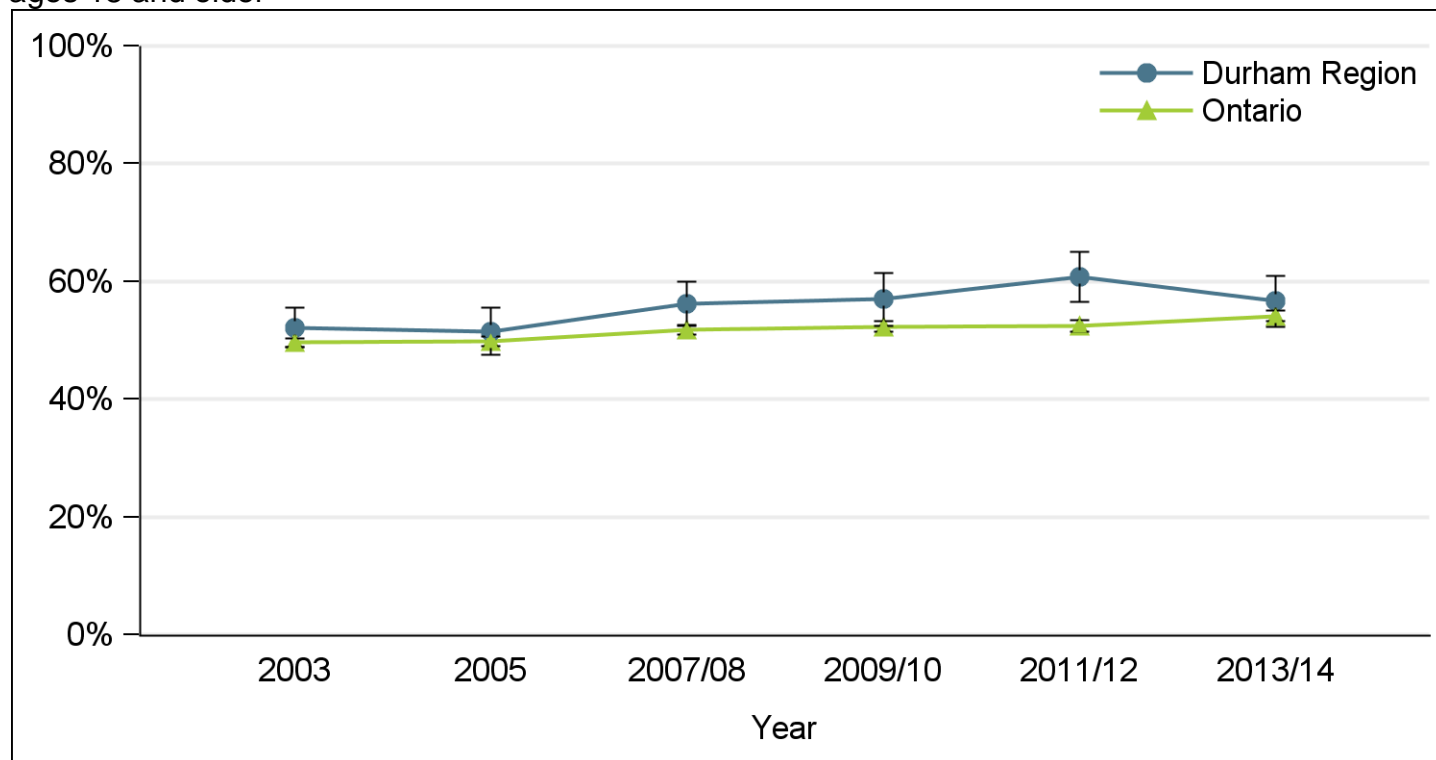


Highlights

- In 2013/2014, 57 per cent of Durham Region adults 18 and older were overweight or obese. Rates for both Durham Region and Ontario have not changed since 2003.
- Among the 36 Ontario public health units, the proportion of adults who were overweight or obese ranged from 46 to 67 per cent.
- Those most likely to be overweight or obese were men and individuals aged 45-64.

