### Overweight and Obesity Rate
(Indicator Set: Primary Health Care Providers)

<table>
<thead>
<tr>
<th><strong>Descriptive Definition</strong></th>
<th>Percentage of patient population, age 2 and older, who are currently overweight or obese.</th>
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</thead>
</table>
| **Method of Calculation** | **Numerator** Number of individuals in the denominator who have a height and weight corresponding to a body mass index (BMI) in the overweight or obese range. **Inclusions**  
- Individual is in the denominator  
- Individual has a height and weight corresponding to a BMI in the overweight or obese range **Exclusions** None |
| **Denominator** | Number of primary health care (PHC) clients/patients age 2 and older. **Inclusions**  
- PHC client/patient  
- Age of individual is at least 2 years **Exclusions**  
- Individual is currently pregnant  
- Individuals who are  
  - Age 18 and older; and  
  - Shorter than 0.914 metres  
- Individuals who are  
  - Age 18 and older; and  
  - Taller than 2.108 metres |
| **Data Source** | Electronic medical record |
| **Notes** | • A PHC client/patient is an individual who has had contact with the provider at least once in the past year and has a record with the provider dating back at least two years.  
• BMI is calculated by dividing weight in kilograms by height in metres squared.  
• For individuals age 18 and older, the overweight range is a BMI between 25.0 and 29.9 kg/m². For individuals younger than 18, the overweight range is determined using international cut-off points. ¹  
• For individuals age 18 and older, the obese range is a BMI greater than 30.0 kg/m². For individuals younger than 18, the obese range is determined using international cut-off points. ¹ |
Overweight and Obesity Rate
(Indicator Set: Primary Health Care Providers) (cont’d)

**Interpretation**
- A low rate for this indicator can be interpreted as a positive result.

**Further Analysis**
- This indicator can be restricted to adults age 18 and older or to children age 12 to 17 to further break it down.
- This indicator can be modified to measure overweight and obesity rates separately.

**Indicator Rationale**
Being overweight and obese is a risk factor for type 2 diabetes, cardiovascular disease, hypertension, osteoarthritis, some cancers and gallbladder disease.\(^2\,^3\) Being overweight or obese is also associated with certain psychosocial problems, functional limitations and disabilities.\(^4\)

Adult overweight and obesity are calculated by measuring a person’s BMI—his or her weight in kilograms divided by height in squared metres. BMI is correlated closely with body fat and is a recognized indicator of health risks.\(^5\) The World Health Organization considers a BMI of 18.5 to 24.9 to be normal, 25.0 to 29.9 to be overweight and 30.0 and above to be obese.\(^6\)

In 2004, the Canadian Community Health Survey conducted a national health survey specific to nutrition and measured respondents’ heights and weights. The survey indicated that more than half of Canada’s adult population fell into the category of overweight or obese, with 36\% (8.6 million) of Canadians age 18 and older being overweight and another 23\% (5.5 million) being obese.\(^4\)

Rates of overweight and obesity have risen dramatically in Canada over the past two decades, mirroring a worldwide trend.\(^6\,^8\) This increase is reflected not only in adults but in the younger population, which is an issue of concern, as childhood overweight and obesity may be associated with health risks into adulthood.\(^9\,^10\) The role of the PHC provider in counselling patients about the health risks associated with overweight and obesity is increasingly important in relation to the trend toward increased weight and decreased physical activity in Canada.

**References**


For more information on the PHC indicators, data sources and reporting initiatives, visit CIHI’s website at www.cihi.ca/phc or send us an email at phc@cihi.ca.