



Canadian Obesity Statistics and TOPS® Fabulous Figures



Rank [#]	Province/Territory	% Obese Adults *	# TOPS® Chapters	Total Lb. Lost [†]
1	Northwest Territories	33.7	1	147
2	Newfoundland & Labrador	30.4	79	9,951
3	Nova Scotia	27.8	112	12,250
4	New Brunswick	26.4	75	8,291
5	Saskatchewan	25.1	80	4,253
6	Manitoba	24.5	67	4,541
7	Prince Edward Island	24.2	18	2,625
8	Yukon Territory	23.2	2	141
9	Alberta	21.5	163	13,166
10	Ontario	20.4	365	33,299
11	Quebec	18.2	15	631
12	British Columbia	16	190	16,933

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 3 adults in Canada has obesity.**

FACT: TOPS® members in Canada lost over 105,000 lb. in 2018.

Sources:

[†] TOPS® member weight loss (2018)—updated yearly in April.
[#] Provinces/territories ranked by percent of obese adults with 1 being most obese and 12 being least obese.
 * Statistics Canada, Canadian Community Health Survey (2014)
 ** 2015 Canadian Health Measures Survey

Real People. Real Weight Loss.®

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