

Table III-3: Obesity* Rates for Vital Signs by CMA and Health Regions, 2003, 2005 and 2007

	2003	2005	2007
Canada	14.9	15.5	16.0
New Brunswick	20.0	22.5	20.0
Saint John (CMA)	22.1	n.a	n.a
Saint John (N.B. Health Region 2)	21.7	24.4	20.2
Fredericton (N.B. Region 3)	18.3	23.7	15.7
Quebec	13.8	14.2	15.3
Montreal (CMA)	13.6	13.8	14.8
Montreal Health Region	13.5	12.8	12.4
Laval Health Region	13.7	16.4	15.6
Monteregie Health Region	14.3	14.5	17.8
Ontario	14.8	15.1	16.1
Ottawa-Gatineau (CMA)	13.4	n.a	n.a
City of Ottawa Health Unit	12.8	12.3	12.3
Sudbury (CMA)	17.7	n.a	n.a
Sudbury and District Health Unit	18.4	18.8	19.8
Toronto (CMA)	12.3	11.5	11.8
City of Toronto Health Unit	11.4	10.1	10.6
York Regional Health Unit	12.2	13.7	11.4
Halton Regional Health Unit	13.1	14.1	16.3
Peel Regional Health Unit	13.1	11.9	13.2
Guelph (Wellington -Dufferin-Guelph Health Unit)	15.4	16.2	20.1
Kitchener (CMA)	15.2	n.a	n.a
Waterloo Health Unit	16.3	16.7	24.6
London (CMA)	14.8	n.a	n.a
Middlesex-London Health Unit	14.2	16.6	15.3
Oakville			
Halton Regional Health Unit	13.1	14.1	16.3
Saskatchewan	19.7	20.6	20.8
Saskatoon (CMA)	18.2	n.a	n.a
Saskatoon Regional Health Unit	18.2	18.8	19.5
Alberta	15.5	15.8	18.3
Calgary (CMA)	13.3	n.a	n.a
Calgary Health Region	13.7	13.4	16.4
Lethbridge (Chinook Regional Health Authority)	17.5	17.6	19.1
Medicine Hat (Palliser Regional Health Unit)	19.5	18.2	17.7
Red Deer (David Thompson Regional Health Authority)	17.8	19.1	18.7
British Columbia	11.6	13.2	11.5
Vancouver (CMA)	9.0	11.7	8.6
Vancouver Health Service Delivery Area	6.1	8.0	6.0
Fraser East Health Service Delivery Area	14.1	18.5	14.7
Fraser North Health Service Delivery Area	8.6	11.5	8.2
Fraser South Health Service Delivery Area	12.5	12.6	9.8
Richmond Health Service Delivery Area	9.0	11.1	4.6
Victoria (CMA)	11.1	n.a	n.a
Victoria (South Vancouver Island Service Delivery Area)	11.1	12.5	11.1

Source: Statistics Canada. Canadian Community Health Survey (CCHS 2.1) 2003, Cansim Table 105-0292 for Canada, Provinces, CMAs and Health Regions, terminated table. For 2005 and 2007, Canadian Community Health Survey, Indicator Profile, for Canada, Provinces and Health Regions, Cansim Table 105-0502.

Note: Data by CMA are not available for 2005 and 2007. Where there are data for more than one health region within a CMA, estimates for the CMA were population weighted using the 2005 health region populations. This was done for Montreal, Toronto and Vancouver. When there was only one health region associated with the CMA, we recommend using the health region data even though the health region is often larger than the CMA.

* Self-reported adult body mass index 30.0 or higher (18 years and over)

Note: More information on classes of obesity for CMAs in 2003 can be found in Appendix Table III-4

Note: Oakville is under the Halton Regional Health Unit