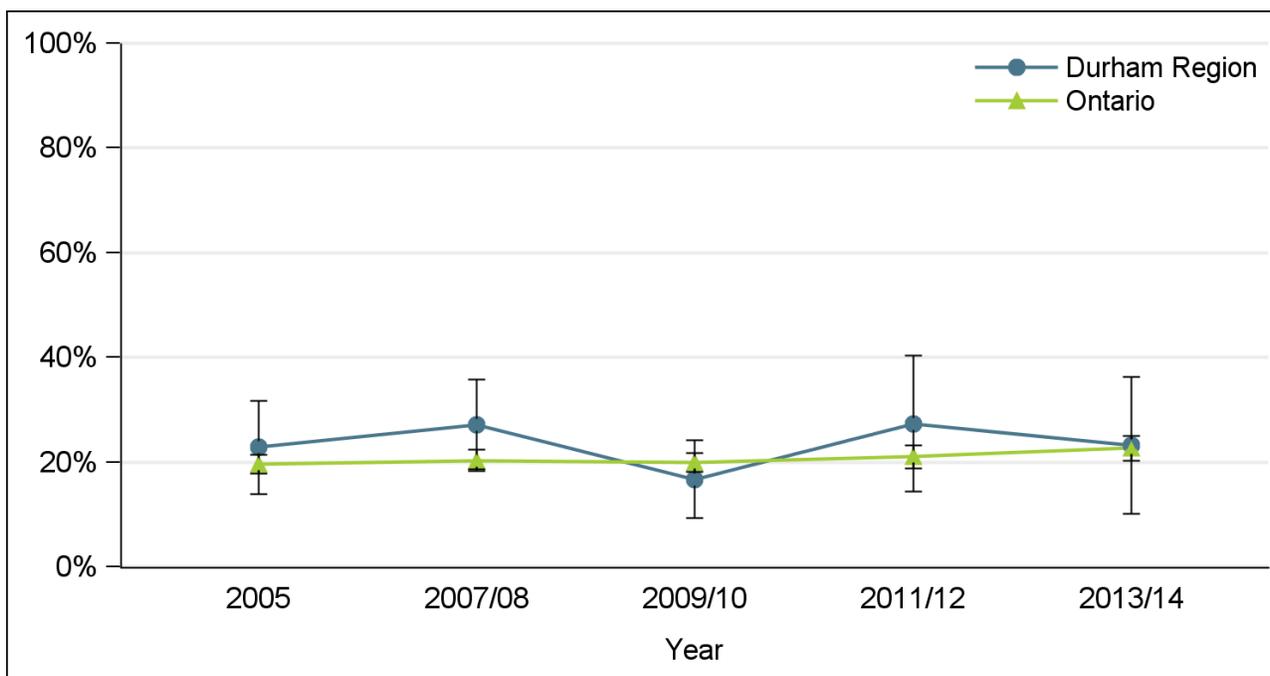


### Highlights

- In 2013/14, 23 per cent of Durham Region residents under 18 were overweight or obese. Rates for both Durham Region and Ontario have not changed since 2005.
- Among the 36 Ontario public health units, the proportion of youth overweight or obese ranged from 10 to 44 per cent.

### Trend over time

Figure 1. Proportion of youth who were overweight or obese, Durham Region and Ontario, 2005 to 2013/2014, ages 12 to 17 years.



