

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.