

**Table 71 (page 1 of 4). Overweight, obesity, and healthy weight among persons 20 years of age and over, by selected characteristics: United States, selected years 1960–1962 through 2005–2008**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

<i>Sex, age, race and Hispanic origin<sup>1</sup>, and percent of poverty level</i>	<i>Overweight (includes obesity)<sup>2</sup></i>					
	<i>1960–1962</i>	<i>1971–1974</i>	<i>1976–1980<sup>3</sup></i>	<i>1988–1994</i>	<i>1999–2002</i>	<i>2005–2008</i>
20–74 years, age-adjusted <sup>4</sup>			Percent of population			
Both sexes <sup>5</sup> . . . . .	44.8	47.7	47.4	56.0	65.2	67.7
Male . . . . .	49.5	54.7	52.9	61.0	68.8	73.0
Female . . . . .	40.2	41.1	42.0	51.2	61.7	62.6
Not Hispanic or Latino:						
White only, male . . . . .	---	---	53.8	61.6	69.5	72.9
White only, female . . . . .	---	---	38.7	47.2	57.0	59.4
Black or African American only, male . . . . .	---	---	51.3	58.2	62.0	71.8
Black or African American only, female . . . . .	---	---	62.6	68.5	77.6	79.1
Mexican male . . . . .	---	---	61.6	69.4	74.1	79.2
Mexican female . . . . .	---	---	61.7	69.6	71.4	75.6
Percent of poverty level: <sup>6</sup>						
Below 100% . . . . .	---	49.3	50.0	59.8	65.2	67.6
100%–199% . . . . .	---	50.9	49.0	58.2	68.0	70.3
200% or more . . . . .	---	46.7	46.6	54.5	64.9	67.0
200%–399% . . . . .	---	48.4	---	56.0	68.7	69.0
400% or more . . . . .	---	43.4	---	51.8	61.8	65.1
20 years and over, age-adjusted <sup>4</sup>						
Both sexes <sup>5</sup> . . . . .	---	---	---	56.0	65.1	67.5
Male . . . . .	---	---	---	60.9	68.8	72.9
Female . . . . .	---	---	---	51.4	61.6	62.5
Not Hispanic or Latino:						
White only, male . . . . .	---	---	---	61.6	69.4	72.9
White only, female . . . . .	---	---	---	47.5	57.2	59.6
Black or African American only, male . . . . .	---	---	---	57.8	62.6	71.7
Black or African American only, female . . . . .	---	---	---	68.2	77.2	78.0
Mexican male . . . . .	---	---	---	68.9	73.2	77.7
Mexican female . . . . .	---	---	---	68.9	71.2	74.8
Percent of poverty level: <sup>6</sup>						
Below 100% . . . . .	---	---	---	59.6	64.7	67.7
100%–199% . . . . .	---	---	---	58.0	67.3	69.6
200% or more . . . . .	---	---	---	54.8	65.1	67.0
200%–399% . . . . .	---	---	---	56.0	68.6	68.7
400% or more . . . . .	---	---	---	52.4	62.2	65.3
20 years and over, crude						
Both sexes <sup>5</sup> . . . . .	---	---	---	54.9	65.2	67.8
Male . . . . .	---	---	---	59.4	68.6	72.8
Female . . . . .	---	---	---	50.7	62.0	63.0
Not Hispanic or Latino:						
White only, male . . . . .	---	---	---	60.6	69.9	73.4
White only, female . . . . .	---	---	---	47.4	58.2	60.7
Black or African American only, male . . . . .	---	---	---	56.7	61.7	71.1
Black or African American only, female . . . . .	---	---	---	66.0	76.9	78.1
Mexican male . . . . .	---	---	---	63.9	70.1	76.8
Mexican female . . . . .	---	---	---	65.9	69.3	73.9
Percent of poverty level: <sup>6</sup>						
Below 100% . . . . .	---	---	---	56.8	62.5	65.9
100%–199% . . . . .	---	---	---	55.7	66.2	69.1
200% or more . . . . .	---	---	---	54.2	65.8	67.9
200%–399% . . . . .	---	---	---	54.9	68.5	68.7
400% or more . . . . .	---	---	---	53.3	63.7	67.2
Male						
20–34 years . . . . .	42.7	42.8	41.2	47.5	57.4	60.5
35–44 years . . . . .	53.5	63.2	57.2	65.5	70.5	78.9
45–54 years . . . . .	53.9	59.7	60.2	66.1	75.7	76.8
55–64 years . . . . .	52.2	58.5	60.2	70.5	75.4	80.5
65–74 years . . . . .	47.8	54.6	54.2	68.5	76.2	79.1
75 years and over . . . . .	---	---	---	56.5	67.4	70.8
Female						
20–34 years . . . . .	21.2	25.8	27.9	37.0	52.9	55.6
35–44 years . . . . .	37.2	40.5	40.7	49.6	60.6	62.1
45–54 years . . . . .	49.3	49.0	48.7	60.3	65.1	65.8
55–64 years . . . . .	59.9	54.5	53.7	66.3	72.2	69.4
65–74 years . . . . .	60.9	55.9	59.5	60.3	70.9	69.6
75 years and over . . . . .	---	---	---	52.3	59.9	61.3

See footnotes at end of table.

