

## Health E-Stat 111: Prevalence of Overweight, Obesity, and Severe Obesity Among Adults Age 20 and Older: United States, 1960–1962 Through August 2021–August 2023

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This report presents historical trends in overweight, obesity, and severe obesity among adults using measured heights and weights from the National Health and Nutrition Examination Survey (NHANES).

In August 2021–August 2023, the age-adjusted prevalence of U.S. adults age 20 and older with obesity was 40.3%, including 9.7% with severe obesity and another 31.7% who were overweight. Unadjusted estimates were 40.3% for obesity, 9.4% for severe obesity, and 32.1% for overweight.

Age-adjusted trends in overweight, obesity, and severe obesity prevalence from 1960–1962 through August 2021–August 2023 are shown in [Table 1](#). Because surveys before 1988 did not include people older than age 74, [Table 1](#) shows the prevalence for adults age 20 and older since 1988, and for adults ages 20–74 for all survey periods. The age-adjusted sex-specific trends of overweight, obesity, and severe obesity among adults ages 20–74 from 1960–1962 through August 2021–August 2023 are shown in the [Figure](#). [Table 2](#) contains the prevalence of obesity by age for men and women since 1988–1994, and [Table 3](#) contains the age-adjusted prevalence of obesity by race and Hispanic origin for men and women since 1988–1994.

### Data source and methods

NHANES, conducted by the National Center for Health Statistics, is a stratified, multistage probability sample of the U.S. civilian noninstitutionalized population. NHANES included oversampling of total Hispanic people starting in 2007–2008 and non-Hispanic Asian (subsequently, Asian) people starting in 2011–2012. Data collection was suspended in March 2020 due to the COVID-19 pandemic and resumed in August 2021 using a new sample design with no oversampling by race and Hispanic origin (1).

A household interview and a health examination are conducted for each survey participant. During the examination, height and weight are measured by trained technicians in a mobile



examination center using standardized measuring procedures and equipment. Pregnant women and people missing a valid height or weight measurement are not included in the data analysis.

Body mass index (BMI), expressed as weight in kilograms divided by height in meters squared ( $\text{kg}/\text{m}^2$ ), is commonly used to classify overweight (BMI 25.0–29.9), obesity (BMI at or above 30.0), and severe obesity (BMI at or above 40.0). The prevalence of obesity as measured by BMI among Asian adults is consistently lower than that reported for non-Hispanic White, non-Hispanic Black (subsequently, Black), and Hispanic adults. Although BMI is widely used as a measure of body fat, at a given BMI level, body fat may vary by sex, age, and race and Hispanic origin. In particular, research suggests that health risks may begin at a lower BMI among Asian people compared with other race and Hispanic-origin groups (2,3). Additionally, research suggests that BMI overestimates adiposity (body fat) among Black people at a given BMI compared with others (4).

Examination sample weights were used to account for the complex sample design. Analyses were performed using SAS version 9.4 (SAS Institute, Cary, N.C.) and SAS-callable SUDAAN version 11.0 (RTI International, Research Triangle Park, N.C.).

For additional information on NHANES methods, visit: <https://www.cdc.gov/nchs/nhanes/analyticguidelines.aspx>.

For more detailed estimates, see:

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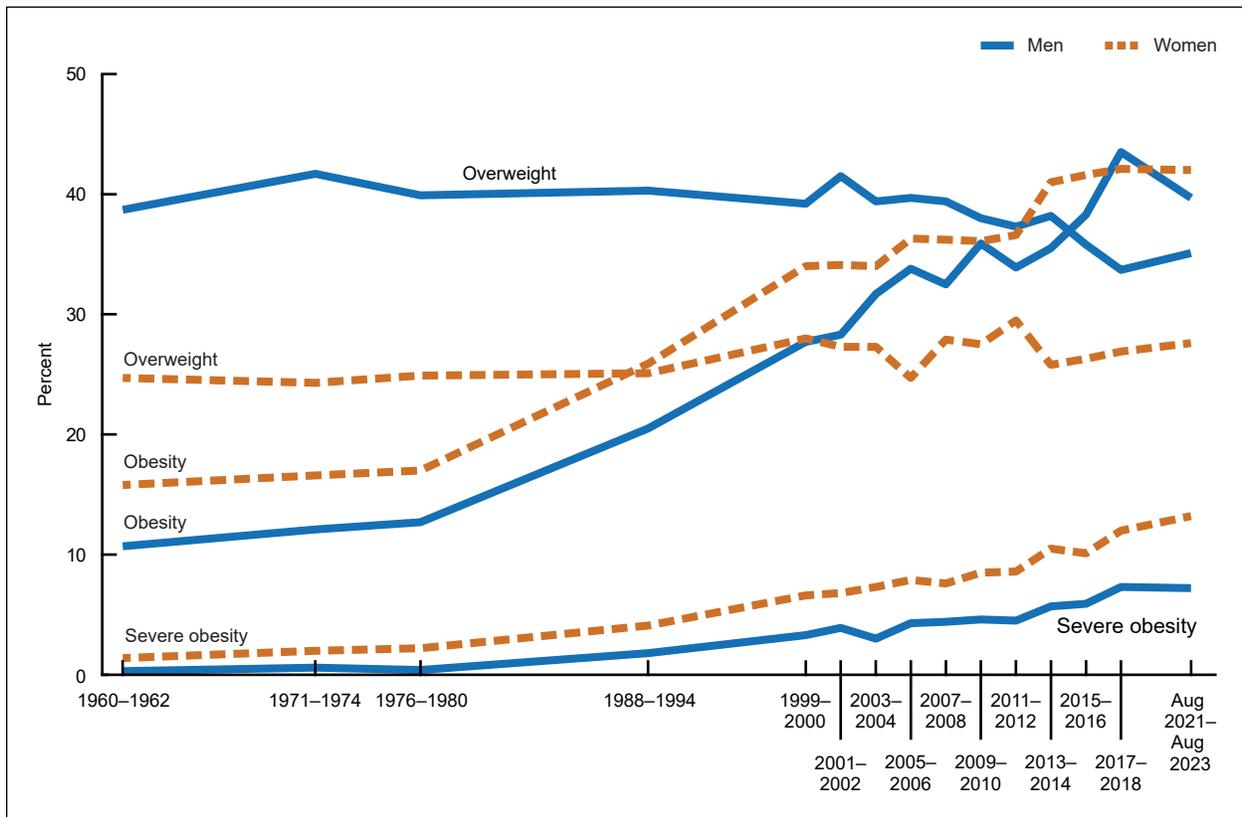
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## Suggested citation

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**Figure. Age-adjusted trends in overweight, obesity, and severe obesity among men and women ages 20–74: United States, 1960–1962 through August 2021–August 2023**



NOTES: Data are age adjusted by the direct method to U.S. Census 2000 estimates using age groups 20–39, 40–59, and 60–74. Overweight is body mass index (BMI) of 25.0–29.9. Obesity is BMI at or above 30.0. Severe obesity is BMI at or above 40.0. Pregnant women are excluded from this analysis.  
 SOURCES: National Center for Health Statistics, National Health Examination Survey, 1960–1962; and National Health and Nutrition Examination Surveys, 1971–1974, 1976–1980, 1988–1994, 1999–2018, and August 2021–August 2023.

**Table 1. Age-adjusted prevalence of overweight, obesity, and severe obesity among adults, by sex: United States, 1960–1962 through August 2021–August 2023**

