



Canada



Country report card - children

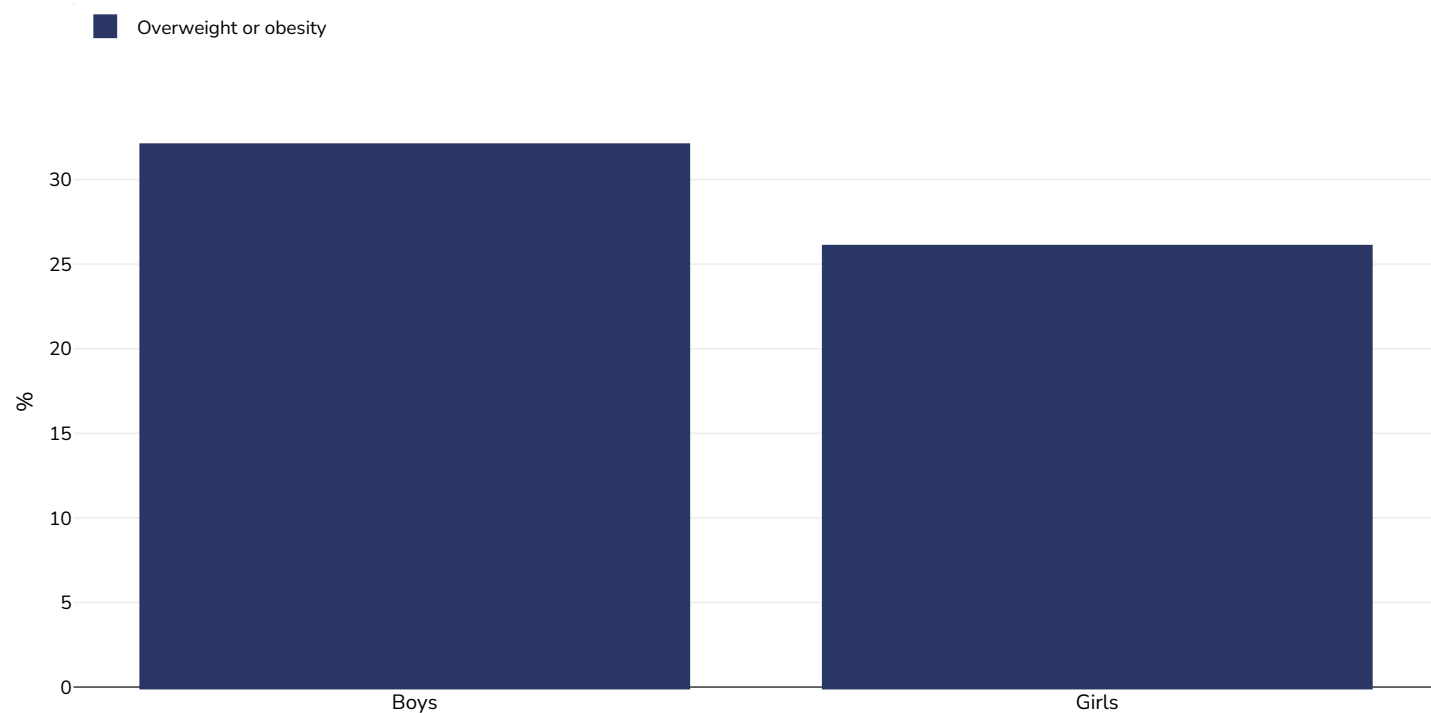
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/canada-36/>

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Obesity prevalence

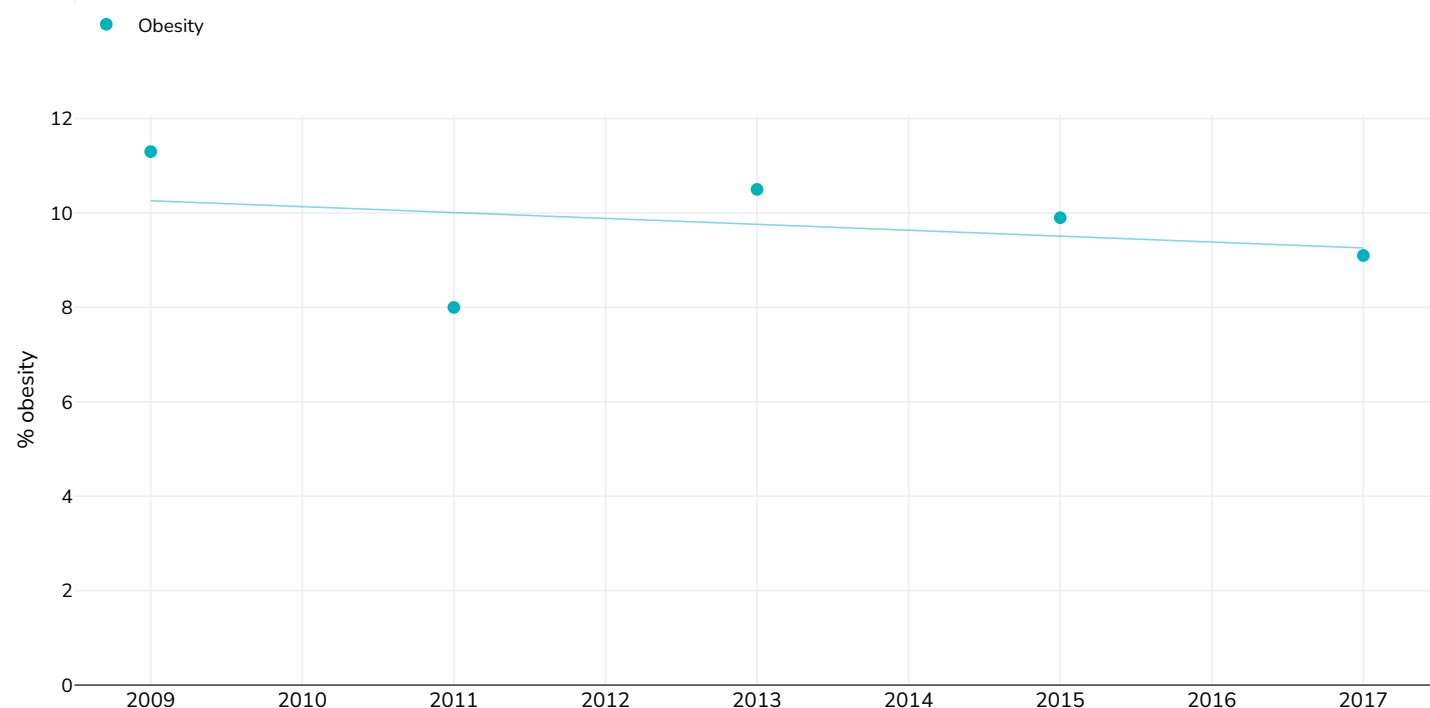
Children, 2021-2022



Survey type:	Self-reported
Age:	13
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

% Children living with obesity in Canada, 2009-2019

Girls



Survey type: Measured

References:

2009: Canadian Health Measures Survey (CHMS) 2009. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].

2011: Canadian Health Measures Survey (CHMS) 2011. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].

2013: Canadian Health Measures Survey (CHMS) 2013. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].

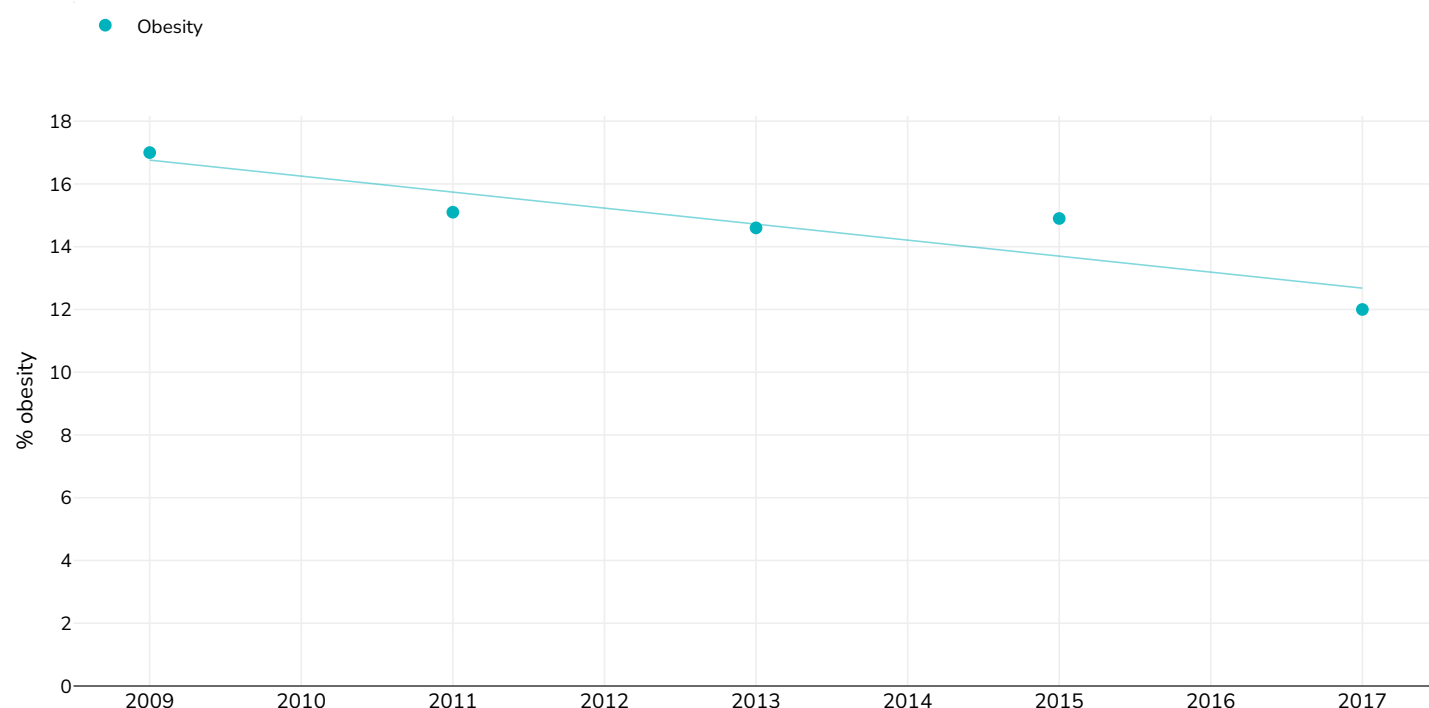
2015: Obesity Statistics in Canada: Report. 2025. Figure 3.1. Data from 2015 Canadian Community Health Survey - Nutrition. <https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d> [Accessed 14.08.25]

2017: Canadian Health Measures Survey (CHMS) 2017. Available from: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310037301&pickMembers%5B0%5D=3.3>. [Accessed 6 March 2019].

2019: Canadian Health Measures Survey (CHMS) 2019. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Boys



Survey type:

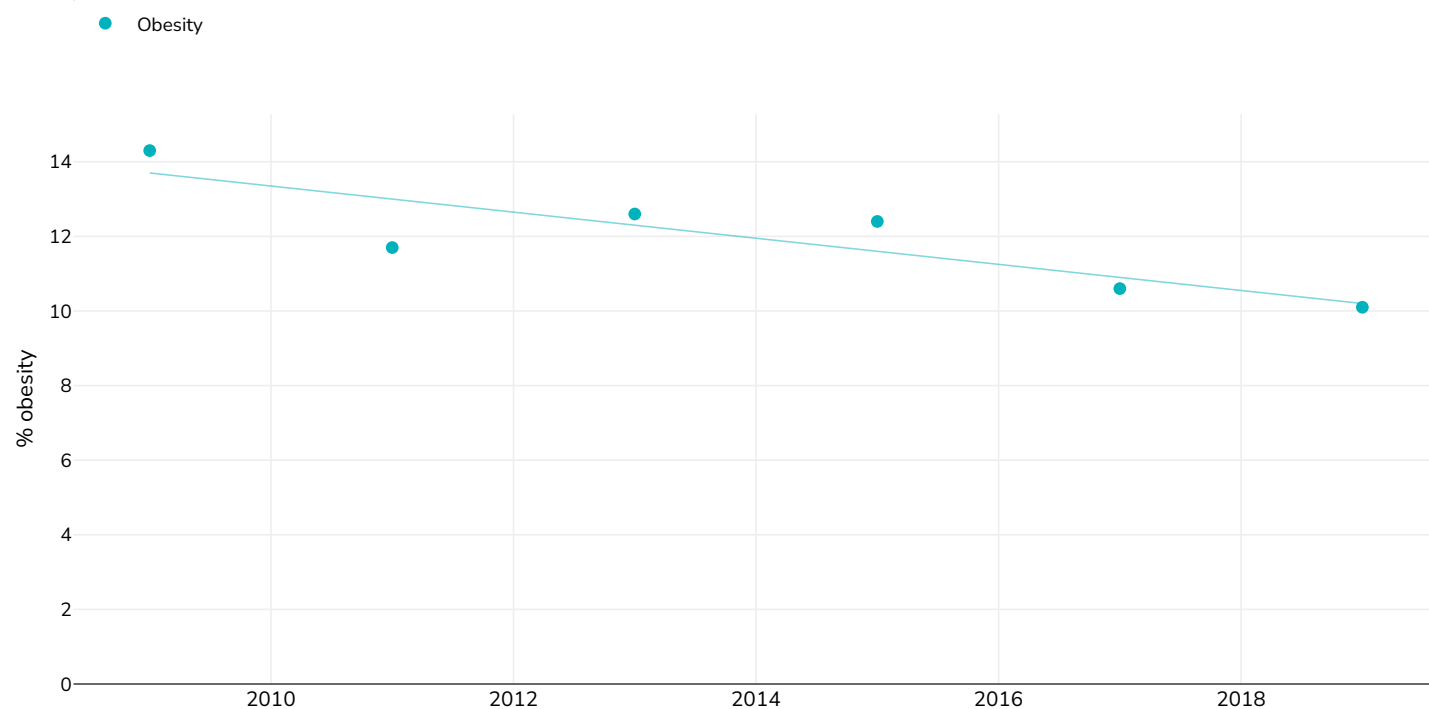
Measured

References:

