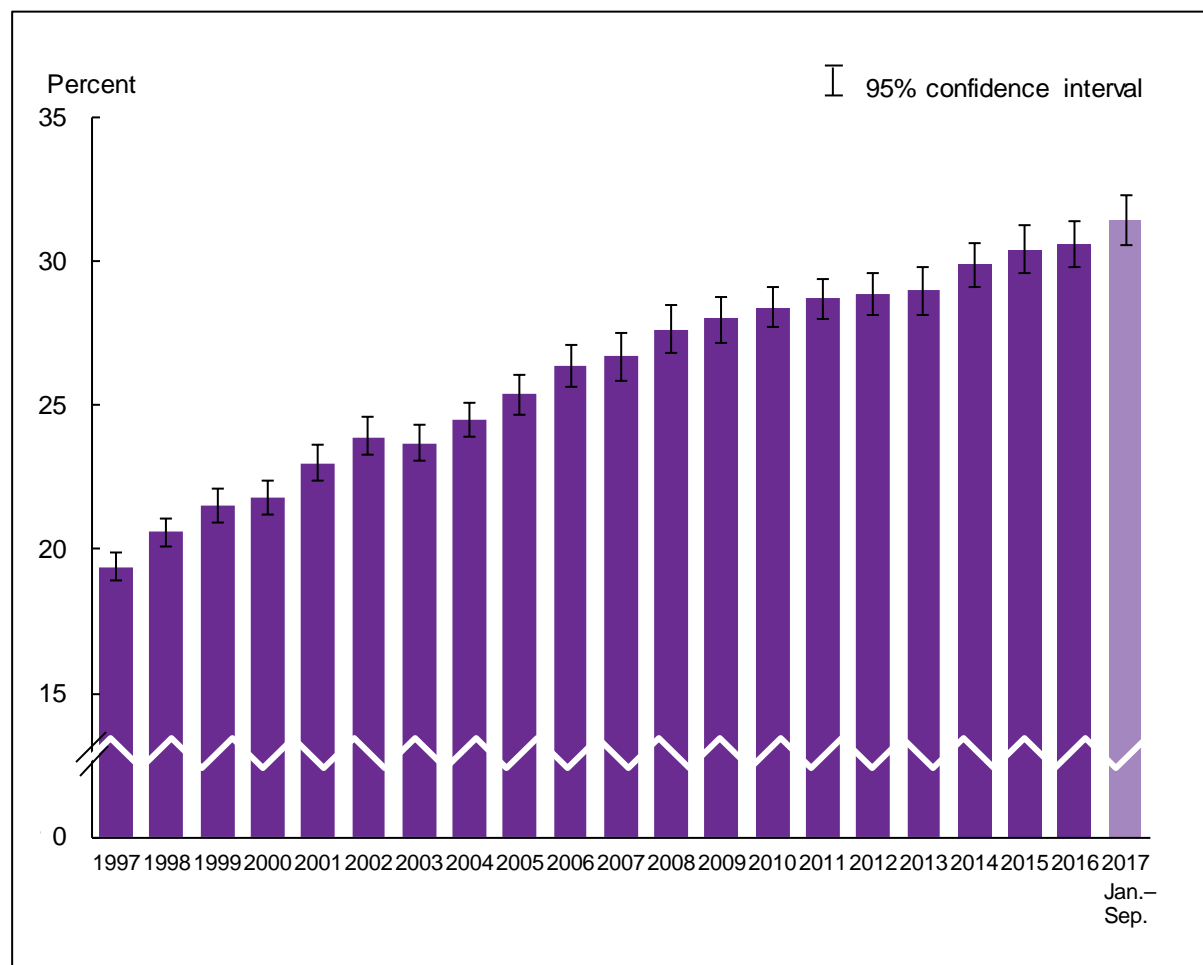## Obesity

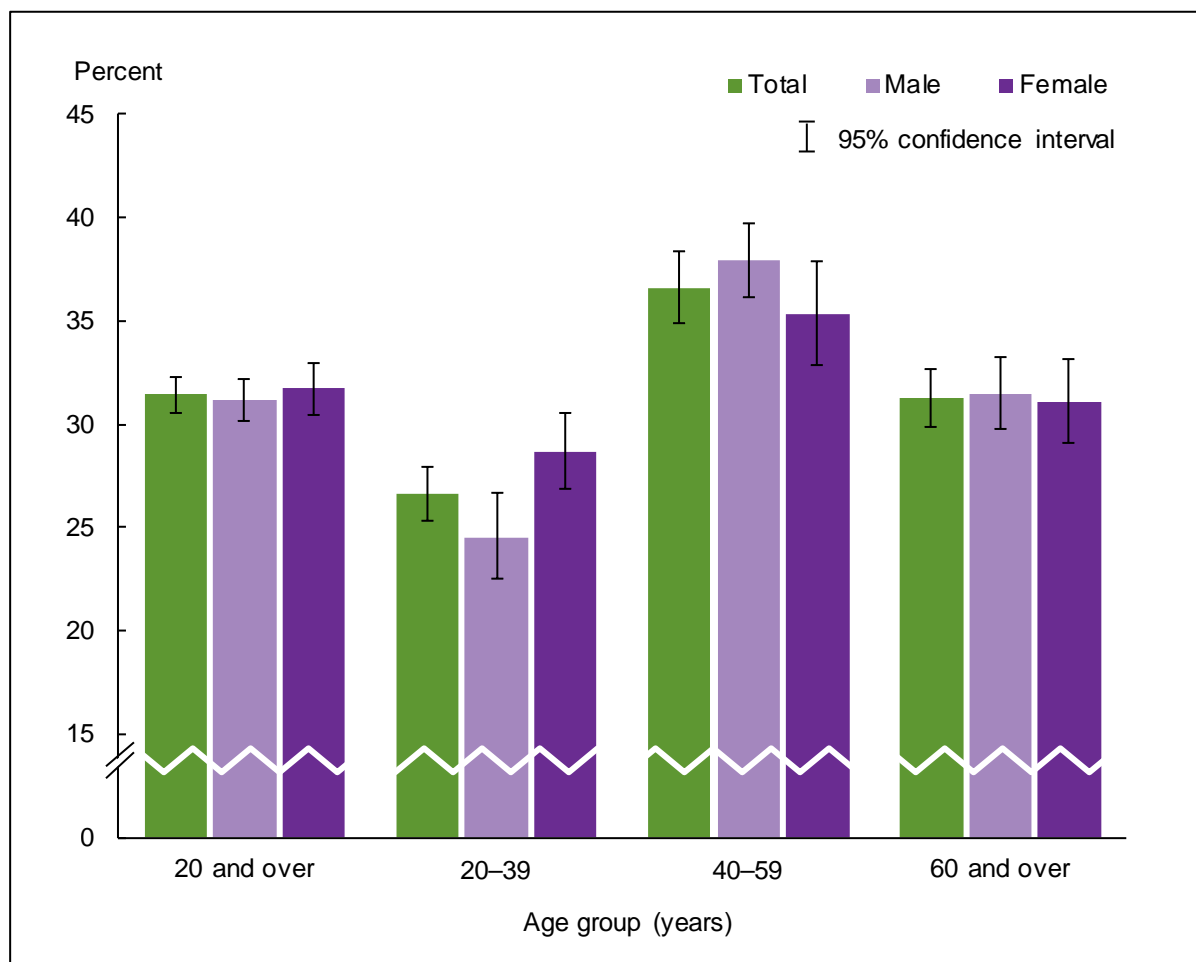**Figure 6.1. Prevalence of obesity among adults aged 20 and over: United States, 1997–September 2017**

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index of 30 kg/m^2 or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over for consistency with the Healthy People 2020 (3) initiative. The analyses excluded people with unknown height or weight (about 6% of respondents each year). See Technical Notes for more details.

SOURCE: NCHS, National Health Interview Survey, 1997–September 2017, Sample Adult Core component.

- For January–September 2017, 31.4% (95% confidence interval = 30.57%–32.31%) of U.S. adults aged 20 and over were obese. This was higher than, but not significantly different from, the 2016 estimate of 30.6%.

- The prevalence of obesity among U.S. adults aged 20 and over increased, from 19.4% in 1997 to 31.4% in January–September 2017.

