



Canadian Obesity Statistics and TOPS® Fabulous Figures



Rank [†]	Province/Territory	% Adults with Obesity*	# TOPS® Chapters	Total Lb. Lost [†]
1	Newfoundland & Labrador	40.2	61	4,563
2	Prince Edward Island	37.8	18	1,565
3	New Brunswick	35.3	50	4,608
4	Saskatchewan	34.8	62	2,784
5	Yukon Territory	34.0 ¹	2	122
6	Nova Scotia	33.7	78	6,594
7	Manitoba	30.8	52	1,850
8	Alberta	28.8	117	7,427
9	Ontario	26.1	238	18,540
10	Quebec	25.0	13	949
11	British Columbia	23.1	132	9,014

Founded in 1948, TOPS® is the first of its kind nonprofit, noncommercial weight-loss support group with over 750 chapters in Canada and thousands more in the U.S.

FACT: More than 1 in 4 adults in Canada

FACT: TOPS® members in Canada lost over 58,000 lb. in 2024.

Sources:

[†]TOPS® member weight loss (2023)—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.

^{*} Statistics Canada, Canadian Community Health Survey (2018)

¹ Obesity Canada (2018)

Real People. Real Weight Loss.®

For more information: 800-932-8677 or www.tops.org