



Healthy Weights (Adults)

Released: June, 2016

Data Source

Canadian Community Health Survey (CCHS)
Statistics Canada

Modules

Public Health Ontario Snapshot on Health
Behaviours: Self-Reported Nutrition and Healthy
Weights

Data Collection Periods

2003, 2005, 2007-08, 2009-10, 2011-12, 2013-14

Data Notes

- *Proportions have been adjusted to account for bias when self-reporting height and weight
- Proportions have been age-standardized using the 1991 Canadian population
- Error bars represent 95% confidence intervals which show the range of variability for a population estimate. There is a 95% probability that the true estimate is within that range
- Differences between Lambton Public Health and Ontario rates are considered statistically significant when the 95% confidence intervals do not overlap

Limitations

- Survey completion is voluntary
- Results are based on self-reported behaviours, attitudes and opinions.
- Questions are only asked of residents aged 12+
- Excluded populations include persons living on reserves and other Aboriginal settlements in the provinces; full-time members of the Canadian Forces; the institutionalized population
- †: indicates to interpret with caution: large variability (CV: 16.6-33.3)
- NR: indicates data is not released due to small sample size

OVERWEIGHT POPULATION

Percentage of adults who are classified as overweight based on self-reported Body Mass Index (BMI)*

- In 2013/14, 38% of Lambton adults were classified as overweight. This proportion does not differ significantly from the Ontario population (37%).

OBESE POPULATION

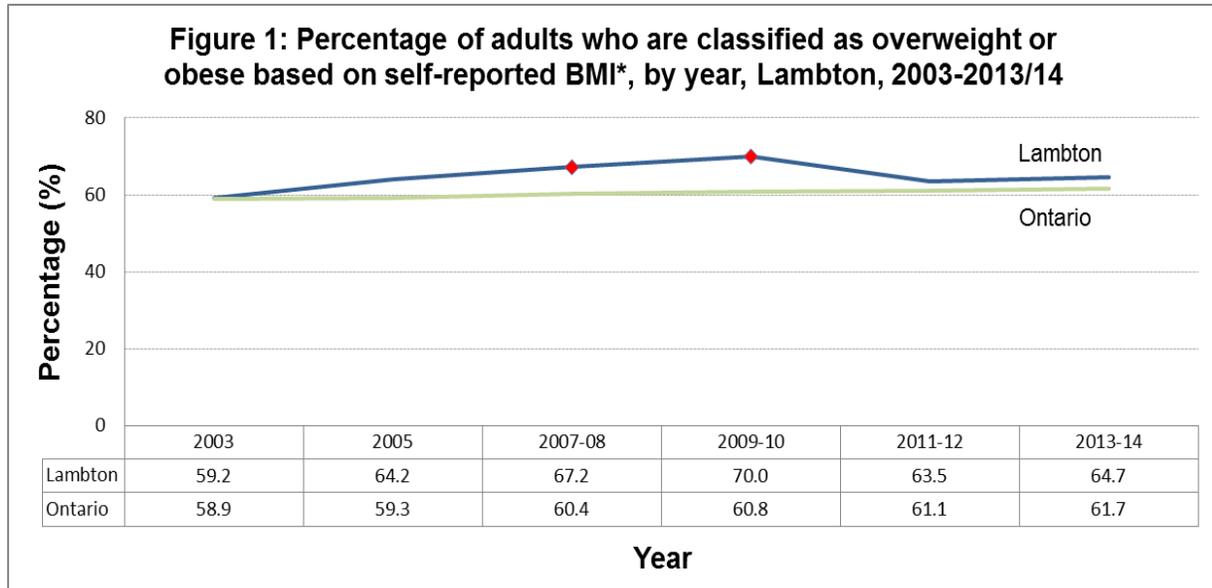
Percentage of adults who are classified as obese based on self-reported BMI*

- In 2013/14, 27% of Lambton adults were classified as obese. This proportion does not differ significantly from the Ontario population (25%).

