

# Overweight & Obesity in SK (2013-2014)

OVERWEIGHT and OBESITY are determined by the person's Body Mass Index (BMI)\*. A BMI of 25.0 to 29.9 is classified as 'overweight', while 30.0 or greater is 'obese'. This information is based on self-reported height and weight.

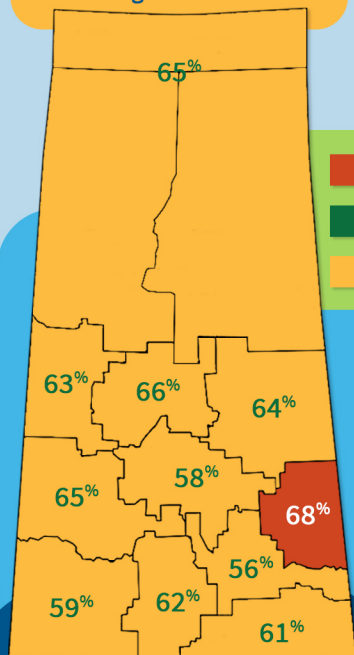
\*Body Mass Index (BMI) is a method of classifying body weight according to health risk. It is calculated for the population aged 18 years and over as weight in kilograms divided by height in meters squared

## 3 in 5

SK residents 18 years and older were overweight or obese



Prevalence (%) of residents with overweight and obese BMIs in health regions compared to provincial average in 2011-2012



- more common than SK (statistically significant)
- less common than SK (statistically significant)
- not significantly different than SK



SK: 60%

SK had a significantly higher overweight and obesity percentage (%) than Canada

Overweight & obese BMI was...

## 28%

more common in men than in women



Most common in people aged **35 years & older**

In this age group,

## 2 in 3

had overweight or obese BMI

