

Canada



Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . 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

Adults, 2019

Obesity Overweight





Children, 2021-2022

Overweight or obesity





0-5 years, 2004

Overweight or obesity





% Adults living with obesity in Canada 1970-2017





Women



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



Men and women





% Adults living with overweight or obesity in Canada 1970-2017

Men

Survey type:

• Overweight or obesity



Measured

References: 1970, 1992: Belanger-Ducharme F, Tremblay A. Prevalence of obesity in Canada. Obesity Reviews 2005;6:183-186 1986: Macdonald SM, Reeder BA, Chen Y, Despres JP. Obesity in Canada: a descriptive analysis. Can Med Assoc. 1997;157(Suppl 1):S3-

S9

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: Canadian Health Measures Survey (CHMS) 2015. Available from: https://doi.org/10.25318/1310037301-eng [Accessed 25 May

2023].

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 21 February 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.



Women

• Overweight or obesity





Men and women

Overweight or obesity





Overweight/obesity by education

Adults, 2004

Obesity Overweight



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

Obesity Overweight





Overweight/obesity by age

Adults, 2015

Obesity Overweight



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



Children, 2021-2022

Overweight or obesity





Overweight/obesity by region

Men, 2015



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Women, 2015



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

Overweight or obesity





Overweight/obesity by socio-economic group

Men, 2002-2003

Obesity



Survey type:	Self-reported
Age:	18+
Sample size:	2221
Area covered:	National
References:	Siddiqi A, Brown R, Nguyen QC, Loopstra R, Kawachi I. Cross-national comparison of socioeconomic inequalities in obesity in the United States and Canada. International Journal for Equity in Health. 2015;14:116. doi:10.1186/s12939-015-0251-2.
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





Children, 2004







Double burden of underweight & overweight







Children, 2022

14		
12		
10		
8		
6		
4		
2		
0	Boys	Girls
Survey type:		Measured
Age:		5-19
References:	ences: 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



Men, 2022





Women, 2022





Boys, 2016





Girls, 2016





Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022





Girls, 2021-2022





Estimated per capita fruit intake





Estimated per-capita processed meat intake





Estimated per capita whole grains intake





Mental health - depression disorders





Men, 2021

3500		
2000		
3000		
2500		
ot population %1500		
000200		
of pol		
8 × ₁₅₀₀		
1000		
500		
0	Canada	
Age:		20+
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 <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last accessed 23.04.25)	
Definitions:	Number living with depression per 100,000 populatio	n (adults 20+ years)



Women, 2021

6000	
0000	
5000	
5000	
4000	
% of population 000000000000000000000000000000000000	
ula	
G G3000	
of	
8	
2000	
1000	
0	Courte
	Canada
Age:	20+
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 depression per 100,000 population (adults 20+ years)


Children, 2021





Boys, 2021



Girls, 2021





Mental health - anxiety disorders

Adults, 2021









7000						
6000						
_ ⁵⁰⁰⁰						
5000 of boohnlation 5000 5000 5000 3000						
<u>4000</u>						
% of						
3000						
2000						
1000						
0						
0	Canada					
Age:		20+				
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 <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last accessed 23.04.25).					
Definitions:	Number living with anxiety per 100,000 population					



Children, 2021



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



Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



Percent of population who cannot afford a healthy diet

Adults, 2022





Oesophageal cancer









Breast cancer

Women, 2022

Age 20 Age 20+



Definitions:

Incidence per 100,000



Colorectal cancer









Pancreatic cancer









Gallbladder cancer









Kidney cancer









Cancer of the uterus





Raised blood pressure

Adults, 2015



Definitions:

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

Men, 2015



59







Raised cholesterol

Adults, 2008



Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).









Definitions:



Raised fasting blood glucose

Men, 2014



Definitions:

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

Women, 2014



Definitions:

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



Diabetes prevalence

Adults, 2024



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Ovarian Cancer





Leukemia

Men, 2022							
4							
3							
2							
1							
0							
⁻¹ _1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:			rsanne M, Colombet M rance: International Ag			m: https://gco.iarc.wh	
Definitions:						Incidence p	er 100,000
	Unless ot	therwise noted, overw	veight refers to a BMI l	between 25kg and 29	.9kg/m², obesity refer	s to a BMI greater tha	n 30kg/m².



4							
3							
2							
1							
0							
⁻¹ _1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					Znaor A, Soerjomataran n Cancer. Available fron	n: <u>https://gco.iarc.whc</u>	
Definitions:						Incidence pe	er 100,000
	Unless othe	erwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater than	n 30kg/m².



Leukemia











Liver and intrahepatic bile duct Cancer









Multiple Myeloma









Non Hodgkin Lymphoma









Thyroid Cancer



WORLD ØBESITY

Women, 2022



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