

Table 69 (page 1 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2009–2012

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#069>.

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

| Sex, age, race and Hispanic origin ¹ , and percent of poverty level | Healthy weight (BMI from 18.5 to 24.9) ² | | | | | | |
|--|---|-----------|------------------------|-----------|-----------|-----------|-----------|
| | 1960–1962 | 1971–1974 | 1976–1980 ³ | 1988–1994 | 1999–2002 | 2003–2006 | 2009–2012 |
| 20–74 years, age-adjusted ⁴ | | | | | | | |
| Percent of population | | | | | | | |
| Both sexes ⁵ | 51.2 | 48.8 | 49.6 | 41.7 | 32.9 | 31.4 | 29.4 |
| Male | 48.3 | 43.0 | 45.4 | 37.9 | 30.2 | 26.1 | 26.1 |
| Female | 54.1 | 54.3 | 53.7 | 45.3 | 35.6 | 36.6 | 32.6 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | 45.3 | 37.4 | 29.5 | 26.5 | 26.3 |
| White only, female | --- | --- | 56.7 | 49.2 | 39.7 | 40.0 | 35.9 |
| Black or African American only, male | --- | --- | 46.6 | 40.0 | 35.5 | 26.8 | 27.5 |
| Black or African American only, female | --- | --- | 35.0 | 28.9 | 21.2 | 18.4 | 16.0 |
| Mexican origin male | --- | --- | 36.6 | 29.8 | 25.6 | 22.4 | 16.7 |
| Mexican origin female | --- | --- | 35.9 | 29.0 | 27.6 | 24.5 | 20.1 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | 45.8 | 45.1 | 37.3 | 32.4 | 31.7 | --- |
| 100%–199% | --- | 45.1 | 47.6 | 39.2 | 29.7 | 31.1 | --- |
| 200%–399% | --- | 48.3 | 50.1 | 41.9 | 29.5 | 29.4 | --- |
| 400% or more | --- | 53.9 | 53.0 | 46.0 | 36.9 | 33.8 | --- |
| 20 years and over, age-adjusted ⁴ | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 41.6 | 33.0 | 31.6 | 29.6 |
| Male | --- | --- | --- | 37.9 | 30.2 | 26.6 | 26.2 |
| Female | --- | --- | --- | 45.0 | 35.7 | 36.5 | 32.8 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 37.3 | 29.6 | 26.8 | 26.2 |
| White only, female | --- | --- | --- | 48.7 | 39.5 | 39.6 | 36.0 |
| Black or African American only, male | --- | --- | --- | 40.1 | 34.7 | 27.0 | 28.0 |
| Black or African American only, female | --- | --- | --- | 29.2 | 21.6 | 19.2 | 16.4 |
| Mexican origin male | --- | --- | --- | 30.2 | 26.5 | 23.8 | 17.5 |
| Mexican origin female | --- | --- | --- | 29.7 | 27.5 | 25.1 | 20.9 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 37.5 | 32.7 | 32.1 | --- |
| 100%–199% | --- | --- | --- | 39.3 | 30.5 | 31.3 | --- |
| 200%–399% | --- | --- | --- | 41.8 | 29.6 | 29.7 | --- |
| 400% or more | --- | --- | --- | 45.5 | 36.5 | 33.7 | --- |
| 20 years and over, crude | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 42.6 | 32.9 | 31.4 | 29.2 |
| Male | --- | --- | --- | 39.4 | 30.4 | 26.6 | 26.2 |
| Female | --- | --- | --- | 45.7 | 35.4 | 35.9 | 31.9 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 38.2 | 29.2 | 26.2 | 25.6 |
| White only, female | --- | --- | --- | 48.8 | 38.7 | 38.2 | 34.2 |
| Black or African American only, male | --- | --- | --- | 41.5 | 35.9 | 27.1 | 28.5 |
| Black or African American only, female | --- | --- | --- | 31.2 | 21.8 | 19.2 | 16.1 |
| Mexican origin male | --- | --- | --- | 35.2 | 29.4 | 25.2 | 17.9 |
| Mexican origin female | --- | --- | --- | 32.4 | 29.5 | 25.8 | 22.2 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 39.8 | 34.5 | 33.2 | --- |
| 100%–199% | --- | --- | --- | 41.5 | 31.5 | 31.7 | --- |
| 200%–399% | --- | --- | --- | 42.9 | 29.7 | 29.6 | --- |
| 400% or more | --- | --- | --- | 44.6 | 35.3 | 32.1 | --- |
| Male | | | | | | | |
| 20–34 years | 55.3 | 54.7 | 57.1 | 51.1 | 40.3 | 35.9 | 37.5 |
| 35–44 years | 45.2 | 35.2 | 41.3 | 33.4 | 29.0 | 24.1 | 21.0 |
| 45–54 years | 44.8 | 38.5 | 38.7 | 33.6 | 24.0 | 20.8 | 20.0 |
| 55–64 years | 44.9 | 38.3 | 38.7 | 28.6 | 23.8 | 19.3 | 21.9 |
| 65–74 years | 46.2 | 42.1 | 42.3 | 30.1 | 22.8 | 21.2 | 22.4 |
| 75 years and over | --- | --- | --- | 40.9 | 32.0 | 33.1 | 28.2 |
| Female | | | | | | | |
| 20–34 years | 67.6 | 65.8 | 65.0 | 57.9 | 42.5 | 45.1 | 40.8 |
| 35–44 years | 58.4 | 56.7 | 55.6 | 47.1 | 37.1 | 37.6 | 35.2 |
| 45–54 years | 47.6 | 49.3 | 48.7 | 37.2 | 33.1 | 31.1 | 27.3 |
| 55–64 years | 38.1 | 41.1 | 43.5 | 31.5 | 27.6 | 29.5 | 23.8 |
| 65–74 years | 36.4 | 40.6 | 37.8 | 37.0 | 26.4 | 28.5 | 23.5 |
| 75 years and over | --- | --- | --- | 43.0 | 36.9 | 35.4 | 35.3 |

