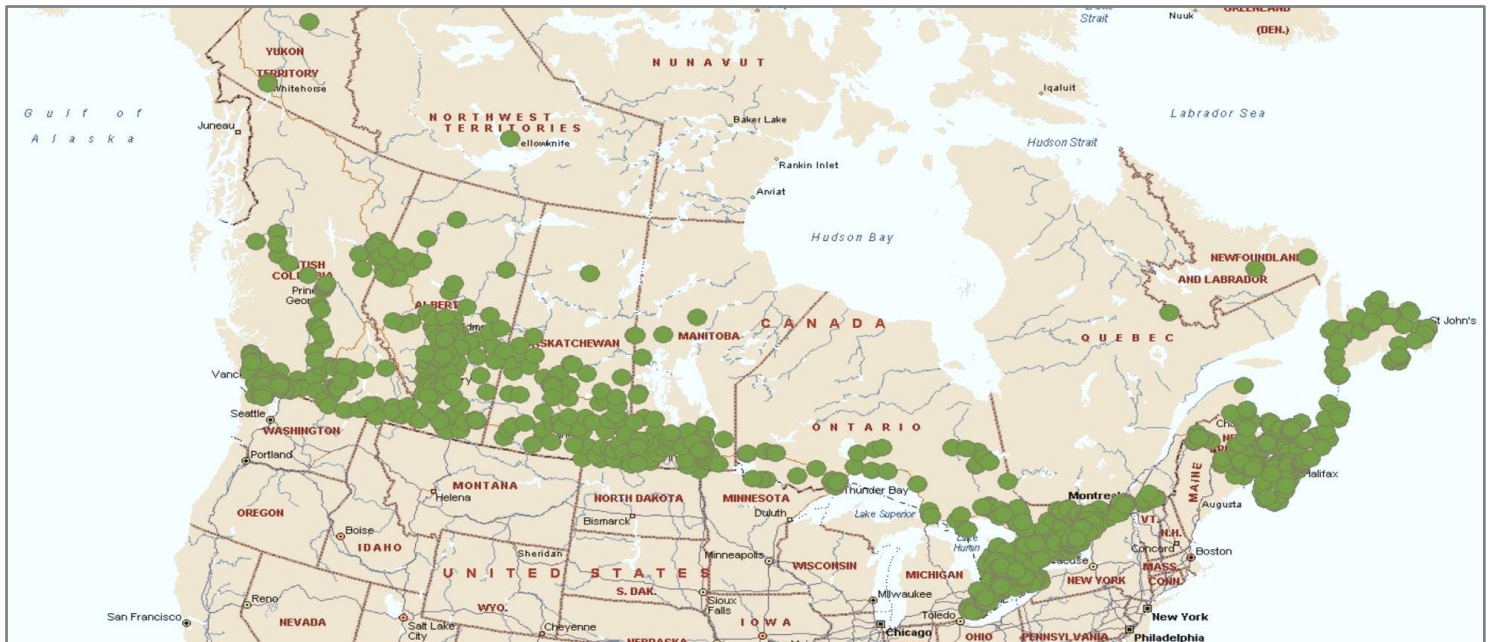




Canadian Obesity Statistics and TOPS® Fabulous Figures



Rank ^{††}	Province/Territory	% Adults with Obesity*	# TOPS® Chapters	Total Lb. Lost [†]
1	Newfoundland & Labrador	40.4	27	1,485
2	New Brunswick	37.3	36	3,600
3	Prince Edward Island	36.2	15	1,714
4	Saskatchewan	35.6	43	1,851
5	Nova Scotia	34.8	56	4,857
6	Yukon	33.3	2	119
7	Manitoba	32.7	33	1,798
8	Alberta	29.7	105	5,968
9	Ontario	28.3	188	13,798
10	Quebec	26.2	10	420
11	British Columbia	23.2	112	7,917

Founded in 1948, TOPS® is the first of its kind nonprofit, noncommercial weight-loss support group with over 620 chapters in Canada and thousands more in the U.S.

FACT: More than 1 in 4 adults in Canada has obesity.*

FACT: TOPS® members in Canada lost over 43,500 lb. in 2025.

Sources:
[†] TOPS® member weight loss (2025)—updated yearly in April.
^{††} Provinces/territories ranked by percent of adults with obesity, with 1 having the greatest obesity and 11 having the least obesity.
 * Obesity Statistics in Canada: Report, Public Health Agency of Canada (2025)

Real People. Real Weight Loss.®
 For more information: 800-932-8677 or www.tops.org