**Table 71 (page 2 of 4). Overweight, obesity, and healthy weight among persons 20 years of age and over, by selected characteristics: United States, selected years 1960–1962 through 2005–2008**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

<i>Sex, age, race and Hispanic origin<sup>1</sup>, and percent of poverty level</i>	<i>Obesity<sup>7</sup></i>					
	<i>1960–1962</i>	<i>1971–1974</i>	<i>1976–1980<sup>3</sup></i>	<i>1988–1994</i>	<i>1999–2002</i>	<i>2005–2008</i>
20–74 years, age-adjusted <sup>4</sup>	Percent of population					
Both sexes <sup>5</sup> . . . . .	13.3	14.6	15.1	23.3	31.1	34.7
Male . . . . .	10.7	12.2	12.8	20.6	28.1	33.3
Female . . . . .	15.7	16.8	17.1	26.0	34.0	36.2
Not Hispanic or Latino:						
White only, male . . . . .	---	---	12.4	20.7	28.7	33.2
White only, female . . . . .	---	---	15.4	23.3	31.3	33.8
Black or African American only, male . . . . .	---	---	16.5	21.3	27.9	37.7
Black or African American only, female . . . . .	---	---	31.0	39.1	49.4	51.8
Mexican male . . . . .	---	---	15.7	24.4	29.0	32.2
Mexican female . . . . .	---	---	26.6	36.1	38.9	44.0
Percent of poverty level: <sup>6</sup>						
Below 100% . . . . .	---	20.7	21.9	29.2	36.0	36.4
100%–199% . . . . .	---	18.4	18.7	26.6	35.4	39.2
200% or more . . . . .	---	12.4	12.9	21.4	29.2	33.2
200%–399% . . . . .	---	13.7	---	23.2	33.0	36.7
400% or more . . . . .	---	10.1	---	18.9	25.8	29.9
20 years and over, age-adjusted <sup>4</sup>						
Both sexes <sup>5</sup> . . . . .	---	---	---	22.9	30.4	34.0
Male . . . . .	---	---	---	20.2	27.5	32.7
Female . . . . .	---	---	---	25.5	33.2	35.4
Not Hispanic or Latino:						
White only, male . . . . .	---	---	---	20.3	28.0	32.6
White only, female . . . . .	---	---	---	22.9	30.7	33.1
Black or African American only, male . . . . .	---	---	---	20.9	27.8	37.6
Black or African American only, female . . . . .	---	---	---	38.3	48.6	51.0
Mexican male . . . . .	---	---	---	23.8	27.8	32.0
Mexican female . . . . .	---	---	---	35.2	38.0	43.3
Percent of poverty level: <sup>6</sup>						
Below 100% . . . . .	---	---	---	28.1	34.7	35.9
100%–199% . . . . .	---	---	---	26.1	34.1	38.0
200% or more . . . . .	---	---	---	21.1	28.7	32.5
200%–399% . . . . .	---	---	---	22.7	32.1	35.8
400% or more . . . . .	---	---	---	18.7	25.5	29.4
20 years and over, crude						
Both sexes <sup>5</sup> . . . . .	---	---	---	22.3	30.5	34.3
Male . . . . .	---	---	---	19.5	27.5	32.9
Female . . . . .	---	---	---	25.0	33.4	35.6
Not Hispanic or Latino:						
White only, male . . . . .	---	---	---	19.9	28.4	33.1
White only, female . . . . .	---	---	---	22.7	31.3	33.3
Black or African American only, male . . . . .	---	---	---	20.7	27.5	37.3
Black or African American only, female . . . . .	---	---	---	36.7	48.7	51.1
Mexican male . . . . .	---	---	---	20.6	26.0	30.9
Mexican female . . . . .	---	---	---	33.3	37.0	42.9
Percent of poverty level: <sup>6</sup>						
Below 100% . . . . .	---	---	---	25.9	33.0	35.4
100%–199% . . . . .	---	---	---	24.3	32.8	37.0
200% or more . . . . .	---	---	---	20.9	29.3	33.4
200%–399% . . . . .	---	---	---	22.1	31.8	35.6
400% or more . . . . .	---	---	---	19.3	27.2	31.7
Male						
20–34 years . . . . .	9.2	9.7	8.9	14.1	21.7	25.4
35–44 years . . . . .	12.1	13.5	13.5	21.5	28.5	35.9
45–54 years . . . . .	12.5	13.7	16.7	23.2	30.6	35.9
55–64 years . . . . .	9.2	14.1	14.1	27.2	35.5	40.4
65–74 years . . . . .	10.4	10.9	13.2	24.1	31.9	36.6
75 years and over . . . . .	---	---	---	13.2	18.0	25.6
Female						
20–34 years . . . . .	7.2	9.7	11.0	18.5	28.3	31.4
35–44 years . . . . .	14.7	17.7	17.8	25.5	32.1	36.7
45–54 years . . . . .	20.3	18.9	19.6	32.4	36.9	39.1
55–64 years . . . . .	24.4	24.1	22.9	33.7	42.1	42.4
65–74 years . . . . .	23.2	22.0	21.5	26.9	39.3	35.6
75 years and over . . . . .	---	---	---	19.2	23.6	25.9

