.4%	34.9%	Same	58	65	28
Région de la Côte-Nord, PQ	55.5%	51.6%	59.3%	Higher	39	23.2%	10.4%	44.1%	Same	28	67	29
Prince Albert Parkland & Mamawetan/Keewatin/ Athabasca Regional Health Authorities, SK	64.1%	59.5%	68.5%	Higher	8	10.5%	3.7%	26.4%	Same	61	69	30
Sudbury and District Health Unit	58.4%	54.4%	62.2%	Higher	26	19.2%	5.6%	48.8%	Same	43	69	30
Northwest & Northeast Health Service Delivery Areas, BC	61.7%	57.4%	65.8%	Higher	14	12.6%	4.6%	30.3%	Same	56	70	31
Central Regional Health Authority, MB	56.8%	51.6%	61.7%	Higher	34	21.3%	8.9%	42.8%	Same	37	71	32
Région de la Gaspésie - Îles-de-la-Madeleine, PQ	58.2%	54.2%	62.1%	Higher	27	19.1%	7.7%	40.3%	Same	44	71	32
Thunder Bay District Health Unit, ON	59.6%	55.1%	63.8%	Higher	20	24.8%	11.5%	45.7%	Same	51	71	32
Aspen Regional Health Authority, AB	58.4%	53.8%	62.8%	Higher	26	25.5%	10.9%	48.9%	Same	48	74	33
Central Vancouver Island Health Service Delivery Area, BC	54.2%	49.8%	58.7%	Same	43	22.7%	10.7%	41.6%	Same	31	74	33
Regina Qu'Appelle Regional Health Authority, SK	56.4%	52.5%	60.2%	Higher	37	21.3%	11.2%	36.7%	Same	37	74	33
East Kootenay Health Service Delivery Area, BC	50.8%	45.2%	56.4%	Same	56	32.7%	12.5%	62.3%	Same	21	77	34
Hastings and Prince Edward Counties Health Unit, ON	55.2%	50.3%	59.9%	Same	40	20.7%	6.9%	48.0%	Same	39	79	35
Palliser Health Region, AB	54.0%	49.1%	58.8%	Same	45	30.6%	12.6%	57.4%	Same	35	80	36
Leeds, Grenville and Lanark District Health Unit, ON	53.7%	49.2%	58.1%	Same	48	22.1%	9.5%	43.4%	Same	33	81	37
Northern Interior Health Service Delivery Area, BC	57.0%	52.0%	61.9%	Higher	32	25.3%	6.1%	63.8%	Same	49	81	37
Region 4 & 5, NB	54.2%	49.6%	58.8%	Same	43	29.6%	14.5%	51.0%	Same	38	81	37
Wellington-Dufferin-Guelph Health Unit, ON	53.8%	49.7%	57.9%	Same	47	31.1%	15.9%	51.8%	Same	34	81	37
Haldimand-Norfolk Health Unit, ON	56.7%	51.4%	61.9%	Higher	35	17.9%	6.2%	41.8%	Same	47	82	38
Grey Bruce Health Unit, ON	52.0%	47.1%	56.8%	Same	55	23.2%	9.9%	45.4%	Same	28	83	39
Région de l'Estrie, PQ	45.9%	41.7%	50.2%	Same	69	37.0%	19.5%	58.8%	Same	15	84	40
Sun Country, Five Hills & Cypress Regional Health Authorities, SK	57.7%	54.2%	61.0%	Higher	30	13.0%	5.4%	28.2%	Same	54	84	40
Renfrew County and District Health Unit, ON	54.0%	48.7%	59.3%	Same	45	28.7%	7.7%	65.8%	Same	41	86	41