See footnotes at end of table.

Table 69 (page 2 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2009–2012

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#069>.

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

| Sex, age, race and Hispanic origin ¹ , and percent of poverty level | Overweight (includes obesity; BMI greater than or equal to 25.0) ² | | | | | | |
|--|---|-----------|------------------------|-----------|-----------|-----------|-----------|
| | 1960–1962 | 1971–1974 | 1976–1980 ³ | 1988–1994 | 1999–2002 | 2003–2006 | 2009–2012 |
| 20–74 years, age-adjusted ⁴ | | | | | | | |
| Percent of population | | | | | | | |
| Both sexes ⁵ | 44.8 | 47.7 | 47.4 | 56.0 | 65.2 | 66.9 | 68.8 |
| Male | 49.5 | 54.7 | 52.9 | 61.0 | 68.8 | 72.6 | 73.0 |
| Female | 40.2 | 41.1 | 42.0 | 51.2 | 61.7 | 61.2 | 64.7 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | 53.4 | 61.6 | 69.5 | 72.1 | 73.2 |
| White only, female | --- | --- | 38.7 | 47.2 | 57.0 | 57.4 | 60.9 |
| Black or African American only, male | --- | --- | 51.3 | 58.2 | 62.0 | 72.0 | 70.7 |
| Black or African American only, female | --- | --- | 62.6 | 68.5 | 77.6 | 80.5 | 82.2 |
| Mexican origin male | --- | --- | 62.2 | 69.4 | 74.1 | 77.3 | 82.8 |
| Mexican origin female | --- | --- | 62.2 | 69.6 | 71.4 | 74.4 | 79.3 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | 49.3 | 50.0 | 59.8 | 65.2 | 66.0 | --- |
| 100%–199% | --- | 50.9 | 49.0 | 58.2 | 68.0 | 66.6 | --- |
| 200%–399% | --- | 48.4 | 47.3 | 56.0 | 68.7 | 69.3 | --- |
| 400% or more | --- | 43.4 | 45.0 | 51.8 | 61.8 | 64.7 | --- |
| 20 years and over, age-adjusted ⁴ | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 56.0 | 65.1 | 66.7 | 68.7 |
| Male | --- | --- | --- | 60.9 | 68.8 | 72.1 | 72.9 |
| Female | --- | --- | --- | 51.4 | 61.6 | 61.3 | 64.6 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 61.6 | 69.4 | 71.8 | 73.2 |
| White only, female | --- | --- | --- | 47.5 | 57.2 | 57.9 | 60.9 |
| Black or African American only, male | --- | --- | --- | 57.8 | 62.6 | 71.6 | 70.2 |
| Black or African American only, female | --- | --- | --- | 68.2 | 77.2 | 79.8 | 81.8 |
| Mexican origin male | --- | --- | --- | 68.9 | 73.2 | 75.8 | 81.9 |
| Mexican origin female | --- | --- | --- | 68.9 | 71.2 | 73.9 | 78.3 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 59.6 | 64.7 | 65.7 | --- |
| 100%–199% | --- | --- | --- | 58.0 | 67.3 | 66.5 | --- |
| 200%–399% | --- | --- | --- | 56.0 | 68.6 | 69.0 | --- |
| 400% or more | --- | --- | --- | 52.4 | 62.2 | 64.7 | --- |
| 20 years and over, crude | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 54.9 | 65.2 | 66.9 | 69.1 |
| Male | --- | --- | --- | 59.4 | 68.6 | 72.1 | 72.9 |
| Female | --- | --- | --- | 50.7 | 62.0 | 61.9 | 65.5 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 60.6 | 69.9 | 72.5 | 73.8 |
| White only, female | --- | --- | --- | 47.4 | 58.2 | 59.4 | 62.9 |
| Black or African American only, male | --- | --- | --- | 56.7 | 61.7 | 71.6 | 69.6 |
| Black or African American only, female | --- | --- | --- | 66.0 | 76.9 | 79.7 | 82.1 |
| Mexican origin male | --- | --- | --- | 63.9 | 70.1 | 74.6 | 81.4 |
| Mexican origin female | --- | --- | --- | 65.9 | 69.3 | 73.0 | 76.9 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 56.8 | 62.5 | 64.4 | --- |
| 100%–199% | --- | --- | --- | 55.7 | 66.2 | 66.0 | --- |
| 200%–399% | --- | --- | --- | 54.9 | 68.5 | 69.0 | --- |
| 400% or more | --- | --- | --- | 53.3 | 63.7 | 66.5 | --- |
| Male | | | | | | | |
| 20–34 years | 42.7 | 42.8 | 41.2 | 47.5 | 57.4 | 61.6 | 60.9 |
| 35–44 years | 53.5 | 63.2 | 57.2 | 65.5 | 70.5 | 75.2 | 78.9 |
| 45–54 years | 53.9 | 59.7 | 60.2 | 66.1 | 75.7 | 78.5 | 79.3 |
| 55–64 years | 52.2 | 58.5 | 60.2 | 70.5 | 75.4 | 79.7 | 77.4 |
| 65–74 years | 47.8 | 54.6 | 54.2 | 68.5 | 76.2 | 78.0 | 76.9 |
| 75 years and over | --- | --- | --- | 56.5 | 67.4 | 65.8 | 70.4 |
| Female | | | | | | | |
| 20–34 years | 21.2 | 25.8 | 27.9 | 37.0 | 52.9 | 50.9 | 55.2 |
| 35–44 years | 37.2 | 40.5 | 40.7 | 49.6 | 60.6 | 60.7 | 62.4 |
| 45–54 years | 49.3 | 49.0 | 48.7 | 60.3 | 65.1 | 67.3 | 70.5 |
| 55–64 years | 59.9 | 54.5 | 53.7 | 66.3 | 72.2 | 69.6 | 75.1 |
| 65–74 years | 60.9 | 55.9 | 59.5 | 60.3 | 70.9 | 70.5 | 73.8 |
| 75 years and over | --- | --- | --- | 52.3 | 59.9 | 62.6 | 62.4 |

