

Adult Obesity in US and Canada, 2018

Obesity is one of the leading causes of preventable life-years lost among North Americans. It can increase the risk of certain health conditions such as diabetes, high blood pressure, stroke and heart disease. Body Mass Index (BMI), a person's weight in kilograms divided by the square of height in meters, is used as a screening tool for overweight or obesity. A BMI between 25 and 30 indicates overweight, and a BMI of 30 or higher indicates obesity. In 2018, it was reported that 26.8% of Canadians adults (about 7.3 million people) and 30.9% of US adults (about 101.1 million people) have obesity. The adult obesity rates were higher in the southern and midwestern US.

