



Canadian Obesity Statistics and TOPS® Fabulous Figures



Rank #	Province/Territory	% Obese Adults *	# TOPS® Chapters	Total Lb. Lost †
1	Newfoundland & Labrador	40.2	74	7,983
2	Prince Edward Island	37.8	19	2,524
3	New Brunswick	35.3	73	8,026
4	Saskatchewan	34.8	76	4,895
5	Yukon Territory	34.0 ¹	2	110
6	Nova Scotia	33.7	110	10,701
7	Northwest Territories	33.7 ²	1	22
8	Manitoba	30.8	65	4,358
9	Alberta	28.8	156	11,850
10	Ontario	26.1	349	29,195
11	Quebec	25.0	15	1,105
12	British Columbia	23.1	188	15,170

Founded in 1948, TOPS® is the first of its kind nonprofit, noncommercial weight-loss support group with over 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 95,000 lb. in 2019.

Sources:

¹ TOPS® member weight loss (2019)—updated yearly in April.
² Provinces/territories ranked by percent of adults with obesity, with 1 being most obese and 12 being least obese.
 * Statistics Canada, Canadian Community Health Survey (2018)
¹ Obesity Canada (2018)
² Report Card on Access to Obesity Treatment for Adults in Canada 2017

Real People. Real Weight Loss.®

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