See footnotes at end of table.

Table 69 (page 3 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2009–2012

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#069>.

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

| <i>Sex, age, race and Hispanic origin¹, and percent of poverty level</i> | <i>Obesity (BMI greater than or equal to 30.0)²</i> | | | | | | |
|---|--|------------------|------------------------------|------------------|------------------|------------------|------------------|
| | <i>1960–1962</i> | <i>1971–1974</i> | <i>1976–1980³</i> | <i>1988–1994</i> | <i>1999–2002</i> | <i>2003–2006</i> | <i>2009–2012</i> |
| 20–74 years, age-adjusted ⁴ | | | | | | | |
| Percent of population | | | | | | | |
| Both sexes ⁵ | 13.3 | 14.6 | 15.1 | 23.3 | 31.1 | 34.1 | 35.7 |
| Male | 10.7 | 12.2 | 12.8 | 20.6 | 28.1 | 33.1 | 35.1 |
| Female | 15.7 | 16.8 | 17.1 | 26.0 | 34.0 | 35.2 | 36.4 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | 12.4 | 20.7 | 28.7 | 33.0 | 34.8 |
| White only, female | --- | --- | 15.4 | 23.3 | 31.3 | 32.5 | 32.7 |
| Black or African American only, male | --- | --- | 16.5 | 21.3 | 27.9 | 36.3 | 38.8 |
| Black or African American only, female | --- | --- | 31.0 | 39.1 | 49.4 | 54.3 | 58.0 |
| Mexican origin male | --- | --- | 16.0 | 24.4 | 29.0 | 30.4 | 41.0 |
| Mexican origin female | --- | --- | 26.6 | 36.1 | 38.9 | 42.6 | 47.6 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | 20.7 | 21.9 | 29.2 | 36.0 | 35.9 | --- |
| 100%–199% | --- | 18.4 | 18.7 | 26.6 | 35.4 | 36.7 | --- |
| 200%–399% | --- | 13.7 | 14.1 | 23.2 | 33.0 | 36.9 | --- |
| 400% or more | --- | 10.1 | 10.0 | 18.9 | 25.8 | 29.4 | --- |
| 20 years and over, age-adjusted ⁴ | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 22.9 | 30.4 | 33.4 | 35.3 |
| Male | --- | --- | --- | 20.2 | 27.5 | 32.4 | 34.6 |
| Female | --- | --- | --- | 25.5 | 33.2 | 34.3 | 35.9 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 20.3 | 28.0 | 32.4 | 34.4 |
| White only, female | --- | --- | --- | 22.9 | 30.7 | 31.6 | 32.3 |
| Black or African American only, male | --- | --- | --- | 20.9 | 27.8 | 35.7 | 38.1 |
| Black or African American only, female | --- | --- | --- | 38.3 | 48.6 | 53.4 | 57.5 |
| Mexican origin male | --- | --- | --- | 23.8 | 27.8 | 29.5 | 40.2 |
