



Haliburton, Kawartha, Pine Ridge District Health Unit RRFSS (2007) Body Mass Index

Body mass index (BMI) for adults (20 to <65 years old) living in the HKPR District, RRFSS
January - December 2007

Table 1: Body Mass Index (overall)

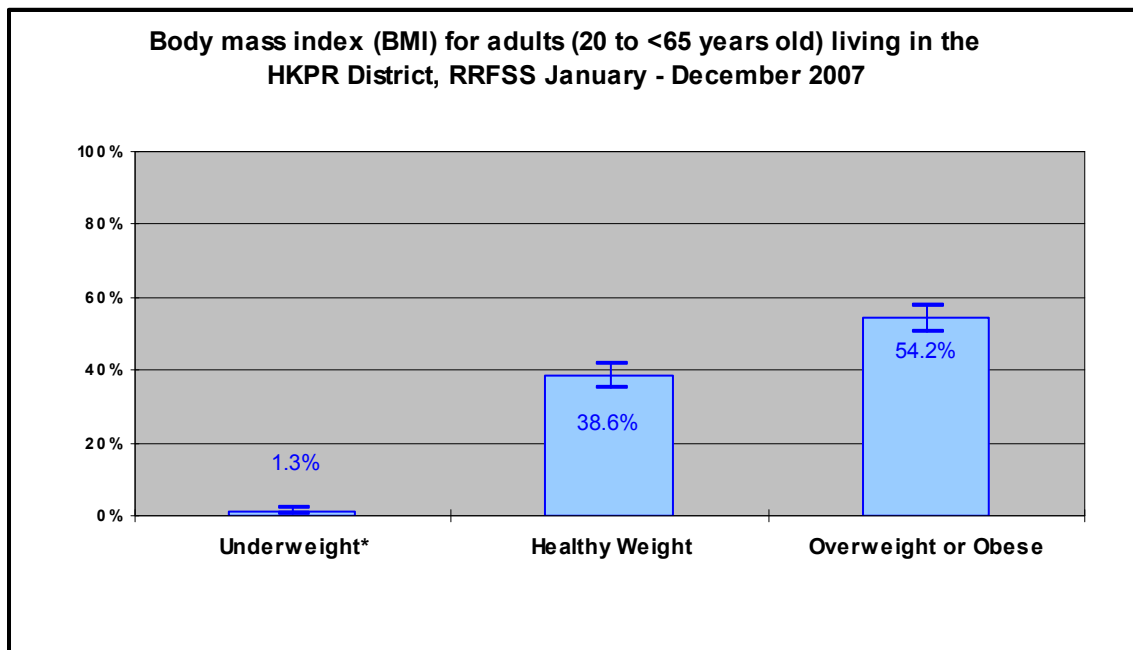
Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
Underweight*	1.3%	2.1%	0.5%
Healthy Weight	38.6%	42.0%	35.2%
Overweight or Obese	54.2%	57.7%	50.7%

* Interpret with caution, high variability

** Data not released

sample size 793

Figure 1: Body Mass Index (overall)



Interpretation:

1.3%* (+/-1%) of adults (20 to <65 years old) have a body mass index <18.5 (underweight).
 38.6% (+/-3%) of adults (20 to <65 years old) have a body mass index >=18.5 to 24.9 (healthy weight).
 54.2% (+/-3%) of adults (20 to <65 years old) have a body mass index >=25 (overweight or obese).

Adults 20-29 years of age, by body mass index (BMI), RRFSS January - December 2007

Table 1: Body Mass Index (20-29 years old)

