



**OBESITY RATE
AGES 18+ YEARS
(2009-2013)
DURHAM REGION**

by Health Neighbourhood

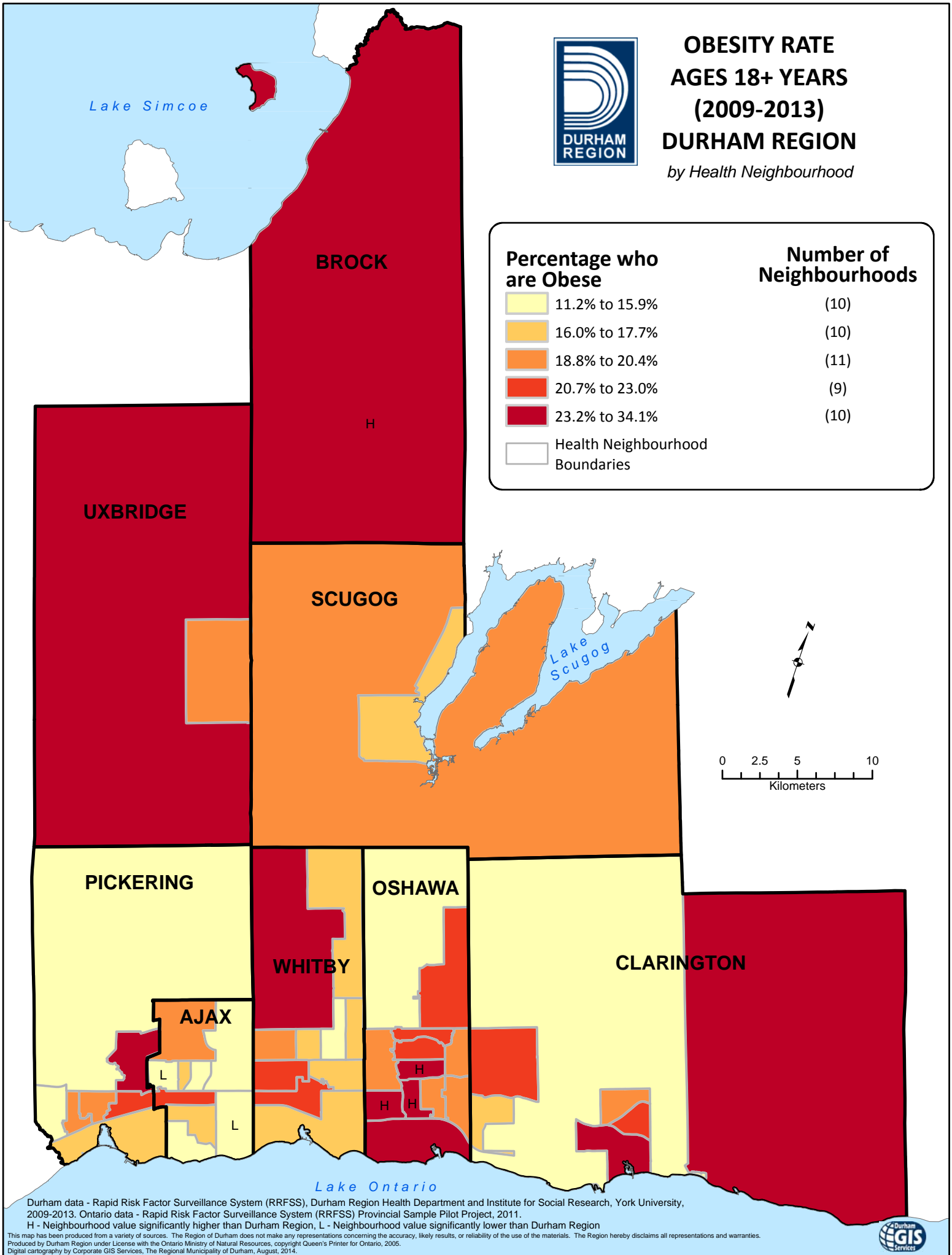
Percentage who are Obese

- 11.2% to 15.9%
- 16.0% to 17.7%
- 18.8% to 20.4%
- 20.7% to 23.0%
- 23.2% to 34.1%

Number of Neighbourhoods

- (10)
- (10)
- (11)
- (9)
- (10)

Health Neighbourhood Boundaries



Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2009-2013. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.