- 2009: Canadian Health Measures Survey (CHMS) 2009. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
- 2011: Canadian Health Measures Survey (CHMS) 2011. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
- 2013: Canadian Health Measures Survey (CHMS) 2013. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
- 2015: Obesity Statistics in Canada: Report. 2025. Figure 3.1. Data from 2015 Canadian Community Health Survey - Nutrition. <https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d> [Accessed 14.08.25]
- 2017: Canadian Health Measures Survey (CHMS) 2017. Available from: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310037301&pickMembers%5B0%5D=3.3>. [Accessed 6 March 2019].
- 2019: Canadian Health Measures Survey (CHMS) 2019. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Boys and girls



Survey type:

Measured

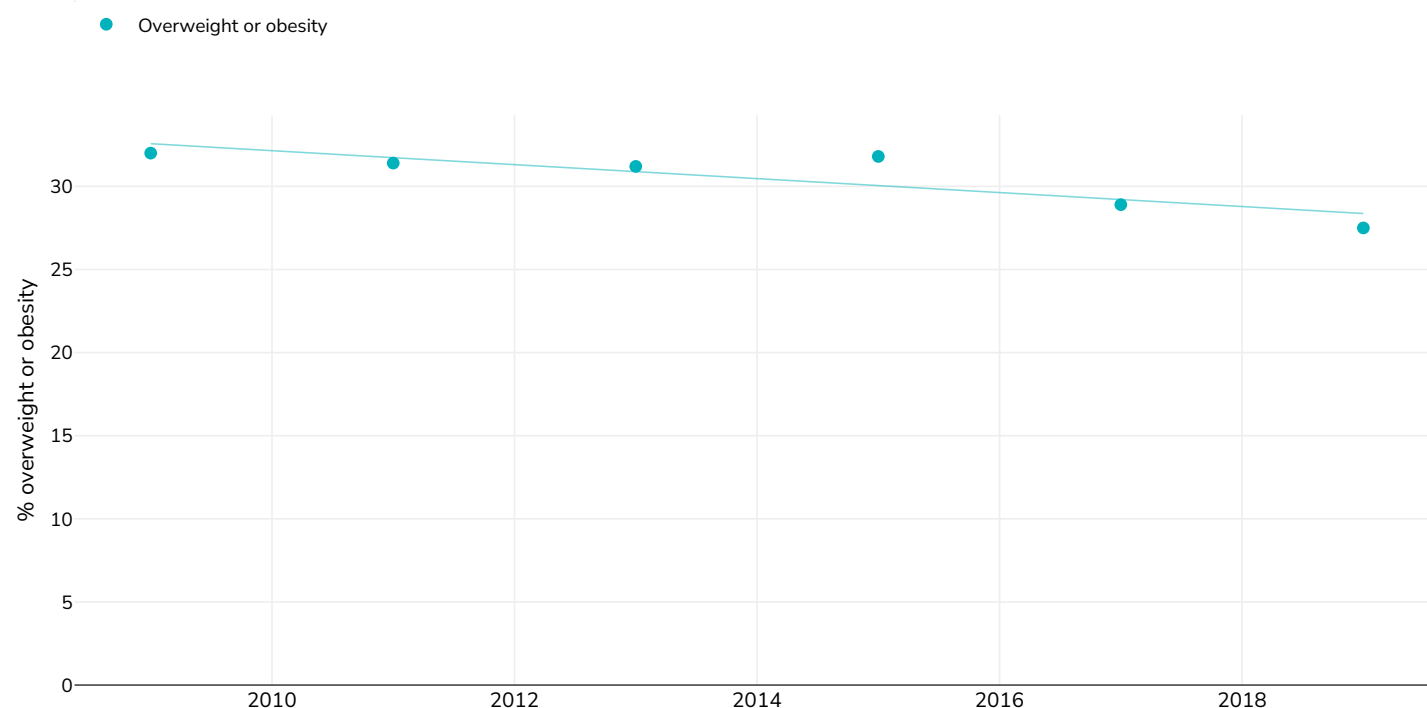
References:

- 2009: Canadian Health Measures Survey (CHMS) 2009. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
- 2011: Canadian Health Measures Survey (CHMS) 2011. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
- 2013: Canadian Health Measures Survey (CHMS) 2013. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
- 2015: Obesity Statistics in Canada: Report. 2025. Figure 3.1. Data from 2015 Canadian Community Health Survey - Nutrition. <https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d> [Accessed 14.08.25]
- 2017: Canadian Health Measures Survey (CHMS) 2017. Available from: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310037301&pickMembers%5B0%5D=3.3>. [Accessed 6 March 2019].
- 2019: Canadian Health Measures Survey (CHMS) 2019. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].

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% Children living with overweight or obesity in Canada, 2009-2019

Boys and girls



Survey type:

Measured

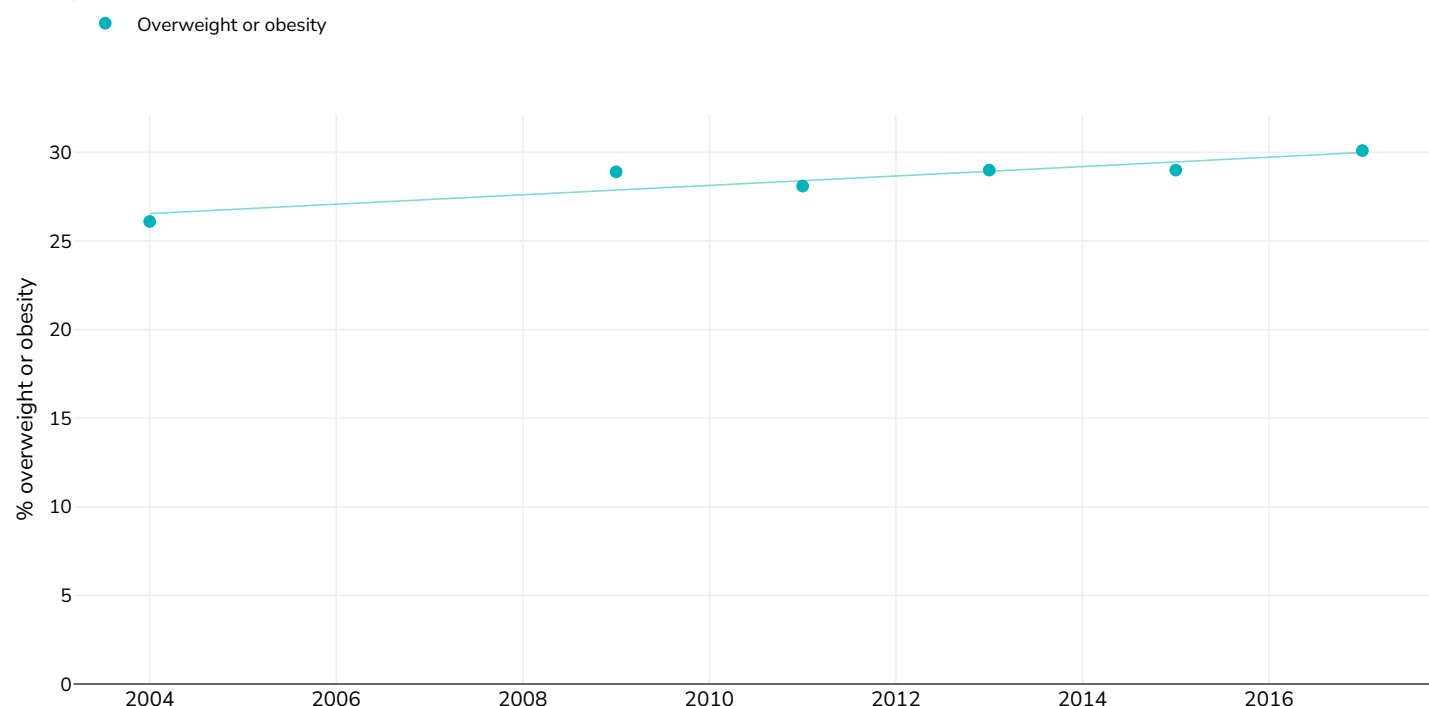
References:

- 2004: Shields M. 2006. Overweight and obesity among children and youth. Health Reports 17(3), 28 - 44.
- 2009: Canadian Health Measures Survey (CHMS) 2009. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
- 2011: Canadian Health Measures Survey (CHMS) 2011. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
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- 2017: Canadian Health Measures Survey (CHMS) 2017. Available from: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310037301&pickMembers%5B0%5D=3.3>. [Accessed 6 March 2019].
- 2019: Canadian Health Measures Survey (CHMS) 2019. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Girls



Survey type:

Measured

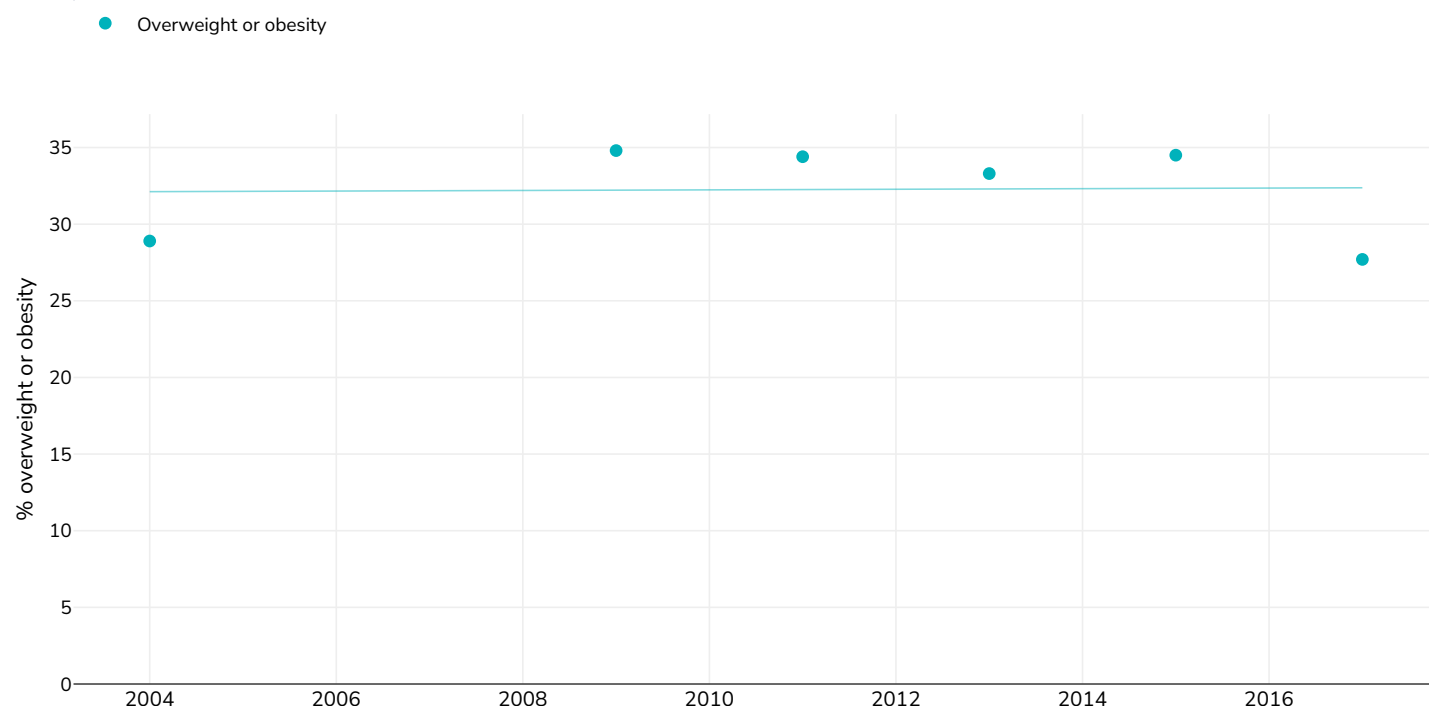
References:

- 2004: Shields M. 2006. Overweight and obesity among children and youth. Health Reports 17(3), 28 - 44.
- 2009: Canadian Health Measures Survey (CHMS) 2009. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
- 2011: Canadian Health Measures Survey (CHMS) 2011. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
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- 2017: Canadian Health Measures Survey (CHMS) 2017. Available from: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310037301&pickMembers%5B0%5D=3.3>. [Accessed 6 March 2019].
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Boys



Survey type:

Measured

References:

