**Statistics**

Canada, like many nations, is in the midst of an epidemic of overweight and obesity.  Currently, 59% of adult Canadians are either overweight or obese[1](http://www.childhoodobesityfoundation.ca/statistics#1).  Cities in Alberta, Saskatchewan, Ontario, New Brunswick, and Nova Scotia were significantly higher in overweight/obesity population than the national average for adults[2](http://www.childhoodobesityfoundation.ca/statistics#2).

There has also been a dramatic increase in unhealthy weights in children.  In 1978, only 15% of children were overweight or obese.  By 2007, Statistics Canada found that 29% of adolescents had unhealthy weights[2](http://www.childhoodobesityfoundation.ca/statistics#2).  Most adolescents do not outgrow this problem and in fact, many continue to gain excess weight[3](http://www.childhoodobesityfoundation.ca/statistics#3).  If current trends continue, by 2040, up to 70% of adults aged 40 years will be either overweight or obese[4](http://www.childhoodobesityfoundation.ca/statistics#4).

Adults who have unhealthy weights are at increased risk of heart disease[5](http://www.childhoodobesityfoundation.ca/statistics#5), cancer[6](http://www.childhoodobesityfoundation.ca/statistics#6), strokes and type 2 diabetes[7](http://www.childhoodobesityfoundation.ca/statistics#7).  In 2005, the total cost of obesity to Canadians was $4.3 billion; $1.8 billion in indirect healthcare costs, and $2.5 billiion in indirect costs[8](http://www.childhoodobesityfoundation.ca/statistics#8).  Affected adults may die up to 3 to 7 years earlier than counterparts with a healthy weight[9](http://www.childhoodobesityfoundation.ca/statistics#9).

The resultant toll in dollar's cost and lives list is a call for action.  Obesity is difficult to reverse and public health measures must include effective prevention beginning in childhood as well as treatment.