Table 1: Overweight and Obesity by Health Region in Canada	Proportion of adults who are overweight or obese					Proportion of youth who are overweight or obese					Overall	
	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Score	Rank
		Lower	Upper				Lower	Upper				
Région de l'Outaouais, PQ	53.5%	49.6%	57.3%	Same	48	29.5%	17.2%	45.7%	Same	39	87	42
Huron County & Perth District Health Units, ON	58.1%	54.1%	62.0%	Higher	28	11.2%	4.8%	24.3%	Same	60	88	43
Capital Health, AB	50.4%	47.5%	53.3%	Same	59	22.7%	12.3%	38.0%	Same	31	90	44
Chatham-Kent Health Unit, ON	57.3%	52.6%	61.8%	Higher	31	11.4%	4.3%	26.8%	Same	59	90	44
City of Hamilton Health Unit, ON	55.6%	52.2%	59.0%	Higher	38	24.5%	12.0%	43.7%	Same	52	90	44
Lambton Health Unit, ON	54.1%	49.4%	58.8%	Same	44	25.7%	8.5%	56.0%	Same	47	91	45
Oxford County Health Unit, ON	53.9%	49.0%	58.8%	Same	46	18.8%	8.9%	35.4%	Same	45	91	45
Elgin-St Thomas Health Unit, ON	54.2%	49.0%	59.3%	Same	43	16.5%	4.7%	44.4%	Same	49	92	46
Middlesex-London Health Unit, ON	52.5%	48.8%	56.1%	Same	52	29.4%	14.8%	49.9%	Same	40	92	46
South Vancouver Island Health Service Delivery Area, BC	48.6%	44.8%	52.3%	Same	62	23.0%	10.7%	42.8%	Same	30	92	46
Calgary Health Region, AB	47.8%	45.0%	50.6%	Same	65	23.2%	14.2%	35.3%	Same	28	93	47
Peterborough County-City Health Unit, ON	49.8%	45.1%	54.5%	Same	60	31.3%	13.7%	56.7%	Same	33	93	47
Region 1, NB	57.3%	53.0%	61.6%	Same	31	9.6%	3.2%	25.8%	Same	63	94	48
Halton Regional Health Unit, ON	49.5%	45.8%	53.3%	Same	61	21.7%	11.7%	36.8%	Same	36	97	49
Région de la Mauricie et du Centre-du-Québec, PQ	44.3%	40.8%	47.8%	Lower	70	23.3%	10.7%	43.5%	Same	27	97	49
Peel Regional Health Unit, ON	48.5%	45.4%	51.6%	Same	63	22.0%	12.0%	36.8%	Same	34	97	49
Chinook Regional Health Authority, AB	54.9%	50.1%	59.7%	Same	41	12.2%	4.6%	28.6%	Same	57	98	50
Waterloo Health Unit, ON	52.1%	48.6%	55.6%	Same	54	18.8%	9.9%	32.8%	Same	45	99	51
Haliburton, Kawartha, Pine Ridge District Health Unit, ON	53.4%	48.7%	58.0%	Same	49	14.9%	5.3%	35.3%	Same	51	100	52
Okanagan Health Service Delivery Area, BC	50.5%	46.1%	54.9%	Same	58	28.4%	14.3%	48.5%	Same	42	100	52
Vancouver Health Service Delivery Area, BC	35.2%	31.7%	38.9%	Lower	76	23.9%	9.5%	48.4%	Same	26	102	53
