



Prevalence of Overweight in Central West – 1990, 1996, 2001

**Results of the 1990 and 1996/97
Ontario Health Surveys and the 2001
Canadian Community Health Survey**



Background

- **Overweight is Canadian Standard – body mass index (wt in kg/ht in m²) > 27**
- **Example:**
 - **Height – 5 ft. 8 in. = 1.73 m (2.99 m²)**
 - **Weight – 180 lb = 81.8 kg**
 - **BMI = 81.8/2.99 = 27.4 (overweight)**
- **Height and weight were self-reported in the 1990, 1996/97 & 2001 health surveys**
 - **Self-report of height and weight underestimates the prevalence of high BMI**
- **Data are cross-sectional (different random sample in each survey)**



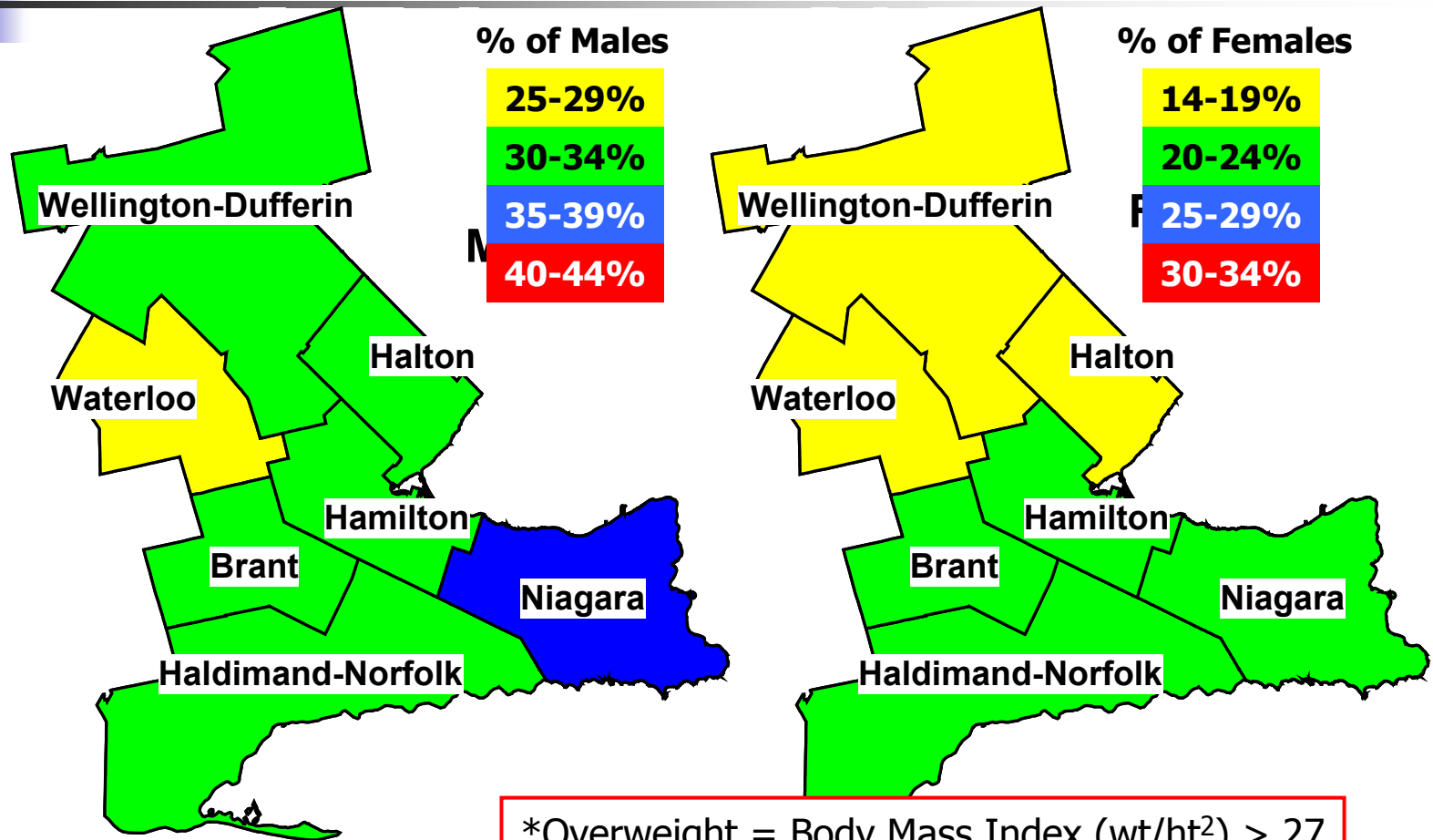


Background, cont'd

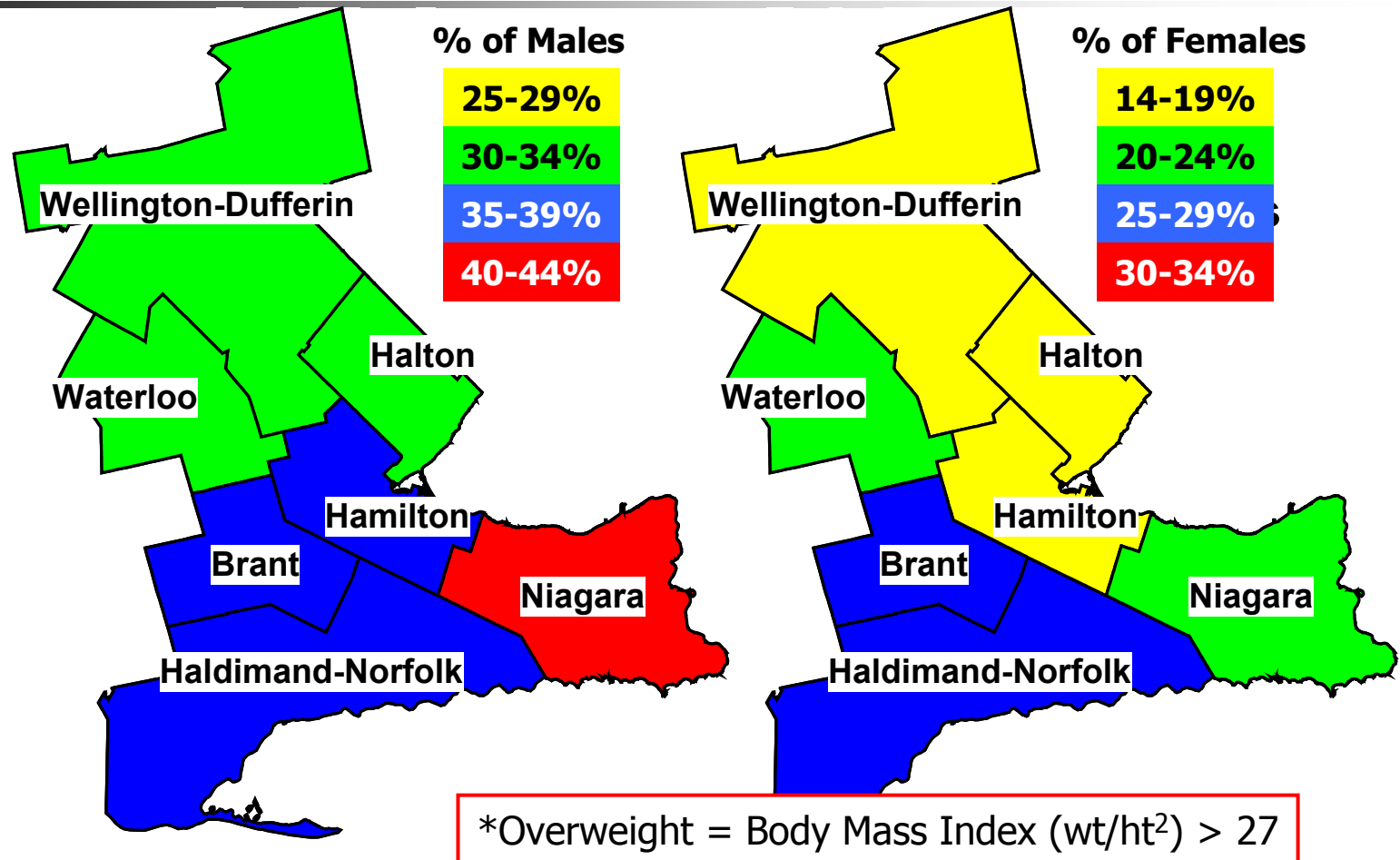
- **BMI Overweight standard is the same for males and females**
 - **However, males have greater muscle mass and therefore greater weight and BMI than a female of the same height;**
 - **Females on average, have more fat than males; body fat, particularly in the abdominal region is the component of body composition that is a health risk;**
 - **Self-report has different social desirability bias for males than for females;**
 - **Waist circumference used as a health risk measure uses different standards for males and females;**
 - **Therefore, data are provided separately for males and females**
- **Prevalence of overweight is likely an underestimate of the problem;**
- **Future CCHS may include physical measures of height, weight and waist circumference.**



