

A Look at Obesity In Alberta

The DON SCN strives to improve the health and well-being of individual Albertans and our communities through a collaborative network that: encourages uptake of best practices, promotes improvements, and champions innovation in nutrition and in the prevention and management of diabetes and obesity across the health system to promote equitable access, quality and sustainability.

DON SCN Fast Facts

- In 2012, 7 in 10 adult Albertans were at least overweight; of which 4 in 10 were overweight and 3 in 10 were obese.
- More males than females are obese.
- Obesity is more common for persons aged 45 – 64 years.
- Class 1 obesity (BMI 30 – 34.9) is more common in men than in women.
- Obesity is more common in the Northern Health Zone and lowest in Calgary and Edmonton Health Zones.

What is the Prevalence of Overweight & Obesity in Alberta?

- 67% adults have overweight or obesity, with 39% being overweight and 28% being obese.
- Both overweight and obesity are more common in males than in females (**Figure 1**).

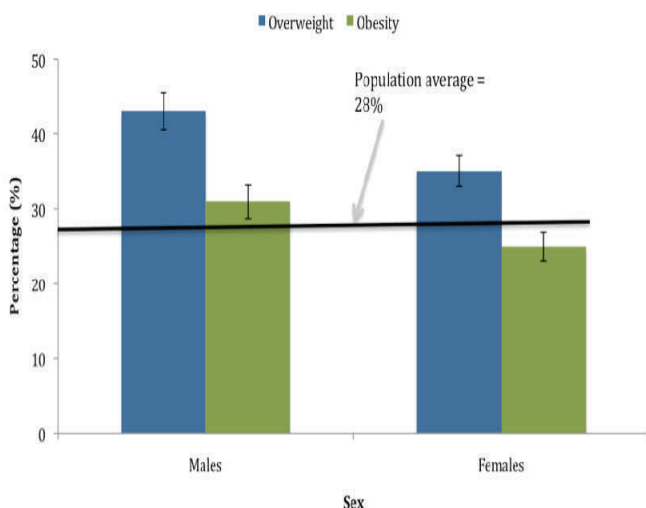


Figure 1. Prevalence of overweight and obesity by sex in adult Albertans.

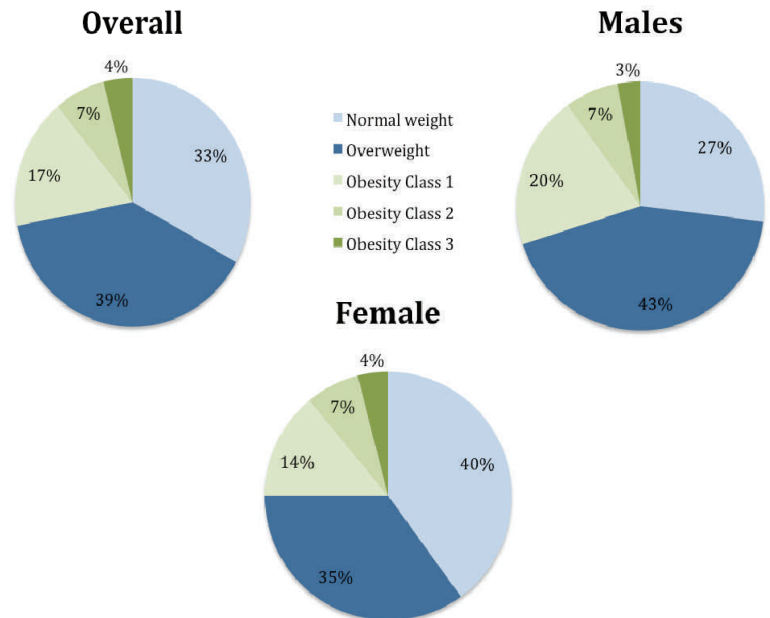


Figure 2. The prevalence of BMI categories in the population and by sex.