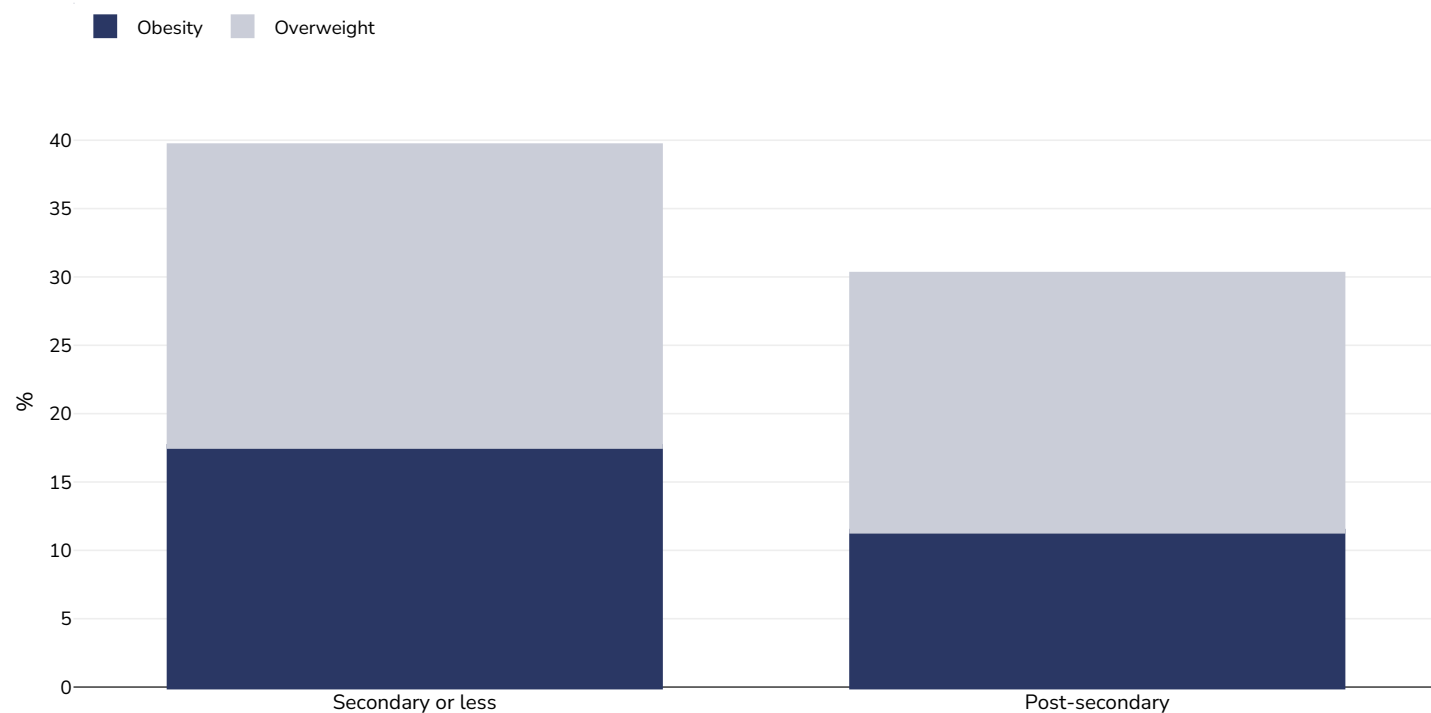
- 2004: Shields M. 2006. Overweight and obesity among children and youth. Health Reports 17(3), 28 - 44.
- 2009: Canadian Health Measures Survey (CHMS) 2009. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
- 2011: Canadian Health Measures Survey (CHMS) 2011. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].
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- 2017: Canadian Health Measures Survey (CHMS) 2017. Available from: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310037301&pickMembers%5B0%5D=3.3>. [Accessed 6 March 2019].
- 2019: Canadian Health Measures Survey (CHMS) 2019. Available from: <https://doi.org/10.25318/1310037301-eng> [Accessed 25 May 2023].

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

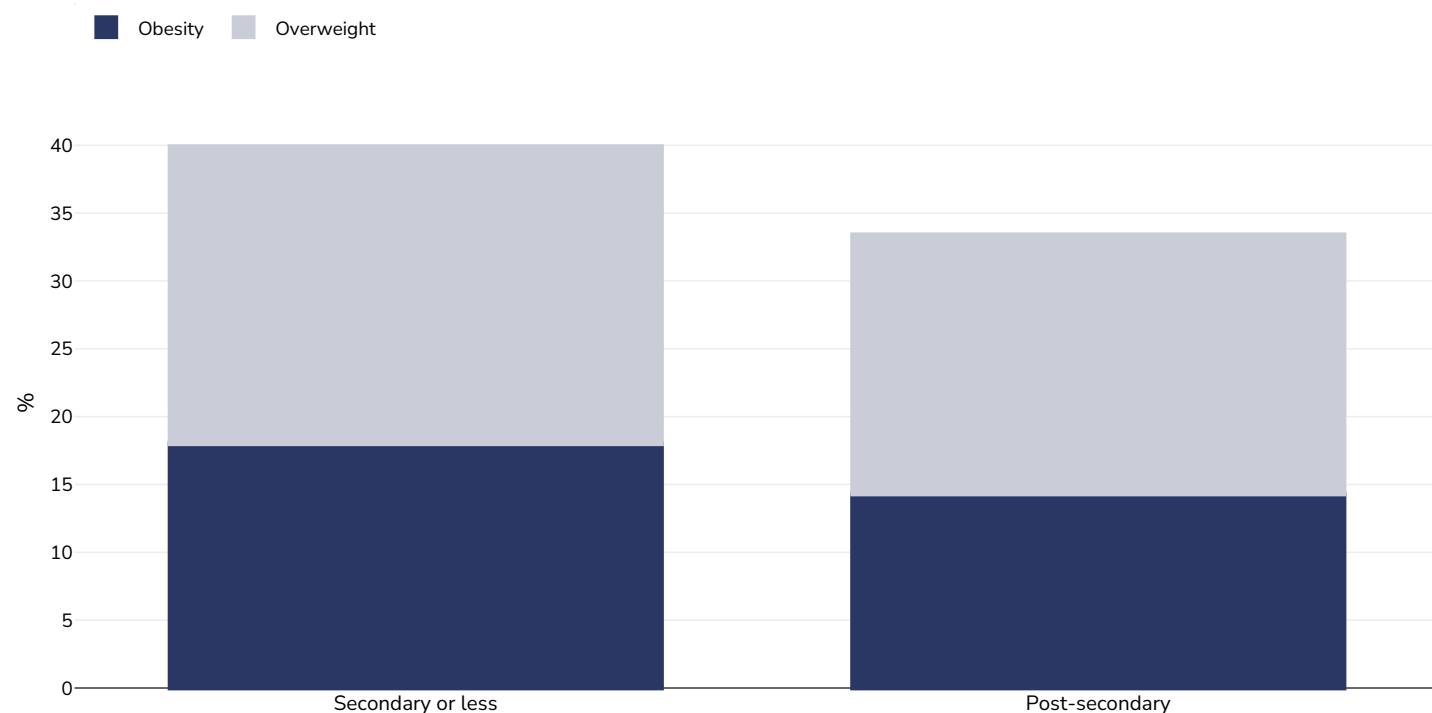
Overweight/obesity by education

Children, 2015



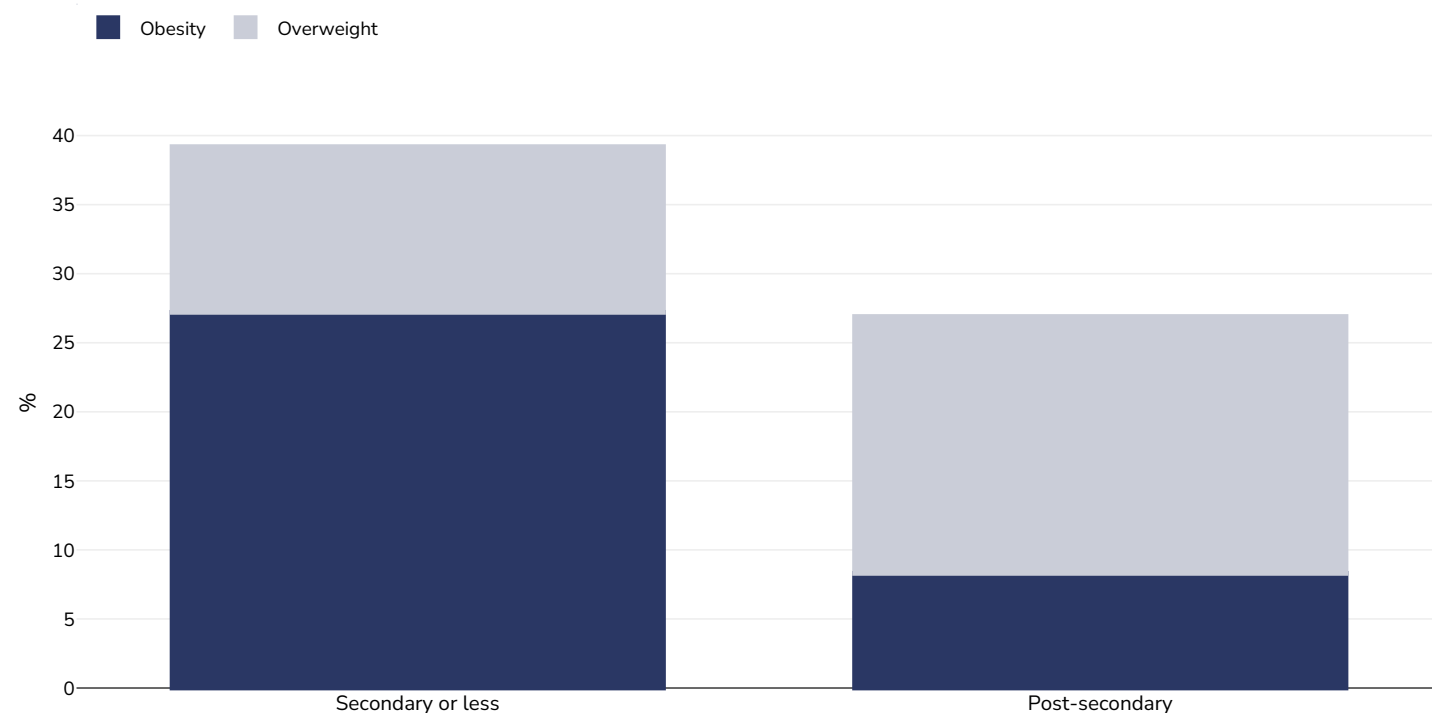
Survey type:	Measured
Age:	5-17
Sample size:	3571
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Definitions:	Highest level of education in the household
Cutoffs:	WHO 2007

Boys, 2015



Survey type:	Measured
Age:	5-17
Sample size:	3571
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Definitions:	Highest level of education in the household
Cutoffs:	WHO 2007

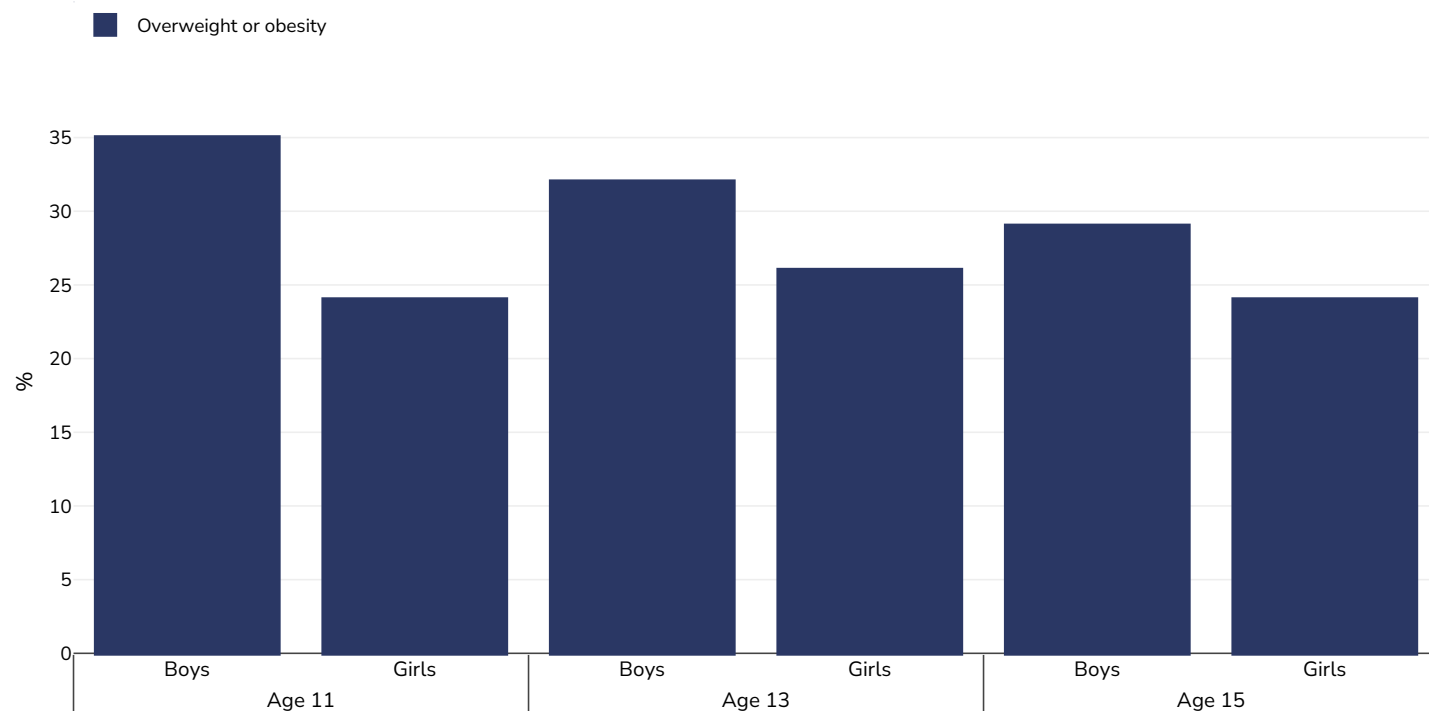
Girls, 2015



Survey type:	Measured
Age:	5-17
Sample size:	3571
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Definitions:	Highest level of education in the household
Cutoffs:	WHO 2007

