

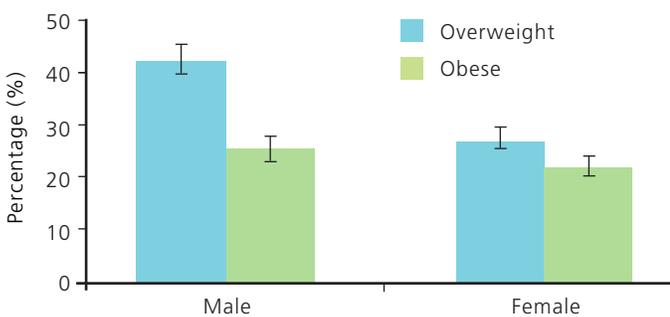
Fast Facts

- In 2014, approximately 6 in 10 adult Albertans reported being overweight or obese; 4 in 10 are overweight and 2 in 10 are obese.
- More males than females are obese.
- Obesity is more common in persons aged 45-64 years.
- Obesity is more common in the AHS North and South zones and lowest in Calgary and Edmonton zones.
- There have been no significant changes in the prevalence of overweight or obesity in Alberta since 2012.

What is the Prevalence of Overweight & Obesity in Alberta?

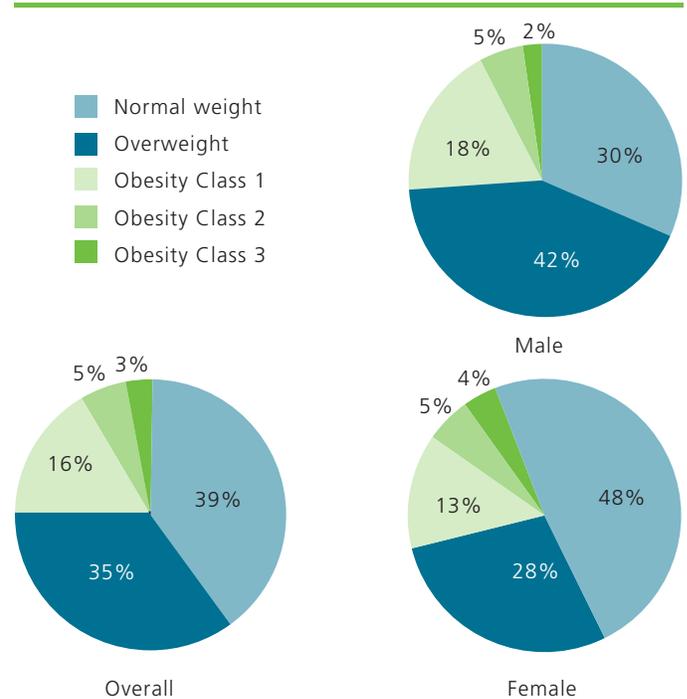
- 59.1% of adults have overweight or obesity, with 35.2% being overweight and 23.9% being obese.
- Both overweight and obesity are more common in males than in females (Figure 1).

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



- Overweight is more common in males than in females (42.4% versus 27.5%).
- The prevalence of severe obesity (BMI ≥ 35) is 8.2% (95% CI: 7.3% - 9.2%) overall, 7.5% (95% CI: 6.2% - 9.0%) in males and 9.0% (95% CI: 7.8% - 10.3%) in females.
- Class 1 obesity is higher in males than in females (18.2% versus 13.1%; Figure 2).

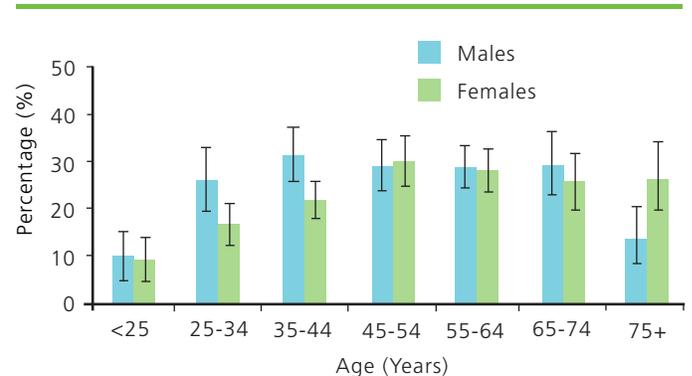
Figure 2. The prevalence of BMI categories in the overall population and by sex



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

- Obesity is most common for 45-54 years (29.3%) and 55-64 years (28.1%) age groups.
- Overall, the prevalence of obesity is highest for males aged 35-44 years (31.0%) and females 45-54 years (29.7%; Figure 3).

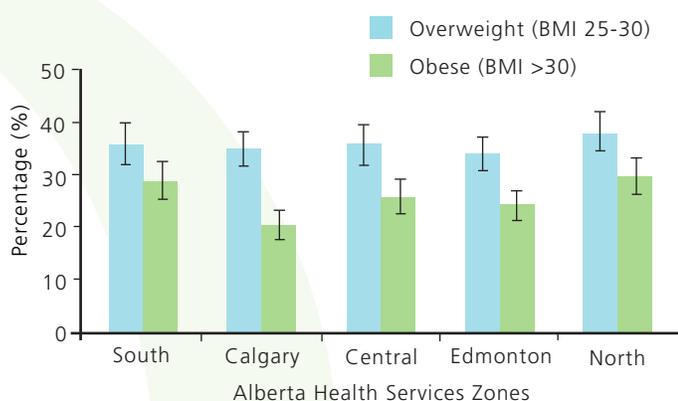
Figure 3. Prevalence of obesity among adult Albertans by age and sex



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

- The prevalence of overweight ranges between 34.0% and 38.1% in all AHS zones (Figure 4).
- Obesity is most prevalent in the North (38.3%) and South (35.4%) zones and lowest in Calgary and Edmonton zones (20.4% and 24.1% respectively).

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



How Does Alberta Compare to the National Figures for Obesity?

- In Canada, 54.0% of adults have overweight or obesity; 33.8% overweight and 20.2% obesity (Statistics Canada, 2014).
- In Alberta, 59.1% of adults have overweight or obesity; 35.2% overweight and 23.9% obesity.
- Obesity prevalence in the province is 3.7% higher than the national average.

Data Source

This data comes from the Health Quality Council of Alberta's *2014 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 4,424 respondents, age 18 years or older, interviewed by telephone during a 4-month period from February 28 to June 14, 2014.

Data were adjusted for self-reporting bias using the Statistics Canada adjustment equation developed by Gorber et al. September 2008, Statistics Canada Catalogue no. 82-003-X, reduced model 4.

For more information on overweight and obesity prevalence rates, risk factors, comorbidities, and health-related quality of life in the province, please see the HQCA obesity report – <http://hqca.ca/surveys/overweight-obesity/>.

A Collaborative Effort

This fact sheet was created as part of a collaboration between the Health Quality Council of Alberta (HQCA) and the Diabetes, Obesity and Nutrition Strategic Clinical Network (DON SCN).

About the HQCA

The HQCA gathers and analyzes information, monitors the healthcare system, and collaborates with Alberta Health, Alberta Health Services, health professions, academia and other stakeholders to translate that knowledge into practical improvements to health service quality and patient safety in the healthcare system.

About DON SCN

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.