- Overweight is more common in men than in women (43 versus 35%).
- Severe Obesity (BMI \geq 35) is 11% (95% CI 10 – 12) overall, 10% (95% CI 9.0 – 12) in males and 11% (95% CI 10 – 12) in females.
- Class 1 obesity is higher in men (20% versus 14%) (**Figure 2**).

How Does the Prevalence of Overweight & Obesity Vary by Age in Alberta?

- Obesity is more common for 45 – 54 years (32.6%) and 55 – 64 years (36.5%) age groups.
- Overall, the prevalence of obesity is highest for men aged 45 - 64 years (38%) and women 55 – 64 years (35%) (**Figure 3**).

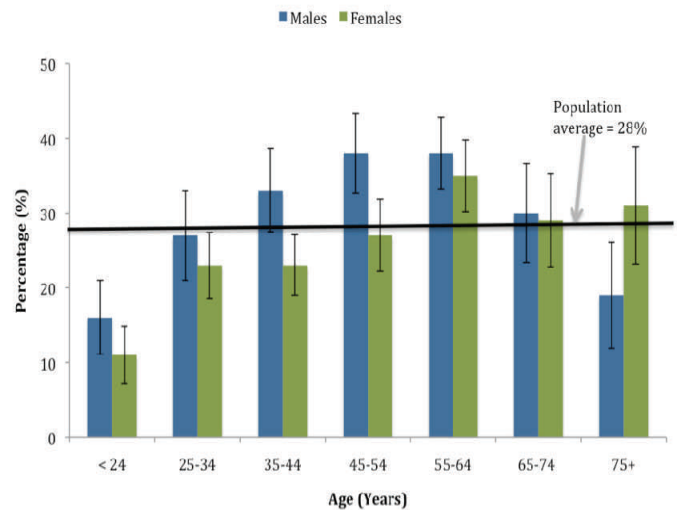


Figure 3. Prevalence of obesity among adult Albertans by age for males and females.

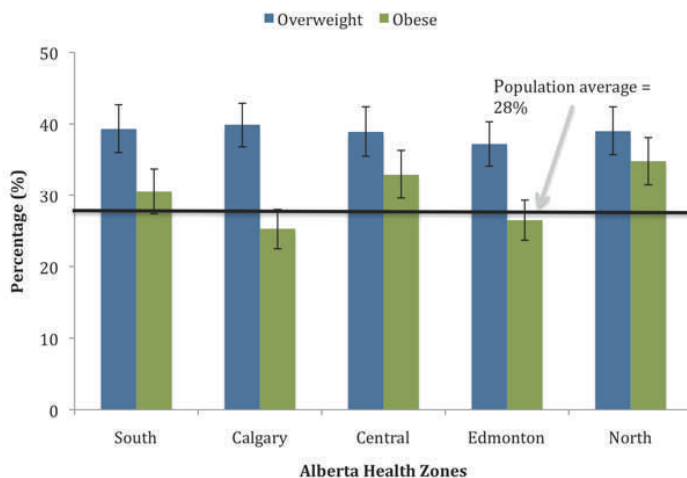


Figure 4. Prevalence of weight categories by Alberta Health Zones.

How Does the Prevalence of Overweight & Obesity Compare Across Alberta Health Services Zones?

- The prevalence of overweight ranges from 37 and 40% in all zones. (**Figure 4**).
- Obesity is most prevalent in the North Zone and lowest in Calgary and Edmonton Health Zones (25% and 27% respectively).

How does Alberta compare to the national figures for obesity?

- One in four Canadians (ranging from 23.3% - 25.4%) are obese. The variation in self-reported obesity in Canada varies by health region, ranging from 5.3% to 35.9%.
- Compared to a 2009 report, Alberta has a 3-point increase in obesity prevalence that is slightly above the national average.

Data Source

We used data from the **Health Quality Council of Alberta's** 2012 Satisfaction and Experience with Health Care Services Survey, administered by the Population Research Laboratory (PRL) at the University of Alberta. The sample for this study comprised 4803 respondents, age 18 or older, interviewed by telephone during a 3-month period from February 24th to May 27th, 2012. www.hqca.ca