Overweight/obesity by age

Children, 2021-2022



Survey type: Self-reported

Area covered: See Report

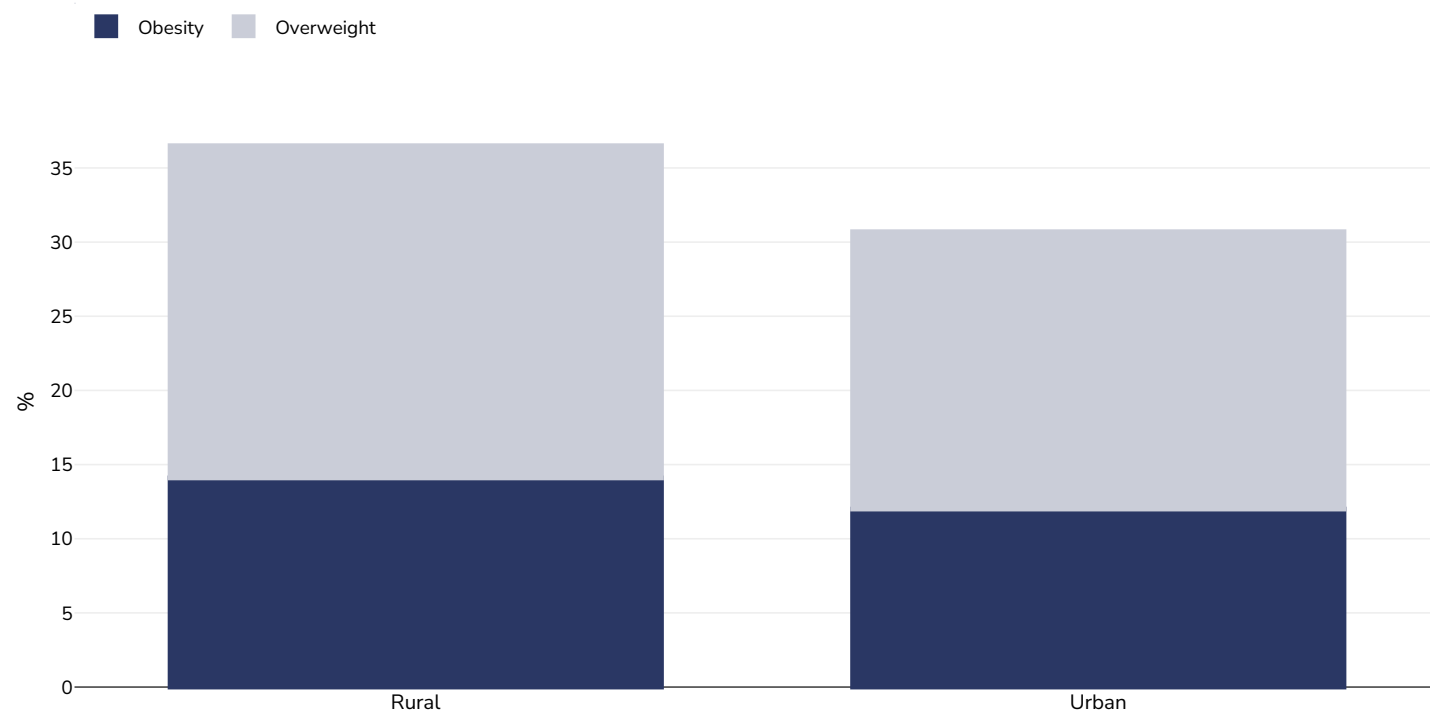
References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

Notes: HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs: +2SD

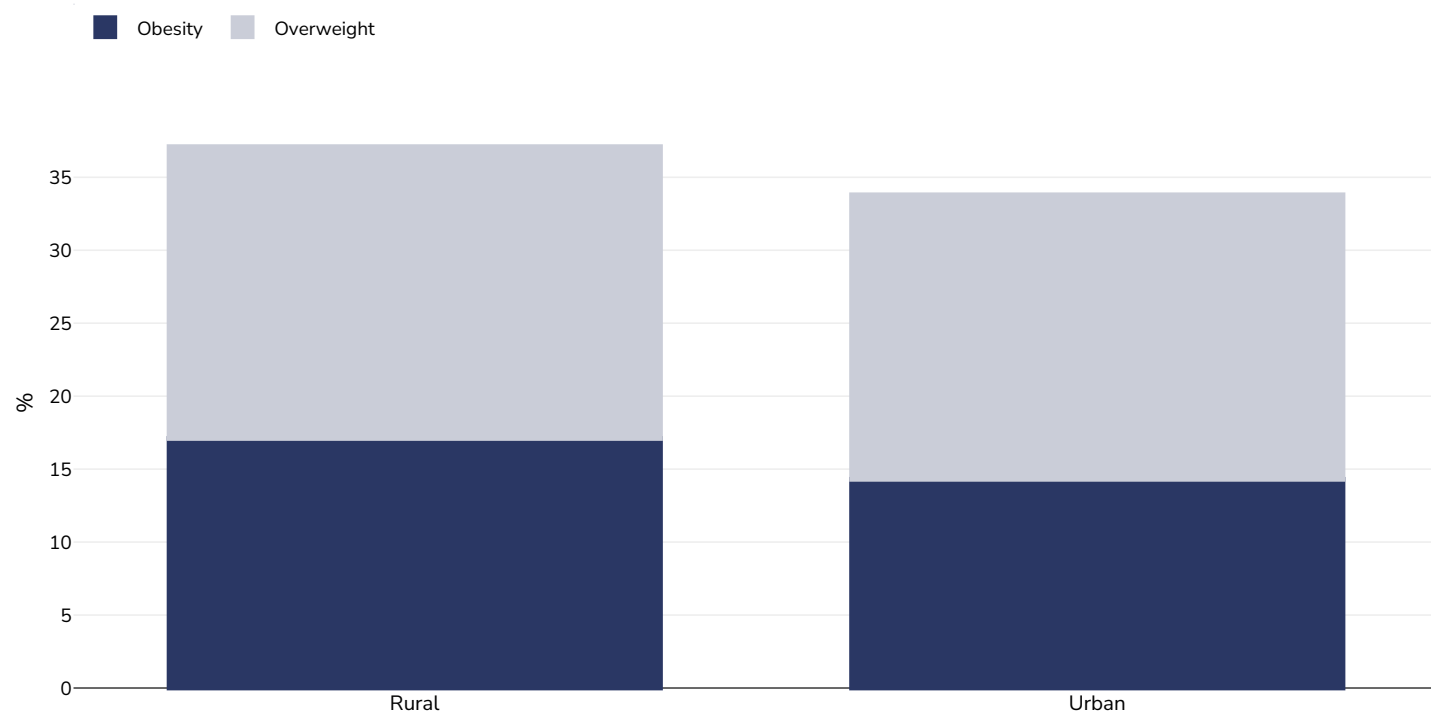
Overweight/obesity by region

Children, 2015



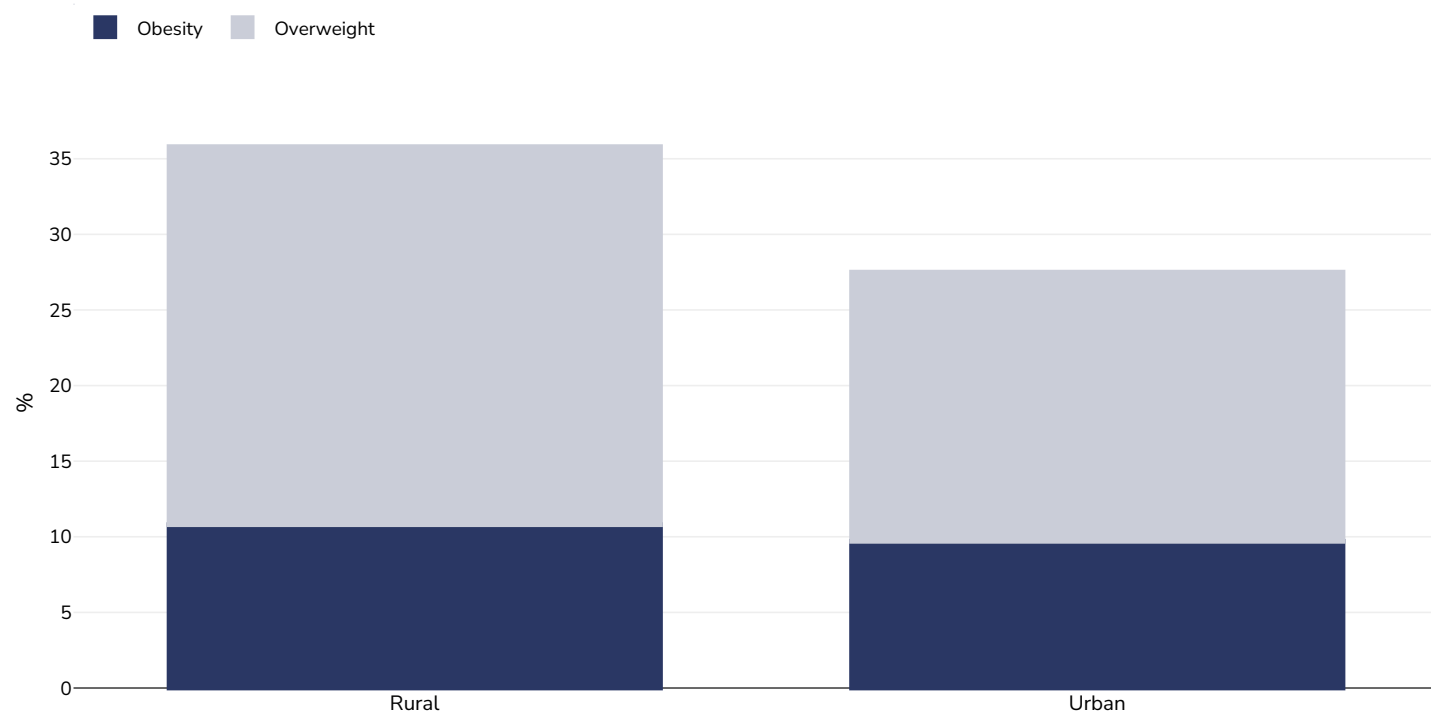
Survey type:	Measured
Age:	5-17
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Notes:	NB. High coefficient of variation for obesity values in boys and girls in rural areas, interpret with caution
Cutoffs:	WHO 2007

Boys, 2015



Survey type:	Measured
Age:	5-17
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Notes:	NB. High coefficient of variation for obesity values in boys and girls in rural areas, interpret with caution
Cutoffs:	WHO 2007

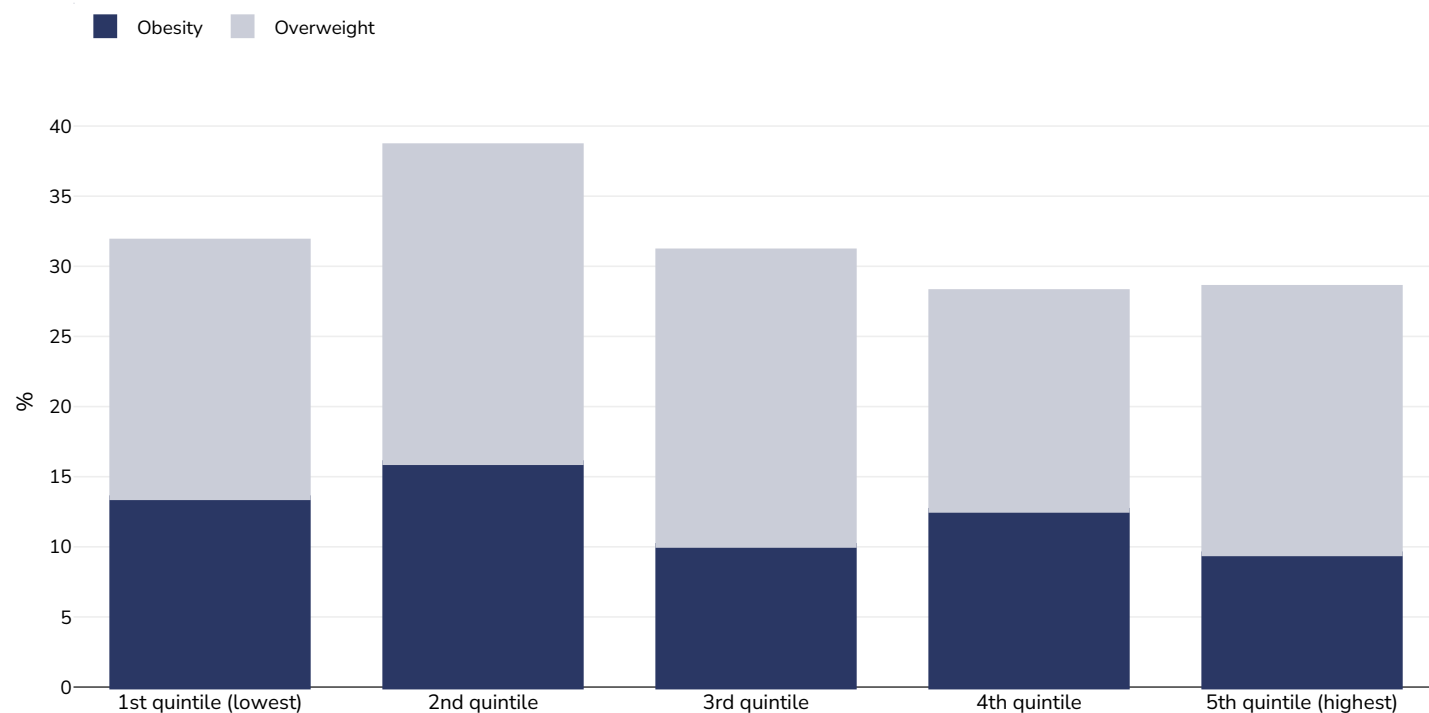
Girls, 2015



Survey type:	Measured
Age:	5-17
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Notes:	NB. High coefficient of variation for obesity values in boys and girls in rural areas, interpret with caution
Cutoffs:	WHO 2007

