

Obesity in Saskatchewan (2015-2016)

OBESITY is determined by the person's Body Mass Index (BMI)*. A BMI of 30.0 or greater is 'obese'. This information is based on both measured and self-reported height and weight.

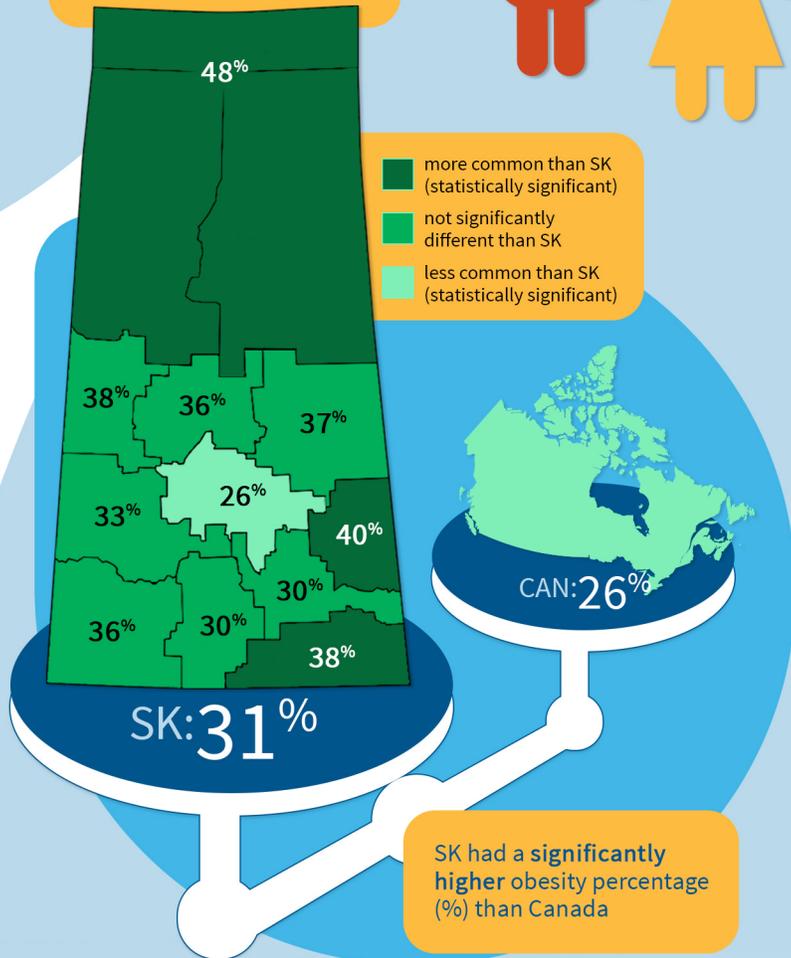
About
1 in 3
(31%)

SK residents
18 years and older
were obese

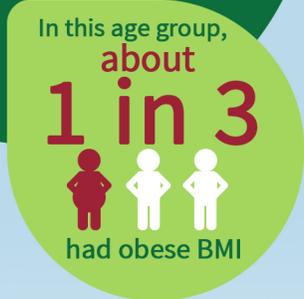
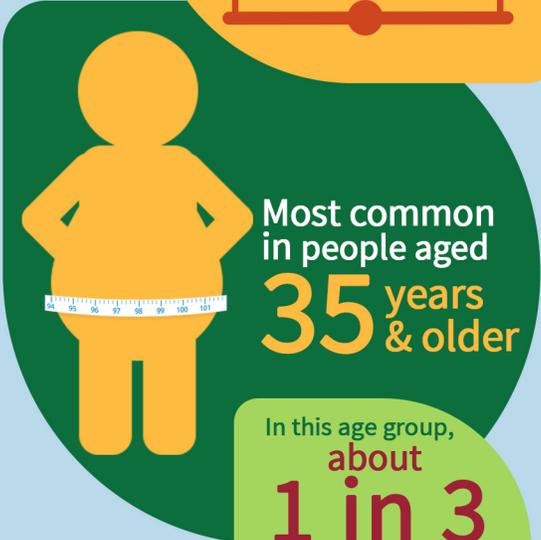


*Body Mass Index (BMI) is a method of classifying body weight according to health risk. It is calculated for the population aged 18 years and over as weight in kilograms divided by height in meters squared

Prevalence (%) of residents with obese BMIs in former health regions compared to the province in 2015-2016



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



SOURCE: Canadian Community Health Survey (CCHS)
NOTE: Due to methodological changes to the Canadian Community Health Survey (CCHS) in 2015, the combined 2015 and 2016 results should not be compared to previous surveys.