



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

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## 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
%						
<b>Men</b>						
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**
<b>Total</b>	<b>8.9</b>	<b>8.6</b>	<b>62.5</b>	<b>59.1</b>	<b>28.6</b>	<b>32.4</b>
<b>Women</b>						
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*
<b>Total</b>	<b>20.8</b>	<b>18.2</b>	<b>58.4</b>	<b>58.0</b>	<b>20.8</b>	<b>23.8</b>
<b>Both sexes</b>						
<b>Total</b>	<b>14.9</b>	<b>13.4</b>	<b>60.4</b>	<b>58.5</b>	<b>24.7</b>	<b>28.1</b>
<b>Pop. '000</b>	<b>--</b>	<b>778</b>	<b>--</b>	<b>3,374</b>	<b>--</b>	<b>1,617</b>

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
	%		
<b>Men</b>			
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
<b>Total</b>	<b>22.3</b>	<b>28.6</b>	<b>32.4</b>
<b>Women</b>			
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
<b>Total</b>	<b>16.6</b>	<b>20.8</b>	<b>23.6</b>

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
	%					
<b>Relative scolarity</b>						
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*
<b>Income level</b>						
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
		%		
<b>Men</b>				
	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**
	<b>Total</b>	58.3	34.3	7.4
<b>Women</b>				
	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**
	<b>Total</b>	44.2	53.3	2.5
<b>Both sexes</b>				
	<b>Total</b>	51.2	43.9	4.9
	<b>Pop. '000</b>	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
		%		
<b>Men</b>				
	Insufficient weight	46.2	23.9	29.9
	Acceptable weight	43.0	27.1	30.0
	Excessive weight	53.0	23.5	23.5
<b>Women</b>				
	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
		%		
<b>Men</b>				
	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
<b>Women</b>				
	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**

<b>N=</b>	<b>18040</b>	<b>1016</b>	<b>1027</b>	<b>442</b>
	<b>French</b>	<b>English</b>	<b>Other</b>	<b>n/a</b>
<b>Insufficient weight</b>	12.49%	12.89%	11.39%	14.93%
<b>Acceptable weight</b>	57.42%	51.08%	53.36%	47.51%
<b>Excessive weight</b>	28.16%	33.37%	29.41%	31.00%
<b>Unknown</b>	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**

<b>N=</b>	<b>1264</b>	<b>78</b>	<b>120</b>	<b>46</b>
	<b>French</b>	<b>English</b>	<b>Other</b>	<b>n/a</b>
<b>Slight gain</b>	28.88%	28.21%	25.83%	0.00%
<b>Large gain</b>	31.57%	26.92%	27.50%	15.22%
<b>Unknown</b>	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**

<b>N=</b>	<b>8091</b>	<b>546</b>	<b>486</b>	<b>199</b>
	<b>French</b>	<b>English</b>	<b>Other</b>	<b>n/a</b>
<b>Slight loss</b>	36.91%	33.15%	35.19%	30.15%
<b>Large loss</b>	56.92%	60.44%	53.29%	51.26%
<b>Unknown</b>	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**

	<b>N= 18040</b>	<b>1016</b>	<b>1027</b>	<b>442</b>
	<b>French</b>	<b>English</b>	<b>Other</b>	<b>n/a</b>
<b>Maintain weight</b>	50.91%	42.03%	46.45%	52.94%
<b>Desire to slim down</b>	42.08%	50.30%	41.87%	36.65%
<b>Desire to gain weight</b>	4.24%	4.23%	6.23%	2.04%
<b>Unknown</b>	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.