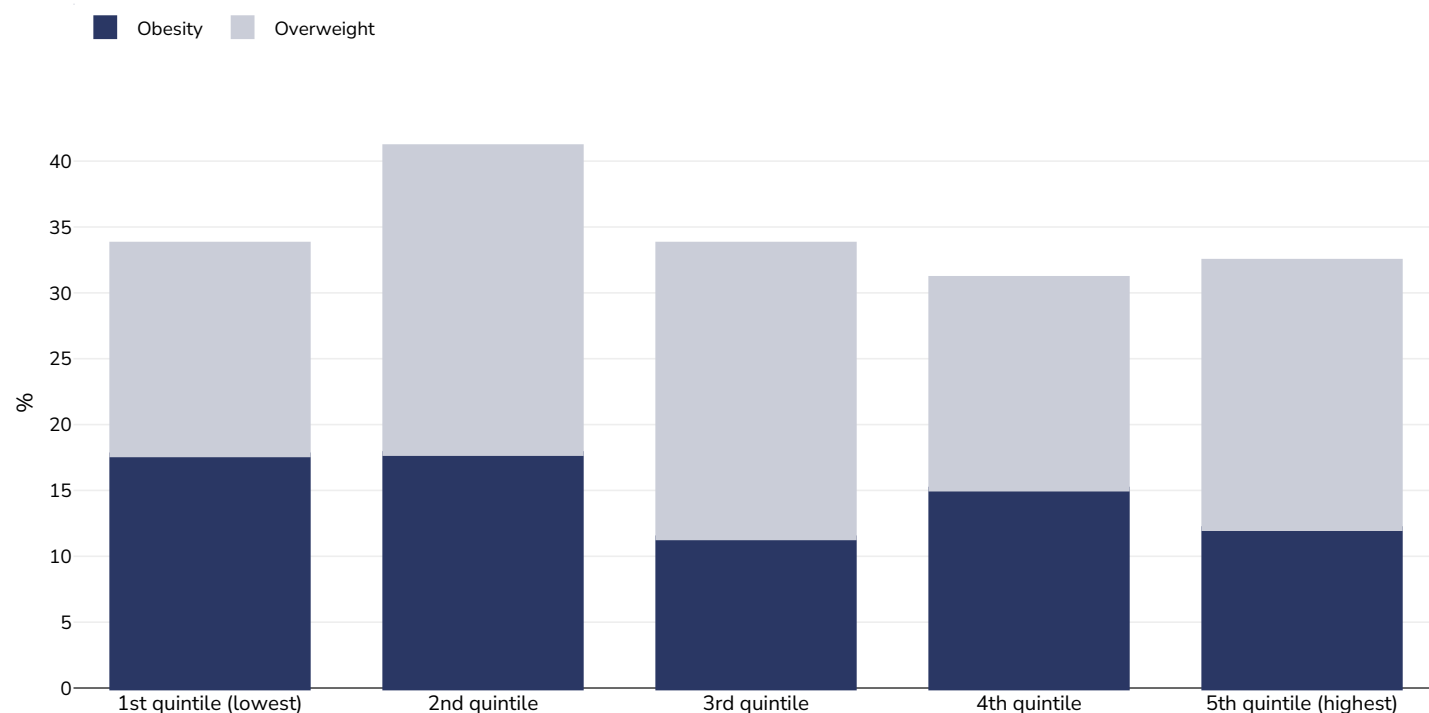
Overweight/obesity by socio-economic group

Children, 2015



Survey type:	Measured
Age:	5-17
Sample size:	3571
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Definitions:	Household income quintile
Cutoffs:	WHO

Boys, 2015



Survey type: Measured

Age: 5-17

Sample size: 3571

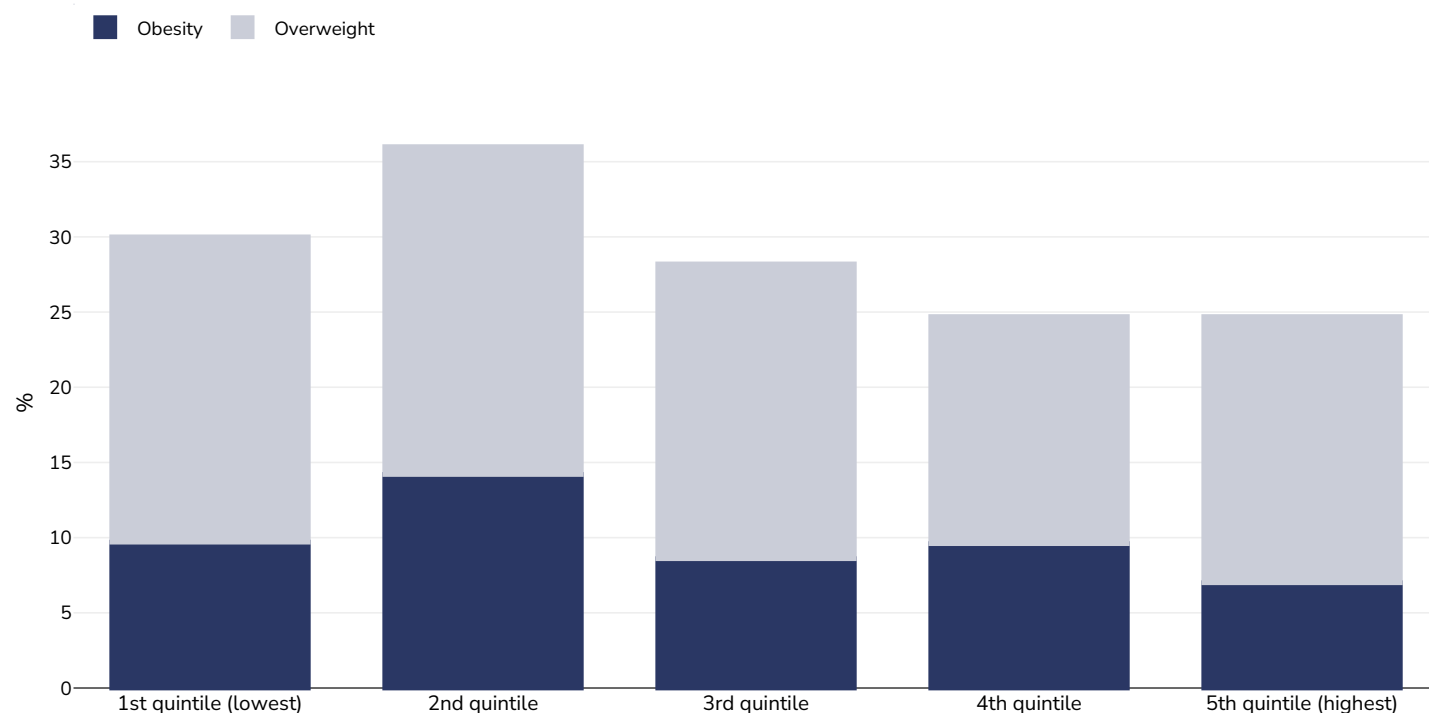
Area covered: National

References: Obesity Statistics in Canada: Report. 2025. Data from 2015 Canadian Community Health Survey - Nutrition. <https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d> [Accessed 14.08.25]

Definitions: Household income quintile

Cutoffs: WHO

Girls, 2015



Survey type: Measured

Age: 5-17

Sample size: 3571

Area covered: National

References: Obesity Statistics in Canada: Report. 2025. Data from 2015 Canadian Community Health Survey - Nutrition. <https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d> [Accessed 14.08.25]

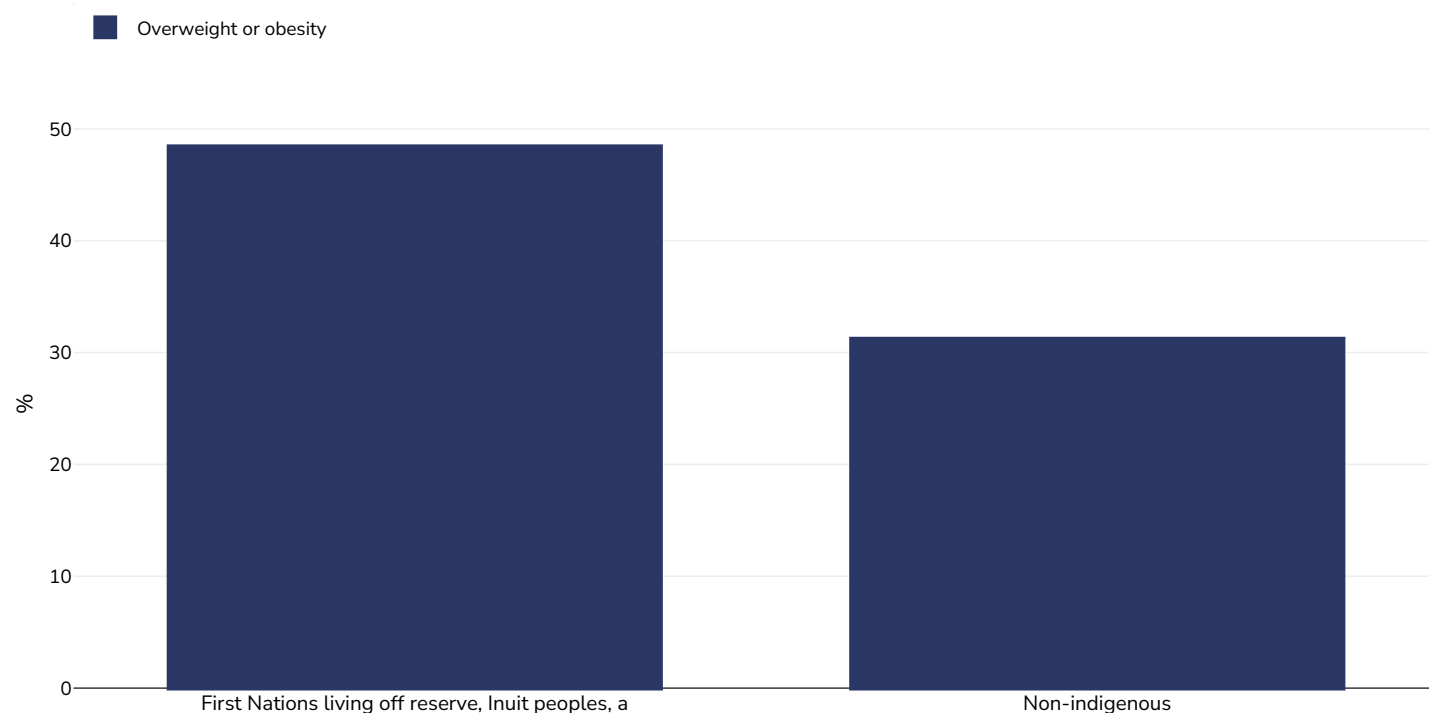
Definitions: Household income quintile

Cutoffs: WHO

Overweight/obesity by ethnicity

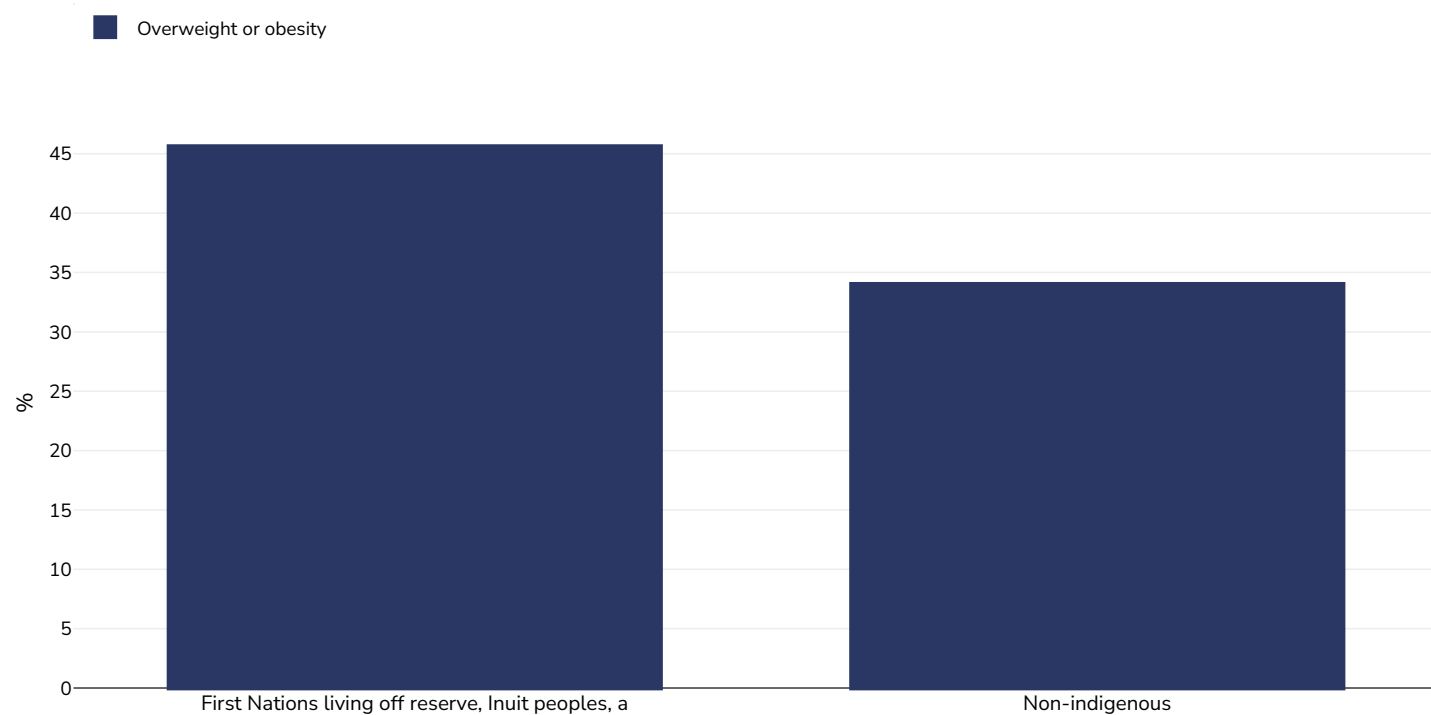
Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Children, 2015



