

2.6 BODY WEIGHT

Table 2.6.1

Indicator of body mass according to age and sex, population 15 and over, Quebec,
1992-1993, 1998

	Insufficient weight		Acceptable weight		Excessive weight	
	1992-1993	1998	1992-1993	1998	1992-1993	1998
%						
Men						
15-19	14.3	11.0	65.5	69.2	20.2	19.9
20-44	5.9	5.6	68.6	64.4	25.5	30.0
45-64	2.4*	2.4*	60.0	56.7	37.6	40.9
65-80	34.7	32.7	34.6	34.2	30.7	33.1
81 +	47.4	45.4	42.4	47.1	10.2**	7.5**
Total	8.9	8.6	62.5	59.1	28.6	32.4
Women						
15-19	20.3	21.2	65.0	66.8	14.7	12.0
20-44	21.0	18.3	64.0	63.1	15.1	18.6
45-64	9.0	6.4	62.8	62.8	28.1	30.8
65-80	41.6	37.7	26.2	27.5	32.2	34.8
81 +	53.9	44.4	34.3	40.9	11.8**	14.8*
Total	20.8	18.2	58.4	58.0	20.8	23.8
Both sexes						
Total	14.9	13.4	60.4	58.5	24.7	28.1
Pop. '000	--	778	--	3,374	--	1,617

* Interpret with caution

** Imprecise estimate, indication only

Sources: Santé Québec, *Enquête social et de santé 1992-1993*.

Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.6.2

Excessive weight according to age and sex, population 15 and over, Quebec, 1987, 1992-1993, 1998

	Excessive weight		
	1987	1992-1993	1998
	%		
Men			
15-19	13.0	20.2	19.8
20-44	19.8	25.5	30.0
45-64	31.6	37.6	40.9
65 +	21.5	28.1	30.8
Total	22.3	28.6	32.4
Women			
15-19	8.6	14.7	12.0
20-44	12.1	15.1	18.6
45-64	25.5	28.1	30.8
65 +	22.4	30.1	31.9
Total	16.6	20.8	23.6

Sources: Santé Québec, *Enquête social et de santé 1992-1993*.
 Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.6.3

**Indicator of body mass according to relative scolarity and income level,
population 15 and over, Quebec, 1998**

	Insufficient weight	Acceptable weight		Excessive weight		
		Healthy weight	Start of excessive weight	Stoutness	Obesity	Severe obesity
%						
Relative scolarity						
Very low	9.3	41.6	16.5	16.0	12.3	4.3
Low	9.1	43.3	17.6	15.8	10.5	3.7
Average	9.5	45.4	17.8	15.9	8.6	2.8*
High	8.1	43.1	17.9	19.1	9.5	2.4*
Very High	8.5	50.2	17.7	14.4	7.7	1.6*
Income level						
Very poor	12.9	43.0	14.0	14.3	10.8	5.0*
Poor	12.5	40.5	15.7	16.3	10.5	4.5*
Lower middle income	8.6	45.9	17.1	15.4	10.1	3.0
Upper middle income	8.1	44.9	17.9	16.9	9.5	2.7**
High income	7.2	45.9	20.1	17.4	7.8	1.6**

* Interpret with caution

** Imprecise estimate, indication only

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.6.4

**Desire to change body weight according to sex and age,
population 15 and over, Quebec, 1998**

	Maintain weight	Lose weight	Gain weight
	%		
Men			
15-19	66.8	14.9	18.3
20-24	54.6	25.3	20.1
25-34	56.0	33.5	10.5
35-44	57.7	37.6	4.7
45-54	52.7	44.9	2.4*
55-64	58.9	38.7	2.4**
65-80	65.4	32.1	2.6**
80+	79.9	14.3**	5.8**
Total	58.3	34.3	7.4
Women			
15-19	43.0	54.6	2.5**
20-24	39.7	58.9	1.4**
25-34	39.3	57.0	3.8*
35-44	43.3	54.5	2.2*
45-54	42.2	55.8	2.1*
55-64	43.8	54.2	2.0**
65-80	51.5	45.2	3.3*
80+	80.3	17.4*	2.4**
Total	44.2	53.3	2.5
Both sexes			
Total	51.2	43.9	4.9
Pop. '000	2,955	2,529	284

* Interpret with caution

** Imprecise estimate, indication only

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

Table 2.6.5

**Frequency of recreational physical activity according to sex,
population 15 and over, Quebec, 1998**

	None to 3 times a month	1 or 2 times a week	3 times a week or more
	%		
Men			
Insufficient weight	46.2	23.9	29.9
Acceptable weight	43.0	27.1	30.0
Excessive weight	53.0	23.5	23.5
Women			
Insufficient weight	49.7	26.0	24.3
Acceptable weight	45.5	28.2	26.3
Excessive weight	57.5	23.0	19.5

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

Table 2.6.6

**Indicator of body mass according to sex and the presence of a health problem,
population 20 to 64 years, Quebec, 1998**

	Insufficient weight	Acceptable weight	Excessive weight
	%		
Men			
Cancer	27.8*	49.2	23.1**
Diabetes	10.7*	38.7	50.7
High blood pressure	13.5	34.9	51.6
Heart disease	15.5	42.0	42.5
Women			
Cancer	18.4*	54.5	27.1*
Diabetes	12.1*	31.7	56.2
High blood pressure	17.0	39.7	43.3
Heart disease	24.5	38.8	36.6

* Interpret with caution

** Imprecise estimate, indication only

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

Table 2.6.7**Indicator of body mass by mother tongue**

N=	18040	1016	1027	442
	French	English	Other	n/a
Insufficient weight	12.49%	12.89%	11.39%	14.93%
Acceptable weight	57.42%	51.08%	53.36%	47.51%
Excessive weight	28.16%	33.37%	29.41%	31.00%
Unknown	1.93%	2.66%	5.84%	6.56%
	100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.6.8**Desire to gain weight by mother tongue**

N=	1264	78	120	46
	French	English	Other	n/a
Slight gain	28.88%	28.21%	25.83%	0.00%
Large gain	31.57%	26.92%	27.50%	15.22%
Unknown	39.56%	44.87%	46.67%	80.43%
	100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.6.9**Desire to lose weight by mother tongue**

N=	8091	546	486	199
	French	English	Other	n/a
Slight loss	36.91%	33.15%	35.19%	30.15%
Large loss	56.92%	60.44%	53.29%	51.26%
Unknown	6.18%	6.41%	11.52%	18.59%
	100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.6.10**Degree of desired change in weight by mother tongue**

	N=	18040	1016	1027	442
		French	English	Other	n/a
Maintain weight		50.91%	42.03%	46.45%	52.94%
Desire to slim down		42.08%	50.30%	41.87%	36.65%
Desire to gain weight		4.24%	4.23%	6.23%	2.04%
Unknown		2.77%	3.44%	5.45%	8.37%
		100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.