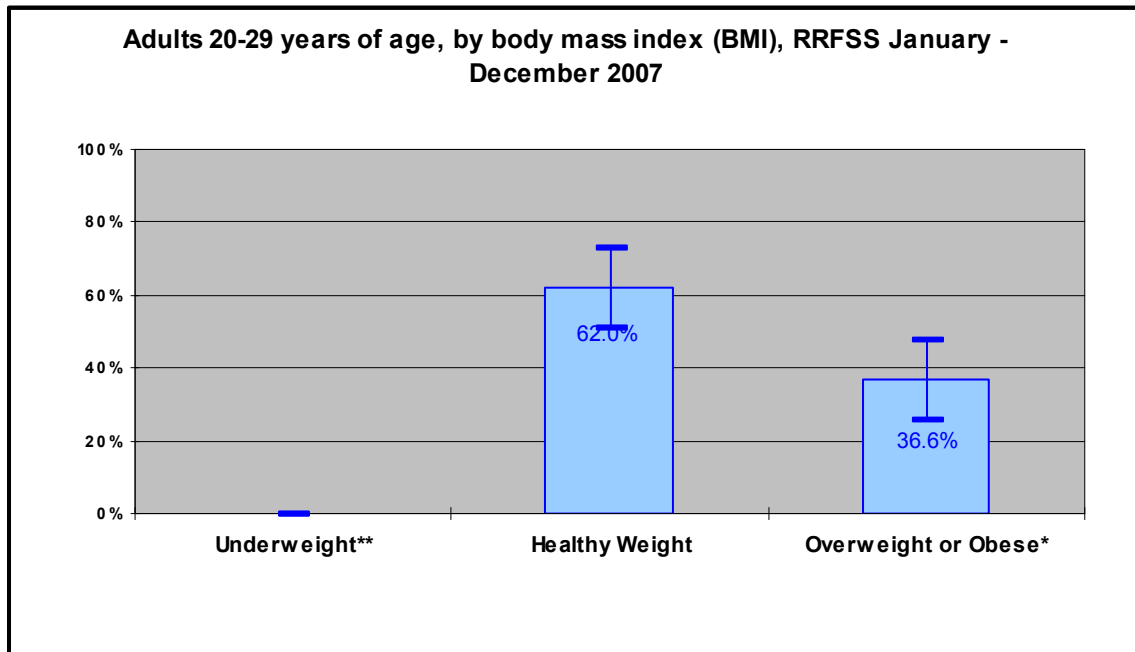
Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
Underweight**	**	**	**
Healthy Weight	62.0%	73.1%	50.8%
Overweight or Obese*	36.6%	47.7%	25.6%

* Interpret with caution, high variability

** Data not released

sample size 75

Figure 2: Body Mass Index (20-29 years old)



Interpretation:

62.0% (+/-11%) of adults (20-29 years old) have a body mass index ≥ 18.5 to 24.9 (healthy weight).

36.6% (+/-11%) of adults (20-29 years old) have a body mass index ≥ 25 (overweight or obese).

Adults 30-39 years of age, by body mass index (BMI), RRFSS January - December 2007

Table 3: Body Mass Index (30-39 years old)

