

Table of Contents

1	Introduction
3	Overweight and Obesity — an Overview
3	Introduction
3	Overweight and Obesity Risk Factors
5	Measurement of Overweight and Obesity
6	Health Consequences of Obesity
7	Overweight and Obesity in Canada
7	Introduction
8	Trends in Overweight and Obesity in Canada
11	The Economic and Social Implications of Obesity
13	Overweight and Obesity in the Region of Peel and Ontario
13	Prevalence of Overweight and Obesity Among Adults
17	Selected Overweight- and Obesity-Related Health Disorders
17	Introduction
17	Type 2 Diabetes
21	Coronary Heart Disease
23	Stroke
25	Osteoarthritis
26	Other Overweight- and Obesity-Related Health Disorders
27	Factors Contributing to Overweight and Obesity
27	Introduction
27	Eating Habits
29	Physical Activity
31	Environment
33	Summary
35	Peel Health Facts
41	Data Sources, Methods and Limitations
44	References

