



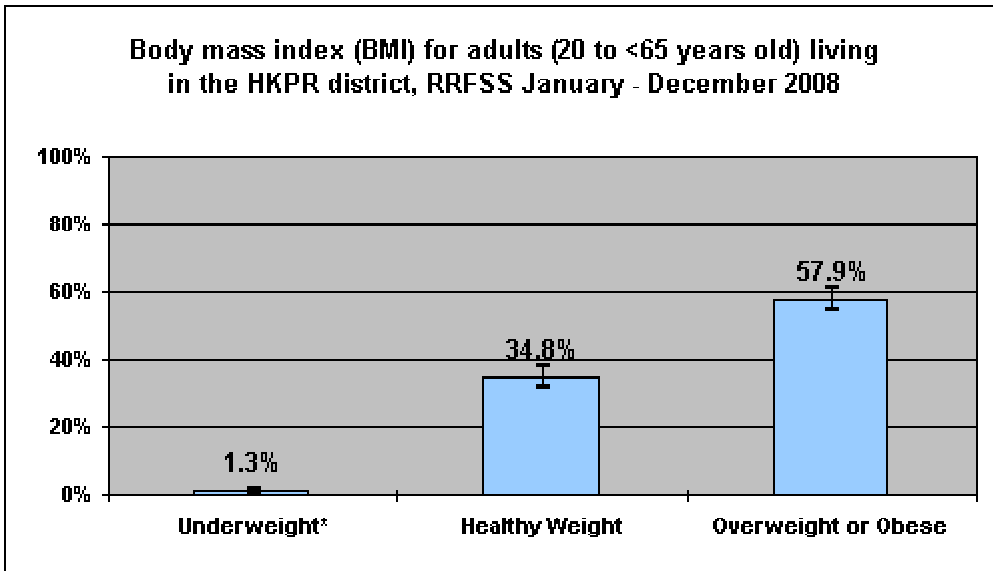
**Body mass index (BMI) for adults (20 to <65 years old) living in the HKPR district, RRFSS January – December 2008**

**Table 1: BMI (overall)**

Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
<b>Underweight*</b>	1.3%	2.0%	0.5%
<b>Healthy Weight</b>	34.8%	38.1%	31.6%
<b>Overweight or Obese</b>	57.9%	61.3%	54.5%

sample size 825

**Figure 2: BMI (overall)**



**Interpretation:**

1.3%\* (+/-1%) of adults (20 to <65 years old) reported having a body mass index <18.5 (underweight).

34.8% (+/-3%) of adults (20 to <65 years old) reported having a body mass index >=18.5 to 24.9 (healthy weight).

57.9% (+/-3%) of adults (20 to <65 years old) reported having a body mass index >=25 (overweight or obese).

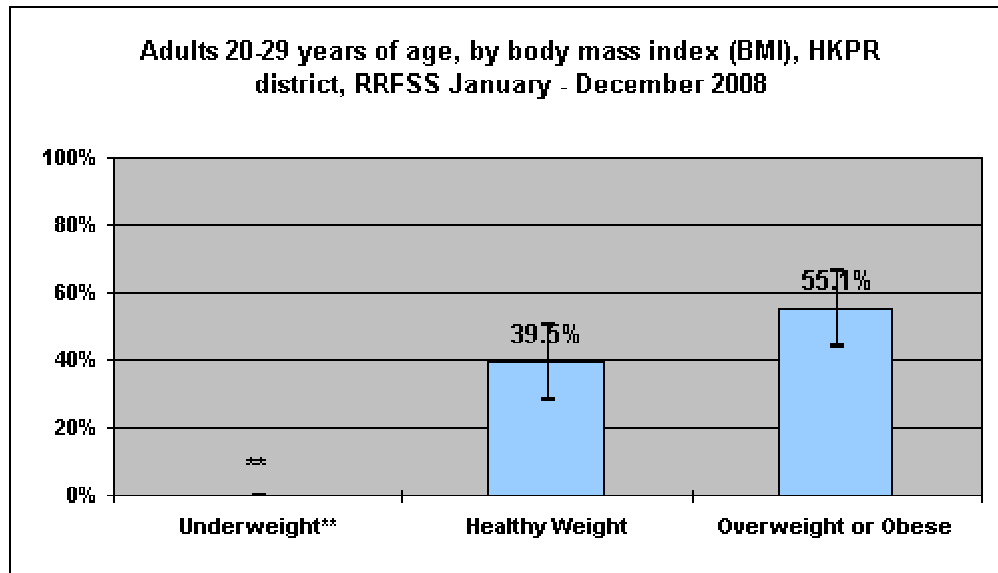
**Adults 20-29 years of age, by body mass index (BMI), HKPR district, RRFSS  
January – December 2008**

