

**Table III-3: Obesity\* Rates of the Population 18 and Over by CMA and Health Regions, 2003, 2005, 2007, and 2008**

	2003	2005	2007	2008
<b>Canada</b>	15.3	15.8	16.8	17.2
<b>New Brunswick</b>	20.6	23.0	21.4	23.5
Saint John (CMA)	22.1	n.a	n.a	n.a
Saint John (N.B. Health Region 2)	22.4	24.9	20.9	25.1
Fredericton (N.B. Region 3)	18.9	24.3	16.7	23.9
<b>Nova Scotia</b>	20.4	21.2	21.0	24.8
Wolfville				
120 Zone 2	18.5	18.8	20.6	22.7
<b>Quebec</b>	14.1	14.4	15.9	15.5
Montreal (CMA)	14.1	14.0	15.4	14.9
Montreal Health Region	13.8	13.0	12.9	13.8
Laval Health Region	13.8	16.7	16.5	12.0
Monteregie Health Region	14.6	14.6	18.6	17.2
<b>Ontario</b>	15.2	15.5	16.9	17.1
Ottawa-Gatineau (CMA)	13.4	n.a	n.a	n.a
City of Ottawa Health Unit	13.0	12.4	12.8	15.2
Sudbury (CMA)	17.7	n.a	n.a	n.a
Sudbury and District Health Unit	19.0	19.2	20.4	18.2
Toronto (CMA)	12.4	11.8	12.4	13.5
City of Toronto Health Unit	11.8	10.4	11.1	13.4
York Regional Health Unit	12.4	13.9	12.0	11.0
Halton Regional Health Unit	13.3	14.3	16.8	15.2
Peel Regional Health Unit	13.3	12.2	14.0	15.1
Guelph (Wellington -Dufferin-Guelph Health Unit)	15.6	16.5	20.5	17.1
Kitchener (CMA)	15.2	n.a	n.a	n.a
Waterloo Health Unit	16.7	17.2	25.6	18.7
Kingston (CMA)	14.7	n.a	n.a	n.a
Kingston, Frontenac and Lennox and Addington Health Unit	15.6	15.4	18.9	20.2
London (CMA)	14.8	n.a	n.a	n.a
Middlesex-London Health Unit	14.6	16.8	15.8	19.9
Oakville				
Halton Regional Health Unit	13.3	14.3	16.8	15.2
<b>Saskatchewan</b>	20.3	21.1	21.9	25.6
Saskatoon (CMA)	18.2	n.a	n.a	
Saskatoon Regional Health Unit	19.0	19.3	20.2	22.7
<b>Alberta</b>	15.9	16.2	19.1	18.3
Calgary (CMA)	13.3	n.a	n.a	n.a
Calgary Health Region	13.9	13.6	17.0	13.1
Lethbridge (Chinook Regional Health Authority)	18.2	18.4	20.9	22.8
Medicine Hat (Palliser Regional Health Unit)	20.1	18.6	18.5	24.0
Red Deer (David Thompson Regional Health Authority)	18.2	19.7	19.5	20.8
<b>British Columbia</b>	11.9	13.4	12.2	13.5
Vancouver (CMA)	10.0	11.9	9.4	11.4
Vancouver Health Service Delivery Area	6.2	8.2	6.5	6.2
Fraser East Health Service Delivery Area	14.4	18.9	16.2	15.7
Fraser North Health Service Delivery Area	8.8	11.7	8.8	14.4
Fraser South Health Service Delivery Area	13.0	12.9	10.9	13.4
Richmond Health Service Delivery Area	9.3	11.3	4.8	5.3
Victoria (CMA)	11.1	n.a	n.a	n.a
Victoria (South Vancouver Island Health Service Delivery Area)	11.4	12.8	11.5	15.4
Phoenix Foundation				
5912 Kootenay-Boundary	12.1	14.1	17.6	15.8
Kelowna				
5913 Okanagan	14.5	14.6	15.8	13.0
Sunshine Coast				
5933 North Shore/Coast Garibaldi	9.7	8.7	10.3	11.1

For a comparison of relevant health region population to Vital Signs Communities, please refer to table XI-1-a-iii.

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 2005-2008, Canadian Community Health Survey, Indicator Profile, for Canada, Provinces and Health Regions, Cansim Table 105-0501.

Note: Data by CMA are not available for 2005-2008. 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