## Report card
### Canada

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Obesity prevalence

Adults, 2019

Survey type: Measured
Age: 18-79
Sample size: 5797
Area covered: National
Notes: Sample size includes adults and children
Cutoffs: WHO

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Children, 2019

**Survey type:** Measured  
**Age:** 5-17  
**Sample size:** 5797  
**Area covered:** National  
**References:** Canadian Health Measures Survey (CHMS) 2019. Available from: [https://doi.org/10.25318/1310037301-eng](https://doi.org/10.25318/1310037301-eng)  
[Accessed 25 May 2023].  
**Notes:** Sample size includes adults and children  
**Cutoffs:** WHO
% Adults living with obesity, 1970-2019

Men

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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.
Women

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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.
Men and women

% obesity

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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.
% Adults living with overweight or obesity, 1970-2019

Men

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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.
Women

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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.
Men and women

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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

Adults, 2004

Survey type: Measured
Age: 25-64
Sample size: 8383
Area covered: National
References: Canadian Community Survey 2004
Notes: Treat Post Secondary obesity figure with caution

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2004

Survey type: Measured
Age: 2-17
Sample size: 8661
Area covered: National
References: Canadian Community Survey 2004
Notes: Treat Post Secondary Obese figure with caution IOTF International Cut off used
Cutoffs: IOTF
Overweight/obesity by age

Adults, 2015

Survey type: Measured
Area covered: National

References: Statistics Canada. Table 13-10-0794-01 Measured adult body mass index (BMI) (World Health Organization classification), by age group and sex, Canada and provinces, Canadian Community Health Survey - Nutrition DOI: https://doi.org/10.25318/1310079401-eng

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2009-2011

Survey type: Measured
Sample size: 2123
Area covered: National
Notes: IOTF International Cut-off Points
Cutoffs: IOTF
Overweight/obesity by region

Men, 2015

Survey type: Measured
Age: 18+
Area covered: National

References: Statistics Canada. Table 13-10-0794-01 Measured adult body mass index (BMI) (World Health Organization classification), by age group and sex, Canada and provinces, Canadian Community Health Survey - Nutrition DOI: https://doi.org/10.25318/1310079401-eng

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2015

Survey type: Measured
Age: 18+
Area covered: National
References: Statistics Canada. Table 13-10-0794-01 Measured adult body mass index (BMI) (World Health Organization classification), by age group and sex, Canada and provinces, Canadian Community Health Survey - Nutrition DOI: https://doi.org/10.25318/1310079401-eng

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
# Children, 2014

<table>
<thead>
<tr>
<th>Province</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alberta</td>
<td>24</td>
</tr>
<tr>
<td>British Columbia</td>
<td>20</td>
</tr>
<tr>
<td>Canada</td>
<td>27</td>
</tr>
<tr>
<td>Manitoba</td>
<td>21</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>14</td>
</tr>
<tr>
<td>New Foundland &amp; Labrador</td>
<td>24</td>
</tr>
<tr>
<td>Ontario</td>
<td>22</td>
</tr>
<tr>
<td>Quebec</td>
<td>20</td>
</tr>
</tbody>
</table>

**Survey type:** Self-reported

**Age:** 12-17

**Area covered:** National Survey


**Notes:** IOTF International Cut Off's Applied Some regions supplied % but results considered unreliable as sample too small

**Cutoffs:** IOTF
Overweight/obesity by socio-economic group

Men, 2002-2003

Survey type: Self-reported
Age: 18+
Sample size: 2221
Area covered: National


Notes: SELF REPORTED DATA

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2002-2003

Survey type: Self-reported
Age: 18+
Sample size: 2221
Area covered: National


Notes: SELF REPORTED DATA

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2004

Survey type: Measured
Age: 2-17
Sample size: 8661
Area covered: National
References: Canadian Community Survey 2004
Notes: Treat Low income figures with caution (see paper for full details) IOTF International Cut off used
Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

<table>
<thead>
<tr>
<th>Country</th>
<th>% insufficient physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>70</td>
</tr>
<tr>
<td>Canada</td>
<td>70</td>
</tr>
<tr>
<td>Antigua &amp; Barbuda</td>
<td>70</td>
</tr>
<tr>
<td>Belize</td>
<td>70</td>
</tr>
<tr>
<td>Suriname</td>
<td>70</td>
</tr>
<tr>
<td>Barbados</td>
<td>70</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>70</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>70</td>
</tr>
<tr>
<td>Uruguay</td>
<td>70</td>
</tr>
<tr>
<td>Uruguay</td>
<td>70</td>
</tr>
<tr>
<td>Mexico</td>
<td>70</td>
</tr>
<tr>
<td>Paraguay</td>
<td>70</td>
</tr>
<tr>
<td>Brazil</td>
<td>70</td>
</tr>
<tr>
<td>Honduras</td>
<td>70</td>
</tr>
<tr>
<td>Colombia</td>
<td>70</td>
</tr>
<tr>
<td>Guyana</td>
<td>70</td>
</tr>
<tr>
<td>Dominica</td>
<td>70</td>
</tr>
<tr>
<td>St Lucia</td>
<td>70</td>
</tr>
<tr>
<td>Bahamas</td>
<td>70</td>
</tr>
<tr>
<td>Peru</td>
<td>70</td>
</tr>
<tr>
<td>Argentina</td>
<td>70</td>
</tr>
<tr>
<td>Bolivia</td>
<td>70</td>
</tr>
<tr>
<td>St Vincent &amp; Gren.</td>
<td>70</td>
</tr>
<tr>
<td>El Salvador</td>
<td>70</td>
</tr>
<tr>
<td>Ecuador</td>
<td>70</td>
</tr>
<tr>
<td>Guatemala</td>
<td>70</td>
</tr>
<tr>
<td>Chile</td>
<td>70</td>
</tr>
<tr>
<td>Venezuela</td>
<td>70</td>
</tr>
</tbody>
</table>

Survey type: Self-reported

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2016

Survey type: Self-reported
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>Per-capita Intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haiti</td>
<td>7.3</td>
</tr>
<tr>
<td>Bolivia</td>
<td>8.1</td>
</tr>
<tr>
<td>Peru</td>
<td>9.0</td>
</tr>
<tr>
<td>Nicaragua</td>
<td>10.3</td>
</tr>
<tr>
<td>Honduras</td>
<td>11.6</td>
</tr>
<tr>
<td>El Salvador</td>
<td>12.3</td>
</tr>
<tr>
<td>Guatemala</td>
<td>13.0</td>
</tr>
<tr>
<td>Paraguay</td>
<td>13.0</td>
</tr>
<tr>
<td>Dominican Republic</td>
<td>13.0</td>
</tr>
<tr>
<td>Sao Tome &amp; Principe</td>
<td>13.3</td>
</tr>
<tr>
<td>St Vincent &amp; Gren.</td>
<td>13.5</td>
</tr>
<tr>
<td>Dominica</td>
<td>13.6</td>
</tr>
<tr>
<td>US</td>
<td>15.0</td>
</tr>
<tr>
<td>Canada</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 25+
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Breast cancer

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Colorectal cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
**Women, 2020**

![Bar chart showing incidence per 100,000 for various countries.

**Age:** 20+

**Area covered:** National


**Definitions:** Age-standardized incidence rates per 100,000
Pancreatic cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Gallbladder cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Kidney cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Cancer of the uterus

Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Raised blood pressure

Adults, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Women, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008

% raised cholesterol

United States

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

% raised fasting blood glucose


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

Labelling

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✔️</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✔️</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✔️</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✗</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✗</td>
</tr>
</tbody>
</table>
### Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td></td>
<td>y</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td></td>
<td>x</td>
</tr>
</tbody>
</table>
### Political will and support

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✔ ✔</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✔ ✔</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✔ ✔</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>?</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✔ ✔</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✔ ✔</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>✔ ✔</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>✔ ✔</td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>✔ ✔</td>
</tr>
</tbody>
</table>

### Monitoring and surveillance

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✔ ✔</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>✔ ✔</td>
</tr>
</tbody>
</table>

### Governance and resource

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>✗</td>
</tr>
</tbody>
</table>

### Key

- ✔ Present
- ✔️ Present (voluntary)
- ✔️ Incoming
- ✗ Absent
- ? Unknown

Last updated December 1, 2022

PDF created on November 28, 2023