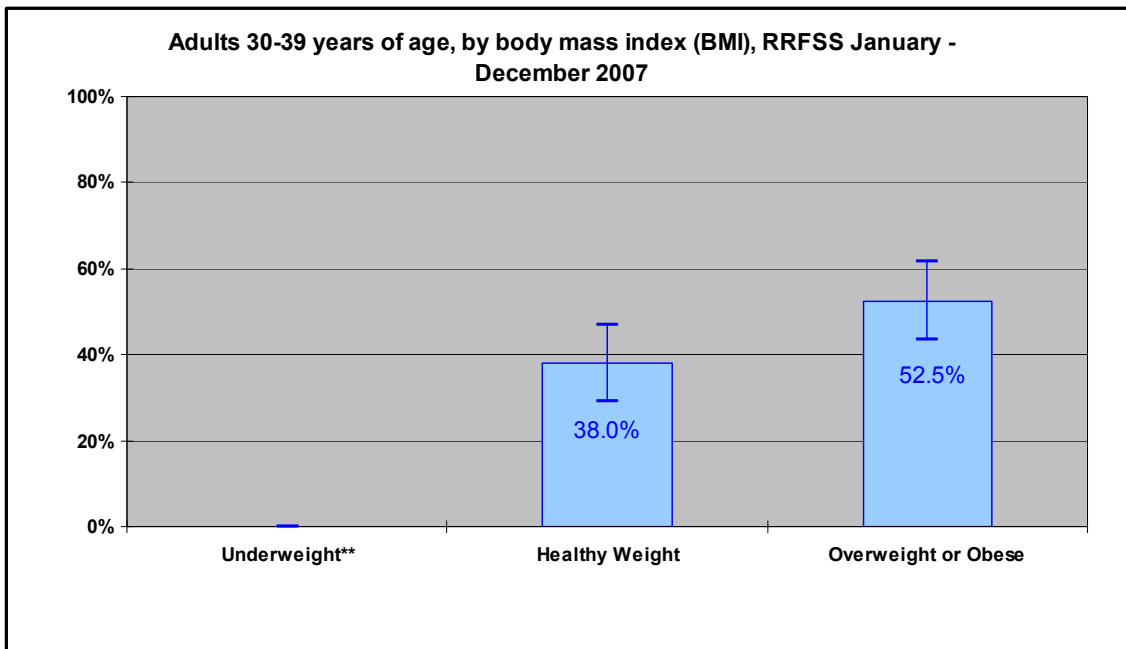
Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
Underweight**	**	**	**
Healthy Weight	38.0%	46.9%	29.1%
Overweight or Obese	52.5%	61.6%	43.3%

* Interpret with caution, high variability

** Data not released

sample size 116

Figure 3: Body Mass Index (30-39 years old)



Interpretation:

38.0% (+/-9%) of adults (30-39 years old) have a body mass index ≥ 18.5 to 24.9 (healthy weight).

52.5% (+/-9%) of adults (30-39 years old) have a body mass index ≥ 25 (overweight or obese).

Adults 40-49 years of age, by body mass index (BMI), RRFSS January - December 2007

Table 4: Body Mass Index (40-49 years old)

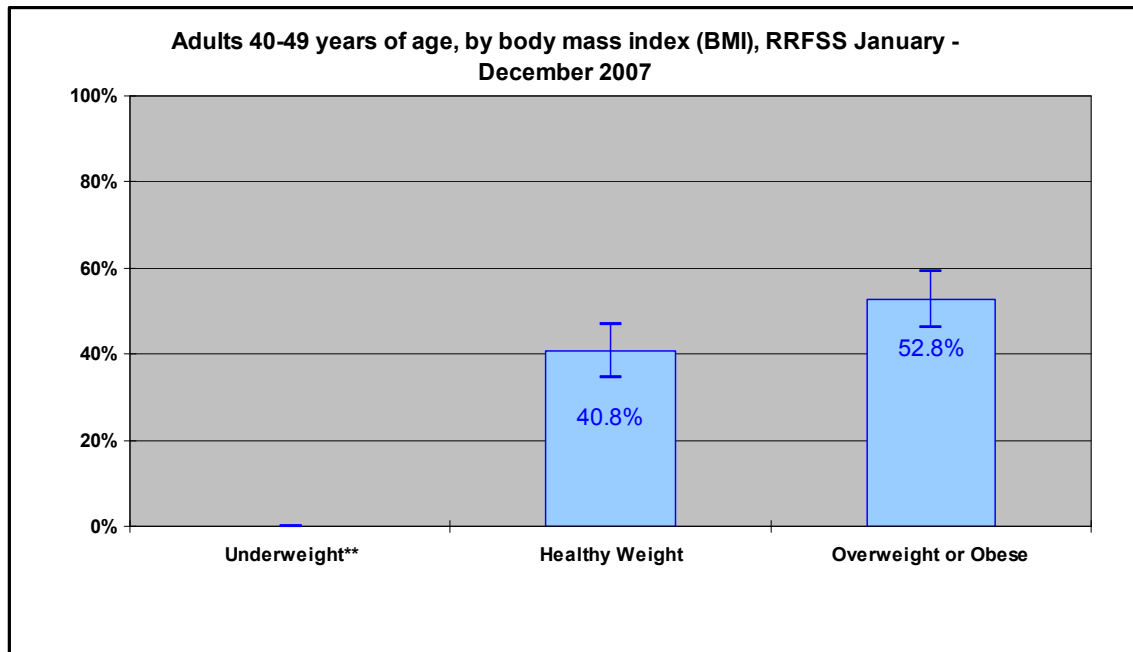
Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
Underweight**	**	**	**
Healthy Weight	40.8%	47.1%	34.5%
Overweight or Obese	52.8%	59.2%	46.4%

* Interpret with caution, high variability

** Data not released

sample size 236

Figure 4: Body Mass Index (40-49 years old)



Interpretation:

40.8% (+/-6%) of adults (40-49 years old) have a body mass index ≥ 18.5 to 24.9 (healthy weight).

52.8% (+/-6%) of adults (40-49 years old) have a body mass index ≥ 25 (overweight or obese).

Adults 50-64 years of age, by body mass index (BMI), RRFSS January - December 2007

Table 5: Body Mass Index (50-64 years old)

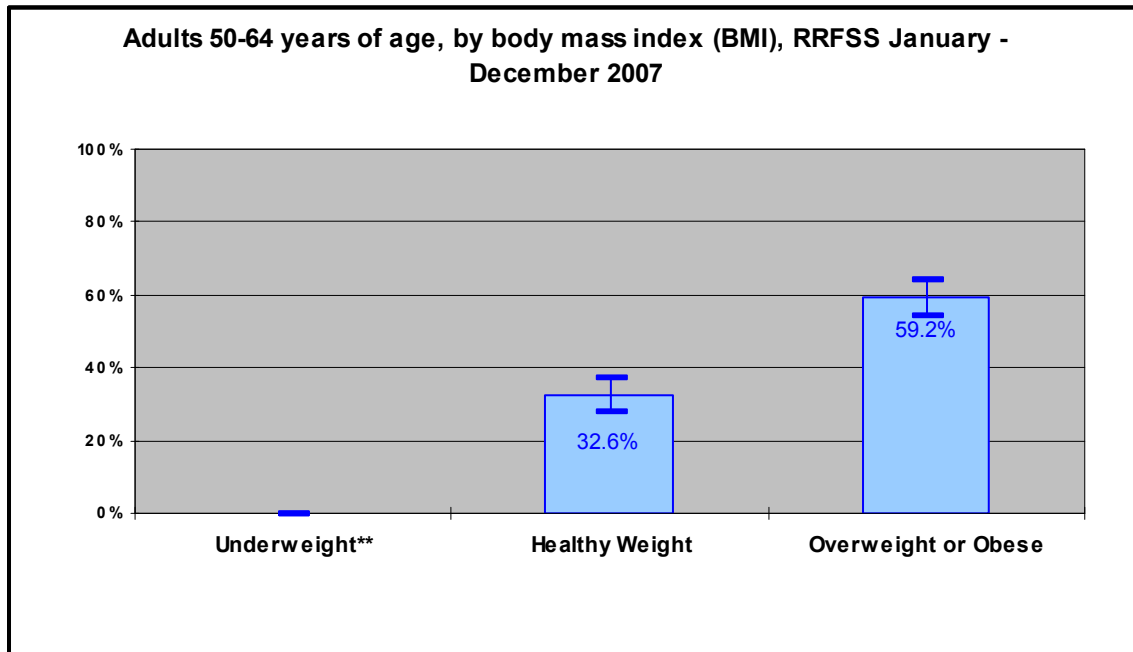
Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
Underweight**	**	**	**
Healthy Weight	32.6%	37.4%	27.8%
Overweight or Obese	59.2%	64.2%	54.1%

* Interpret with caution, high variability

** Data not released

sample size 368

Figure 5: Body Mass Index (50-64 years old)



Interpretation:

32.6% (+/-5%) of adults (50-64 years old) have a body mass index ≥ 18.5 to 24.9 (healthy weight).

59.2% (+/-5%) of adults (50-64 years old) have a body mass index ≥ 25 (overweight or obese).

