

# 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.

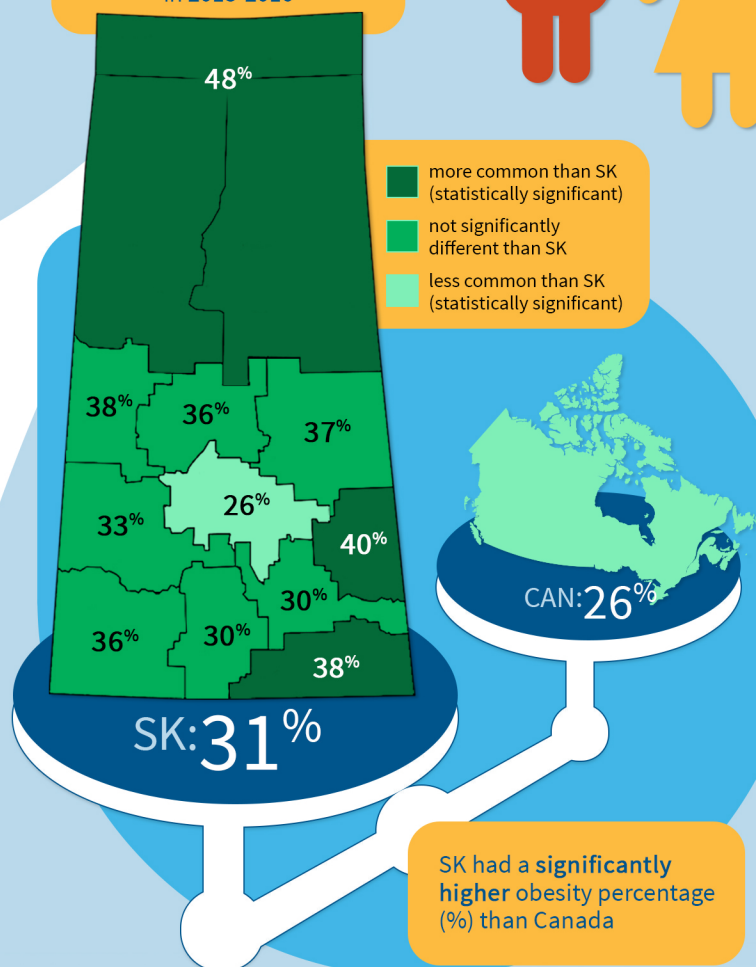
About  
**1 in 3**  
(31%)

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



Obese BMI was  
equally  
common  
between  
men and  
women



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



In this age group,  
about  
**1 in 3**  
had obese BMI