Région de Lanaudière, PQ	52.4%	48.7%	56.0%	Same	53	15.5%	6.7%	32.0%	Same	50	103	54
Région de la Montérégie, PQ	50.6%	47.7%	53.6%	Same	57	25.9%	15.5%	40.1%	Same	46	103	54
Winnipeg Regional Health Authority, MB	52.9%	49.9%	55.8%	Same	50	13.5%	6.8%	25.0%	Same	53	103	54
Région des Laurentides, PQ	46.4%	42.8%	50.1%	Lower	68	30.4%	14.9%	52.2%	Same	36	104	55
Région de Laval, PQ	50.8%	48.0%	53.7%	Same	56	17.8%	10.7%	28.2%	Same	48	104	55
Niagara Regional Area Health Unit, ON	55.5%	51.8%	59.0%	Higher	39	7.9%	2.6%	21.6%	Lower	65	104	55
Région du Saguenay - Lac-Saint-Jean, PQ	46.6%	42.6%	50.6%	Same	67	21.2%	10.2%	38.8%	Same	38	105	56
Fraser South Health Service Delivery Area, BC	48.6%	45.1%	52.1%	Same	62	26.5%	13.7%	45.1%	Same	44	106	57
North Shore/Coast Garibaldi Health Service Delivery Area, BC	40.4%	36.2%	44.7%	Lower	74	22.3%	8.7%	46.3%	Same	32	106	57
York Regional Health Unit, ON	47.7%	44.5%	50.9%	Lower	66	20.4%	11.5%	33.6%	Same	40	106	57
City of Ottawa Health Unit, ON	46.6%	43.6%	49.7%	Lower	67	20.3%	9.8%	37.3%	Same	41	108	58
Kingston, Frontenac and Lennox and Addington Health Unit, ON	54.6%	50.5%	58.7%	Same	42	6.3%	1.1%	28.9%	Same	67	109	59
Région du Bas-Saint-Laurent, PQ	47.9%	45.3%	50.5%	Same	64	18.3%	11.4%	28.1%	Same	46	110	60
Durham Regional Health Unit, ON	53.9%	50.1%	57.7%	Same	46	7.2%	2.9%	16.5%	Lower	66	112	61
Région de l'Abitibi-Témiscamingue, PQ	52.7%	48.8%	56.5%	Same	51	10.3%	4.3%	22.7%	Same	62	113	62
Région de la Chaudière-Appalaches, PQ	48.6%	44.8%	52.4%	Same	62	14.2%	6.3%	28.8%	Same	52	114	63
North Vancouver Island Health Service Delivery Area, BC	48.6%	42.1%	55.1%	Same	62	12.7%	3.5%	36.8%	Same	55	117	64
Région de Montréal, PQ	44.8%	42.9%	46.8%	Lower	70	17.8%	11.6%	26.2%	Same	48	118	65
City of Toronto Health Unit, ON	41.4%	39.1%	43.8%	Lower	73	25.9%	16.1%	38.9%	Same	46	119	66
Région de la Capitale Nationale, PQ	44.0%	40.9%	47.1%	Lower	71	16.5%	7.9%	31.4%	Same	49	120	67
Fraser North Health Service Delivery Area, BC	42.3%	39.0%	45.8%	Lower	72	25.2%	11.6%	46.4%	Same	50	122	68
Kootenay-Boundary Health Service Delivery Area, BC	46.4%	40.5%	52.4%	Same	68	2.1%	0.3%	14.3%	Lower	68	136	69
Richmond Health Service Delivery Area, BC	37.3%	32.7%	42.2%	Lower	75	9.0%	3.1%	23.3%	Same	64	139	69