| Mexican origin female | --- | --- | --- | 35.2 | 38.0 | 41.8 | 46.3 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 28.1 | 34.7 | 35.0 | --- |
| 100%–199% | --- | --- | --- | 26.1 | 34.1 | 35.9 | --- |
| 200%–399% | --- | --- | --- | 22.7 | 32.1 | 35.7 | --- |
| 400% or more | --- | --- | --- | 18.7 | 25.5 | 28.9 | --- |
| 20 years and over, crude | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 22.3 | 30.5 | 33.5 | 35.5 |
| Male | --- | --- | --- | 19.5 | 27.5 | 32.4 | 34.6 |
| Female | --- | --- | --- | 25.0 | 33.4 | 34.6 | 36.4 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 19.9 | 28.4 | 32.6 | 34.7 |
| White only, female | --- | --- | --- | 22.7 | 31.3 | 32.2 | 33.5 |
| Black or African American only, male | --- | --- | --- | 20.7 | 27.5 | 35.8 | 37.9 |
| Black or African American only, female | --- | --- | --- | 36.7 | 48.7 | 53.2 | 57.6 |
| Mexican origin male | --- | --- | --- | 20.6 | 26.0 | 29.0 | 40.2 |
| Mexican origin female | --- | --- | --- | 33.3 | 37.0 | 41.2 | 45.2 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 25.9 | 33.0 | 34.6 | --- |
| 100%–199% | --- | --- | --- | 24.3 | 32.8 | 35.0 | --- |
| 200%–399% | --- | --- | --- | 22.1 | 31.8 | 35.5 | --- |
| 400% or more | --- | --- | --- | 19.3 | 27.2 | 30.7 | --- |
| Male | | | | | | | |
| 20–34 years | 9.2 | 9.7 | 8.9 | 14.1 | 21.7 | 26.2 | 28.9 |
| 35–44 years | 12.1 | 13.5 | 13.5 | 21.5 | 28.5 | 37.0 | 38.1 |
| 45–54 years | 12.5 | 13.7 | 16.7 | 23.2 | 30.6 | 34.6 | 38.1 |
| 55–64 years | 9.2 | 14.1 | 14.1 | 27.2 | 35.5 | 39.3 | 38.1 |
| 65–74 years | 10.4 | 10.9 | 13.2 | 24.1 | 31.9 | 33.0 | 36.4 |
| 75 years and over | --- | --- | --- | 13.2 | 18.0 | 24.0 | 27.4 |
| Female | | | | | | | |
| 20–34 years | 7.2 | 9.7 | 11.0 | 18.5 | 28.3 | 28.4 | 30.0 |
| 35–44 years | 14.7 | 17.7 | 17.8 | 25.5 | 32.1 | 36.1 | 36.0 |
| 45–54 years | 20.3 | 18.9 | 19.6 | 32.4 | 36.9 | 40.0 | 38.3 |
| 55–64 years | 24.4 | 24.1 | 22.9 | 33.7 | 42.1 | 41.0 | 42.9 |
| 65–74 years | 23.2 | 22.0 | 21.5 | 26.9 | 39.3 | 36.4 | 44.2 |
| 75 years and over | --- | --- | --- | 19.2 | 23.6 | 24.2 | 29.8 |

See footnotes at end of table.

Table 69 (page 4 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2009–2012

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#069>.

