



# 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	62	5,314
2	Prince Edward Island	37.8	17	1,668
3	New Brunswick	35.3	65	4,598
4	Saskatchewan	34.8	65	2,507
5	Yukon Territory	34.0 <sup>1</sup>	2	71
6	Nova Scotia	33.7	93	7,888
7	Northwest Territories	33.7 <sup>2</sup>	1	33
8	Manitoba	30.8	52	2,207
9	Alberta	28.8	144	6,762
10	Ontario	26.1	302	12,337
11	Quebec	25.0	11	644
12	British Columbia	23.1	168	7,246

**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 51,000 lb. in 2021.**

**Sources:**

<sup>†</sup> TOPS® member weight loss (2021)—updated yearly in April.  
<sup>††</sup> Provinces/territories ranked by percent of adults with obesity, with 1 having the greatest obesity and 12 having the least obesity.  
 \* Statistics Canada, Canadian Community Health Survey (2018)  
<sup>1</sup> Obesity Canada (2018)  
<sup>2</sup> 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](http://www.tops.org)