



**Body mass index, overweight or obese, self-reported, adult, by age group and sex (Percent)**

	2005	2007	2008	2009	2010
	percent				
<b>Total, 18 years and over</b>	<b>50.0</b>	<b>50.8</b>	<b>51.1</b>	<b>51.6</b>	<b>52.3</b>
<b>Males</b>	<b>58.1</b>	<b>58.7</b>	<b>58.6</b>	<b>59.2</b>	<b>60.9</b>
<b>Females</b>	<b>41.8</b>	<b>42.9</b>	<b>43.5</b>	<b>43.9</b>	<b>43.7</b>
18 to 19 years	23.5	21.5	25.6	25.4	23.2
Males	28.9	23.5	32.3	30.0	28.0
Females	18.2	19.6	17.6	20.0	18.4
20 to 34 years	39.3	40.6	40.3	39.3	40.6
Males	47.8	50.0	47.9	46.8	48.3
Females	29.9	30.4	32.0	31.1	32.1
35 to 44 years	50.8	51.2	51.8	52.8	52.7
Males	62.0	63.1	62.3	63.6	64.3
Females	38.8	39.2	40.9	41.4	40.3
45 to 64 years	58.1	58.3	58.1	59.0	60.8
Males	65.8	65.3	65.8	67.2	70.3
Females	50.2	51.3	50.4	50.8	51.1
65 years and over	54.1	56.1	56.7	57.8	56.7
Males	59.3	60.8	61.7	62.5	62.6
Females	49.8	52.2	52.7	53.9	51.8

**Note:** This indicator is measured out of 18 years and over only.

**Source:** Statistics Canada, CANSIM, table [105-0501](#) and Catalogue no. [82-221-X](#).

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For more information, consult [Health in Canada](#).

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