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

| Sex, age, race and Hispanic origin ¹ , and percent of poverty level | Grade 1 Obesity (BMI from 30.0 to 34.9) ² | | | | | | |
|--|--|-----------|------------------------|-----------|-----------|-----------|-----------|
| | 1960–1962 | 1971–1974 | 1976–1980 ³ | 1988–1994 | 1999–2002 | 2003–2006 | 2009–2012 |
| 20–74 years, age-adjusted ⁴ | | | | | | | |
| Percent of population | | | | | | | |
| Both sexes ⁵ | 11.2 | 10.5 | 10.5 | 14.8 | 18.1 | 20.0 | 20.4 |
| Male | 10.5 | 10.0 | 10.5 | 15.0 | 18.3 | 22.1 | 22.4 |
| Female | 11.7 | 10.8 | 10.5 | 14.7 | 17.8 | 17.8 | 18.4 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | 10.1 | 15.1 | 19.1 | 21.9 | 22.6 |
| White only, female | --- | --- | 9.4 | 13.0 | 16.3 | 16.9 | 16.4 |
| Black or African American only, male | --- | --- | 13.3 | 14.5 | 16.0 | 22.7 | 19.6 |
| Black or African American only, female | --- | --- | 18.6 | 19.8 | 21.9 | 23.8 | 27.7 |
| Mexican origin male | --- | --- | 12.8 | 19.3 | 20.2 | 22.6 | 28.9 |
| Mexican origin female | --- | --- | 16.0 | 22.4 | 23.5 | 23.8 | 24.9 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | 12.7 | 13.0 | 17.0 | 18.0 | 19.3 | --- |
| 100%–199% | --- | 12.9 | 12.7 | 16.2 | 18.0 | 20.4 | --- |
| 200%–399% | --- | 10.4 | 10.3 | 14.6 | 20.2 | 22.3 | --- |
| 400% or more | --- | 7.6 | 7.3 | 13.2 | 16.7 | 17.9 | --- |
| 20 years and over, age-adjusted ⁴ | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 14.8 | 17.9 | 19.8 | 20.4 |
| Male | --- | --- | --- | 14.9 | 18.2 | 21.8 | 22.3 |
| Female | --- | --- | --- | 14.7 | 17.6 | 17.9 | 18.5 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 14.9 | 18.9 | 21.6 | 22.5 |
| White only, female | --- | --- | --- | 13.1 | 16.2 | 17.0 | 16.5 |
| Black or African American only, male | --- | --- | --- | 14.2 | 16.1 | 22.4 | 19.9 |
| Black or African American only, female | --- | --- | --- | 19.6 | 21.6 | 23.8 | 27.7 |
| Mexican origin male | --- | --- | --- | 18.9 | 19.5 | 22.0 | 28.3 |
| Mexican origin female | --- | --- | --- | 22.0 | 22.9 | 23.6 | 24.0 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 16.6 | 17.3 | 19.3 | --- |
| 100%–199% | --- | --- | --- | 16.1 | 17.7 | 20.6 | --- |
| 200%–399% | --- | --- | --- | 14.5 | 19.8 | 21.6 | --- |
| 400% or more | --- | --- | --- | 13.3 | 16.6 | 18.0 | --- |
| 20 years and over, crude | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 14.4 | 17.9 | 19.8 | 20.5 |
| Male | --- | --- | --- | 14.3 | 18.1 | 21.8 | 22.4 |
| Female | --- | --- | --- | 14.5 | 17.7 | 18.0 | 18.7 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 14.6 | 19.1 | 21.8 | 22.9 |
| White only, female | --- | --- | --- | 13.1 | 16.6 | 17.3 | 17.3 |
| Black or African American only, male | --- | --- | --- | 14.0 | 15.8 | 22.2 | 19.6 |
| Black or African American only, female | --- | --- | --- | 18.7 | 21.7 | 23.5 | 27.6 |
| Mexican origin male | --- | --- | --- | 15.8 | 18.2 | 21.6 | 28.1 |
| Mexican origin female | --- | --- | --- | 20.7 | 22.4 | 22.9 | 24.1 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 15.2 | 16.4 | 19.1 | --- |
| 100%–199% | --- | --- | --- | 15.2 | 17.5 | 20.4 | --- |
| 200%–399% | --- | --- | --- | 14.0 | 19.6 | 21.5 | --- |
| 400% or more | --- | --- | --- | 13.5 | 17.4 | 18.6 | --- |
| Male | | | | | | | |
| 20–34 years | 8.2 | 7.1 | 6.8 | 9.8 | 13.7 | 18.1 | 19.6 |
| 35–44 years | 11.5 | 11.6 | 11.2 | 14.7 | 19.3 | 24.9 | 22.7 |
| 45–54 years | 12.9 | 11.6 | 13.5 | 17.3 | 17.8 | 22.4 | 24.4 |
| 55–64 years | 9.5 | 11.2 | 11.8 | 20.6 | 25.3 | 27.0 | 25.6 |
| 65–74 years | *11.0 | 9.7 | 11.9 | 19.4 | 22.1 | 20.5 | 21.9 |
| 75 years and over | --- | --- | --- | 10.9 | 15.7 | 18.5 | 21.1 |
| Female | | | | | | | |
| 20–34 years | 5.6 | 5.8 | 6.6 | 10.8 | 15.9 | 14.2 | 14.4 |
| 35–44 years | 10.1 | 10.7 | 10.7 | 13.9 | 14.8 | 19.7 | 19.3 |
| 45–54 years | 15.4 | 12.1 | 11.3 | 17.5 | 19.4 | 18.4 | 19.0 |
| 55–64 years | 18.4 | 17.0 | 15.0 | 20.0 | 21.6 | 19.8 | 22.7 |
| 65–74 years | 18.3 | 15.8 | 14.3 | 16.0 | 23.4 | 20.3 | 21.1 |
| 75 years and over | --- | --- | --- | 14.4 | 14.1 | 18.2 | 19.1 |