Data Source : 2005 Canadian Community Health Survey

Data for adults are age and sex standardized to the Canadian population.

Table 2: Overweight and Obesity by Health Region in the Atlantic Provinces	Proportion of adults who are overweight or obese					Proportion of youth who are overweight or obese					Overall Canadian	
	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Score	Rank
		Lower	Upper				Lower	Upper				
<b>Canada</b>	<b>50.7%</b>	<b>50.2%</b>	<b>51.1%</b>			<b>23.7%</b>	<b>21.7%</b>	<b>25.8%</b>				
<b>Health Region</b>												
<b>Newfoundland and Labrador</b>												
Western & Labrador-Grenfell Regional Integrated Health Authority	66.3%	62.6%	69.9%	Higher	2	41.8%	24.9%	60.9%	Same	9	11	2
Central Regional Integrated Health Authority	66.3%	61.4%	70.8%	Higher	2	38.3%	18.9%	62.4%	Same	13	15	6
Eastern Regional Integrated Health Authority	60.6%	57.4%	63.7%	Higher	19	34.8%	21.4%	51.2%	Same	18	37	14
<b>Prince Edward Island</b>												
Prince and Kings Counties	62.1%	57.8%	66.2%	Higher	12	49.6%	30.1%	69.1%	Higher	2	14	5
Queens County	58.7%	53.6%	63.5%	Higher	24	38.6%	22.1%	58.2%	Same	12	36	13
<b>Nova Scotia</b>												
Zone 3 (DHA 4&5)	61.4%	56.4%	66.2%	Higher	16	35.1%	17.4%	58.0%	Same	17	33	11
Zone 5 (DHA 8)	65.8%	61.0%	70.2%	Higher	4	16.5%	6.9%	34.5%	Same	49	53	21
Zone 4 (DHA 6&7)	61.8%	56.7%	66.7%	Higher	13	26.6%	8.8%	57.7%	Same	43	56	24
Zone 6 (DHA 9)	52.7%	49.0%	56.4%	Higher	51	45.9%	25.8%	67.5%	Same	5	56	24
Zone 2 (DHA 3)	59.3%	53.7%	64.7%	Higher	21	21.7%	7.8%	47.5%	Same	36	57	25
Zone 1 (DHA 1&2)	65.0%	60.2%	69.5%	Higher	7	12.1%	3.4%	34.9%	Same	58	65	28
<b>New Brunswick</b>												
Region 2	65.1%	60.9%	69.2%	Higher	6	44.1%	26.3%	63.6%	Higher	6	12	3
Region 6 & 7	65.9%	62.1%	69.5%	Higher	3	34.1%	19.7%	52.2%	Same	19	22	7
Region 3	59.6%	55.3%	63.7%	Higher	20	35.9%	15.4%	63.3%	Same	16	36	13
Region 4 & 5	54.2%	49.6%	58.8%	Same	43	29.6%	14.5%	51.0%	Same	38	81	37
Region 1	57.3%	53.0%	61.6%	Same	31	9.6%	3.2%	25.8%	Same	63	94	48

Data Source : 2005 Canadian Community Health Survey

Data for adults are age and sex standardized to the Canadian population.

Table 3: Overweight and Obesity by Health Region in Quebec	Proportion of adults who are overweight or obese					Proportion of youth who are overweight or obese					Overall Canadian	
	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Score	Rank
		Lower	Upper				Lower	Upper				
<b>Canada</b>	<b>50.7%</b>	<b>50.2%</b>	<b>51.1%</b>			<b>23.7%</b>	<b>21.7%</b>	<b>25.8%</b>				
<b>Health Region</b>												
Région de la Côte-Nord	55.5%	51.6%	59.3%	Higher	39	23.2%	10.4%	44.1%	Same	28	67	29
Région de la Gaspésie - Îles-de-la-Madeleine	58.2%	54.2%	62.1%	Higher	27	19.1%	7.7%	40.3%	Same	44	71	32
Région de l'Estrie	45.9%	41.7%	50.2%	Same	69	37.0%	19.5%	58.8%	Same	15	84	40
Région de l'Outaouais	53.5%	49.6%	57.3%	Same	48	29.5%	17.2%	45.7%	Same	39	87	42
Région de la Mauricie et du Centre-du-Québec	44.3%	40.8%	47.8%	Lower	70	23.3%	10.7%	43.5%	Same	27	97	49
Région de Lanaudière	52.4%	48.7%	56.0%	Same	53	15.5%	6.7%	32.0%	Same	50	103	54
Région de la Montérégie	50.6%	47.7%	53.6%	Same	57	25.9%	15.5%	40.1%	Same	46	103	54
Région des Laurentides	46.4%	42.8%	50.1%	Lower	68	30.4%	14.9%	52.2%	Same	36	104	55
Région de Laval	50.8%	48.0%	53.7%	Same	56	17.8%	10.7%	28.2%	Same	48	104	55
Région du Saguenay - Lac-Saint-Jean	46.6%	42.6%	50.6%	Same	67	21.2%	10.2%	38.8%	Same	38	105	56
Région du Bas-Saint-Laurent	47.9%	45.3%	50.5%	Same	64	18.3%	11.4%	28.1%	Same	46	110	60
Région de l'Abitibi-Témiscamingue	52.7%	48.8%	56.5%	Same	51	10.3%	4.3%	22.7%	Same	62	113	62
Région de la Chaudière-Appalaches	48.6%	44.8%	52.4%	Same	62	14.2%	6.3%	28.8%	Same	52	114	63
Région de Montréal	44.8%	42.9%	46.8%	Lower	70	17.8%	11.6%	26.2%	Same	48	118	65
Région de la Capitale Nationale	44.0%	40.9%	47.1%	Lower	71	16.5%	7.9%	31.4%	Same	49	120	67

Data Source : 2005 Canadian Community Health Survey

Data for adults are age and sex standardized to the Canadian population.

