Obesity and excess weight rates in Canadian adults

- In 1978/79, 49% of adults over the age of 18 were overweight or obese.
- In 2004, 59% of adults over the age of 18 were overweight or obese.
- 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