See footnotes at end of table.

Table 69 (page 5 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2009–2012

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#069>.

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

| Sex, age, race and Hispanic origin ¹ , and percent of poverty level | Grade 2 Obesity (BMI from 35.0 to 39.9) ² | | | | | | |
|--|--|-----------|------------------------|-----------|-----------|-----------|-----------|
| | 1960–1962 | 1971–1974 | 1976–1980 ³ | 1988–1994 | 1999–2002 | 2003–2006 | 2009–2012 |
| 20–74 years, age-adjusted ⁴ | | | | | | | |
| Percent of population | | | | | | | |
| Both sexes ⁵ | 2.6 | 2.8 | 3.3 | 5.4 | 7.8 | 8.5 | 8.8 |
| Male | 1.4 | 1.6 | 1.9 | 3.6 | 6.2 | 7.3 | 8.1 |
| Female | 3.6 | 3.9 | 4.4 | 7.0 | 9.4 | 9.8 | 9.5 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | 2.0 | 3.6 | 6.1 | 7.5 | 8.1 |
| White only, female | --- | --- | 4.0 | 6.5 | 9.1 | 8.9 | 8.8 |
| Black or African American only, male | --- | --- | * | 4.2 | 8.4 | 7.6 | 11.3 |
| Black or African American only, female | --- | --- | 7.1 | 11.0 | 13.8 | 15.6 | 12.8 |
| Mexican origin male | --- | --- | 2.4 | 4.0 | 5.7 | 5.3 | 8.1 |
| Mexican origin female | --- | --- | 7.7 | 8.7 | 9.4 | 11.7 | 14.6 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | 3.7 | 5.6 | 7.1 | 9.6 | 9.2 | --- |
| 100%–199% | --- | 4.3 | 4.3 | 6.6 | 10.2 | 9.6 | --- |
| 200%–399% | --- | 2.4 | 2.8 | 5.3 | 7.7 | 9.1 | --- |
| 400% or more | --- | 1.6 | 2.2 | 3.7 | 5.8 | 7.0 | --- |
| 20 years and over, age-adjusted ⁴ | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 5.2 | 7.6 | 8.2 | 8.6 |
| Male | --- | --- | --- | 3.5 | 5.9 | 7.1 | 7.9 |
| Female | --- | --- | --- | 6.8 | 9.2 | 9.3 | 9.2 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 3.5 | 5.8 | 7.2 | 7.9 |
| White only, female | --- | --- | --- | 6.3 | 9.0 | 8.4 | 8.6 |
| Black or African American only, male | --- | --- | --- | 4.1 | 8.3 | 7.6 | 10.8 |
| Black or African American only, female | --- | --- | --- | 10.7 | 13.6 | 15.4 | 12.8 |
| Mexican origin male | --- | --- | --- | 3.8 | 5.4 | 5.1 | 7.7 |
| Mexican origin female | --- | --- | --- | 8.4 | 9.4 | 11.2 | 14.6 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 6.8 | 9.6 | 8.6 | --- |
| 100%–199% | --- | --- | --- | 6.5 | 9.7 | 9.0 | --- |
| 200%–399% | --- | --- | --- | 5.2 | 7.5 | 8.8 | --- |
| 400% or more | --- | --- | --- | 3.6 | 5.7 | 6.7 | --- |
| 20 years and over, crude | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 5.1 | 7.7 | 8.2 | 8.6 |
| Male | --- | --- | --- | 3.5 | 6.0 | 7.0 | 7.8 |
| Female | --- | --- | --- | 6.6 | 9.3 | 9.4 | 9.4 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | 3.4 | 5.9 | 7.4 | 7.8 |
| White only, female | --- | --- | --- | 6.2 | 9.1 | 8.5 | 8.9 |
| Black or African American only, male | --- | --- | --- | 4.2 | 8.2 | 7.5 | 11.1 |
| Black or African American only, female | --- | --- | --- | 10.4 | 13.5 | 15.3 | 12.9 |
| Mexican origin male | --- | --- | --- | 3.7 | 5.1 | 4.7 | 7.8 |
| Mexican origin female | --- | --- | --- | 7.9 | 8.8 | 11.2 | 13.7 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 6.3 | 9.5 | 8.4 | --- |
| 100%–199% | --- | --- | --- | 6.2 | 8.9 | 8.7 | --- |
| 200%–399% | --- | --- | --- | 5.1 | 7.5 | 8.8 | --- |
| 400% or more | --- | --- | --- | 3.8 | 6.4 | 7.4 | --- |
| Male | | | | | | | |
| 20–34 years | * | 1.9 | 1.8 | 2.9 | 4.1 | 4.5 | 6.3 |
| 35–44 years | * | * | * | *3.5 | 5.9 | 7.9 | 9.7 |
| 45–54 years | * | *1.4 | *2.5 | *3.5 | 8.5 | 8.3 | 8.2 |
| 55–64 years | * | *2.2 | * | 5.5 | *7.4 | 8.4 | 7.1 |
| 65–74 years | * | * | *1.2 | *3.8 | 6.9 | 10.3 | 10.8 |
| 75 years and over | --- | --- | --- | * | * | *3.9 | *4.7 |
| Female | | | | | | | |
| 20–34 years | 1.6 | 2.5 | 3.0 | 5.1 | 8.0 | 7.9 | 7.9 |
| 35–44 years | 3.5 | 4.5 | 4.8 | 7.1 | 9.4 | 9.2 | 8.4 |
| 45–54 years | *4.0 | *4.3 | 5.7 | 8.4 | 10.4 | 12.4 | 10.7 |
| 55–64 years | *5.7 | 5.2 | 4.9 | 9.4 | 10.9 | 11.4 | 11.1 |
| 65–74 years | *6.7 | 4.7 | 4.9 | 6.7 | 9.8 | 9.6 | 12.3 |
| 75 years and over | --- | --- | --- | 3.7 | 7.2 | *3.9 | 6.6 |