Table 4: Overweight and Obesity by Health Region in Ontario	Proportion of adults who are overweight or obese					Proportion of youth who are overweight or obese					Overall Canadian	
	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Score	Rank
		Lower	Upper				Lower	Upper				
<b>Canada</b>	<b>50.7%</b>	<b>50.2%</b>	<b>51.1%</b>			<b>23.7%</b>	<b>21.7%</b>	<b>25.8%</b>				
<b>Health Region</b>												
Northwestern Health Unit	63.0%	57.6%	68.1%	Higher	9	50.7%	27.6%	73.6%	Higher	1	10	1
Porcupine Health Unit	61.7%	56.6%	66.5%	Higher	14	40.4%	17.1%	69.0%	Same	11	25	8
North Bay, Parry Sound & Timiskaming Health Units	59.7%	55.8%	63.5%	Higher	19	40.9%	22.8%	61.9%	Same	10	29	9
Windsor-Essex County Health Unit	59.2%	55.5%	62.7%	Higher	22	33.9%	17.4%	55.6%	Same	20	42	16
District of Algoma Health Unit	56.5%	51.6%	61.2%	Higher	36	43.6%	26.0%	63.0%	Higher	8	44	17
Simcoe Muskoka District Health Unit	58.1%	54.8%	61.3%	Higher	28	34.8%	17.8%	56.7%	Same	18	46	18
Brant County Health Unit	61.6%	56.7%	66.2%	Higher	15	29.4%	12.2%	55.4%	Same	40	55	22
Eastern Ontario Health Unit	59.2%	54.9%	63.4%	Higher	22	30.4%	13.5%	55.0%	Same	36	58	26
Sudbury and District Health Unit	58.4%	54.4%	62.2%	Higher	26	19.2%	5.6%	48.8%	Same	43	69	30
Thunder Bay District Health Unit	59.6%	55.1%	63.8%	Higher	20	24.8%	11.5%	45.7%	Same	51	71	32
Hastings and Prince Edward Counties Health Unit	55.2%	50.3%	59.9%	Same	40	20.7%	6.9%	48.0%	Same	39	79	35
Leeds, Grenville and Lanark District Health Unit	53.7%	49.2%	58.1%	Same	48	22.1%	9.5%	43.4%	Same	33	81	37
Wellington-Dufferin-Guelph Health Unit	53.8%	49.7%	57.9%	Same	47	31.1%	15.9%	51.8%	Same	34	81	37
Haldimand-Norfolk Health Unit	56.7%	51.4%	61.9%	Higher	35	17.9%	6.2%	41.8%	Same	47	82	38
Grey Bruce Health Unit	52.0%	47.1%	56.8%	Same	55	23.2%	9.9%	45.4%	Same	28	83	39
Renfrew County and District Health Unit	54.0%	48.7%	59.3%	Same	45	28.7%	7.7%	65.8%	Same	41	86	41
Huron County & Perth District Health Units	58.1%	54.1%	62.0%	Higher	28	11.2%	4.8%	24.3%	Same	60	88	43
Chatham-Kent Health Unit	57.3%	52.6%	61.8%	Higher	31	11.4%	4.3%	26.8%	Same	59	90	44
City of Hamilton Health Unit	55.6%	52.2%	59.0%	Higher	38	24.5%	12.0%	43.7%	Same	52	90	44
Lambton Health Unit	54.1%	49.4%	58.8%	Same	44	25.7%	8.5%	56.0%	Same	47	91	45
Oxford County Health Unit	53.9%	49.0%	58.8%	Same	46	18.8%	8.9%	35.4%	Same	45	91	45
Elgin-St Thomas Health Unit	54.2%	49.0%	59.3%	Same	43	16.5%	4.7%	44.4%	Same	49	92	46
Middlesex-London Health Unit	52.5%	48.8%	56.1%	Same	52	29.4%	14.8%	49.9%	Same	40	92	46
Peterborough County-City Health Unit	49.8%	45.1%	54.5%	Same	60	31.3%	13.7%	56.7%	Same	33	93	47
Haldon Regional Health Unit	49.5%	45.8%	53.3%	Same	61	21.7%	11.7%	36.8%	Same	36	97	49
Peel Regional Health Unit	48.5%	45.4%	51.6%	Same	63	22.0%	12.0%	36.8%	Same	34	97	49
Waterloo Health Unit	52.1%	48.6%	55.6%	Same	54	18.8%	9.9%	32.8%	Same	45	99	51
Haliburton, Kawartha, Pine Ridge District Health Unit	53.4%	48.7%	58.0%	Same	49	14.9%	5.3%	35.3%	Same	51	100	52
Niagara Regional Area Health Unit	55.5%	51.8%	59.0%	Higher	39	7.9%	2.6%	21.6%	Lower	65	104	55
York Regional Health Unit	47.7%	44.5%	50.9%	Lower	66	20.4%	11.5%	33.6%	Same	40	106	57
City of Ottawa Health Unit	46.6%	43.6%	49.7%	Lower	67	20.3%	9.8%	37.3%	Same	41	108	58
Kingston, Frontenac and Lennox and Addington Health Unit	54.6%	50.5%	58.7%	Same	42	6.3%	1.1%	28.9%	Same	67	109	59
Durham Regional Health Unit	53.9%	50.1%	57.7%	Same	46	7.2%	2.9%	16.5%	Lower	66	112	61
City of Toronto Health Unit	41.4%	39.1%	43.8%	Lower	73	25.9%	16.1%	38.9%	Same	46	119	66