**Table 2: BMI (20-29 years of age)**

Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
Underweight**	**	**	**
Healthy Weight	39.5%	50.4%	28.5%
Overweight or Obese	55.1%	66.2%	44.0%

sample size 78

**Figure 2: BMI (20-29 years of age)**



**Interpretation:**

39.5% (+/-11%) of adults (20-29 years of age) reported having a body mass index  $\geq 18.5$  to 24.9 (healthy weight).

55.1% (+/-11%) of adults (20-29 years of age) reported having a body mass index  $\geq 25$  (overweight or obese).

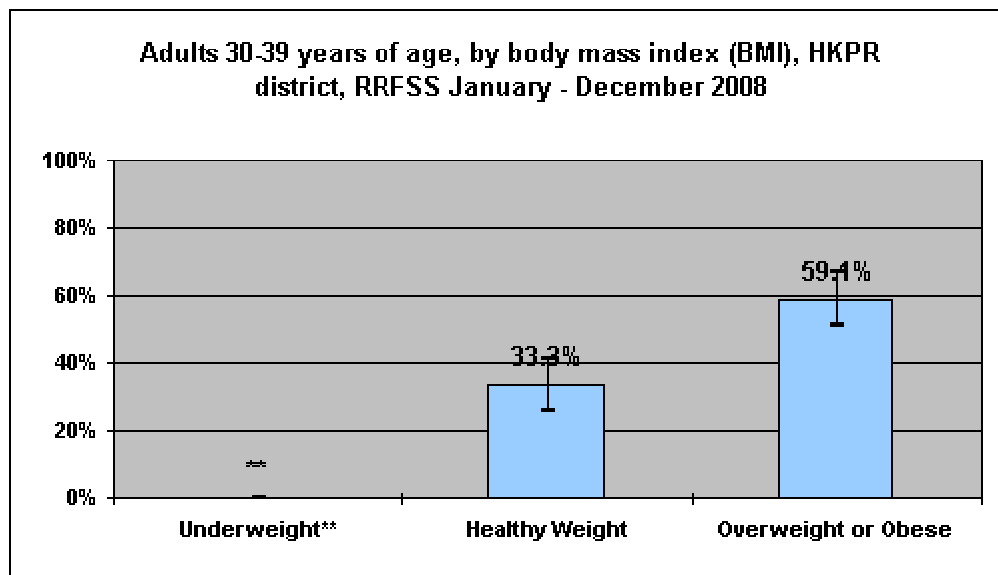
**Adults 30-39 years of age, by body mass index (BMI), HKPR district, RRFSS  
January – December 2008**

**Table 3: BMI (30-39 years of age)**

Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
Underweight**	**	**	**
Healthy Weight	33.3%	41.0%	25.7%
Overweight or Obese	59.1%	67.1%	51.0%

sample size 146

**Figure 3: BMI (30-39 years of age)**



**Interpretation:**

33.3% (+/-8%) of adults (30-39 years of age) reported having a body mass index  $\geq 18.5$  to 24.9 (healthy weight).

59.1% (+/-8%) of adults (30-39 years of age) reported having a body mass index  $\geq 25$  (overweight or obese).