Proportion of adults (20 to <65 years old) with body mass index ≥ 25 (overweight and obese), by sex, RRFSS January - December 2007

Table 6: Body Mass Index (by sex)

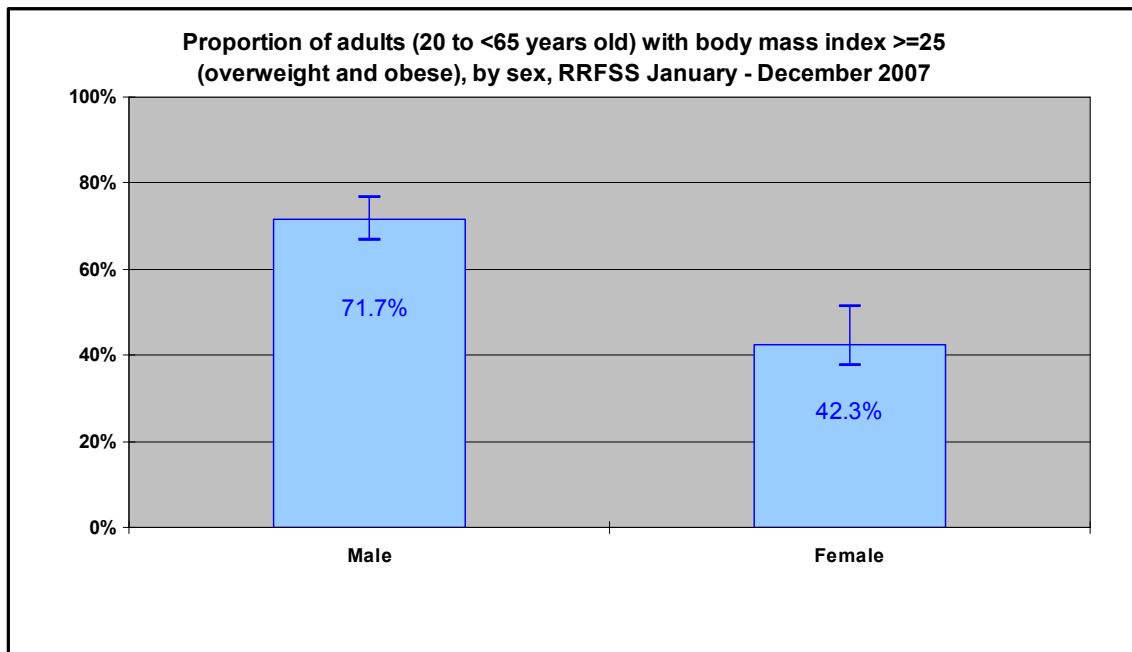
Body Mass Index ≥ 25 (overweight and obese)	Proportion	95% upper confidence limit	95% lower confidence limit
Male	71.7%	76.6%	66.7%
Female	42.3%	51.2%	37.8%

* Interpret with caution, high variability

** Data not released

sample size 793

Figure 6: Body Mass Index (by sex)



Interpretation:

71.7% (+/-5%) of adult males (20 to <65 years old) have a body mass index ≥ 25 (overweight or obese).

42.3% (+/-4%) of adult females (20 to <65 years old) have a body mass index ≥ 25 (overweight or obese).

Proportion of adults (20 to <65 years old) with body mass index ≥ 25 (overweight and obese), by education level, RRFSS January - December 2007