Data Source : 2005 Canadian Community Health Survey

Data for adults are age and sex standardized to the Canadian population.

Table 5: Overweight and Obesity by Health Region in the Western Provinces	Proportion of adults who are overweight or obese					Proportion of youth who are overweight or obese					Overall Canadian	
	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Score	Rank
		Lower	Upper				Lower	Upper				
<b>Canada</b>	<b>50.7%</b>	<b>50.2%</b>	<b>51.1%</b>			<b>23.7%</b>	<b>21.7%</b>	<b>25.8%</b>				
<b>Health Region</b>												
<b>Manitoba</b>												
Parkland, Norman & Burntwood/Churchill Regional Health Authorities	60.8%	56.6%	64.9%	Higher	17	38.1%	15.9%	66.8%	Same	14	31	10
Interlake Regional Health Authority	69.3%	63.4%	74.7%	Higher	1	21.2%	4.7%	59.4%	Same	38	39	15
Brandon & Assiniboine Regional Health Authorities	62.5%	58.5%	66.3%	Higher	11	19.6%	7.9%	40.9%	Same	42	53	21
North and South Eastman Regional Health Authorities	58.5%	54.0%	62.9%	Higher	25	21.9%	9.4%	43.3%	Same	35	60	27
Central Regional Health Authority	56.8%	51.6%	61.7%	Higher	34	21.3%	8.9%	42.8%	Same	37	71	32
Winnipeg Regional Health Authority	52.9%	49.9%	55.8%	Same	50	13.5%	6.8%	25.0%	Same	53	103	54
<b>Saskatchewan</b>												
Sunrise & Kelsey Trail Regional Health Authorities	65.4%	60.8%	69.8%	Higher	5	44.0%	21.0%	69.8%	Same	7	12	3
Heartland & Prairie North Regional Health Authorities	62.8%	58.5%	66.9%	Higher	10	47.6%	29.4%	66.4%	Higher	3	13	4
Saskatoon Regional Health Authority	56.9%	53.1%	60.6%	Higher	33	40.4%	26.1%	56.5%	Higher	11	44	17
Prince Albert Parkland & Mamawetan/Keewatin/Athabasca Regional Health Authorities	64.1%	59.5%	68.5%	Higher	8	10.5%	3.7%	26.4%	Same	61	69	30
Regina Qu'Appelle Regional Health Authority	56.4%	52.5%	60.2%	Higher	37	21.3%	11.2%	36.7%	Same	37	74	33
Sun Country, Five Hills & Cypress Regional Health Authorities	57.7%	54.2%	61.0%	Higher	30	13.0%	5.4%	28.2%	Same	54	84	40
<b>Alberta</b>												
East Central Health	57.9%	52.9%	62.8%	Higher	29	31.5%	16.5%	51.7%	Same	23	52	20
Peace Country & Northern Lights Health Regions	62.1%	58.3%	65.8%	Higher	12	26.1%	13.9%	43.7%	Same	45	57	25