COMBINED OVERWEIGHT AND OBESE POPULATION

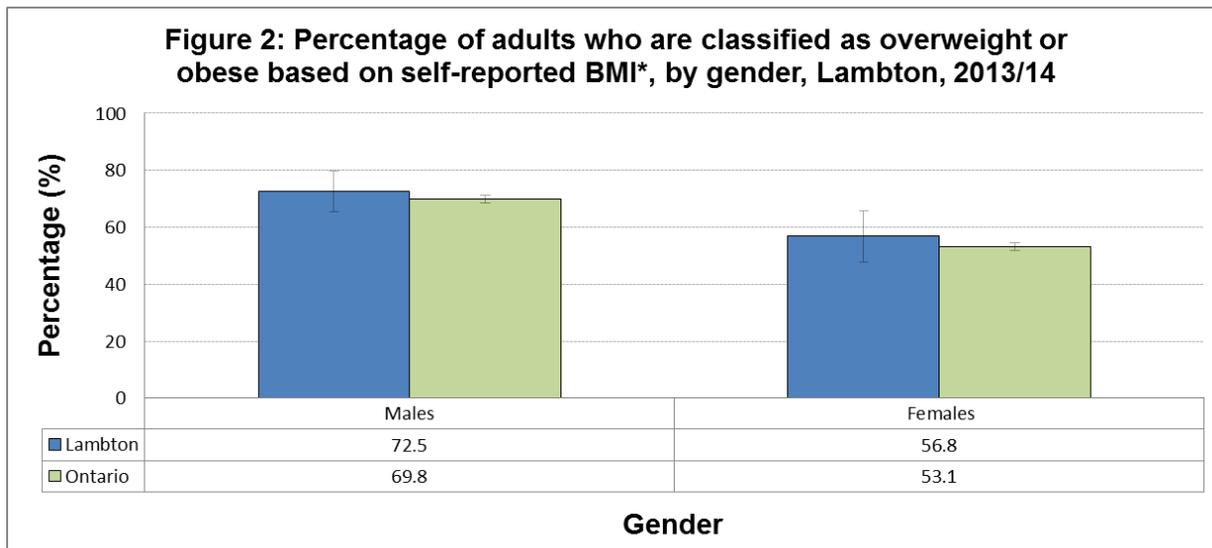
Combined percentage of adults who are classified as overweight or obese based on self-reported BMI*

- In 2013/14, 65% of Lambton adults were classified as overweight or obese. This proportion does not differ significantly from the Ontario population (61%). While the percentage of overweight or obese adults has been higher in Lambton compared to Ontario since 2003, this difference was only significant in 2007/08 and 2009/10 (Figure 1).
- Males were more likely than females to be classified as overweight or obese. In 2013/14, 73% of males and 57% of females in Lambton were classified as overweight or obese (Figure 2).
- Adults 45 years and older were more likely than younger adults to be classified as overweight or obese. In 2013/14, approximately three out of four Lambton adults aged 45 years and older were classified as overweight or obese (Figure 3).

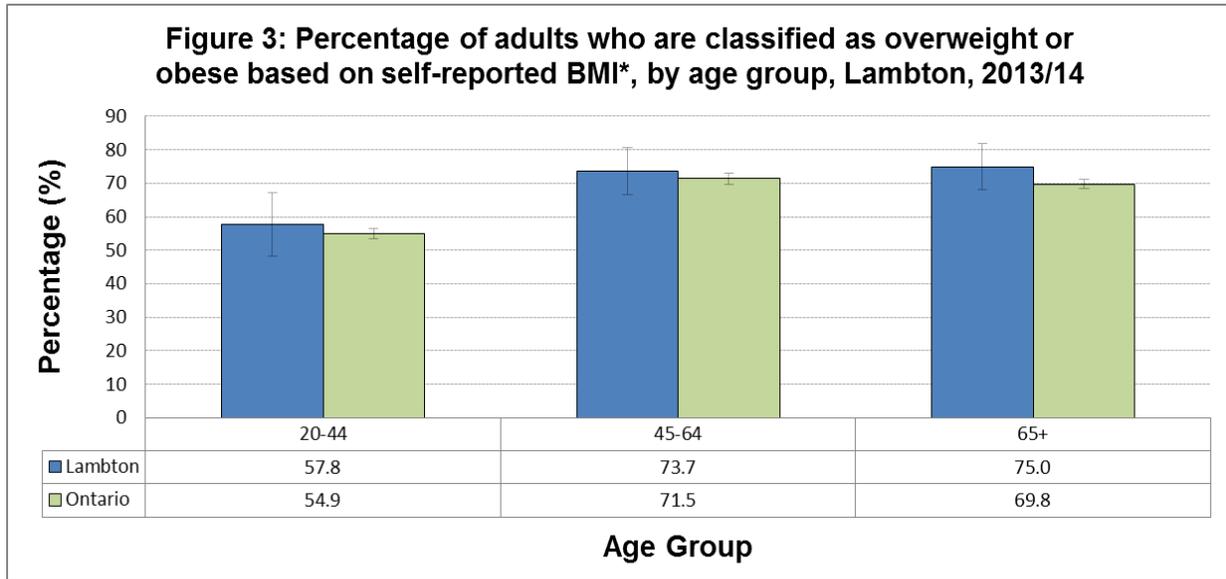


◆ Indicates a proportion significantly different from that of Ontario.

Data Source: Statistics Canada. Canadian Community Health Survey, 2003-2013/14.



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Data Source: Statistics Canada. Canadian Community Health Survey, 2013/14.

The information in this summary document may be quoted in interviews and written materials. All written materials should be reviewed by the epidemiologist before release to ensure the data is being used correctly.

Proper Citations:

- Public Health Ontario. Snapshots: Lambton Public Health: Self-reported nutrition and healthy weights, age-adjusted rates 2003-2013/14. Toronto, ON: Ontario Agency for Health Protection and Promotion; 2016 Feb 1 [cited 2016 May 26]. Available from: <https://www.publichealthontario.ca/en/DataAndAnalytics/Snapshots/Pages/Health-Behaviours---Nutrition-and-Healthy-Weights.aspx#.V0cPBDUrKUK>

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