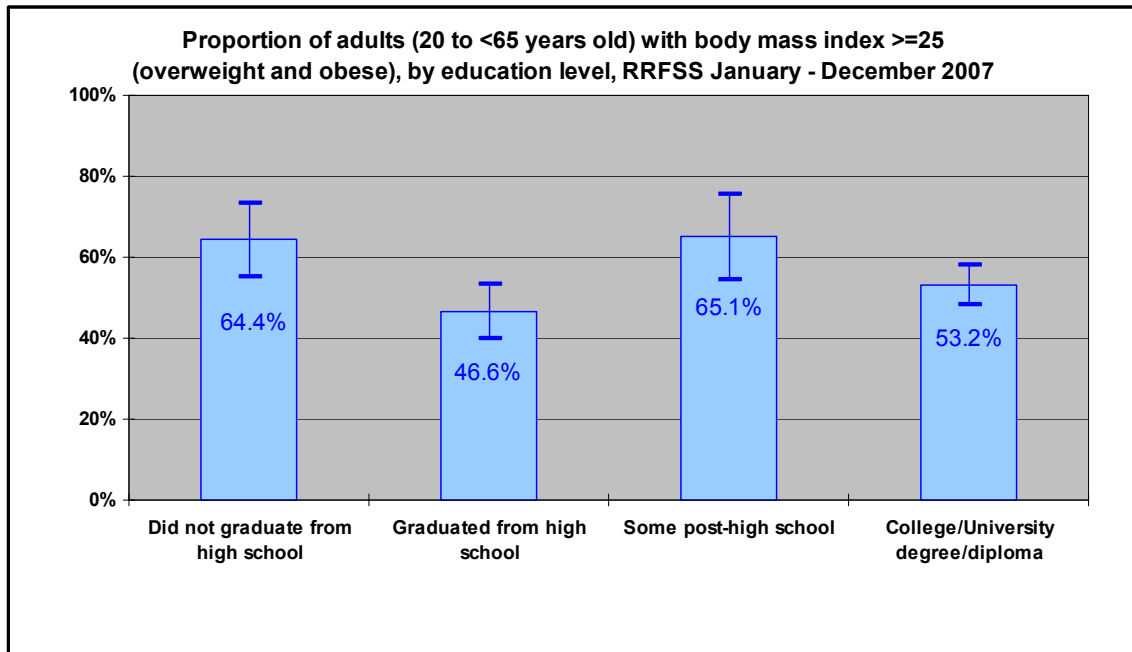
Table 7: Body Mass Index (by education)

Body Mass Index ≥ 25 (overweight and obese)	Proportion	95% upper confidence limit	95% lower confidence limit
Did not graduate from high school	64.4%	73.5%	55.4%
Graduated from high school	46.6%	53.3%	39.9%
Some post-high school	65.1%	75.8%	54.4%
College/University degree/diploma	53.2%	58.2%	48.3%

* Interpret with caution, high variability
 ** Data not released

sample size 792

Figure 7: Body Mass Index (by education)



Interpretation:

- 64.4% (+/-9%) of adults (20 to <65 years old) who have not graduated from high school have a body mass index ≥ 25 (overweight or obese).
- 46.6% (+/-7%) of adults (20 to <65 years old) who have graduated from high school have a body mass index ≥ 25 (overweight or obese).
- 65.1% (+/-11%) of adults (20 to <65 years old) who have graduated from high school and have completed some post-secondary education have a body mass index ≥ 25 (overweight or obese).
- 53.2% (+/-5%) of adults (20 to <65 years old) who have completed a college or university degree or diploma have a body mass index ≥ 25 (overweight or obese).

Limitations:

1. Questions only asked of adult residents aged 18+ (excluding pregnant women).
2. Telephone survey only conducted in English.
3. Results are based on self-reported behaviours.
4. (*) indicates that results are based on small sample size, thus estimates have high variability.

Notes:

- 1) Body Mass Index (BMI) is defined as the ratio of body weight (in kilograms) to height (in metres) squared (i.e. $BMI = kg/m^2$).
 - 2) The international standard for BMI is: <18.5 (underweight), 18.5-24.9 (acceptable weight), 25-29.9 (overweight), and 30 or higher (obese).
 - 3) The index is calculated for those aged 20 – 64 years excluding pregnant women as well as extreme heights.
 - 4) The numbers in the tables and graphs are weighted.
 - 5) Missing responses are not included in the analysis.
 - 6) Don't know and refused responses are analyzed according to RRFSS analysis guideline.
 - 7) Release criteria of the data are according to RRFSS analysis guideline.
- * Interpret with caution, high variability.
** Data not released.