Age group and survey period	Sample (n)	All			Men			Women		
		Overweight	Obesity	Severe obesity	Overweight	Obesity	Severe obesity	Overweight	Obesity	Severe obesity
20 and older <sup>1</sup>		Percent (standard error)								
1988–1994. . . . .	16,235	33.1 (0.6)	22.9 (0.7)	2.8 (0.2)	40.7 (0.8)	20.2 (0.7)	1.7 (0.3)	25.9 (0.7)	25.4 (0.9)	3.9 (0.3)
1999–2000. . . . .	4,117	34.0 (1.0)	30.5 (1.5)	4.7 (0.6)	39.7 (1.4)	27.5 (1.5)	3.1 (0.7)	28.6 (1.6)	33.4 (1.7)	6.2 (0.7)
2001–2002. . . . .	4,413	35.1 (1.1)	30.5 (1.1)	5.1 (0.5)	42.2 (1.3)	27.7 (1.0)	3.6 (0.6)	28.2 (1.7)	33.2 (1.5)	6.5 (0.6)
2003–2004. . . . .	4,431	34.1 (1.1)	32.2 (1.2)	4.8 (0.6)	39.7 (1.5)	31.1 (1.3)	2.8 (0.4)	28.6 (1.2)	33.2 (1.7)	6.9 (0.9)
2005–2006. . . . .	4,356	32.6 (0.8)	34.3 (1.4)	5.9 (0.5)	39.9 (1.3)	33.3 (2.0)	4.2 (0.5)	25.5 (1.2)	35.3 (1.4)	7.4 (0.7)
2007–2008. . . . .	5,550	34.3 (0.8)	33.7 (1.1)	5.7 (0.4)	40.1 (1.4)	32.2 (1.4)	4.2 (0.5)	28.6 (1.2)	35.4 (1.1)	7.3 (0.6)
2009–2010. . . . .	5,926	33.0 (1.0)	35.7 (0.9)	6.3 (0.2)	38.4 (1.1)	35.5 (1.7)	4.4 (0.3)	27.9 (1.4)	35.8 (0.9)	8.1 (0.5)
2011–2012. . . . .	5,181	33.6 (1.3)	34.9 (1.4)	6.4 (0.6)	37.8 (1.5)	33.5 (1.4)	4.4 (0.9)	29.7 (1.8)	36.1 (1.7)	8.3 (0.7)
2013–2014. . . . .	5,455	32.5 (0.8)	37.7 (0.9)	7.7 (0.7)	38.7 (1.2)	35.0 (1.1)	5.5 (0.6)	26.5 (0.8)	40.4 (1.3)	9.9 (0.9)
2015–2016. . . . .	5,337	31.6 (0.8)	39.6 (1.6)	7.7 (0.6)	36.5 (1.6)	37.9 (2.3)	5.6 (0.7)	26.9 (1.0)	41.1 (1.6)	9.7 (0.7)
2017–2018. . . . .	5,120	30.7 (0.9)	42.4 (1.8)	9.2 (0.9)	34.1 (1.8)	43.0 (2.7)	6.9 (1.0)	27.5 (1.0)	41.9 (2.0)	11.5 (1.3)
August 2021–August 2023 . . . .	5,929	31.7 (0.9)	40.3 (1.9)	9.7 (0.7)	35.5 (1.4)	39.3 (1.9)	6.8 (0.7)	28.1 (0.9)	41.4 (2.3)	12.6 (1.0)
20–74 <sup>2</sup>										