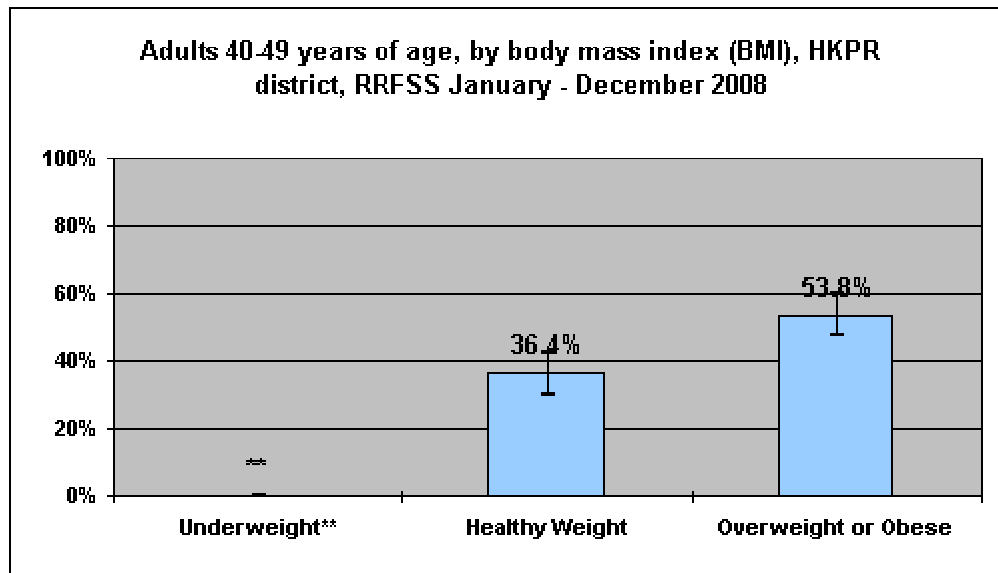
**Adults 40-49 years of age, by body mass index (BMI), HKPR district, RRFSS  
January – December 2008**

**Table 4: BMI (40-49 years of age)**

Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
Underweight**	**	**	**
Healthy Weight	36.4%	42.5%	30.2%
Overweight or Obese	53.8%	60.2%	47.4%

sample size 237

**Figure 4: BMI (40-49 years of age)**



**Interpretation:**

36.4% (+/-6%) of adults (40-49 years of age) reported having a body mass index  $\geq 18.5$  to 24.9 (healthy weight).

53.8% (+/-6%) of adults (40-49 years of age) reported having a body mass index  $\geq 25$  (overweight or obese).

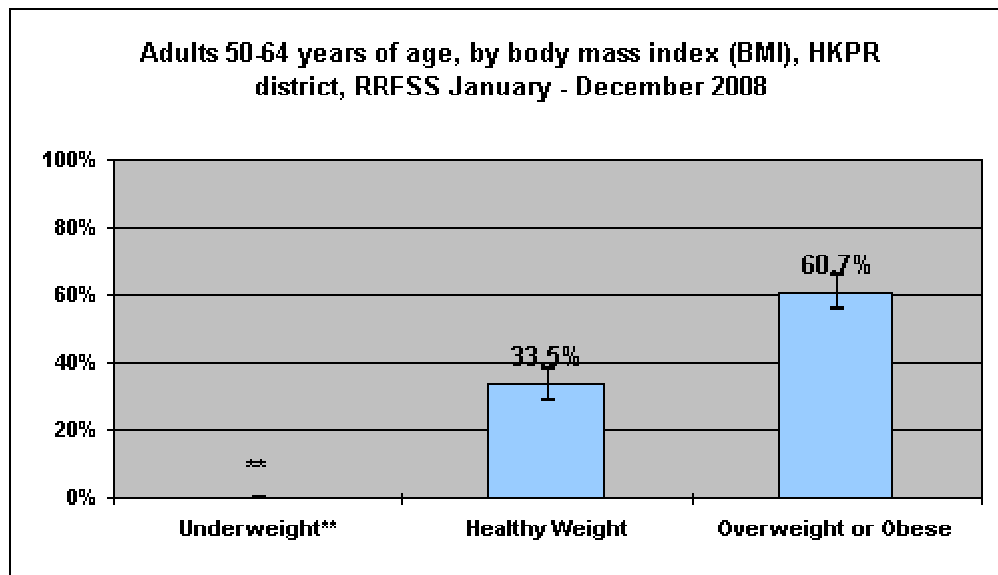
**Adults 50-64 years of age, by body mass index (BMI), HKPR district, RRFSS  
January – December 2008**

