



Quebec's Social and Health Survey Information: Baseline Data Report 2008 (Section 2.6)

2.6	Body Weight	1
	Table 2.6.1 – Indicator of body mass according to age and sex, population 15 and over, Quebec, 1992-1993, 1998	1
	Table 2.6.2 – Excessive weight according to age and sex, population 15 and over, Quebec, 1987, 1992-1993, 1998	2
	Table 2.6.3 – Indicator of body mass according to relative scolarity and income level, population 15 and over, Quebec, 1998	2
	Table 2.6.4 – Desire to change body weight according to sex and age, population 15 and over, Quebec, 1998	3
	Table 2.6.5 – Frequency of recreational physical activity according to sex, population 15 and over, Quebec, 1998	4
	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.....	4
	Table 2.6.7 – Indicator of body mass by mother tongue.....	5
	Table 2.6.8 – Desire to gain weight by mother tongue	5
	Table 2.6.9 – Desire to lose weight by mother tongue	5
	Table 2.6.10 – Degree of desired change in weight by mother tongue.....	6

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

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

- * Interpret with caution
- ** Imprecise estimate, indication only

- When both sexes are combined, we observe an increase in those reporting excessive weight between 1992/93 and 1998 and a decrease in those reporting acceptable weight.
- Male respondents to the survey were more likely to report excessive weight than females.
- The incidence of excessive weight increased among male respondents aged 20-80 between 1992/93 and 1998. The incidence of excessive weight increased among female respondents aged 20 and over between 1992/93 and 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.

- Between 1987 and 1998 there was a steady increase in men and women 20 years and over who reported excessive weight.

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**

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

* Interpret with caution

** Imprecise estimate, indication only

- Low levels of excessive weight are fairly evenly distributed across scolarity levels while obesity and severe obesity are more evident among those with very low and low scolarity levels.
- Low levels of excessive weight are associated with high income while obesity and severe obesity are associated with low income.

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

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

- * Interpret with caution
- ** Imprecise estimate, indication only

- A greater percentage of women (53.3%) expressed the desire to lose weight when compared to men (34.3%).
- Among the female respondents, those aged 20-34 years were the most likely to express the desire to lose weight. Among the male respondents, those aged 45-64 were the most likely to express the desire to lose weight.

- Male respondents aged 15-24 were much more likely than all other age and sex groups to express the desire for weight gain.

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 social et de santé 1998*.

- Female respondents reported a lower frequency of recreational physical activity than male respondents. Excessive weight was associated low frequency of recreational physical activity for both sexes.

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

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

* Interpret with caution

** Imprecise estimate, indication only

- Both sexes with excessive weight were more likely to report the presence of diabetes and high blood pressure.

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*.

- English-speaking survey respondents were more likely than French-speaking respondents to report excessive weight.

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*.

- Anglophone survey respondents were less likely than Francophones to express a desire to gain weight.

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*.

- Anglophone survey respondents were somewhat more likely than Francophones to express a desire for weight loss.

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*.

- Anglophone survey respondents were more likely than Francophones to express the desire to slim down and less likely to desire to maintain their weight.