Trend over time

Figure 1. Proportion of adults overweight or obese, Durham Region and Ontario, 2003 to 2013/2014, ages 18 and older

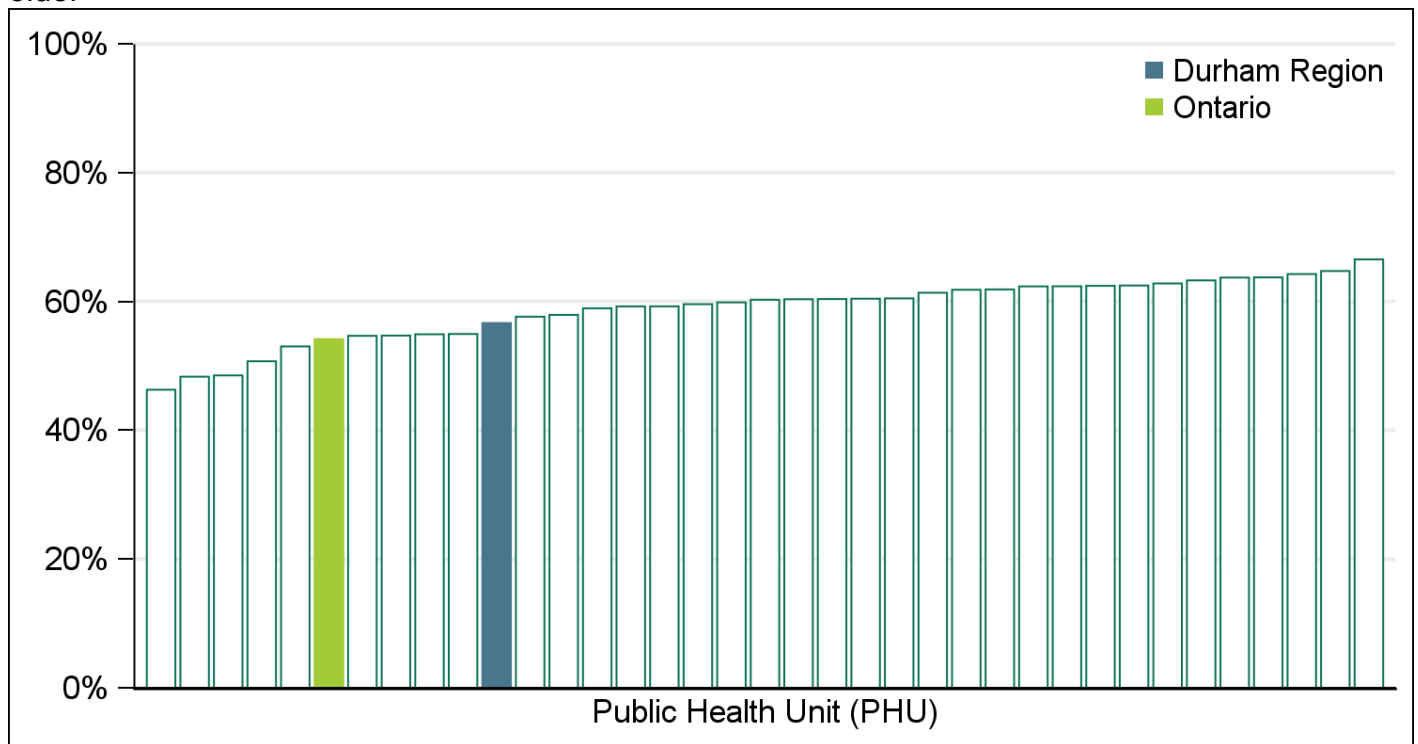


Place of residence	2003	2005	2007/08	2009/10	2011/12	2013/14
Durham	52%	52%	56%	57%	61%	57%
95% CI (Durham)	49-55%	48-56%	52-60%	53-62%	57-65%	52-61%
Ontario	50%	50%	52%	52%	52%	54%
95% CI (Ontario)	49-50%	49-51%	51-53%	51-53%	51-54%	53-55%

In 2013/14, 57 per cent of Durham Region residents aged 18 and older overweight or obese. This rate was similar to the rate observed for Ontario of 54 per cent. Figure 1 shows that rates for both Durham Region and Ontario have not changed since 2003.