**Table 5: BMI (50-64 years of age)**

Body Mass Index	Proportion	95% upper confidence limit	95% lower confidence limit
<b>Underweight**</b>	**	**	**
<b>Healthy Weight</b>	33.5%	38.3%	28.6%
<b>Overweight or Obese</b>	60.7%	65.7%	55.7%

sample size 365

**Figure 5: BMI (50-64 years of age)**



**Interpretation:**

33.5% (+/-5%) of adults (50-64 years of age) reported having a body mass index  $\geq 18.5$  to 24.9 (healthy weight).

60.7% (+/-5%) of adults (50-64 years of age) reported having a body mass index  $\geq 25$  (overweight or obese).

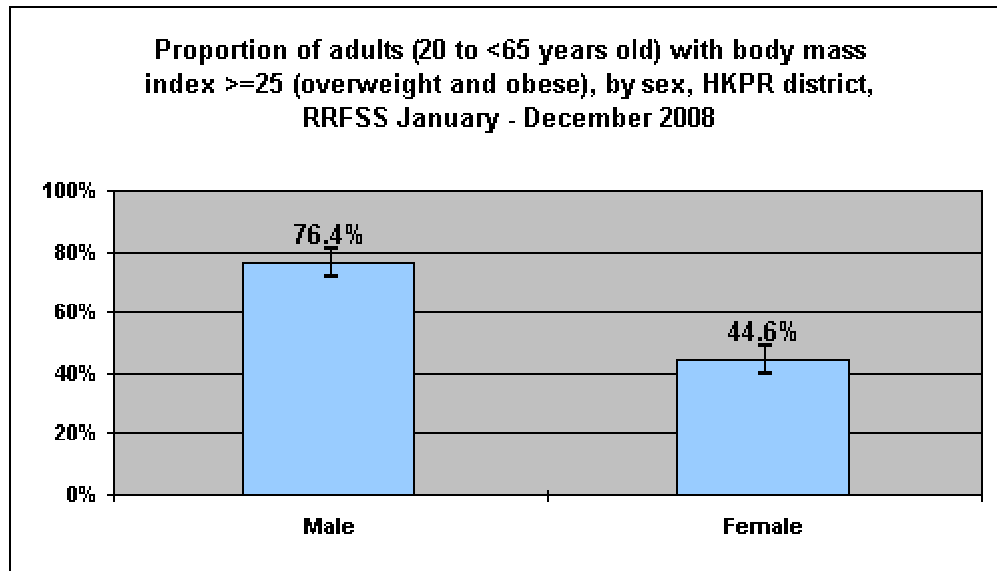
**Proportion of adults (20 to <65 years old) with body mass index  $\geq 25$  (overweight and obese), by sex, HKPR district, RRFSS January – December 2008**

**Table 6: BMI (by sex)**

Body Mass Index $\geq 25$ (overweight and obese)	Proportion	95% upper confidence limit	95% lower confidence limit
Male	76.4%	80.9%	71.9%
Female	44.6%	49.1%	40.2%

sample size 826

**Figure 6: BMI (by sex)**



**Interpretation:**

76.4% (+/-4%) of male adults (18+) reported having a body mass index  $\geq 25$  (overweight or obese).

44.6% (+/-4%) of female adults (18+) reported having a body mass index  $\geq 25$  (overweight or obese).