H - Neighbourhood value significantly higher than Durham Region, L - Neighbourhood value significantly lower than Durham Region

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Obesity Rate, Ages 18+ Years (2009-2013)
Table 1: Health Neighbourhoods Indicator Summary



↓ Lower is Better

	Percentage who are Obese	95% Confidence Interval	Compared to Durham Rate		
			Lower	Similar	Higher
Pickering	18%	16% - 21%			
Frenchman's Bay (P1)	17%	13% - 23%			
West Rouge (P2)	14%*	9% - 22%			
Amberlee (P3)	19%*	12% - 29%			
Dunbarton (P4)	19%*	14% - 27%			
Pickering City Centre (P5)	21%*	14% - 30%			
Brock Ridge Pickering (P6)	23%*	15% - 34%			
Pickering North (P7)	15%*	9% - 23%			
Ajax	15%	13% - 18%	↓		
Ajax Waterfront (A1)	13%*	9% - 20%			
Downtown Ajax (A2)	16%*	11% - 23%			
Carruthers (A3)	11%*	7% - 18%	↓		
Central Ajax (A4)	21%*	14% - 30%			
Riverside-Hermitage (A5)	12%*	7% - 19%	↓		
Westney Heights (A6)	17%*	10% - 27%			
Applecroft (A7)	15%*	9% - 24%			
Ajax Northwest (A8)	20%*	13% - 30%			
Ajax Northeast (A9)	16%*	9% - 27%			
Whitby	19%	17% - 21%			
Whitby South (W1)	17%	13% - 23%			
Downtown Whitby (W2)	23%	18% - 29%			
Cochrane South (W3)	21%*	15% - 29%			
Manning (W4)	17%	12% - 23%			
Williamsburg (W5)	19%*	12% - 29%			
Whitby Brock North (W6)	18%*	12% - 26%			
Dryden-Anderson (W7)	16%*	11% - 23%			
Dryden East (W8)	18%*	12% - 25%			
Brooklin East (W9)	16%*	12% - 23%			
Brooklin West (W10)	23%	17% - 31%			
Oshawa	23%	21% - 25%			↑
Lakeview (O1)	25%	18% - 32%			
Gibb West (O2)	33%	26% - 42%			↑
Downtown Oshawa (O3)	34%	26% - 43%			↑
Central Park (O4)	20%	15% - 27%			
Grandview South (O5)	20%	15% - 27%			
Stevenson North (O6)	20%	16% - 26%			
Hillsdale (O7)	28%	22% - 36%			↑
Beatrice South (O8)	23%	18% - 30%			
Grandview North (O9)	19%*	13% - 27%			
Beatrice North (O10)	21%*	15% - 29%			
Oshawa Northwest (O11)	14%*	9% - 22%			
Oshawa Northeast (O12)	22%	16% - 30%			
Clarington	21%	19% - 24%			
Courtice South (C1)	18%	13% - 24%			
Courtice North (C2)	21%*	15% - 29%			
Bowmanville South (C3)	25%	19% - 32%			
Bowmanville Central (C4)	23%	16% - 31%			
Bowmanville North (C5)	19%	14% - 26%			
Darlington (C6)	15%*	11% - 21%			
Clarke (C7)	26%	20% - 32%			
Scugog	18%	15% - 23%			
Port Perry (S1)	16%*	11% - 22%			
Rural Scugog (S2)	20%	15% - 26%			
Uxbridge	22%	17% - 27%			
Urban Uxbridge (U1)	19%	14% - 26%			
Rural Uxbridge (U2)	29%*	18% - 44%			
Brock					
Brock (B1)	29%	23% - 35%			↑
Durham Region	20%	19% - 21%	Similar to Ontario		
Range	11% - 34%				
Ontario	21%	19% - 23%			

Source: Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2009-2013. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.

Note: Estimates marked with * should be used with caution because of high sampling variability with a Coefficient of Variation (CV) between 16.5% and 33.3%. Estimates with a CV greater than 33.3%, a numerator less than 5 or a denominator less than 30 have been suppressed and are marked as Not Releaseable (NR). Lower (down arrow) or Higher (up arrow) means that the 95% confidence intervals do not overlap with those of Durham Region and are significantly different.

Obesity Rate, Ages 18+ Years (2009-2013)