See footnotes at end of table.

Table 69 (page 6 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2009–2012

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#069>.

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

| Sex, age, race and Hispanic origin ¹ , and percent of poverty level | Grade 3 Obesity (BMI greater than or equal to 40.0) ² | | | | | | |
|--|--|-----------|------------------------|-----------|-----------|-----------|-----------|
| | 1960–1962 | 1971–1974 | 1976–1980 ³ | 1988–1994 | 1999–2002 | 2003–2006 | 2009–2012 |
| 20–74 years, age-adjusted ⁴ | | | | | | | |
| Percent of population | | | | | | | |
| Both sexes ⁵ | 1.0 | 1.3 | 1.3 | 3.1 | 5.2 | 5.7 | 6.6 |
| Male | * | *0.6 | *0.4 | 1.9 | 3.5 | 3.7 | 4.6 |
| Female | 1.7 | 2.0 | 2.2 | 4.3 | 6.8 | 7.6 | 8.5 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | *0.4 | *2.0 | 3.6 | 3.7 | 4.2 |
| White only, female | --- | --- | 2.0 | 3.7 | 5.9 | 6.7 | 7.5 |
| Black or African American only, male | --- | --- | * | 2.6 | 3.6 | 6.1 | 7.9 |
| Black or African American only, female | --- | --- | 5.3 | 8.3 | 13.7 | 14.9 | 17.6 |
| Mexican origin male | --- | --- | * | * | *3.1 | *2.6 | 4.1 |
| Mexican origin female | --- | --- | 3.0 | 5.0 | 5.9 | 7.1 | 8.1 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | *4.3 | 3.3 | 5.0 | 8.4 | 7.5 | --- |
| 100%–199% | --- | 1.3 | 1.7 | 3.7 | 7.3 | 6.8 | --- |
| 200%–399% | --- | 1.0 | 1.0 | 3.2 | 5.1 | 5.6 | --- |
| 400% or more | --- | *0.9 | * | 2.0 | 3.3 | 4.4 | --- |
| 20 years and over, age-adjusted ⁴ | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 3.0 | 4.9 | 5.4 | 6.3 |
| Male | --- | --- | --- | 1.8 | 3.3 | 3.5 | 4.4 |
| Female | --- | --- | --- | 4.0 | 6.4 | 7.2 | 8.2 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | *1.9 | 3.3 | 3.5 | 4.0 |
| White only, female | --- | --- | --- | 3.5 | 5.5 | 6.3 | 7.2 |
| Black or African American only, male | --- | --- | --- | 2.5 | 3.4 | 5.6 | 7.4 |
| Black or African American only, female | --- | --- | --- | 8.0 | 13.4 | 14.2 | 16.9 |
| Mexican origin male | --- | --- | --- | * | *2.9 | *2.4 | 4.2 |
| Mexican origin female | --- | --- | --- | 4.9 | 5.7 | 6.9 | 7.7 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 4.7 | 7.8 | 7.0 | --- |
| 100%–199% | --- | --- | --- | 3.6 | 6.7 | 6.3 | --- |
| 200%–399% | --- | --- | --- | 3.1 | 4.8 | 5.2 | --- |
| 400% or more | --- | --- | --- | 1.9 | 3.2 | 4.2 | --- |
| 20 years and over, crude | | | | | | | |
| Both sexes ⁵ | --- | --- | --- | 2.8 | 4.9 | 5.4 | 6.4 |
| Male | --- | --- | --- | 1.8 | 3.4 | 3.5 | 4.4 |
| Female | --- | --- | --- | 3.8 | 6.4 | 7.2 | 8.2 |
| Not Hispanic or Latino: | | | | | | | |
| White only, male | --- | --- | --- | *1.9 | 3.4 | 3.5 | 4.0 |
| White only, female | --- | --- | --- | 3.3 | 5.6 | 6.3 | 7.3 |
| Black or African American only, male | --- | --- | --- | 2.6 | 3.5 | 6.1 | 7.3 |
