

Data Brief 288: Prevalence of Obesity Among Adults and Youth: United States, 2015–2016

Data table for Figure 1. Prevalence of obesity among adults aged 20 and over, by sex and age: United States, 2015–2016

Sex	Age group (years)			
	20 and over	20–39	40–59	60 and over
	Percent (standard error)			
Total	39.6 (1.6)	35.7 (1.9)	42.8 (2.6)	41.0 (1.9)
Men	37.9 (2.3)	34.8 (2.8)	40.8 (2.9)	38.5 (1.8)
Women	41.1 (1.6)	36.5 (1.6)	44.7 (3.1)	43.1 (2.8)

NOTES: Estimates for adults aged 20 and over were age adjusted by the direct method to the 2000 U.S. census population using the age groups 20–39, 40–59, and 60 and over. Crude estimates are 39.8% for total, 38.0% for men, and 41.5% for women.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2015–2016.

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Data table for Figure 2. Age-adjusted prevalence of obesity among adults aged 20 and over, by sex and race and Hispanic origin: United States, 2015–2016

Sex	Race and Hispanic origin			
	Non-Hispanic white	Non-Hispanic black	Non-Hispanic Asian	Hispanic
	Percent (standard error)			
Total	37.9 (1.8)	46.8 (2.3)	12.7 (1.1)	47.0 (2.1)
Men	37.9 (2.7)	36.9 (2.5)	10.1 (1.3)	43.1 (2.9)
Women	38.0 (1.9)	54.8 (2.3)	14.8 (1.3)	50.6 (2.1)

NOTE: All estimates are age adjusted by the direct method to the 2000 U.S. census population using the age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2015–2016.

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Data table for Figure 3. Prevalence of obesity among youth aged 2–19 years, by sex and age: United States, 2015–2016

Sex	Age group (years)			
	2–19	2–5	6–11	12–19
	Percent (standard error)			
Total	18.5 (1.3)	13.9 (1.1)	18.4 (1.7)	20.6 (2.0)
Boys	19.1 (1.7)	14.3 (1.2)	20.4 (2.1)	20.2 (2.6)
Girls	17.8 (1.2)	13.5 (1.7)	16.3 (1.8)	20.9 (2.0)

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2015–2016.

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Data table for Figure 4. Prevalence of obesity among youth aged 2–19 years, by sex and race and Hispanic origin: United States, 2015–2016

Sex	Race and Hispanic origin			
	Non-Hispanic white	Non-Hispanic black	Non-Hispanic Asian	Hispanic
	Percent (standard error)			
Total	14.1 (1.1)	22.0 (2.7)	11.0 (1.8)	25.8 (1.5)
Boys	14.6 (1.6)	19.0 (2.7)	11.7 (2.2)	28.0 (2.8)
Girls	13.5 (1.4)	25.1 (4.2)	10.1 (2.2)	23.6 (1.8)

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2015–2016.

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Data table for Figure 5. Trends in obesity prevalence among adults aged 20 and over (age adjusted) and youth aged 2–19 years: United States, 1999–2000 through 2015–2016

Age category	Survey years								
	1999–2000	2001–2002	2003–2004	2005–2006	2007–2008	2009–2010	2011–2012	2013–2014	2015–2016
	Percent (standard error)								
Adults	30.5 (1.5)	30.5 (1.1)	32.2 (1.2)	34.3 (1.4)	33.7 (1.1)	35.7 (0.9)	34.9 (1.4)	37.7 (0.9)	39.6 (1.6)
Youth	13.9 (0.9)	15.4 (0.9)	17.1 (1.3)	15.4 (1.4)	16.8 (1.3)	16.9 (0.7)	16.9 (1.0)	17.2 (1.1)	18.5 (1.3)

NOTE: All estimates for adults are age adjusted by the direct method to the 2000 U.S. census population using the age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 1999–2016.