

State of the Region's health

Focus on Overweight, Obesity and Related Health Consequences in Adults

Introduction

The State of the Region's Health Report is published annually as a summary of the health status of residents of Peel region. It is intended to highlight key health issues and trends for the population of Peel.

The *State of the Region's Health 2005* report focuses on overweight and obesity in adults, conditions that are known to reduce quality of life, increase morbidity and lead to premature death.¹ Overweight and obesity have also been identified as an important public health issue by Ontario's Chief Medical Officer of Health in a 2004 report.²

This report describes factors contributing to overweight and obesity in Canada, Ontario and Peel region, including: data about overweight, obesity and selected health consequences. In addition, obesity prevention strategies are described. Although being underweight also presents an increased risk of developing certain health problems, it is not addressed in detail in this report.

At the end of the report, a section titled *Peel Health Facts* (see page 35) highlights the most recent health indicator data, including population projections, leading causes of mortality and premature mortality, leading causes of hospitalization and selected reproductive health statistics for Peel region.