1960–1962. . . . .	6,126	31.5 (0.5)	13.4 (0.5)	0.9 (0.1)	38.7 (0.7)	10.7 (0.7)	0.3 (0.1)	24.7 (0.8)	15.8 (0.6)	1.4 (0.2)
1971–1974. . . . .	12,911	32.7 (0.6)	14.5 (0.4)	1.3 (0.2)	41.7 (1.1)	12.1 (0.6)	0.6 (0.2)	24.3 (0.7)	16.6 (0.6)	2.0 (0.3)
1976–1980. . . . .	11,765	32.1 (0.6)	15.0 (0.4)	1.4 (0.1)	39.9 (0.8)	12.7 (0.6)	0.4 (0.1)	24.9 (0.8)	17.0 (0.6)	2.2 (0.3)
1988–1994. . . . .	14,319	32.6 (0.6)	23.2 (0.7)	3.0 (0.3)	40.3 (0.8)	20.5 (0.7)	1.8 (0.3)	25.1 (0.8)	25.9 (1.0)	4.1 (0.3)
1999–2000. . . . .	3,603	33.6 (1.1)	30.9 (1.6)	5.0 (0.6)	39.2 (1.5)	27.7 (1.6)	3.3 (0.7)	28.0 (1.7)	34.0 (1.8)	6.6 (0.8)
2001–2002. . . . .	3,916	34.4 (1.1)	31.2 (1.1)	5.4 (0.5)	41.5 (1.4)	28.3 (1.1)	3.9 (0.7)	27.3 (1.6)	34.1 (1.6)	6.8 (0.6)
2003–2004. . . . .	3,756	33.4 (1.2)	32.9 (1.3)	5.1 (0.6)	39.4 (1.5)	31.7 (1.4)	3.0 (0.4)	27.3 (1.3)	34.0 (1.9)	7.3 (1.0)
2005–2006. . . . .	3,835	32.2 (0.9)	35.1 (1.5)	6.2 (0.5)	39.7 (1.3)	33.8 (2.2)	4.3 (0.5)	24.7 (1.3)	36.3 (1.5)	7.9 (0.8)
2007–2008. . . . .	4,876	33.6 (0.8)	34.3 (1.2)	6.0 (0.4)	39.4 (1.4)	32.5 (1.5)	4.4 (0.5)	27.9 (1.2)	36.2 (1.3)	7.6 (0.6)
2009–2010. . . . .	5,279	32.7 (1.0)	36.1 (0.9)	6.6 (0.2)	38.0 (1.2)	35.9 (1.7)	4.6 (0.4)	27.5 (1.5)	36.1 (0.9)	8.5 (0.5)
2011–2012. . . . .	4,674	33.3 (1.4)	35.3 (1.4)	6.6 (0.6)	37.3 (1.5)	33.9 (1.5)	4.5 (1.0)	29.5 (2.0)	36.6 (1.6)	8.6 (0.7)
2013–2014. . . . .	4,940	31.9 (0.8)	38.2 (1.0)	8.1 (0.8)	38.2 (1.3)	35.5 (1.2)	5.7 (0.7)	25.8 (0.9)	41.0 (1.4)	10.5 (1.0)
2015–2016. . . . .	4,778	31.0 (0.8)	40.0 (1.8)	8.0 (0.6)	35.8 (1.8)	38.3 (2.4)	5.9 (0.8)	26.3 (1.1)	41.6 (1.7)	10.1 (0.7)
2017–2018. . . . .	4,536	30.3 (1.2)	42.8 (1.9)	9.6 (1.0)	33.7 (1.9)	43.5 (2.7)	7.3 (1.0)	26.9 (0.9)	42.1 (2.1)	12.0 (1.5)
August 2021–August 2023 . . . .	5,249	31.3 (0.9)	40.8 (2.0)	10.2 (0.8)	35.1 (1.4)	39.7 (1.9)	7.2 (0.8)	27.6 (1.0)	42.0 (2.4)	13.2 (1.1)

