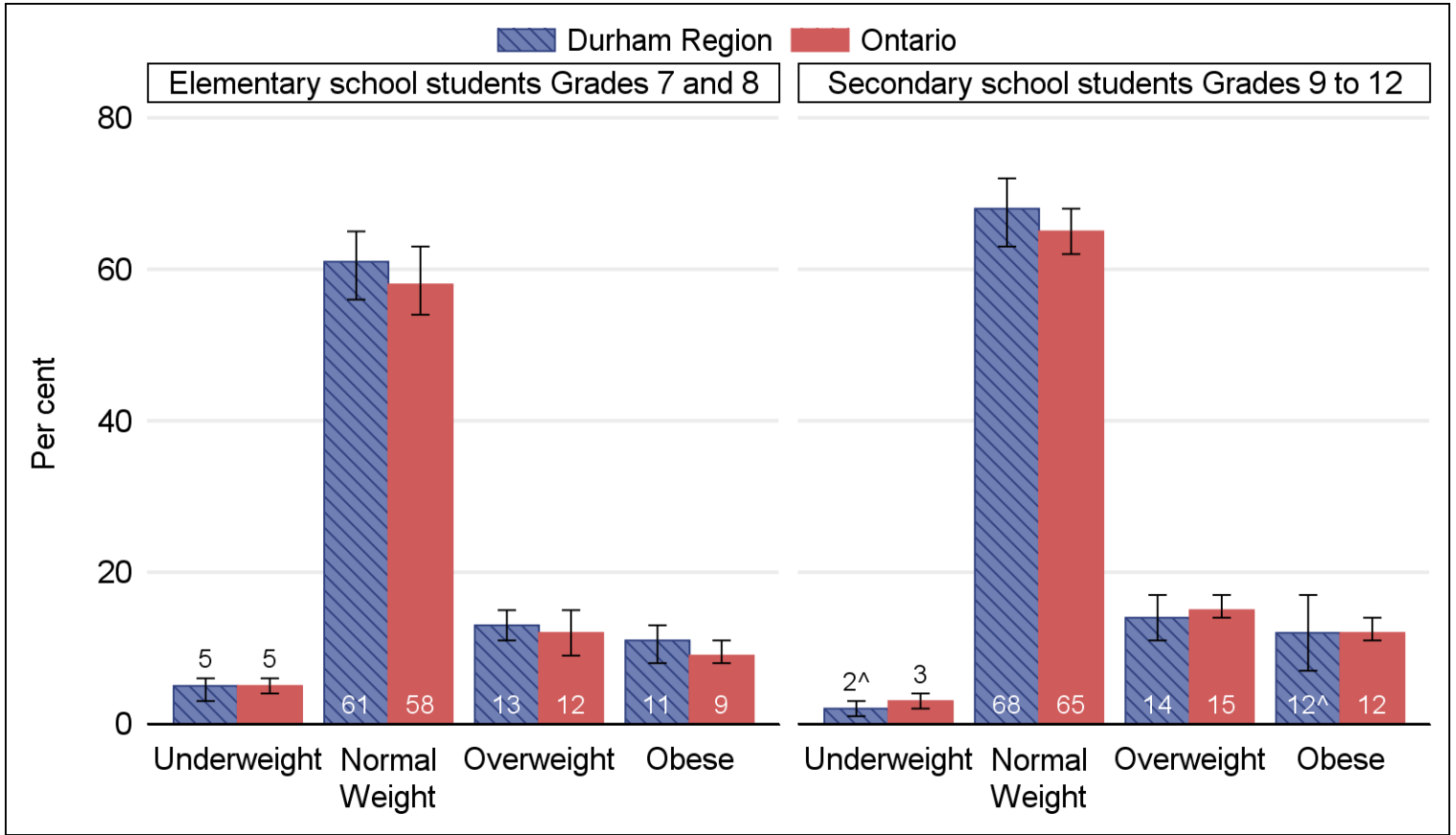


Quick facts:

Students' body mass index category using self-reported height and weight, 2016-2017



Release date: August 2018



Notes

Results were weighted and sex-by-grade adjusted to the Ontario 2014-2015 student enrollment.

Error bars represent the 95 per cent confidence intervals around the percentage. The true or actual percentage falls within the range of values, 95 out of 100 times. Categories may not sum to 100 per cent as item non-response is not presented in the results above.

[^] Interpret with caution as the coefficient of variation (CV) is between 16.6 and 33.3 per cent, inclusive.

NR - Unreliable and not releasable as the CV is greater than 33.3 per cent.

Source: Public Health Monitoring of Risk Factors in Ontario – Ontario Student Drug Use and Health Study (OSDUHS), 2016-2017.

Summary

Two-thirds (68%) of Durham Region secondary school students and 61% of elementary school students were classified as having a healthy body weight. The results were similar across Ontario.

Two-thirds (69%) of Durham Region students in grades 7-12 with a healthy body weight were satisfied with their weight while 20% considered themselves too thin and a further 11% felt they were overweight. When asked what they were doing about their weight, 35% were not doing anything, 23% were trying to keep from gaining weight, 21% were trying to lose weight and 20% were trying to gain weight (results not shown in figure).

Questions

What is your current [height], [weight] without shoes? Below is a list of [heights in feet and inches, and the matching number in centimeters (“cm”)], [weights in pounds, and the approximate number in kilograms (“kg”)]. Please choose the [height], [weight] that is closest to yours.

Body mass index categories are assigned based on the sex-specific BMI-for-age cut points from the [World Health Organization Child Growth Standards and Reference 2007](#).

Do you think of yourself as being too thin, about the right weight, or too fat?

Which of the following are you doing about your weight?

- Not doing anything
- Trying to lose weight
- Trying to keep from gaining weight
- Trying to gain weight

Survey methods

The Ontario Student Drug Use and Health Survey (OSDUHS) targets students, Grades 7 to 12, enrolled in the public and catholic regular school system. The OSDUHS uses a two-stage (school, class) stratified (region and school type) cluster sample design, and oversampling in PMO-participating public health units. The survey is self-administered in the classroom, taking, on average, 35 minutes to complete. Participation is voluntary and anonymous. Students 17 years old and younger absent or without signed consent forms on the day of the survey do not participate.

This survey excluded groups, such as street youth and dropouts, in which health behaviours such as healthy eating, physical activity, drug use, etc. may be underestimated. In addition, self-reporting may result in under-reporting whether from social desirability or recall bias.

For a detailed description of the OSDUHS, visit the [CAMH website](#).

Data analysis

Data were analyzed using SAS 9.4. For 2016-2017, the analysis was based on a design of 17 strata (7 geographical strata for elementary schools and 10 for secondary schools), 214 schools, 764 classes and 11,435 students. Variables accounting for the probability of selection, stratification and clustering were used when analyzing the data. The final sampling weight was based on each regional stratum's sex-by-grade structure according to the provincial population structure.

Differences in two percentages may be clinically important. However, when error bars overlap, the difference cannot necessarily be interpreted as real or statistically significant.

Acknowledgement

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For more information, contact Durham Region Health Department at 1-800-841-2729, by fax at 905-666-6241 or by visiting the [Durham Region website](#).