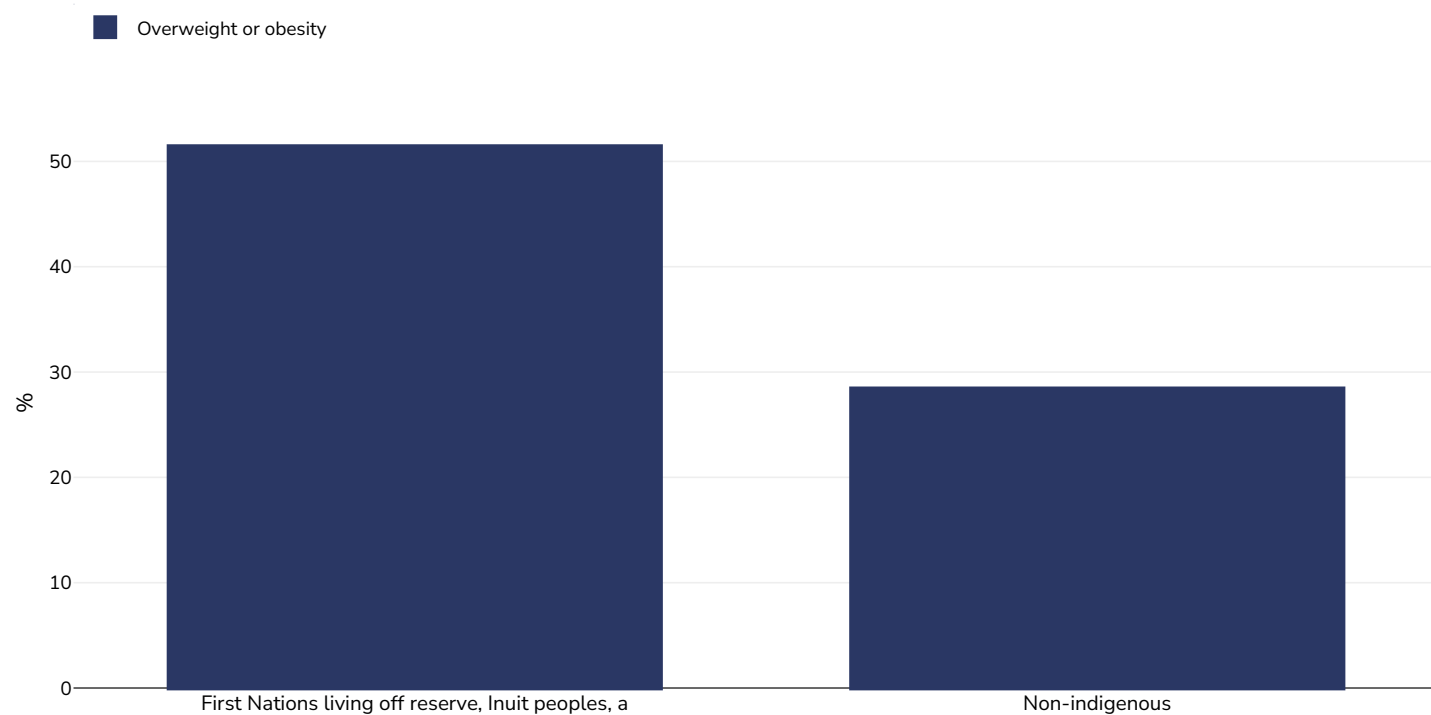
Survey type:	Measured
Age:	5-17
Sample size:	3571
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Table A3.6. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Notes:	Obesity values with high coefficients of variation also available in report. Canada excluding territories
Cutoffs:	WHO 2007

Boys, 2015



Survey type:	Measured
Age:	5-17
Sample size:	3571
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Table A3.6. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Notes:	Obesity values with high coefficients of variation also available in report. Canada excluding territories
Cutoffs:	WHO 2007

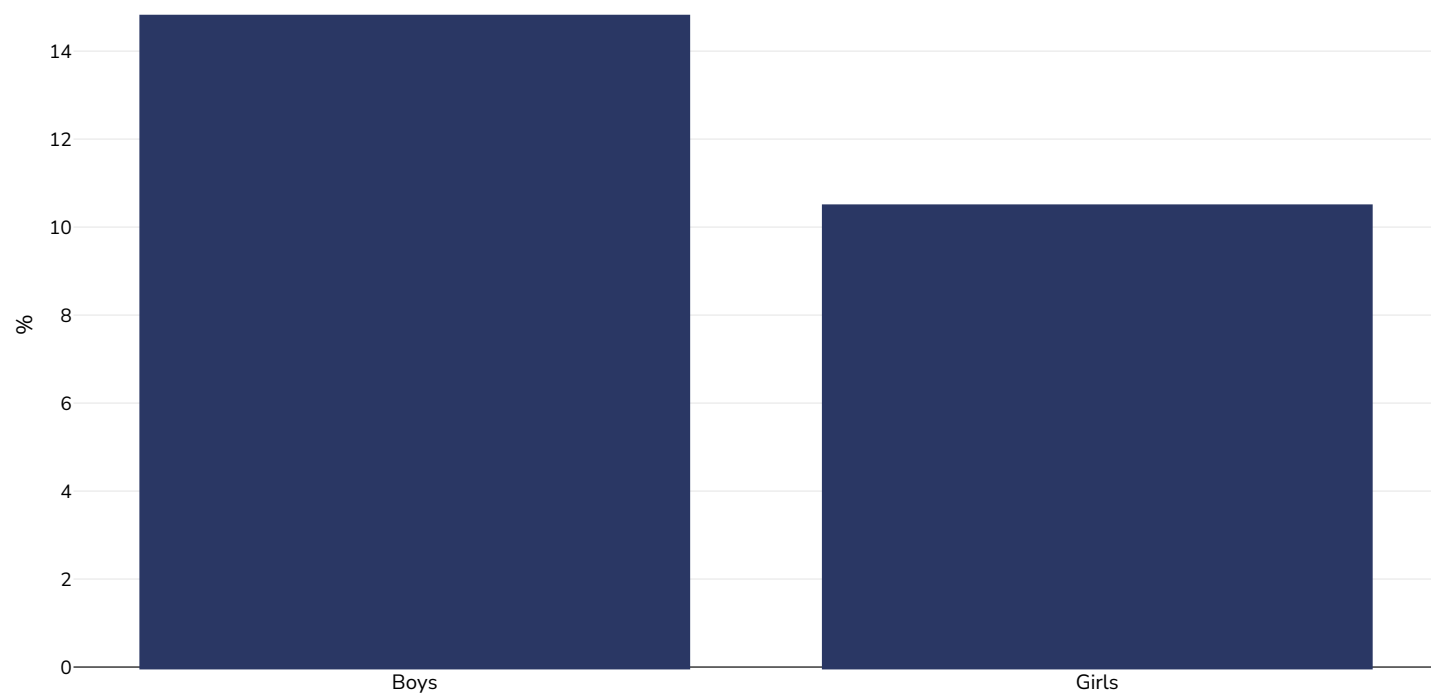
Girls, 2015



Survey type:	Measured
Age:	5-17
Sample size:	3571
Area covered:	National
References:	Obesity Statistics in Canada: Report. 2025. Table A3.6. Data from 2015 Canadian Community Health Survey - Nutrition. https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-statistics-canada.html#t-3d [Accessed 14.08.25]
Notes:	Obesity values with high coefficients of variation also available in report. Canada excluding territories
Cutoffs:	WHO 2007

Double burden of underweight & overweight

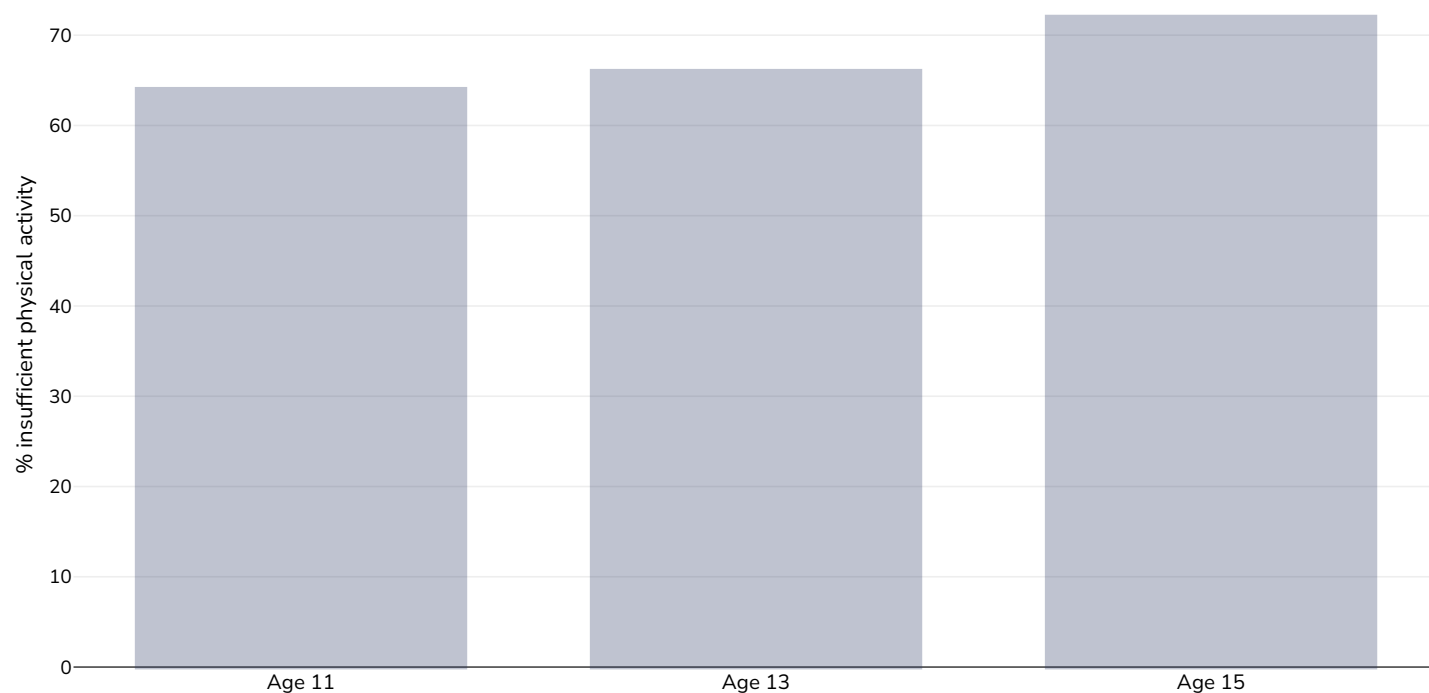
Children, 2022



Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2 .
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Insufficient physical activity

Boys, 2016



Survey type: Self-reported

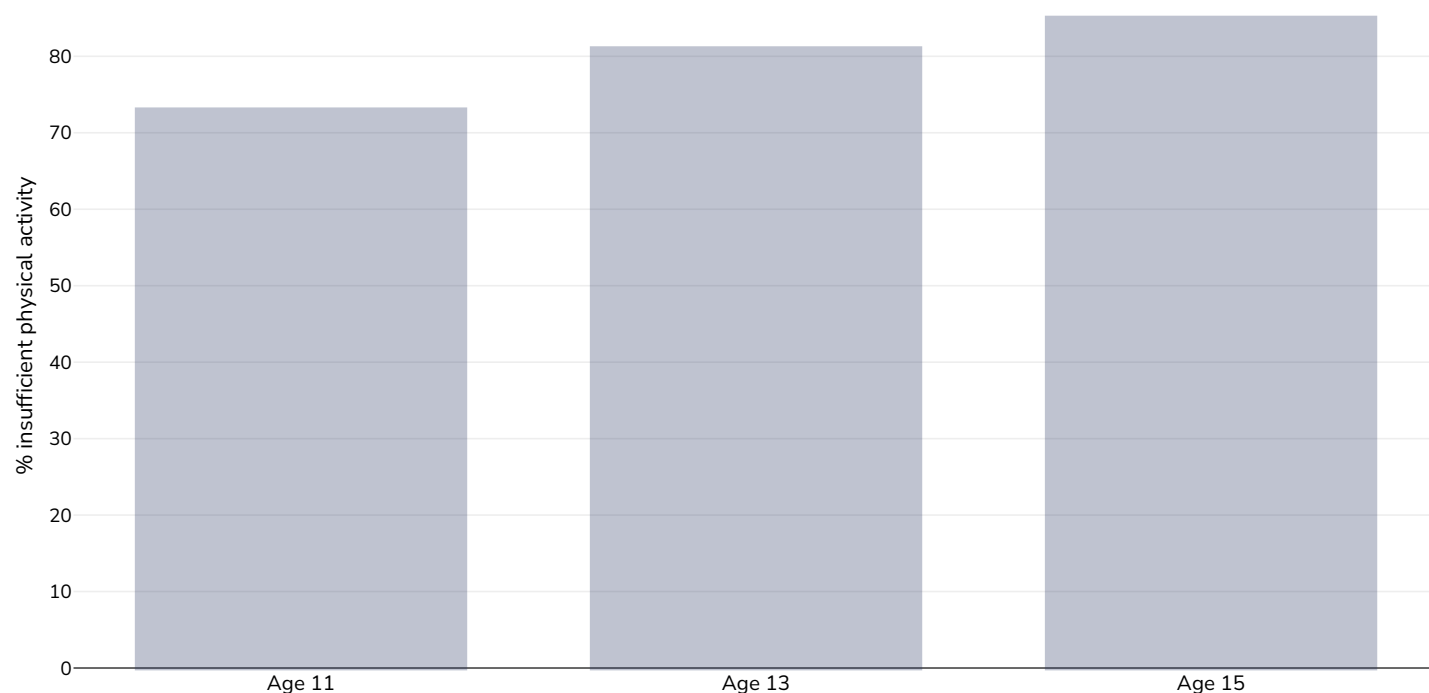
Area covered: National

References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Notes: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)