<sup>1</sup>Age adjusted by the direct method to the U.S. Census 2000 estimates using the age groups 20–39, 40–59, and 60 and older. Crude estimates (not age adjusted) for August 2021–August 2023 are 32.1% for overweight, 40.3% for obesity, and 9.4% for severe obesity.

<sup>2</sup>Age adjusted by the direct method to the U.S. Census 2000 estimates using the age groups 20–39, 40–59, and 60–74. The 1960–1962 National Health Examination Survey included adults ages 18–79, and the 1971–1974 and 1976–1980 National Health and Nutrition Examination Surveys did not include people over age 74.

NOTES: Overweight is body mass index (BMI) of 25.0–29.9, obesity is BMI at or above 30.0, and severe obesity is BMI at or above 40.0. Pregnant women are excluded from this analysis.

SOURCES: National Center for Health Statistics, National Health Examination Survey, 1960–1962; and National Health and Nutrition Examination Surveys, 1971–1974, 1976–1980, 1988–1994, 1999–2018, and August 2021–August 2023.

**Table 2. Prevalence of obesity among adults age 20 and older, by sex and age: United States, 1988–1994 through August 2021–August 2023**

Survey period	All			Men			Women		
	20–39	40–59	60 and older	20–39	40–59	60 and older	20–39	40–59	60 and older
	Percent (standard error)								
1988–1994 . . . . .	17.7 (0.7)	27.9 (1.1)	23.7 (0.9)	14.8 (0.8)	25.4 (1.2)	21.2 (1.4)	20.7 (1.3)	30.3 (1.5)	25.6 (1.1)
1999–2000 . . . . .	26.0 (1.3)	33.5 (3.0)	33.5 (1.7)	23.7 (1.6)	28.8 (2.9)	31.7 (2.2)	28.3 (2.0)	37.7 (3.3)	35.0 (2.2)
2001–2002 . . . . .	26.1 (1.4)	33.9 (1.5)	32.8 (1.6)	22.3 (1.5)	32.2 (1.7)	29.9 (2.0)	29.8 (2.1)	35.7 (2.1)	35.0 (2.0)
2003–2004 . . . . .	28.5 (1.5)	36.8 (1.8)	31.0 (1.3)	28.0 (2.2)	34.8 (2.5)	30.4 (1.9)	28.9 (2.3)	38.8 (2.7)	31.5 (1.7)
2005–2006 . . . . .	29.1 (2.0)	40.4 (2.0)	33.4 (1.1)	27.9 (2.8)	39.6 (2.9)	32.2 (2.1)	30.5 (2.3)	41.1 (2.3)	34.4 (2.3)
2007–2008 . . . . .	30.7 (2.0)	36.2 (1.7)	35.1 (1.0)	27.4 (1.9)	34.2 (2.3)	37.0 (2.0)	34.0 (2.5)	38.1 (2.2)	33.5 (1.7)
2009–2010 . . . . .	32.6 (1.7)	36.6 (1.0)	39.7 (1.5)	33.2 (2.7)	37.2 (1.8)	36.6 (2.4)	31.9 (1.6)	36.0 (1.7)	42.3 (1.9)
2011–2012 . . . . .	30.3 (1.9)	39.5 (1.6)	35.4 (2.0)	29.0 (2.6)	39.4 (1.6)	32.0 (2.2)	31.8 (1.7)	39.5 (2.2)	38.1 (2.9)
2013–2014 . . . . .	34.3 (1.5)	41.0 (2.1)	38.5 (1.6)	31.6 (2.1)	37.2 (2.4)	37.5 (3.0)	37.0 (1.3)	44.6 (2.6)	39.4 (1.9)
2015–2016 . . . . .	35.7 (1.9)	42.8 (2.6)	41.0 (1.9)	34.8 (2.8)	40.8 (2.9)	38.5 (1.8)	36.5 (1.6)	44.7 (3.1)	43.1 (2.8)
2017–2018 . . . . .	40.0 (2.6)	44.8 (1.9)	42.8 (2.5)	40.3 (3.8)	46.4 (3.2)	42.2 (3.3)	39.7 (2.7)	43.3 (2.7)	43.3 (3.0)
August 2021–August 2023 . . . . .	35.5 (3.0)	46.4 (1.8)	38.9 (1.5)	34.3 (2.8)	45.4 (1.9)	38.0 (2.3)	36.8 (3.6)	47.4 (2.1)	39.6 (1.9)

NOTES: Obesity is body mass index at or above 30.0. Pregnant women are excluded from the analysis.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Surveys, 1988–1994, 1999–2018, and August 2021–August 2023.

**Table 3. Age-adjusted prevalence of obesity among adults age 20 and older, by sex and race and Hispanic origin: United States, 1988–1994 through August 2021–August 2023**