David Thompson Regional Health Authority	58.9%	54.8%	62.8%	Higher	23	29.9%	16.2%	48.4%	Same	37	60	27
Aspen Regional Health Authority	58.4%	53.8%	62.8%	Higher	26	25.5%	10.9%	48.9%	Same	48	74	33
Palliser Health Region	54.0%	49.1%	58.8%	Same	45	30.6%	12.6%	57.4%	Same	35	80	36
Capital Health	50.4%	47.5%	53.3%	Same	59	22.7%	12.3%	38.0%	Same	31	90	44
Calgary Health Region	47.8%	45.0%	50.6%	Same	65	23.2%	14.2%	35.3%	Same	28	93	47
Chinook Regional Health Authority	54.9%	50.1%	59.7%	Same	41	12.2%	4.6%	28.6%	Same	57	98	50
<b>British Columbia</b>												
Thompson/Cariboo Health Service Delivery Area	57.3%	52.5%	61.9%	Higher	31	46.3%	21.4%	73.3%	Same	4	35	12
Fraser East Health Service Delivery Area	58.2%	53.8%	62.4%	Higher	27	23.1%	7.1%	54.0%	Same	29	56	23
Northwest & Northeast Health Service Delivery Areas	61.7%	57.4%	65.8%	Higher	14	12.6%	4.6%	30.3%	Same	56	70	31
Central Vancouver Island Health Service Delivery Area	54.2%	49.8%	58.7%	Same	43	22.7%	10.7%	41.6%	Same	31	74	33
East Kootenay Health Service Delivery Area	50.8%	45.2%	56.4%	Same	56	32.7%	12.5%	62.3%	Same	21	77	34
Northern Interior Health Service Delivery Area	57.0%	52.0%	61.9%	Higher	32	25.3%	6.1%	63.8%	Same	49	81	37
South Vancouver Island Health Service Delivery Area	48.6%	44.8%	52.3%	Same	62	23.0%	10.7%	42.8%	Same	30	92	46
Okanagan Health Service Delivery Area	50.5%	46.1%	54.9%	Same	58	28.4%	14.3%	48.5%	Same	42	100	52
Vancouver Health Service Delivery Area	35.2%	31.7%	38.9%	Lower	76	23.9%	9.5%	48.4%	Same	26	102	53
Fraser South Health Service Delivery Area	48.6%	45.1%	52.1%	Same	62	26.5%	13.7%	45.1%	Same	44	106	57
North Shore/Coast Garibaldi Health Service Delivery Area	40.4%	36.2%	44.7%	Lower	74	22.3%	8.7%	46.3%	Same	32	106	57
North Vancouver Island Health Service Delivery Area	48.6%	42.1%	55.1%	Same	62	12.7%	3.5%	36.8%	Same	55	117	64
Fraser North Health Service Delivery Area, BC	42.3%	39.0%	45.8%	Lower	72	25.2%	11.6%	46.4%	Same	50	122	68
Kootenay-Boundary Health Service Delivery Area	46.4%	40.5%	52.4%	Same	68	2.1%	0.3%	14.3%	Lower	68	136	69
Richmond Health Service Delivery Area	37.3%	32.7%	42.2%	Lower	75	9.0%	3.1%	23.3%	Same	64	139	69

Data Source : 2005 Canadian Community Health Survey

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