Table 2: List of Health Neighbourhoods ranked from lowest to highest

Order	Health Neighbourhoods	Percentage who are Obese	Compared to Durham Region (Lower is Better)	Quintile
1	Carruthers (A3)	11%*	LOWER	1
2	Riverside-Hermitage (A5)	12%*	LOWER	1
3	Ajax Waterfront (A1)	13%*	similar	1
4	Oshawa Northwest (O11)	14%*	similar	1
5	West Rouge (P2)	14%*	similar	1
6	Pickering North (P7)	15%*	similar	1
7	Applecroft (A7)	15%*	similar	1
8	Darlington (C6)	15%*	similar	1
9	Dryden-Anderson (W7)	16%*	similar	1
10	Ajax Northeast (A9)	16%*	similar	1
11	Downtown Ajax (A2)	16%*	similar	2
12	Port Perry (S1)	16%*	similar	2
13	Brooklin East (W9)	16%*	similar	2
14	Westney Heights (A6)	17%*	similar	2
15	Manning (W4)	17%	similar	2
16	Whitby South (W1)	17%	similar	2
17	Frenchman's Bay (P1)	17%	similar	2
18	Whitby Brock North (W6)	18%*	similar	2
19	Dryden East (W8)	18%*	similar	2
20	Courtice South (C1)	18%	similar	2
21	Amberlee (P3)	19%*	similar	3
22	Grandview North (O9)	19%*	similar	3
23	Bowmanville North (C5)	19%	similar	3
24	Urban Uxbridge (U1)	19%	similar	3
25	Dunbarton (P4)	19%*	similar	3
26	Williamsburg (W5)	19%*	similar	3
27	Ajax Northwest (A8)	20%*	similar	3
28	Rural Scugog (S2)	20%	similar	3
29	Grandview South (O5)	20%	similar	3
30	Central Park (O4)	20%	similar	3
31	Stevenson North (O6)	20%	similar	3
32	Central Ajax (A4)	21%*	similar	4
33	Courtice North (C2)	21%*	similar	4
34	Cochrane South (W3)	21%*	similar	4
35	Pickering City Centre (P5)	21%*	similar	4
36	Beatrice North (O10)	21%*	similar	4
37	Oshawa Northeast (O12)	22%	similar	4
38	Bowmanville Central (C4)	23%	similar	4
39	Downtown Whitby (W2)	23%	similar	4
40	Beatrice South (O8)	23%	similar	4
41	Brock Ridge Pickering (P6)	23%*	similar	5
42	Brooklin West (W10)	23%	similar	5
43	Lakeview (O1)	25%	similar	5
44	Bowmanville South (C3)	25%	similar	5
45	Clarke (C7)	26%	similar	5
46	Hillsdale (O7)	28%	HIGHER	5
47	Brock (B1)	29%	HIGHER	5
48	Rural Uxbridge (U2)	29%*	similar	5
49	Gibb West (O2)	33%	HIGHER	5
50	Downtown Oshawa (O3)	34%	HIGHER	5

Obesity Rate, Ages 18+ Years (2009-2013)

Table 3: Percentage aged 18+ who are obese

Municipality	Percentage who are Obese	Compared to Durham Region (Lower is Better)
Pickering	18%	similar
Ajax	15%	LOWER
Whitby	19%	similar
Oshawa	23%	HIGHER
Clarington	21%	similar
Scugog	18%	similar
Uxbridge	22%	similar
Brock	29%	HIGHER
Durham Region	20%	Similar to Ontario
Ontario	21%	

What You Need to Know

- A lower obesity rate is better for health.
- The percentage of adults who are obese ranges by Health Neighbourhood from 11% to 34%.
- Obesity is a risk factor in a number of chronic diseases. Achieving and maintaining a healthy weight is important to reduce the risk of disease and improve overall health. Brock and three south central Neighbourhoods in Oshawa have obesity rates significantly higher than Durham Region.

Indicator Notes

- This indicator measures the percentage of adults aged 18 years or older who are obese based on a Body Mass Index of 30 or higher.
- Source: Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2009-2013. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.
- RRFSS is an ongoing survey of adults in Durham Region that collects data related to health knowledge, attitudes and behaviours. Five years of data were combined to provide a large enough sample for analysis at the Neighbourhood level. Respondents were asked to report their weight and height. The Body Mass Index (BMI) is a ratio of weight-to-height. It is not a direct measure of body fat but it is an indicator of health risk associated with being underweight or overweight. BMI can be classified into ranges associated with health risk. There are four BMI categories in the Canadian weight classification system: underweight (less than 18.5), normal weight (18.5 to 24.9), overweight (25.0 to 29.9) and obese (30 and over).
- Neighbourhoods were sorted by the percentage of obese adults and divided into quintiles (five equal groupings). Approximately 10 Neighbourhoods are in each quintile.
- Neighbourhoods were compared with Durham Region based on their confidence intervals. Those with rates that were lower or higher had 95% confidence intervals that did not overlap with those of Durham Region and were significantly different. Estimates marked with an asterisk (*) should be used with caution because they have high sampling variability with a coefficient of variation between 16.5% and 33.3%.
- For more information about obesity rates in Durham Region, see Chronic Disease Prevention at durham.ca/healthstats. For information about the indicator definition, see [APHEO Core Indicators](#).

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For more information, refer to The Guide to Health Neighbourhoods.

If you require this information in an accessible format, contact 1-800-841-2729.