See footnotes at end of table.

**Table 71 (page 3 of 4). Overweight, obesity, and healthy weight among persons 20 years of age and over, by selected characteristics: United States, selected years 1960–1962 through 2005–2008**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

<i>Sex, age, race and Hispanic origin<sup>1</sup>, and percent of poverty level</i>	<i>Healthy weight<sup>8</sup></i>					
	<i>1960–1962</i>	<i>1971–1974</i>	<i>1976–1980<sup>3</sup></i>	<i>1988–1994</i>	<i>1999–2002</i>	<i>2005–2008</i>
20–74 years, age-adjusted <sup>4</sup>			Percent of population			
Both sexes <sup>5</sup> . . . . .	51.2	48.8	49.6	41.7	32.9	30.6
Male . . . . .	48.3	43.0	45.4	37.9	30.2	26.0
Female . . . . .	54.1	54.3	53.7	45.3	35.6	35.1
Not Hispanic or Latino:						
White only, male . . . . .	---	---	45.3	37.4	29.5	26.0
White only, female . . . . .	---	---	56.7	49.2	39.7	38.0
Black or African American only, male . . . . .	---	---	46.6	40.0	35.5	26.6
Black or African American only, female . . . . .	---	---	35.0	28.9	21.2	19.3
Mexican male . . . . .	---	---	37.1	29.8	25.6	20.3
Mexican female . . . . .	---	---	36.4	29.0	27.6	23.1
Percent of poverty level: <sup>6</sup>						
Below 100% . . . . .	---	45.8	45.1	37.3	32.4	29.3
100%–199% . . . . .	---	45.1	47.6	39.2	29.7	27.7
200% or more . . . . .	---	50.2	51.0	43.4	33.5	31.8
200%–399% . . . . .	---	48.3	---	41.9	29.5	29.7
400% or more . . . . .	---	53.9	---	46.0	36.9	33.9
20 years and over, age-adjusted <sup>4</sup>						
Both sexes <sup>5</sup> . . . . .	---	---	---	41.6	33.0	30.8
Male . . . . .	---	---	---	37.9	30.2	26.1
Female . . . . .	---	---	---	45.0	35.7	35.2
Not Hispanic or Latino:						
White only, male . . . . .	---	---	---	37.3	29.6	26.0
White only, female . . . . .	---	---	---	48.7	39.5	37.8
Black or African American only, male . . . . .	---	---	---	40.1	34.7	26.6
Black or African American only, female . . . . .	---	---	---	29.2	21.6	20.4
Mexican male . . . . .	---	---	---	30.2	26.5	21.8
Mexican female . . . . .	---	---	---	29.7	27.5	24.1
Percent of poverty level: <sup>6</sup>						
Below 100% . . . . .	---	---	---	37.5	32.7	29.1
100%–199% . . . . .	---	---	---	39.3	30.5	28.3
200% or more . . . . .	---	---	---	43.1	33.4	31.8
200%–399% . . . . .	---	---	---	41.8	29.6	30.0
400% or more . . . . .	---	---	---	45.5	36.5	33.5
20 years and over, crude						
Both sexes <sup>5</sup> . . . . .	---	---	---	42.6	32.9	30.5
Male . . . . .	---	---	---	39.4	30.4	26.1
Female . . . . .	---	---	---	45.7	35.4	34.8
Not Hispanic or Latino:						
White only, male . . . . .	---	---	---	38.2	29.2	25.4
White only, female . . . . .	---	---	---	48.8	38.7	36.9
Black or African American only, male . . . . .	---	---	---	41.5	35.9	27.4
Black or African American only, female . . . . .	---	---	---	31.2	21.8	20.3
Mexican male . . . . .	---	---	---	35.2	29.4	22.8
Mexican female . . . . .	---	---	---	32.4	29.5	24.7
Percent of poverty level: <sup>6</sup>						
Below 100% . . . . .	---	---	---	39.8	34.5	30.9
100%–199% . . . . .	---	---	---	41.5	31.5	28.8
200% or more . . . . .	---	---	---	43.6	32.8	31.0
200%–399% . . . . .	---	---	---	42.9	29.7	30.0
400% or more . . . . .	---	---	---	44.6	35.3	31.8
Male						
20–34 years . . . . .	55.3	54.7	57.1	51.1	40.3	38.0
35–44 years . . . . .	45.2	35.2	41.3	33.4	29.0	20.9
45–54 years . . . . .	44.8	38.5	38.7	33.6	24.0	21.7
55–64 years . . . . .	44.9	38.3	38.7	28.6	23.8	18.5
65–74 years . . . . .	46.2	42.1	42.3	30.1	22.8	20.2
75 years and over . . . . .	---	---	---	40.9	32.0	28.1
Female						
20–34 years . . . . .	67.6	65.8	65.0	57.9	42.5	40.5
35–44 years . . . . .	58.4	56.7	55.6	47.1	37.1	36.2
45–54 years . . . . .	47.6	49.3	48.7	37.2	33.1	32.1
55–64 years . . . . .	38.1	41.1	43.5	31.5	27.6	29.9
65–74 years . . . . .	36.4	40.6	37.8	37.0	26.4	28.8
75 years and over . . . . .	---	---	---	43.0	36.9	36.3