| Black or African American only, female | --- | --- | --- | 7.6 | 13.4 | 14.4 | 17.2 |
| Mexican origin male | --- | --- | --- | *1.1 | *2.7 | *2.7 | 4.3 |
| Mexican origin female | --- | --- | --- | 4.7 | 5.7 | 7.0 | 7.4 |
| Percent of poverty level: ⁶ | | | | | | | |
| Below 100% | --- | --- | --- | 4.3 | 7.1 | 7.1 | --- |
| 100%–199% | --- | --- | --- | 3.0 | 6.4 | 5.9 | --- |
| 200%–399% | --- | --- | --- | 3.0 | 4.7 | 5.2 | --- |
| 400% or more | --- | --- | --- | 2.0 | 3.5 | 4.7 | --- |
| Male | | | | | | | |
| 20–34 years | * | * | * | *1.3 | 3.9 | 3.6 | 3.0 |
| 35–44 years | * | * | * | * | *3.2 | 4.2 | 5.6 |
| 45–54 years | * | * | * | * | *4.2 | *3.9 | *5.5 |
| 55–64 years | * | * | * | * | *2.8 | 3.9 | *5.4 |
| 65–74 years | * | * | * | * | * | *2.1 | * |
| 75 years and over | --- | --- | --- | * | * | * | * |
| Female | | | | | | | |
| 20–34 years | *0.8 | 1.5 | *1.4 | 2.7 | 4.5 | 6.3 | 7.7 |
| 35–44 years | *2.2 | *2.4 | *2.3 | 4.5 | 7.9 | 7.2 | 8.3 |
| 45–54 years | * | * | *2.7 | 6.4 | 7.2 | 9.2 | 8.6 |
| 55–64 years | *3.2 | * | *3.0 | 4.2 | 9.5 | 9.8 | 9.1 |
| 65–74 years | * | 1.5 | 2.4 | 4.2 | 6.2 | *6.4 | 10.7 |
| 75 years and over | --- | --- | --- | * | * | *2.1 | *4.1 |

See footnotes at end of table.

Table 69 (page 7 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2009–2012

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#069>.

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

-- Data not available.

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) of 20%–30%. Data not shown have an RSE greater than 30%.

¹Persons 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](#).

²Body mass index (BMI) equals weight in kilograms divided by height in meters squared. See [Appendix II, Body mass index \(BMI\)](#).

³Data for Mexican-origin persons are for 1982–1984. See [Appendix I, National Health and Nutrition Examination Survey \(NHANES\)](#).

⁴Estimates are age-adjusted to the year 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](#).

⁵Includes all other races not shown separately.

⁶Percent of poverty level was calculated by dividing family income by the U.S. Department of Health and Human Services' poverty guideline specific to family size, as well as the appropriate year, and state. Persons with unknown percent of poverty level are excluded (8% in 2007–2010). See [Appendix II, Family income; Poverty](#).

NOTES: Percents do not sum to 100 because the percentage of persons with BMI less than healthy weight (18.5 kilograms per meters squared) 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 the Excel spreadsheet on the *Health, United States* website at: <http://www.cdc.gov/nchs/hus.htm>.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, Hispanic Health and Nutrition Examination Survey (1982–1984), and National Health Examination Survey (1960–1962). See [Appendix I, National Health and Nutrition Examination Survey \(NHANES\)](#).