Figure 6.2. Prevalence of obesity among adults aged 20 and over, by age group and sex: United States, January–September 2017
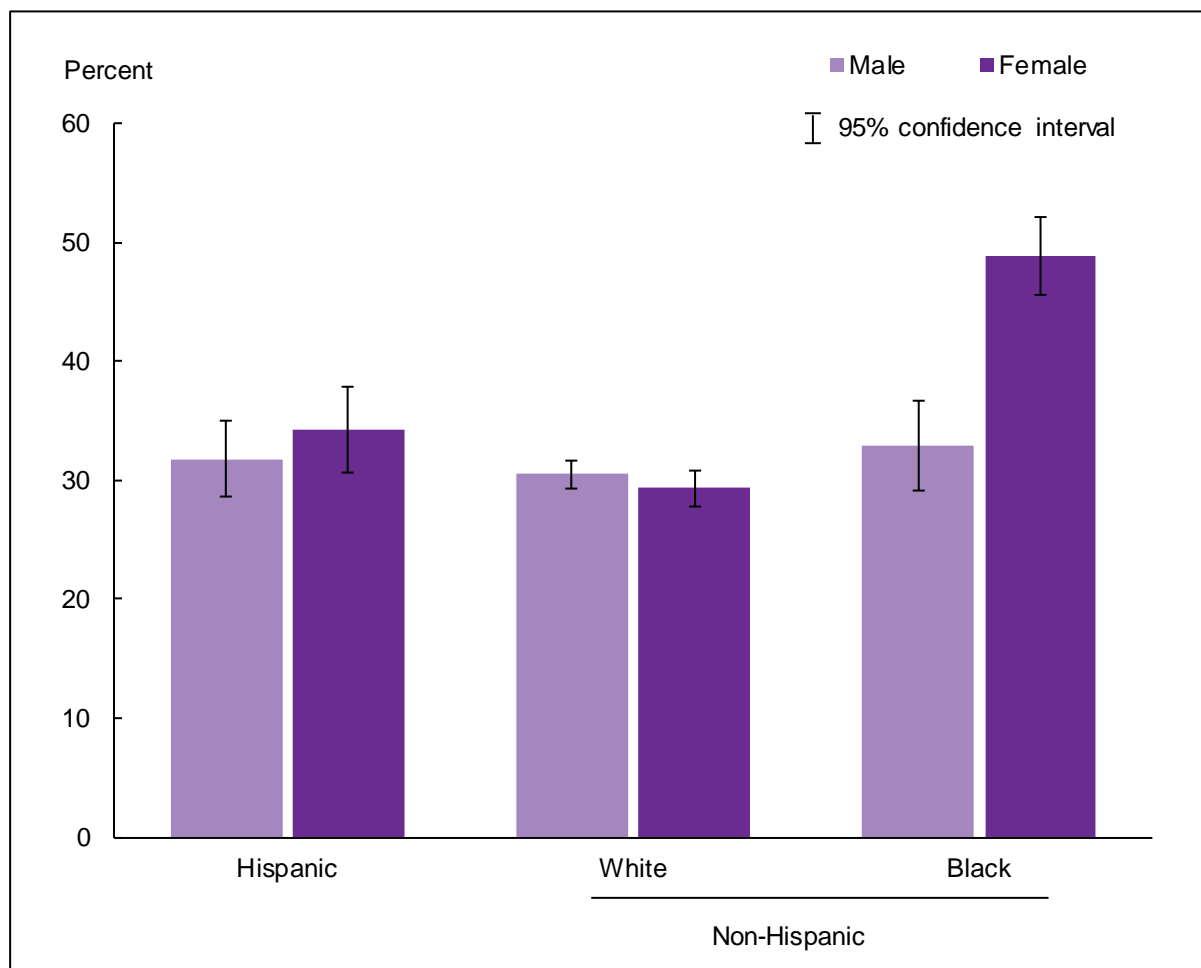

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index of 30 kg/m^2 or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over for consistency with the Healthy People 2020 (3) initiative. The analyses exclude the 3.9% of persons with unknown height or weight. See Technical Notes for more details.

SOURCE: NCHS, National Health Interview Survey, January–September 2017, Sample Adult Core component.

- For both sexes combined, the prevalence of obesity was higher among adults aged 40–59 (36.6%) compared with adults aged 60 and over (31.3%) and those aged 20–39 (26.6%). This pattern held for males and females.

- For those aged 20–39, the prevalence of obesity was higher among women than men (28.7% compared with 24.5%).

Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 and over, by sex and race and ethnicity: United States, January–September 2017

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index of 30 kg/m^2 or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over for consistency with the Healthy People 2020 (3) initiative. The analyses exclude the 3.9% of persons with unknown height or weight. Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and five age groups: 20–24, 25–34, 35–44, 45–64, and 65 and over. See Technical Notes for more details.

SOURCE: NCHS, National Health Interview Survey, January–September 2017, Sample Adult Core component.

● Non-Hispanic black women (48.9%) were most likely to be obese compared with Hispanic women (34.2%) and non-Hispanic white women (29.4%).