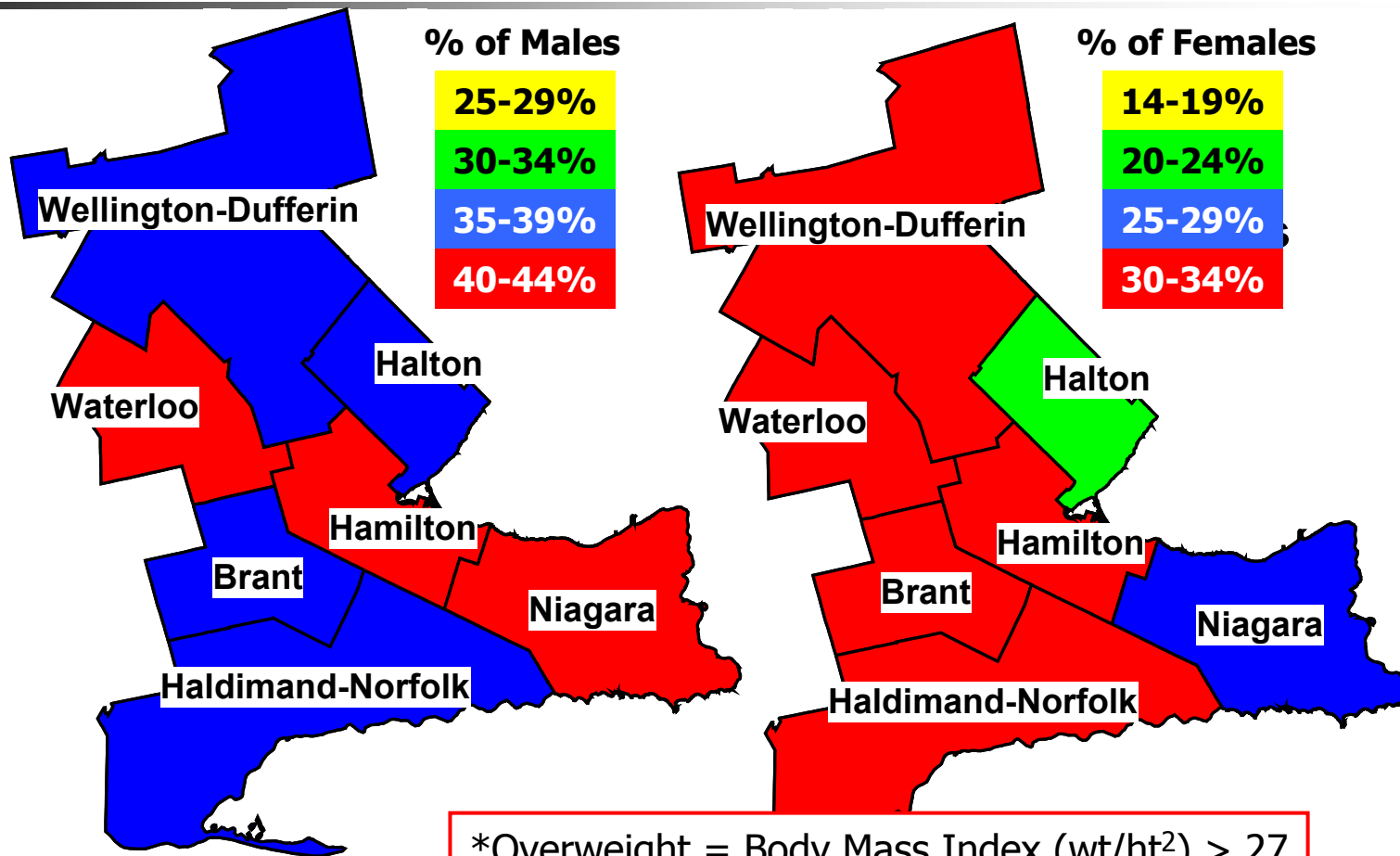
Prevalence of **Overweight*** in Central West Population Aged 20-64 Years, **1990**



Prevalence of **Overweight*** in Central West Population Aged 20-64 Years, **1996**



Prevalence of **Overweight*** in Central West Population Aged 20-64 Years, **2001**



*Overweight = Body Mass Index (wt/ht²) > 27

