

Room to Trim around the Waist:

Canadians in Six Cities Take Obesity Audit

While Many Overweight Individuals Recognize Health Risks of Being Overweight, Only a Minority Believe Risks Apply to Them Personally

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Ipsos Reid

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While Many Overweight Individuals Recognize Health Risks of Being Overweight, Only a Minority Believe Risks Apply to Them Personally

Toronto, ON – In an audit of six Canadian cities (Vancouver, Edmonton, Calgary, Hamilton, Ottawa and Montreal) a new Ipsos Reid poll conducted on behalf of the Canadian Obesity Network finds that, generally speaking, many Canadians in these cities recognize some of the health risks associated with being overweight or obese.

For example, at least three quarters of overweight or obese (75%) of respondents in each city accurately identified being obese as a major factor in developing diabetes. However, despite recognizing some of the health risks associated with being obese or overweight, less than one third (33%) of obese or overweight respondents in each city believe that they are personally at risk for developing diabetes, heart disease, high blood pressure, or other serious health conditions.

These are some of the findings of an Ipsos Reid poll conducted on behalf of the Canadian Obesity Network from March 23 to April 9, 2007. For the survey, individuals from six different Canadian cities were polled -- Vancouver (830), Edmonton (797), Calgary (863), Ottawa (862), Hamilton (804) and Montréal (834). With a sample of roughly 800 in each city, the results are considered accurate to within ± 3.5 percentage points, 19 times out of 20, of what they would have been had the entire adult population in each city been polled. The margin of error will be larger within regions and for other sub-groupings of the survey population. These

data were weighted to ensure that the sample's and age/sex composition reflects that of the actual Canadian population in each city according to Census data.

Canadians in Each City Show Room for Improvement...

When the results of each city were tabulated and compared, it is interesting that there are few notable differences among each city. With a majority of Canadians in each city reporting that they are either obese or overweight, there is much room for improvement in knowledge. For a range of questions which monitor knowledge and actions taken regarding obesity, this is how each city stacked up:

Table 1: % of residents who are aware that being overweight is a major risk factor for developing diabetes

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
81%	82%	81%	82%	80%	75%

Table 2: % of residents who are aware that being overweight is a major risk factor for developing heart disease

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
45%	52%	54%	50%	50%	46%

Table 3: % of residents who believe that gaining weight is just a natural part of ageing

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
53%	58%	58%	57%	86%	52%

Table 4: % of obese or overweight residents who were able to correctly identify the waist size above which a man would be considered at risk for developing diabetes and cardiovascular disease (± 3 inches)

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
36%	38%	39%	37%	36%	33%

Table 5: % of obese or overweight residents who were able to correctly identify the waist size above which a woman would be considered at risk for developing diabetes and cardiovascular disease (± 3 inches)

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
32%	41%	37%	35%	32%	30%

Table 6: % of residents who say that excess fat around the midsection puts an individual at higher risk of heart disease and diabetes

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
59%	53%	50%	54%	55%	52%

Table 7: % of obese or overweight residents who have had their waist measured by a physician in the past 12 months

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
14%	15%	18%	16%	17%	25%

Table 8: % of overweight or obese residents who have discussed their weight with their physician in the past 12 months

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
40%	41%	41%	41%	44%	45%

Table 9: % of overweight residents who feel that their physician could help them manage their weight, if they really wanted to

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
70%	73%	77%	81%	74%	75%

Table 10 % of overweight residents who have spoken with their physician about the importance of having a healthy waist size

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
13%	13%	13%	12%	15%	18%

Table 11: % of obese and overweight residents who have discussed their weight with their doctor in the past 12 months, and report that their doctor initiated the first discussion

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
43%	27%	33%	34%	40%	41%

Table 12: % of obese and overweight residents who have discussed their weight with their doctor in the past 12 months, and report that their doctor initiated the first discussion

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
43%	27%	33%	34%	40%	41%

Table 13: % of obese and overweight residents who feel that they are personally at risk for developing diabetes

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
23%	26%	20%	25%	23%	18%

Table 14: % of obese and overweight residents who feel that they are personally at risk for developing heart disease

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
20%	21%	19%	28%	20%	17%



Table 15: % of obese and overweight residents who feel that they are personally at risk for developing high blood pressure

Vancouver	Edmonton	Calgary	Hamilton	Ottawa	Montreal
26%	29%	29%	35%	26%	26%

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