



# Canadian Obesity Statistics and TOPS® Fabulous Figures



Rank <sup>††</sup>	Province/Territory	% Adults with Obesity*	# TOPS® Chapters	Total Lb. Lost <sup>†</sup>
1	Newfoundland & Labrador	40.2	61	5,453
2	Prince Edward Island	37.8	17	1,652
3	New Brunswick	35.3	59	4,553
4	Saskatchewan	34.8	59	2,984
5	Yukon Territory	34.0 <sup>1</sup>	2	94
6	Nova Scotia	33.7	84	8,284
7	Manitoba	30.8	48	2,660
8	Alberta	28.8	135	8,157
9	Ontario	26.1	209	20,594
10	Quebec	25.0	11	660
11	British Columbia	23.1	141	10,301

**Founded in 1948, TOPS® is the first of its kind nonprofit, noncommercial weight-loss support group with nearly 1,000 chapters in Canada (see above) 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 65,000 lb. in 2022.**

**Sources:**

<sup>†</sup> TOPS® member weight loss (2022)—updated yearly in April.  
<sup>††</sup> 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)  
<sup>1</sup> Obesity Canada (2018)

**Real People. Real Weight Loss.®**

For more information: 800-932-8677 or [www.tops.org](http://www.tops.org)