

e-Table 1: Age-adjusted changes in overweight and obesity in Canada, 1985–2003*

Weight class	Year of survey; % of respondents						
	1985 <i>n</i> = 8 106 (14 965)†	1990 <i>n</i> = 10 456 (15 721)†	1994/95 <i>n</i> = 12 318 (16 896)†	1996/97 <i>n</i> = 50 347 (17 165)†	1998/99 <i>n</i> = 10 683 (17 798)†	2000/01 <i>n</i> = 86 174 (18 373)†	2003 <i>n</i> = 85 367 (18 788)†
Overweight (BMI 25–29)	27.8	31.5	34.5	35.8	34.5	33.3	33.9
Obesity (BMI ≥ 30)	6.1	9.6	13.6	13.0	14.9	15.3	15.7
Class I obesity (BMI 30–34.9)	5.1	7.9	10.4	10.2	11.2	11.3	11.5
Class II obesity (BMI 35–39.9)	0.8	1.4	2.2	2.1	2.9	3.0	3.0
Class III obesity (BMI ≥ 40)	0.3	0.4	1.0	0.7	0.8	1.0	1.3
Class II and III obesity (BMI ≥ 35)	1.0	1.7	3.2	2.8	3.7	4.0	4.3

Note: BMI = body mass index (kg/m²).

*Weighted prevalences were calculated from self-reported heights and weights in the 1985 and 1990 Health Promotion Surveys, the 1994/95, 1996/97 and 1998/99 National Population Health Surveys and the 2001/02 and 2003 Canadian Community Health Surveys.

†Numbers in parentheses are weighted samples (in thousands).