See footnotes at end of table.

**Table 71 (page 4 of 4). Overweight, obesity, and healthy weight among persons 20 years of age and over, by selected characteristics: United States, selected years 1960–1962 through 2005–2008**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

-- Data not available.

<sup>1</sup>Persons of Mexican origin may be of any race. Starting with 1999 data, race-specific estimates are tabulated according to the 1997 Revisions to the Standards for the Classification of Federal Data on Race and Ethnicity and are not strictly comparable with estimates for earlier years. The two non-Hispanic race categories shown in the table conform to the 1997 Standards. Starting with 1999 data, race-specific estimates are for persons who reported only one racial group. Prior to data year 1999, estimates were tabulated according to the 1977 Standards. Estimates for single-race categories prior to 1999 included persons who reported one race or, if they reported more than one race, identified one race as best representing their race. See Appendix II, Hispanic origin; Race.

<sup>2</sup>Body mass index (BMI) greater than or equal to 25 kilograms/meter<sup>2</sup>. See Appendix II, Body mass index.

<sup>3</sup>Data for Mexicans are for 1982–1984. See Appendix I, National Health and Nutrition Examination Survey (NHANES).

<sup>4</sup>Age-adjusted to the 2000 standard population using five age groups: 20–34 years, 35–44 years, 45–54 years, 55–64 years, and 65 years and over (65–74 years for estimates for 20–74 years). Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data and presented elsewhere if different age groups are used in the adjustment procedure. See Appendix II, Age adjustment.

<sup>5</sup>Includes persons of all races and Hispanic origins, not just those shown separately.

<sup>6</sup>Percent of poverty level is based on family income and family size. Persons with unknown percent of poverty level are excluded (7% in 2005–2008). See Appendix II, Family income; Poverty.

<sup>7</sup>Body mass index (BMI) greater than or equal to 30 kilograms/meter<sup>2</sup>.

<sup>8</sup>BMI of 18.5 to less than 25 kilograms/meter<sup>2</sup>.

NOTES: Percents do not sum to 100 because the percentage of persons with BMI less than 18.5 kilograms/meter<sup>2</sup> is not shown and the percentage of persons with obesity is a subset of the percentage with overweight. Height was measured without shoes; 2 pounds were deducted from data for 1960–1962 to allow for weight of clothing. Excludes pregnant women. Standard errors for selected years are available in the spreadsheet version of this table. Available from: <http://www.cdc.gov/nchs/hus.htm>. Data for additional years are available. See Appendix III.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, Hispanic Health and Nutrition Examination Survey (1982–1984), and National Health Examination Survey (1960–1962).