● There was no significant difference in the prevalence of obesity by race and ethnicity groups among men.

Data tables for Figures 6.1–6.3:

Data table for Figure 6.1. Prevalence of obesity among adults aged 20 and over: United States, 1997–September 2017

Year	Crude[1] percent (95% confidence interval)	Age-adjusted[2] percent (95% confidence interval)
1997	19.4 (18.9–19.9)	19.5 (18.9–20.0)
1998	20.6 (20.1–21.1)	20.6 (20.0–21.1)
1999	21.5 (20.9–22.1)	21.5 (20.9–22.1)
2000	21.8 (21.2–22.4)	21.8 (21.2–22.3)
2001	23.0 (22.4–23.6)	22.9 (22.3–23.5)
2002	23.9 (23.3–24.6)	23.8 (23.2–24.5)
2003	23.7 (23.1–24.3)	23.5 (22.9–24.2)
2004	24.5 (23.9–25.1)	24.3 (23.8–25.0)
2005	25.4 (24.77–26.09)	25.3 (24.66–25.96)
2006	26.4 (25.62–27.09)	26.2 (25.44–26.90)
2007	26.7 (25.82–27.50)	26.6 (25.78–27.49)
2008	27.6 (26.80–28.50)	27.5 (26.69–28.36)
2009	28.0 (27.20–28.76)	27.9 (27.13–28.71)
2010	28.4 (27.74–29.09)	28.3 (27.58–28.94)
2011	28.7 (28.01–29.42)	28.7 (27.96–29.35)
2012	28.9 (28.14–29.61)	28.7 (27.94–29.43)
2013	29.0 (28.13–29.78)	28.9 (28.06–29.78)
2014	29.9 (29.13–30.65)	29.8 (28.98–30.52)
2015	30.4 (29.62–31.27)	30.2 (29.40–31.08)
2016	30.6 (29.77–31.37)	30.5 (29.70–31.26)
January–September 2017	31.4 (30.57–32.31)	31.4 (30.57–32.31)

[1]Crude estimates are presented.
[2]Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and seven age groups: 20–29, 30–39, 40–49, 50–59, 60–69, 70–79, and 80 and over.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Beginning with 2012 data, the National Health Interview Survey transitioned to weights derived from the 2010 census. For 2003–2011 data, weights were derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. For 1997–1999 data, weights were derived from the 1990 census. See Technical Notes for more details.

SOURCE: NCHS, National Health Interview Survey, 1997–September 2017, Sample Adult Core component.

Data table for Figure 6.2. Prevalence of obesity among adults aged 20 and over, by age group and sex: United States, January–September 2017

Age (years) and sex	Percent	95% confidence interval
20–39, total	26.6	25.30–27.92
20–39, male	24.5	22.52–26.65
20–39, female	28.7	26.84–30.55
40–59, total	36.6	34.92–38.34
40–59, male	37.9	36.12–39.76
40–59, female	35.4	32.83–37.94
60 and over, total	31.3	29.88–32.72
60 and over, male	31.5	29.75–33.30
60 and over, female	31.1	29.13–33.11
20 and over (crude[1]), total	31.4	30.57–32.31
20 and over (crude[1]), male	31.1	30.14–32.16
20 and over (crude[1]), female	31.7	30.46–32.99
20 and over (age-adjusted[2]), total	31.4	30.47–32.35
20 and over (age-adjusted[2]), male	31.0	29.97–32.09
20 and over (age-adjusted[2]), female	31.8	30.48–33.14

[1]Crude estimates are presented.
[2]Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and seven age groups: 20–29, 30–39, 40–49, 50–59, 60–69, 70–79, and 80 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: NCHS, National Health Interview Survey, January–September 2017, Sample Adult Core component.

Data table for Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 and over, by sex and race and ethnicity: United States, January–September 2017

Sex and race and ethnicity	Percent[1]	95% confidence interval
Male, Hispanic or Latino	31.8	28.60–35.10
Male, not Hispanic or Latino, single race, white	30.5	29.35–31.72
Male, not Hispanic or Latino, single race, black	32.9	29.18–36.71
Female, Hispanic or Latino	34.2	30.74–37.80
Female, not Hispanic or Latino, single race, white	29.4	27.88–30.88
Female, not Hispanic or Latino, single race, black	48.9	45.52–52.21

[1]Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and five age groups: 20–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: NCHS, National Health Interview Survey, January–September 2017, Sample Adult Core component.