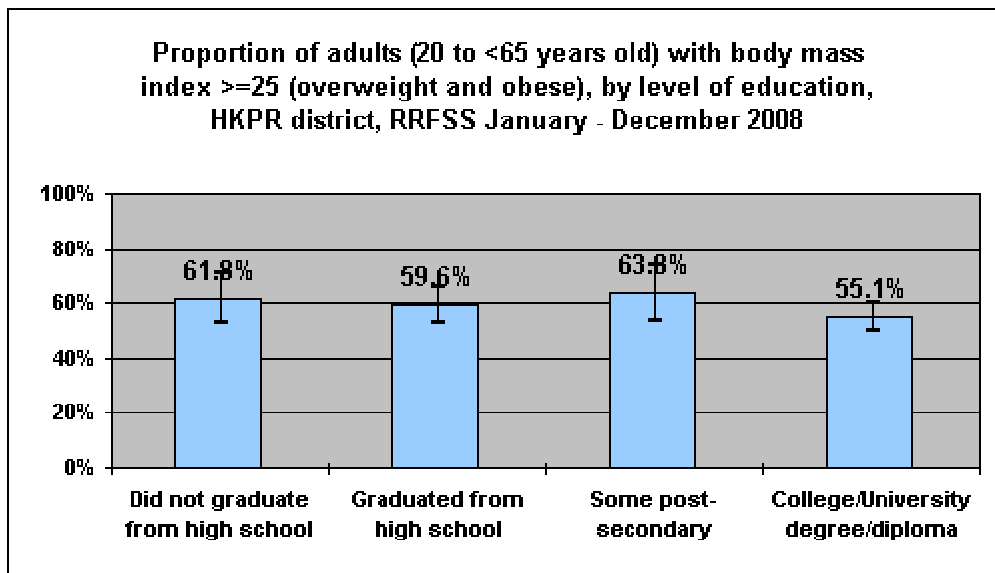
**Proportion of adults (20 to <65 years old) with body mass index  $\geq 25$  (overweight and obese), by education, HKPR district, RRFSS January – December 2008**

**Table 7: BMI (by education)**

Body Mass Index $\geq 25$ (overweight and obese)	Proportion	95% upper confidence limit	95% lower confidence limit
Did not graduate from high school	61.8%	71.0%	52.5%
Graduated from high school	59.6%	66.2%	53.1%
Some post-secondary	63.8%	74.0%	53.6%
College/University degree/diploma	55.1%	59.9%	50.3%

sample size 825

**Figure 7: BMI (by education)**



**Interpretation:**

- 61.8% (+/-9%) of adults (18+) that have not graduated from high school reported having a body mass index  $\geq 25$  (overweight or obese).
- 59.6% (+/-6%) of adults (18+) that have graduated from high school reported having a body mass index  $\geq 25$  (overweight or obese).
- 63.8% (+/-10%) of adults (18+) that have some post-secondary education reported having a body mass index  $\geq 25$  (overweight or obese).
- 55.1% (+/-5%) of adults (18+) that have a college diploma or university degree reported having a body mass index  $\geq 25$  (overweight or obese).

**Limitations:**

1. Questions are only asked of adult residents aged 18+.
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) The numbers in the tables and graphs are weighted.
  - 2) Missing responses are not included in the analysis.
  - 3) 'Don't Know' and 'Refused' responses are analyzed according to RRFSS Analysis Guidelines.
  - 4) Release criteria of the data are according to RRFSS Analysis Guidelines.
- \* Interpret with caution, high variability.  
\*\* Data not released.
- 5) Body Mass Index (BMI) is defined as the ratio of body weight (in kilograms) to height (in metres) squared (i.e.  $BMI = kg/m^2$ ).
  - 6) The international standard for BMI is: <18.5 (underweight), 18.5-24.9 (acceptable weight), 25-29.9 (overweight), and 30 or higher (obese).
  - 7) The index is calculated for those aged 20 – 64 years excluding pregnant women as well as extreme heights.