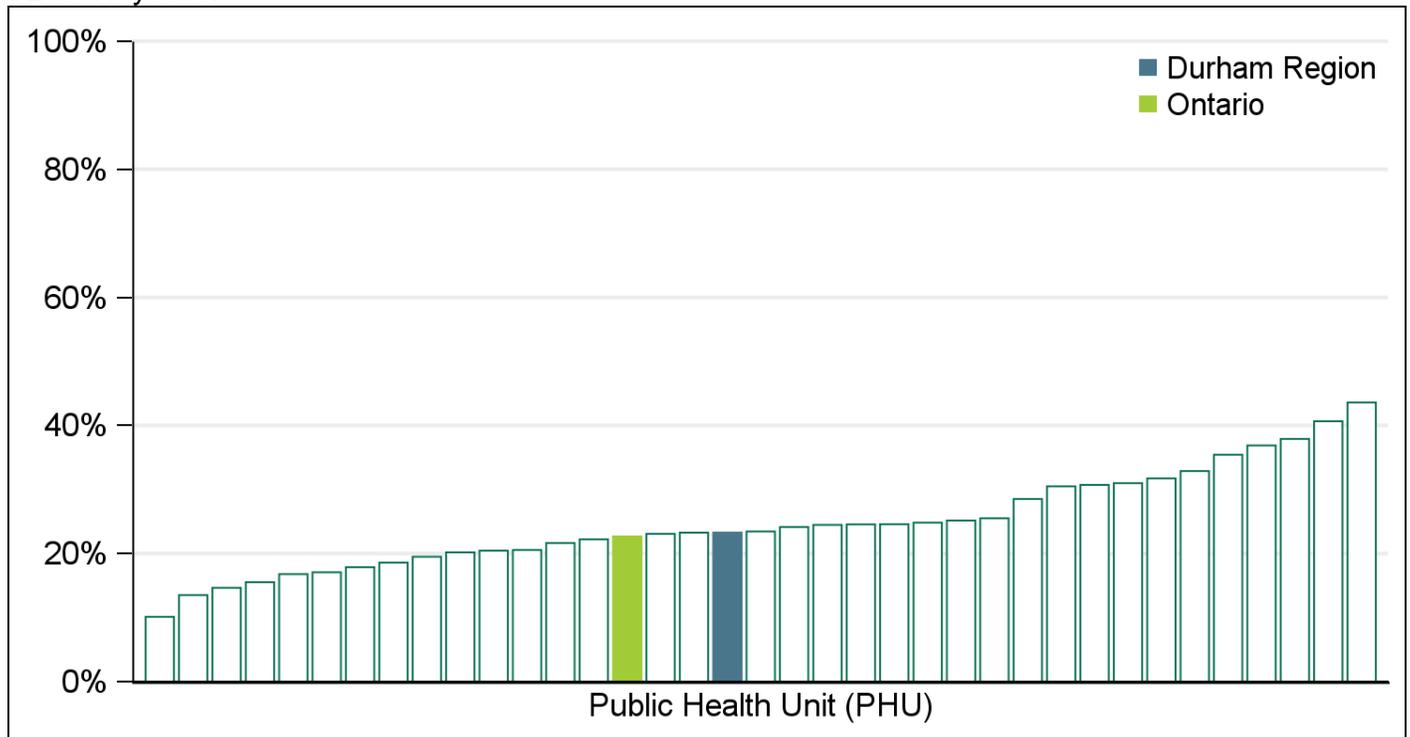
Place of residence	2005	2007/08	2009/10	2011/12	2013/14
<b>Durham</b>	23% <sup>E</sup>	27%	17% <sup>E</sup>	27% <sup>E</sup>	23% <sup>E</sup>
<b>95% CI (Durham)</b>	14-32%	19-36%	9-24%	14-40%	10-36%
<b>Ontario</b>	20%	20%	20%	21%	23%
<b>95% CI (Ontario)</b>	18-21%	18-22%	18-22%	19-23%	20-25%

E - Use with caution as these data have a coefficient of variation between 16.6 and 33.3 per cent.

In 2013/14, 23 per cent of Durham Region residents under 18 were overweight or obese. This rate is similar to the rate observed for Ontario of 23 per cent. Figure 1 shows that rates for both Durham Region and Ontario have not changed since 2005.

## Provincial comparison

Figure 2. Proportion of youth who were overweight or obese by public health unit, 2013/2014, ages 12 to 17 years.



For 2013/14, the proportion of respondents who were overweight or obese ranged by public health unit from 10 per cent to 44 per cent. The rate for Durham Region was in the middle of this range at 23 per cent (See Figure 2 above.)

## 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 12 to 17 years old 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 the square of their height in metres. The BMI measure used in this report was calculated from self-reported height and weight. Pregnant females were excluded from the analysis.

**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 were 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.