Provincial Comparison

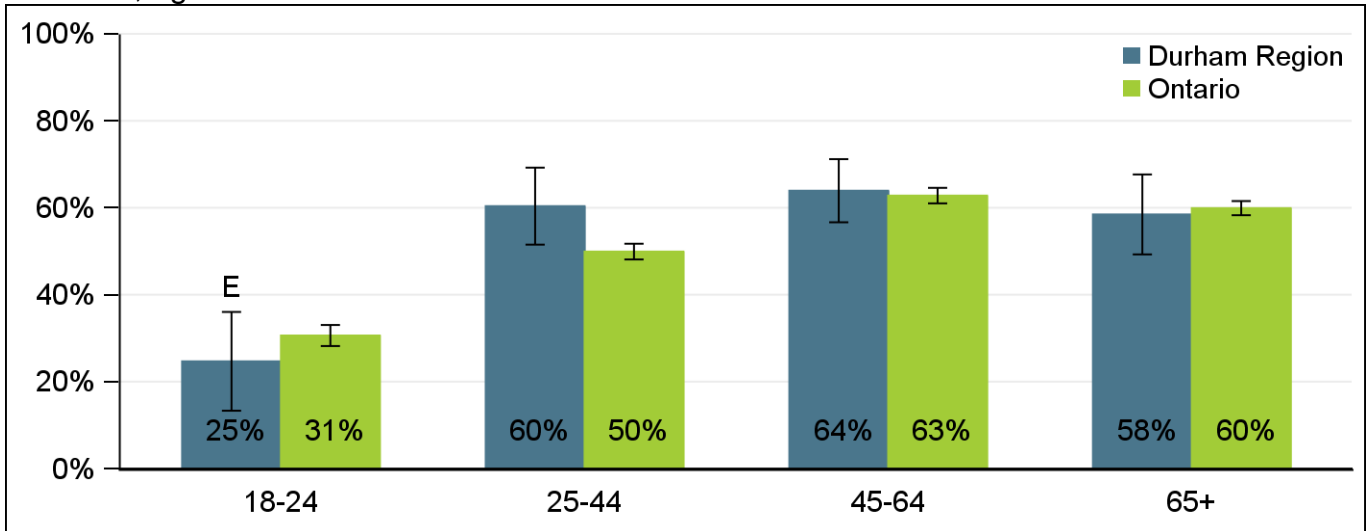
Figure 2. Proportion of adults overweight or obese, by public health unit, 2013/2014, ages 18 and older



For 2013/14, the proportion of overweight or obese respondents in the 36 Ontario public health units ranged from 46 to 67 per cent. The rate for Durham Region was in the lower end of this range at 57 per cent (see Figure 2 above.)

Adult overweight and obesity and the determinants of health

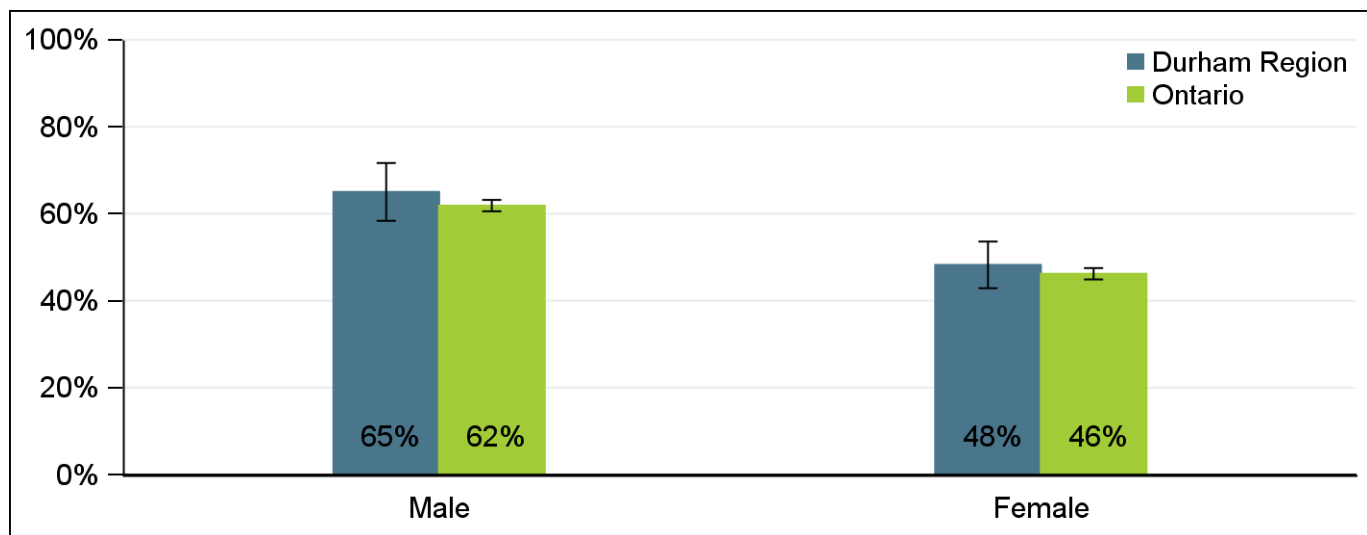
Figure 3. Proportion of adults overweight or obese by age, Durham Region and Ontario, 2013/2014, ages 18 and older



