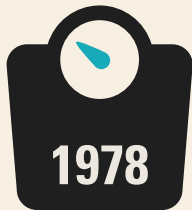


# Tackling OBESITY IN CANADA

## OBESITY AND EXCESS WEIGHT RATES IN CANADIAN ADULTS



1978

IN 1978/79, **49%** OF ADULTS  
OVER THE AGE OF 18 WERE  
OVERWEIGHT OR OBESE.



2004

IN 2004, **59%** OF ADULTS  
OVER THE AGE OF 18 WERE  
OVERWEIGHT OR OBESE.



2017

TODAY, **64%** OF ADULTS  
OVER THE AGE OF 18 ARE  
OVERWEIGHT OR OBESE.

## BRINGING THE NUMBERS DOWN

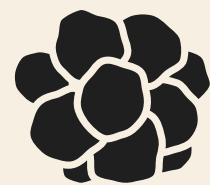
BEING OVERWEIGHT OR OBESE IS ONE OF THE **TOP PREVENTABLE RISK FACTORS**  
FOR MANY CHRONIC DISEASES INCLUDING:



**TYPE 2 DIABETES**



**HEART DISEASE**



**SOME CANCERS**

A **HEALTHY LIFESTYLE**, INCLUDING



**PHYSICAL ACTIVITY**



**HEALTHY EATING**

IS THE **BEST PREVENTION** AND PROMOTES **HEALTHY WEIGHTS**.

WE ALL HAVE A ROLE TO PLAY IN PROMOTING HEALTHIER LIVING.

**#HEALTHYLIVING**



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada