



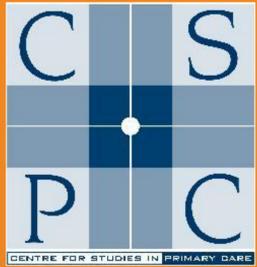
Canadian Primary Care Sentinel Surveillance Network  
Réseau canadien de surveillance sentinelle en soins primaires  
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# HEALTHY WEIGHT SURVEILLANCE PILOT STUDY

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## Background

- The Canadian Primary Care Sentinel Surveillance Network (CPCSSN) is a pan-Canadian network of 10 PBRNs that extracts electronic medical record (EMR) data from primary care practices across Canada for the purpose of chronic disease surveillance.

## Objective

- Show how electronic medical records can be used to monitor measured body mass index (BMI).
- Show how regional geography can be used to examine BMI in relation to various derived health determinants measures.
- Outline the opportunities for expanding the pilot research to a Pan-Canadian Healthy Weight Surveillance System.

## Methods

**Study Population:** All active patients of physician sentinels in 1 of the 10 participating PBRNs (22 Physicians, 1 EMR, ~13000 patients)

**Definition of Variables and Data Collection:** height and weight measurements, observation date, date of birth, postal code, sex

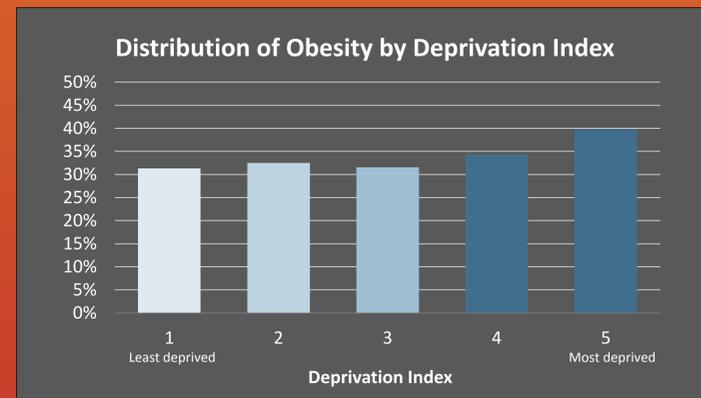
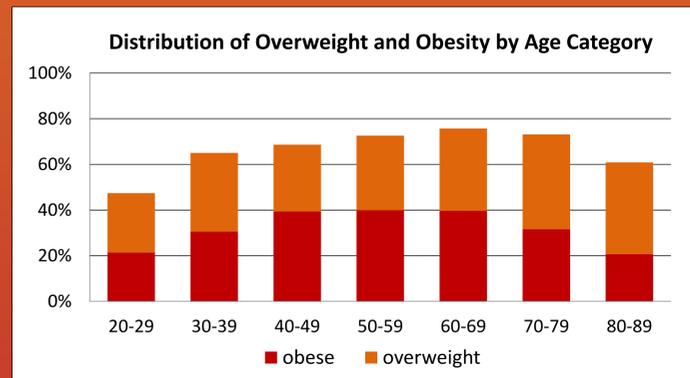
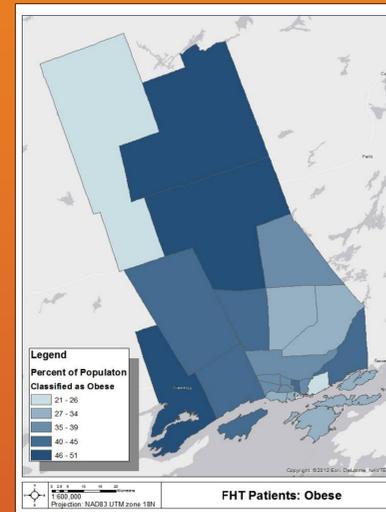
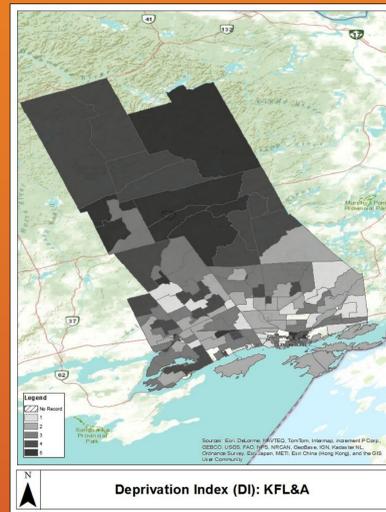
## Analysis:

bec (INSPQ), was assigned based on the postal code. The deprivation index (DI) is an area-based measure of socioeconomic status comprised of 6 indicators derived from the 2006 census<sup>1</sup>.

## Results

	Total (n=5216)	Men (n=2137)	Women (n=3079)
<b>Age Category</b>	<b>n</b>	<b>n</b>	<b>n</b>
20-29	592	202	390
30-39	755	280	475
40-49	980	402	578
50-59	1071	463	608
60-69	923	420	503
70-79	591	254	337
80+	304	116	188

<b>Body mass index category</b>	Total (n=5216)	Men (n=2137)	Women (n=3079)
	%	%	%
Underweight	1.3	1	2
Normal weight	30.9	23	36
Over weight	33.6	41	29
Obese	34.3	36	33



## Acknowledgments

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- The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada

## References

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## Discussion

- This clinic has a significantly higher prevalence of obesity (35%) than the health region and provincial estimates, based on self-reported height and weight, which sit at 22% and 18.0%<sup>2</sup>.
- There is an increased prevalence of obesity within the most deprived subpopulation (DI=5).
- The area level figure of the health region reveals the regions that could be targeted for public health interventions
- This pilot project developed electronic processes and data linkage with the potential to create a real-time system to monitor adult overweight and obesity prevalence, anchored within a social determinants of health context.

## Conclusions

- Height and Weight data within primary care electronic medical records can be extracted to monitor measured BMI
- Regional geography can be used to examine BMI in relation to health determinants measures

## Future Directions

- Longitudinal height/length and weight monitoring for adults and children
- Leverage the CPCSSN network to create a Pan-Canadian Healthy Weight Surveillance System
- Monitoring maternal weight gain during pregnancy
- Measure intervention effectiveness for Public Health, Primary Health Care and Health Policy