Association between age groups and overweight and obesity was significant for both Durham Region and Ontario. E – Use with caution as these data have a coefficient of variation between 16.6 and 33.3 per cent.

Figure 3 shows an increase in the proportion of overweight or obese adults up to age 45-64, where the proportion declines among older adults. This relationship is observed for both Durham Region and Ontario.

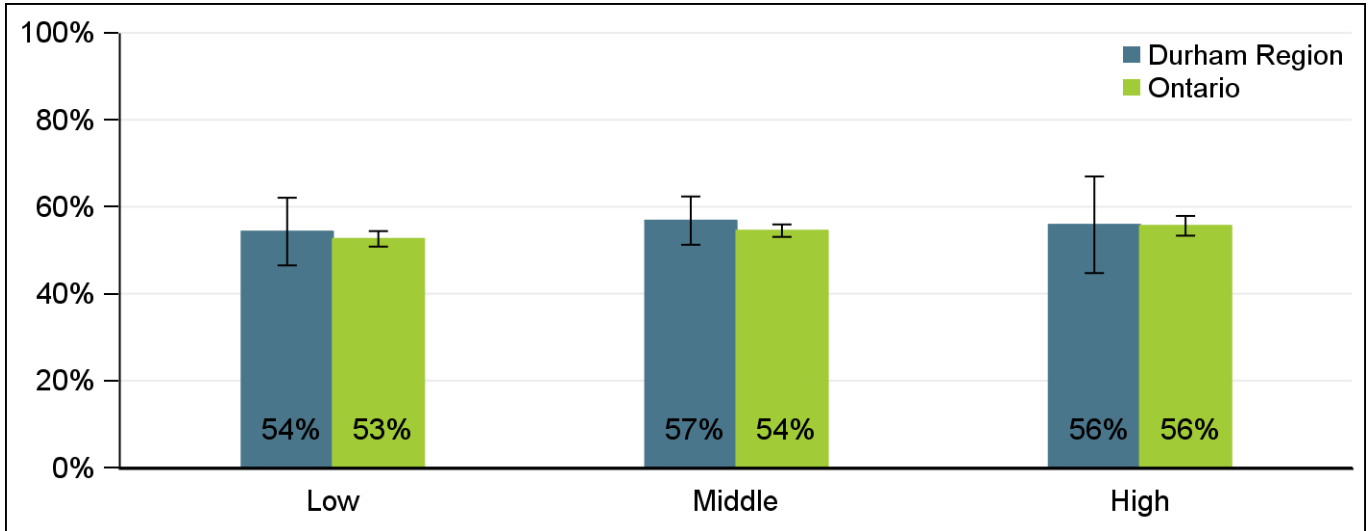
Figure 4. Proportion of adults overweight or obese by sex, Durham Region and Ontario, 2013/2014, ages 18 and older



Association between sex and overweight and obesity was significant for both Durham Region and Ontario.