Survey period	Asian, non-Hispanic	Black, non-Hispanic	White, non-Hispanic	Hispanic	Mexican American
All					
1988–1994	---	30.7 (0.9)	21.6 (0.8)	---	29.4 (0.9)
1999–2000	---	39.7 (1.6)	28.7 (1.8)	---	34.3 (2.5)
2001–2002	---	39.0 (1.8)	30.2 (1.2)	---	31.0 (2.1)
2003–2004	---	45.0 (2.2)	30.6 (1.3)	---	36.8 (1.8)
2005–2006	---	45.8 (1.7)	32.9 (1.6)	---	33.9 (1.0)
2007–2008	---	43.9 (2.0)	32.4 (1.8)	38.7 (2.6)	40.3 (3.1)
2009–2010	---	49.5 (2.3)	34.3 (1.2)	39.1 (1.9)	40.4 (1.8)
2011–2012	10.8 (1.4)	47.8 (1.6)	32.6 (1.8)	42.5 (1.7)	46.6 (2.1)
2013–2014	12.6 (1.3)	48.4 (2.0)	36.4 (1.1)	42.6 (2.1)	46.4 (2.1)
2015–2016	12.7 (1.1)	46.8 (2.3)	37.9 (1.8)	47.0 (2.1)	49.4 (1.9)
2017–2018	17.4 (1.3)	49.6 (1.5)	42.2 (2.5)	44.8 (1.6)	50.4 (2.0)
August 2021–August 2023	13.1 (3.2)	52.1 (2.7)	39.3 (1.8)	44.0 (3.7)	48.0 (5.0)
Men					
1988–1994	---	21.1 (1.0)	20.3 (0.9)	---	23.9 (1.0)
1999–2000	---	27.9 (1.6)	27.3 (1.8)	---	28.9 (1.9)
2001–2002	---	27.9 (2.0)	29.0 (1.3)	---	25.9 (2.0)
2003–2004	---	34.0 (3.5)	31.1 (1.5)	---	31.6 (2.5)
2005–2006	---	37.0 (2.4)	33.0 (2.2)	---	27.0 (1.9)
2007–2008	---	37.2 (2.5)	31.9 (1.9)	34.2 (3.0)	35.8 (3.5)
2009–2010	---	38.8 (2.3)	36.2 (2.1)	37.0 (2.2)	38.6 (2.4)
2011–2012	10.0 (1.6)	37.1 (1.9)	32.4 (1.3)	40.1 (2.1)	44.0 (2.6)
2013–2014	12.6 (1.8)	38.0 (2.5)	34.7 (1.6)	37.9 (2.8)	42.2 (2.5)
2015–2016	10.1 (1.3)	36.9 (2.5)	37.9 (2.7)	43.1 (2.9)	46.2 (2.6)
2017–2018	17.5 (2.1)	41.1 (2.2)	44.7 (3.7)	45.7 (1.8)	51.1 (2.4)
August 2021–August 2023	17.8 (3.9)	†47.3 (4.4)	38.3 (1.9)	43.6 (3.0)	44.2 (3.7)
Women					
1988–1994	---	38.4 (1.4)	22.9 (1.1)	---	35.4 (1.4)
1999–2000	---	49.5 (3.0)	30.1 (2.1)	---	39.5 (3.9)
2001–2002	---	48.2 (2.7)	31.2 (1.6)	---	37.0 (3.2)
2003–2004	---	53.9 (3.0)	30.2 (2.1)	---	42.3 (2.7)
2005–2006	---	52.9 (2.1)	32.9 (1.8)	---	42.1 (2.8)
2007–2008	---	49.4 (2.0)	33.0 (1.8)	43.0 (2.6)	45.1 (3.1)
2009–2010	---	58.5 (2.8)	32.2 (1.4)	41.4 (2.0)	44.9 (1.6)
2011–2012	11.4 (2.2)	56.6 (2.1)	32.8 (2.7)	44.4 (2.1)	49.2 (3.4)
2013–2014	12.4 (2.1)	57.2 (1.7)	38.2 (1.6)	46.9 (2.7)	50.9 (3.1)
2015–2016	14.8 (1.3)	54.8 (2.3)	38.0 (1.9)	50.6 (2.1)	52.3 (2.1)
2017–2018	17.2 (1.3)	56.9 (1.9)	39.8 (2.9)	43.7 (2.0)	49.6 (4.0)
August 2021–August 2023	*9.8 (3.1)	56.0 (3.4)	40.4 (2.0)	44.6 (4.8)	*52.1 (7.0)

--- Data not available.

\* Estimate has a confidence interval width between 5 and 30 and a relative confidence interval width > 130% and does not meet National Center for Health Statistics standards of reliability or precision. See: [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf).

† Please see Ogden et al. for more discussion about estimates by race and ethnicity using August 2021–August 2023 NHANES data: Ogden CL, Emmerich SD, Stierman B, Chen T-C, Simon AE, Freedman DS, et al. Obesity among children and adolescents in NHANES August 2021–August 2023: An examination of race/Hispanic origin subgroup estimates. *Pediatr Obes.* 2025 Oct;20(10):e70041. DOI: <https://www.doi.org/10.1111/ijpo.70041>.

NOTES: Obesity is body mass index at or above 30.0. Age adjusted by the direct method to U.S. Census 2000 estimates using the age groups 20–39, 40–59, and 60 and older. Pregnant women are excluded from the analysis.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Surveys, 1988–1994, 1999–2018, and August 2021–August 2023.