Definitions: % reporting less than 60 minutes of MVPA daily

Girls, 2016



Survey type: Self-reported

Area covered: National

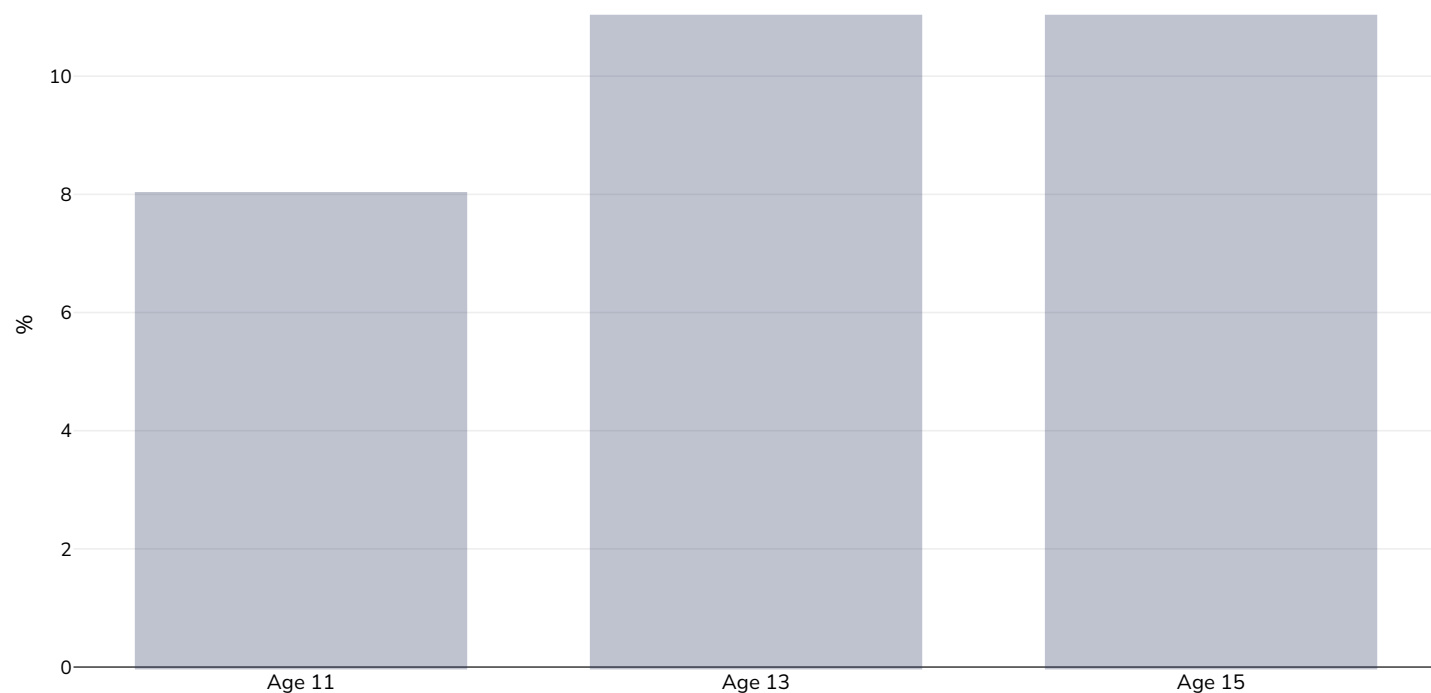
References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

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Definitions: % reporting less than 60 minutes of MVPA daily

Prevalence of at least daily carbonated soft drink consumption

Boys, 2010

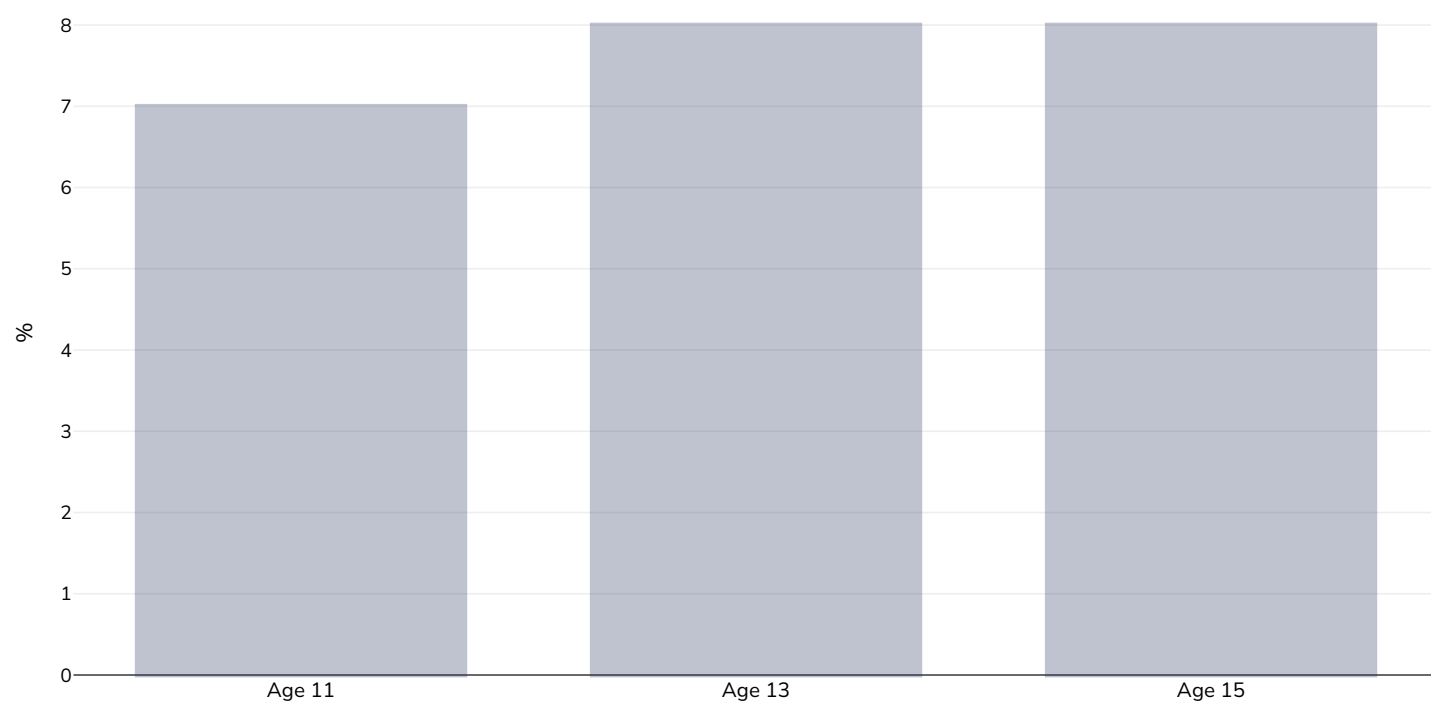


Area covered: National

References: Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>

Definitions: Proportion who reported drinking sugary soft drinks daily (at least once)

Girls, 2010



Area covered:

National

References:

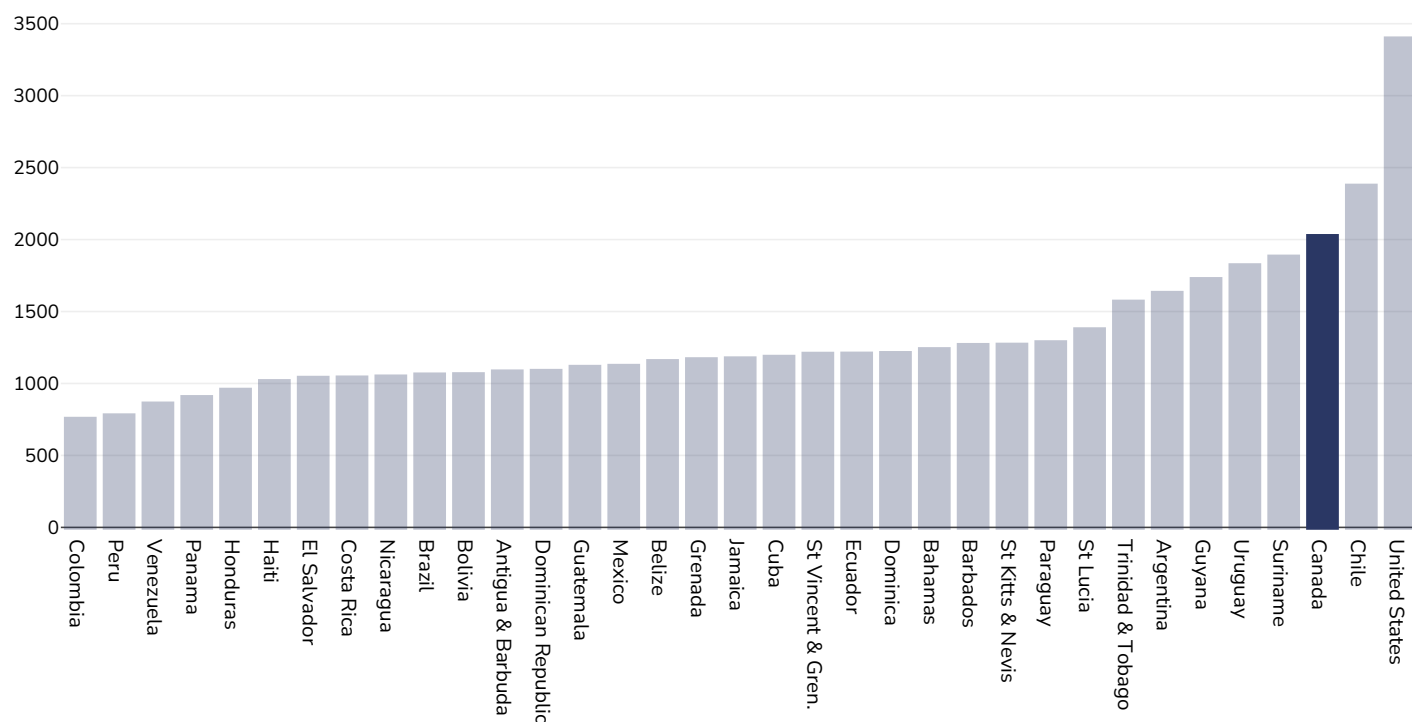
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey):
<https://data-browser.hbsc.org>

Definitions:

Proportion who reported drinking sugary soft drinks daily (at least once)

Mental health - depression disorders

Children, 2021



Area covered:

National

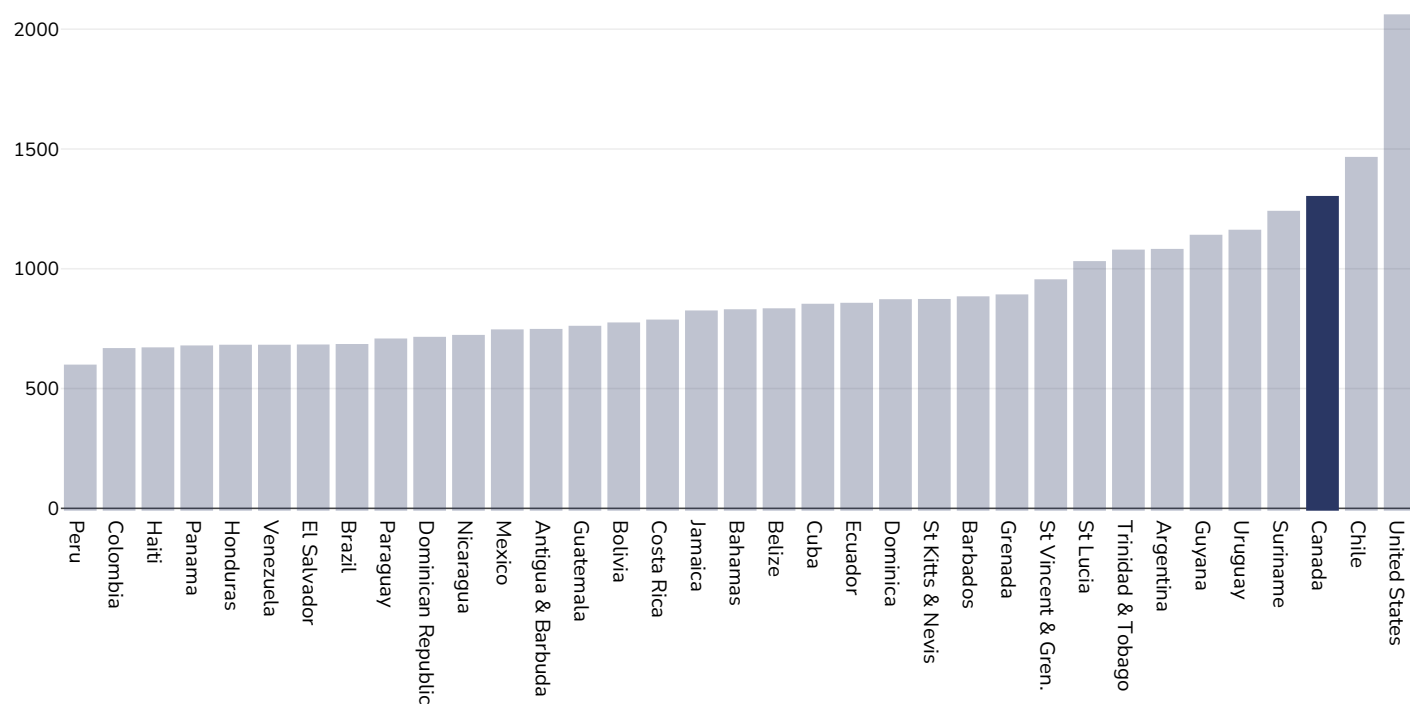
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:

National

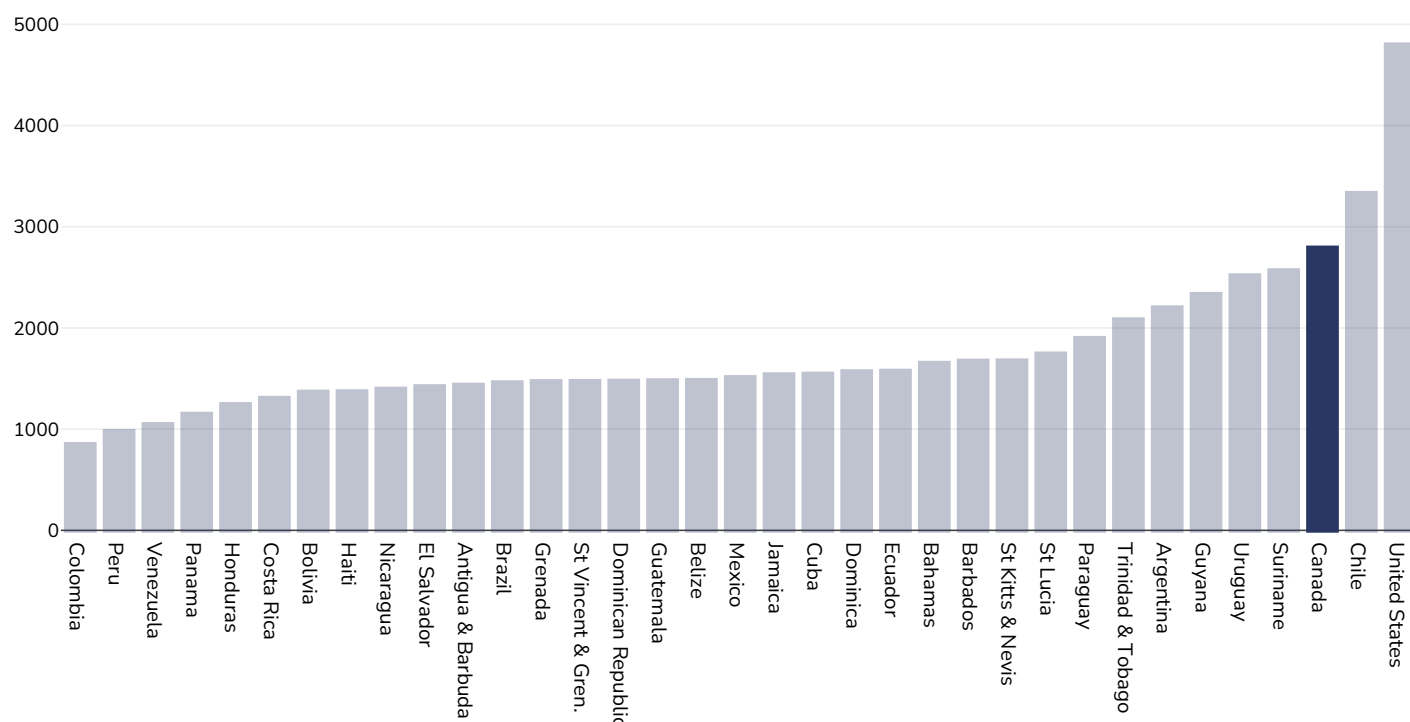
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021



Area covered:

National

References:

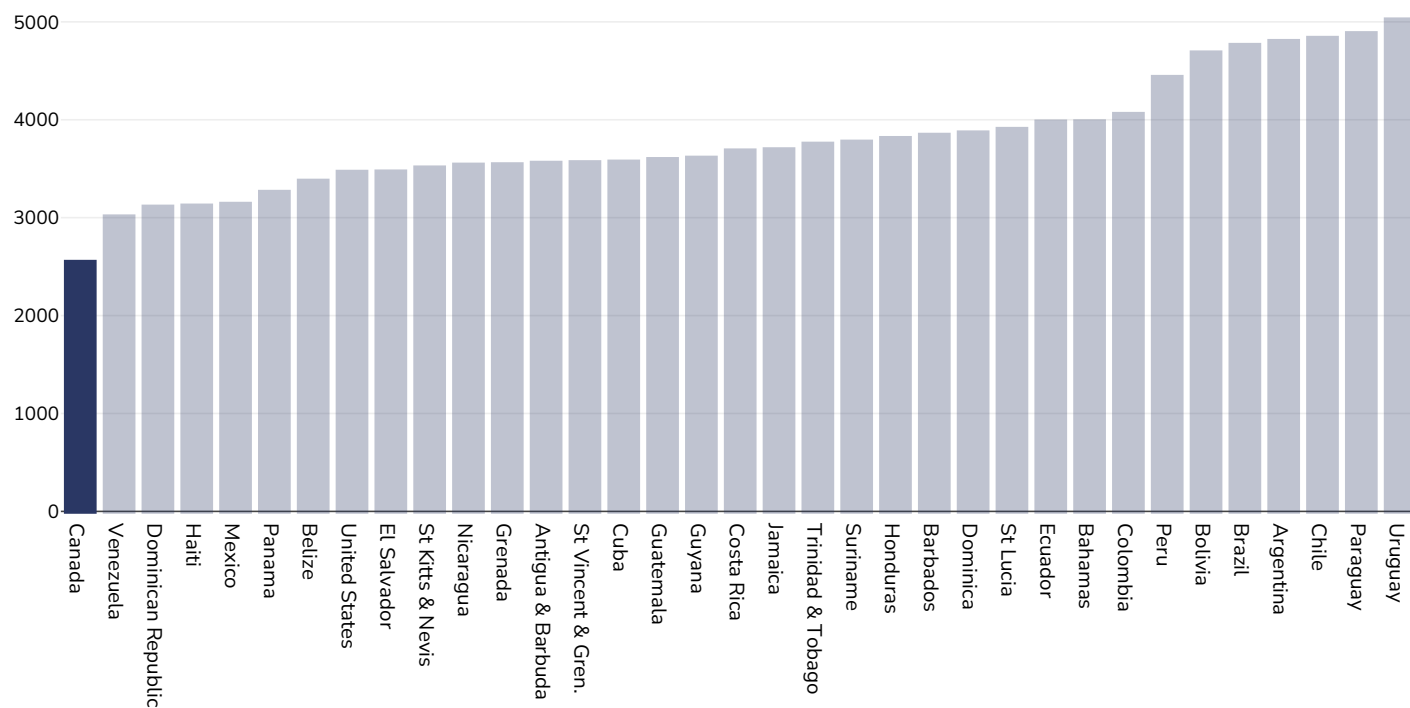
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

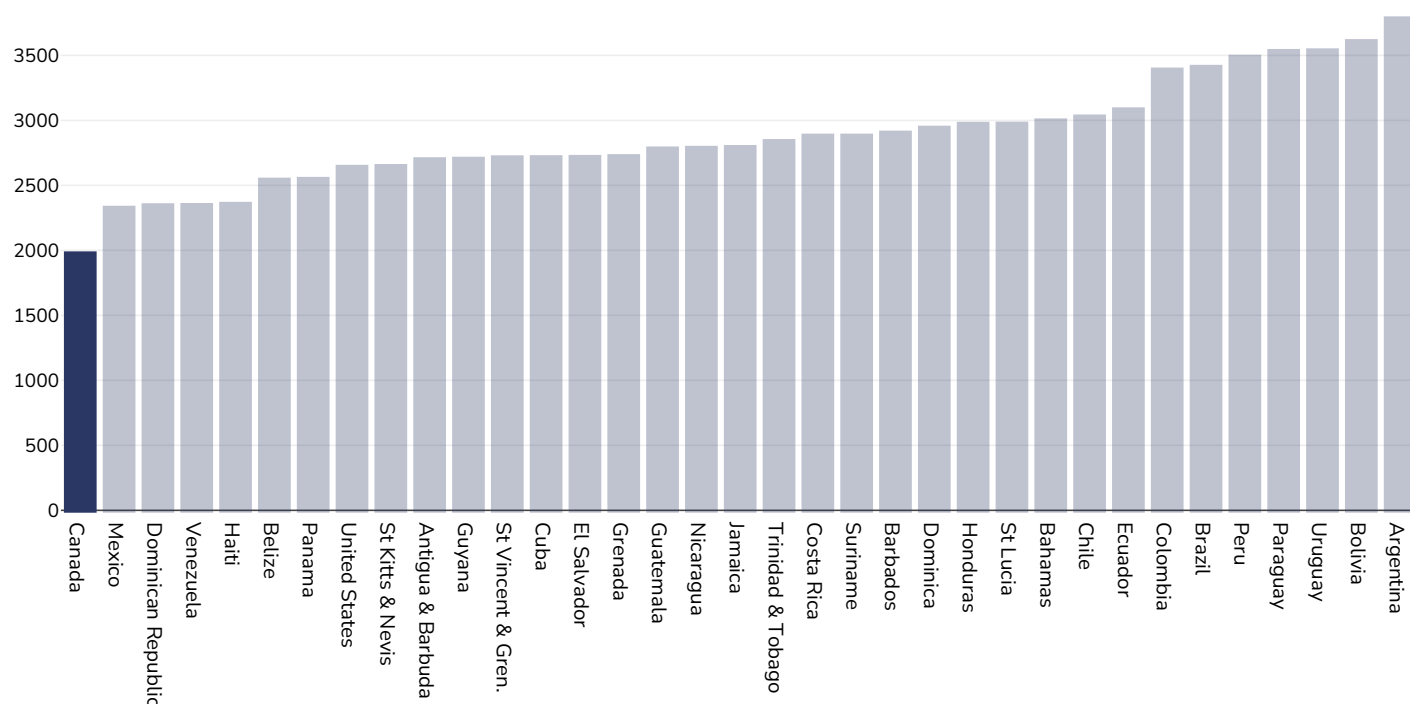
Children, 2021



References:

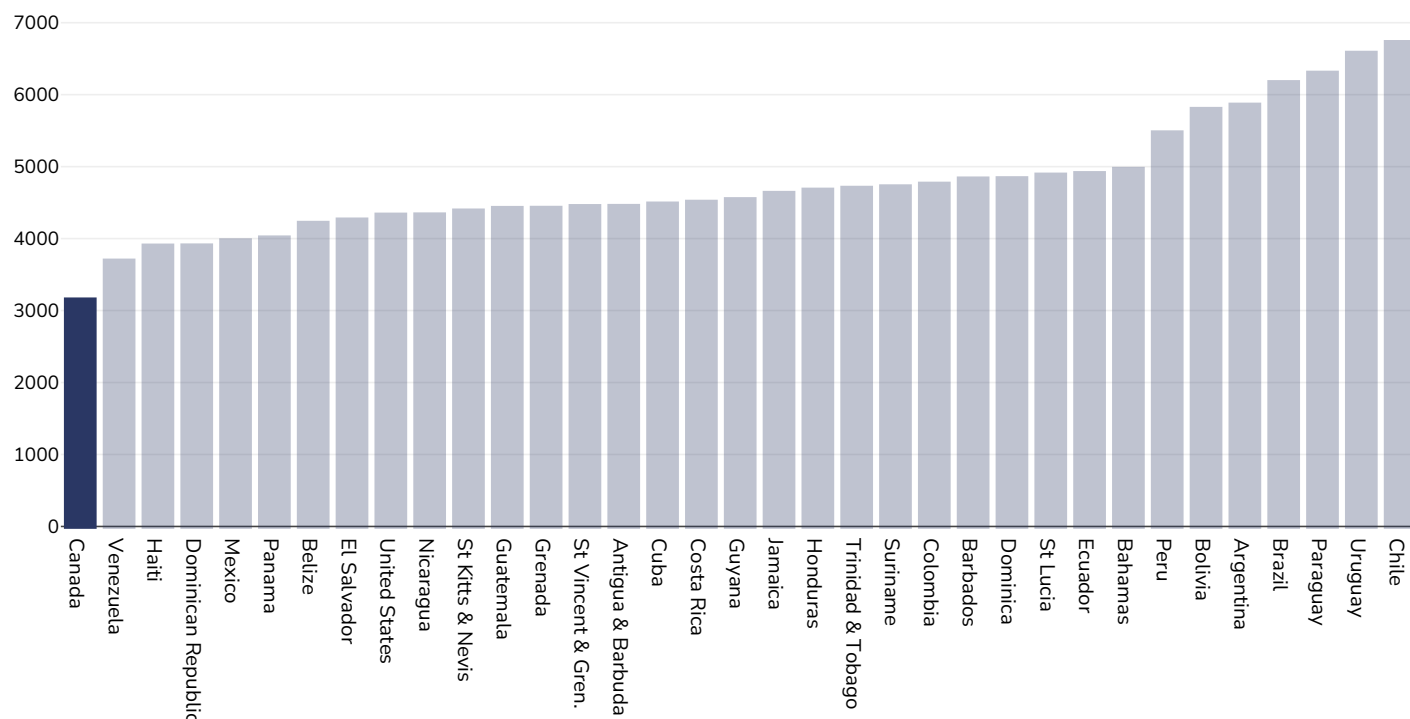
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Boys, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Girls, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

PDF created on August 19, 2025