

Overweight and Obesity

Why Is This Important?

Body mass index (BMI) is a calculation of weight-for-height (kg/m²) used to classify overweight (≥25) and obesity (≥30) in adults.

Obesity increases the risk of chronic illness including diabetes, heart disease, stroke, and osteoarthritis. Obesity decreases [self-rated health](#), even in the absence of chronic illness. Overweight and obesity are influenced by [vegetable and fruit consumption](#), [physical activity](#) and [sedentariness](#).

The link between obesity and [self-rated mental health](#) depends on age, gender and ethnicity. Weight tends to increase with age, but seniors who are slightly overweight may be healthier. Among females, obesity tends to decrease when income and education increase, while the opposite is true for men.

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Examples of Action Being Taken

[Pan Canadian Public Health Network](#) Progress Report on healthy weights.

[LiveWell](#) and [MEND](#) programs.

What More Can Be Done?

[What is Health Equity?](#) A Primer for the Health Care System

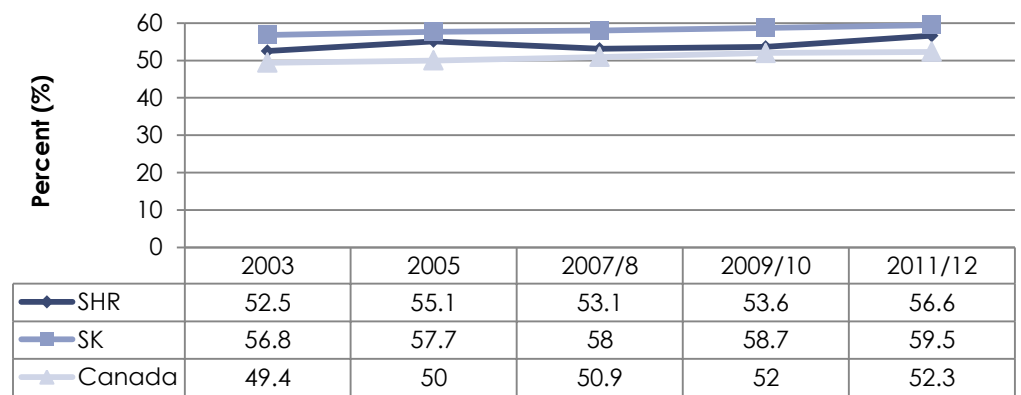
The Chief Medical Health Officer's [Call to Action](#)

Highlights

Overweight and obesity continue to increase in the Region.

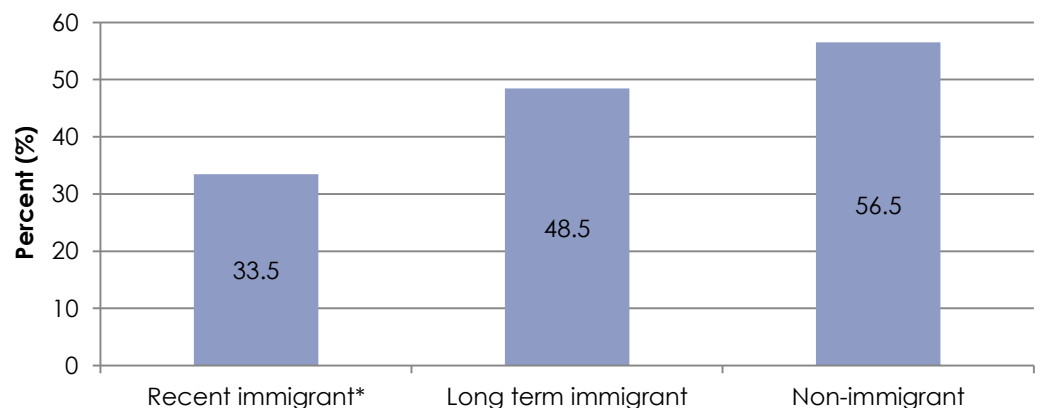
- Overweight and obesity rates have increased in the Saskatoon Health Region as well as in Saskatchewan and Canada. In 2011/12, the Region's rate increased to 56.6% (Figure 1), meaning that over 130,000 people were estimated to be overweight or obese.
- Overweight and obesity rates were lower among people who recently immigrated to Canada compared to people who are non-immigrants (33.5% compared to 56.5%; Figure 2).
- Overweight and obesity rates vary by [sub-group](#), including gender and age. Weight status for four year olds in the Region can be found [here](#).

Figure 1: Individuals Overweight or Obese, Saskatoon Health Region, Saskatchewan, and Canada, 2003 to 2012



Source: [Statistics Canada](#)

Figure 2: Individuals Overweight or Obese by Immigrant Status, Saskatoon Health Region, 2008 to 2012



*High variability. Use with caution. Source: [Statistics Canada](#). This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.