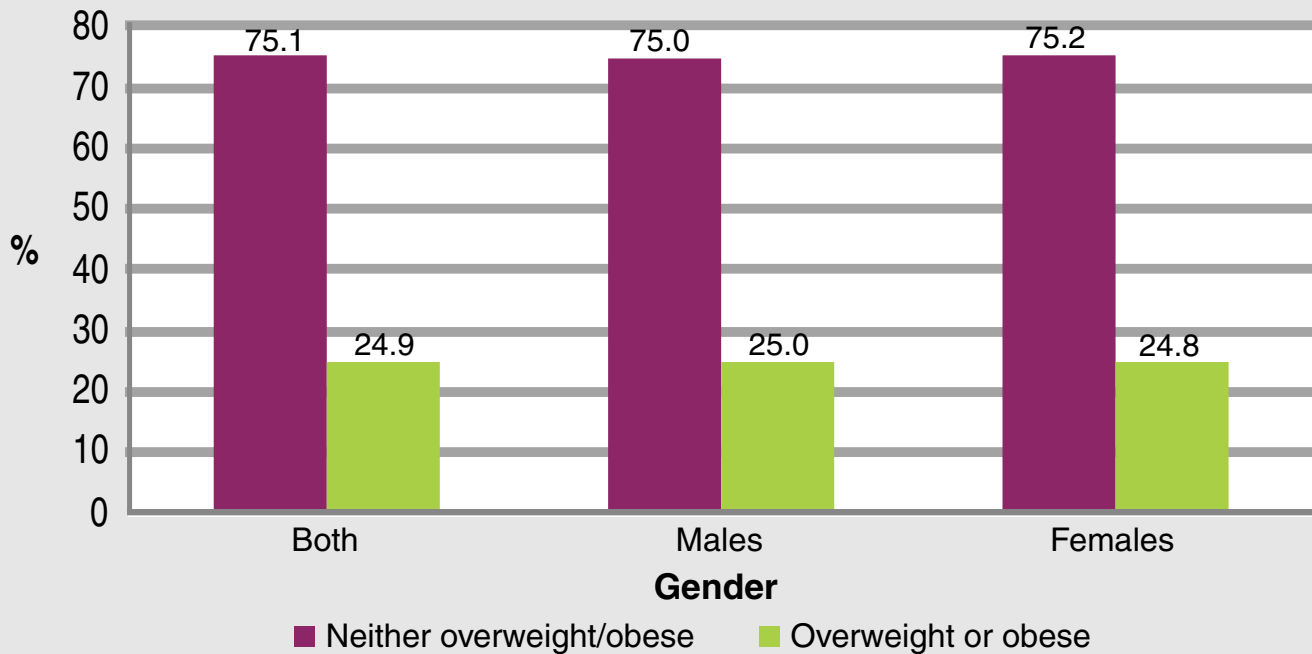




### 3.9.22 Healthy Active Living

**Fig. 3.9.22 Youth 12 to 17 years who reported being overweight or obese,\* Canada, by gender, 2008**



Adapted from the Statistics Canada CANSIM database, <http://cansim2.statcan.gc.ca>, table no. 105-0506. Accessed on July 10, 2012.

Roughly 75% of Canadian youth aged 12 to 17 years recorded a healthy weight for their height when measured. Among females, 75.2% measured a body mass index (BMI) that was neither overweight nor obese, as did 75.0% of males. About 25% of males and females in this age group had a BMI that falls into the overweight or obese category.

\* Calculated using Body Mass Index (BMI). Index based on age- and sex-specific cut-off points as defined by Cole and others. BMI is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared.