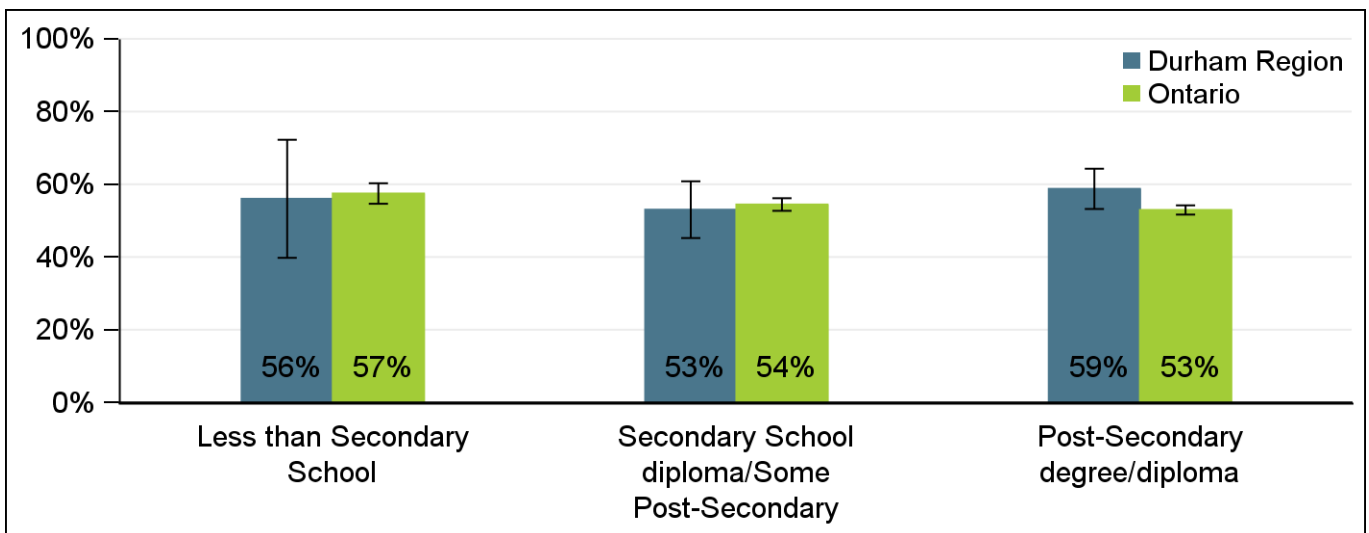
The relationship between overweight and obesity and sex displayed in figure 4 shows that males in both Durham Region and Ontario were more likely to be overweight or obese as compared to females.

Figure 5. Proportion of adults overweight or obese by household income, Durham Region and Ontario, 2013/2014, ages 18 and older



In 2013/2014, there was no observed association between overweight and obesity and household income for Durham Region and Ontario (see figure 5.)

Figure 6. Proportion of adults overweight or obese by education level, Durham Region and Ontario, 2013/2014, ages 18 and older



In 2013/2014, there was no observed association between overweight and obesity and education level for Durham Region and Ontario (see figure 6.)

Data Notes

Data Source: The **Canadian Community Health Survey (CCHS)** is a cross-sectional survey that collects information related to health status, health care utilization and health determinants for the Canadian population. It surveys a large sample of respondents and is designed to provide reliable estimates at the health region level. Since 2007, data are collected on an ongoing basis with annual releases, rather than every two years as was the case prior to 2007. The CCHS data are collected from persons aged 12 and over living in private dwellings, excluding individuals living on Indian Reserves and on Crown Lands, institutional residents, full-time members of the Canadian Forces and residents of certain remote regions. Interviews are conducted using computer assisted interviewing, either in person or over the telephone.

Definitions and Survey Questions: Proportion of the population 18 years and older determined to be overweight or obese. Overweight and obesity are two of several body mass index (BMI) categories, where BMI represents an individual's weight in kilograms divided by their height in metres squared. The BMI measure used in this report was calculated from self-reported height and weight. Pregnant women and individuals reporting a height under 0.91 metre or over 2.11 metres were excluded.

Data Analysis: The CCHS share file obtained from the Ontario Ministry of Health and Long-Term Care was used for analysis. Data were analyzed using SAS version 9.4. Estimates are weighted using the final CCHS sampling weight. Error bars in the graphs represent the 95% confidence interval (CI) around the estimate. The true or actual estimate falls within the range of values 95 out of 100 times. For all analyses, response options of 'Refusal', 'Don't Know', 'Not Stated' and 'Not Applicable' were excluded, unless otherwise stated.

The CCHS 2013/2014 dataset was used for the 'Adult overweight and obesity and the determinants of health' analysis. Statistical significance was assessed based on a chi-square test with a p-value less than 0.05. A statistically significant difference between groups means that the association is not likely due to chance.

The income categories of low, middle and high were based on a CCHS derived variable which distributed residents according to the adjusted ratio of their total household income to the low income cut-off corresponding to their household and community size. The ten categories in this variable were grouped with "low" income corresponding to the lowest 30 per cent, "middle" including the middle 40 per cent, and "high" corresponding to highest 30 per cent of earners.