

**Table 64 (page 1 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2014.htm#064>.

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

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Healthy weight (BMI from 18.5 to 24.9) <sup>2</sup>			
	1988–1994	1999–2002	2003–2006	2009–2012
20 years and over, age-adjusted <sup>3</sup>				
Percent of population				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	37.5	32.7	32.1	27.3
100%–199% . . . . .	39.3	30.5	31.3	26.5
200%–399% . . . . .	41.8	29.6	29.7	30.0
400% or more . . . . .	45.5	36.5	33.7	32.0
20 years and over, crude				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	39.8	34.5	33.2	29.2
100%–199% . . . . .	41.5	31.5	31.7	26.8
200%–399% . . . . .	42.9	29.7	29.6	29.6
400% or more . . . . .	44.6	35.3	32.1	30.3
Male				
20–34 years . . . . .	51.1	40.3	35.9	37.5
35–44 years . . . . .	33.4	29.0	24.1	21.0
45–54 years . . . . .	33.6	24.0	20.8	20.0
55–64 years . . . . .	28.6	23.8	19.3	21.9
65–74 years . . . . .	30.1	22.8	21.2	22.4
75 years and over . . . . .	40.9	32.0	33.1	28.2
Female				
20–34 years . . . . .	57.9	42.5	45.1	40.8
35–44 years . . . . .	47.1	37.1	37.6	35.2
45–54 years . . . . .	37.2	33.1	31.1	27.3
55–64 years . . . . .	31.5	27.6	29.5	23.8
65–74 years . . . . .	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 64 (page 2 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2014.htm#064>.

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

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Overweight (includes obesity; BMI greater than or equal to 25.0) <sup>2</sup>			
	1988–1994	1999–2002	2003–2006	2009–2012
20 years and over, age-adjusted <sup>3</sup>				
Percent of population				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	59.6	64.7	65.7	70.0
100%–199% . . . . .	58.0	67.3	66.5	71.7
200%–399% . . . . .	56.0	68.6	69.0	68.3
400% or more . . . . .	52.4	62.2	64.7	66.8
20 years and over, crude				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	56.8	62.5	64.4	68.0
100%–199% . . . . .	55.7	66.2	66.0	71.4
200%–399% . . . . .	54.9	68.5	69.0	68.8
400% or more . . . . .	53.3	63.7	66.5	68.6
Male				
20–34 years . . . . .	47.5	57.4	61.6	60.9
35–44 years . . . . .	65.5	70.5	75.2	78.9
45–54 years . . . . .	66.1	75.7	78.5	79.3
55–64 years . . . . .	70.5	75.4	79.7	77.4
65–74 years . . . . .	68.5	76.2	78.0	76.9
75 years and over . . . . .	56.5	67.4	65.8	70.4
Female				
20–34 years . . . . .	37.0	52.9	50.9	55.2
35–44 years . . . . .	49.6	60.6	60.7	62.4
45–54 years . . . . .	60.3	65.1	67.3	70.5
55–64 years . . . . .	66.3	72.2	69.6	75.1
65–74 years . . . . .	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 64 (page 3 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2014.htm#064>.

[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 (BMI greater than or equal to 30.0)<sup>2</sup></i>			
	<i>1988–1994</i>	<i>1999–2002</i>	<i>2003–2006</i>	<i>2009–2012</i>
20 years and over, age-adjusted <sup>3</sup>				
Percent of population				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	28.1	34.7	35.0	38.3
100%–199% . . . . .	26.1	34.1	35.9	40.1
200%–399% . . . . .	22.7	32.1	35.7	37.0
400% or more . . . . .	18.7	25.5	28.9	30.2
20 years and over, crude				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	25.9	33.0	34.6	37.0
100%–199% . . . . .	24.3	32.8	35.0	40.0
200%–399% . . . . .	22.1	31.8	35.5	37.1
400% or more . . . . .	19.3	27.2	30.7	31.7
Male				
20–34 years . . . . .	14.1	21.7	26.2	28.9
35–44 years . . . . .	21.5	28.5	37.0	38.1
45–54 years . . . . .	23.2	30.6	34.6	38.1
55–64 years . . . . .	27.2	35.5	39.3	38.1
65–74 years . . . . .	24.1	31.9	33.0	36.4
75 years and over . . . . .	13.2	18.0	24.0	27.4
Female				
20–34 years . . . . .	18.5	28.3	28.4	30.0
35–44 years . . . . .	25.5	32.1	36.1	36.0
45–54 years . . . . .	32.4	36.9	40.0	38.3
55–64 years . . . . .	33.7	42.1	41.0	42.9
65–74 years . . . . .	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 64 (page 4 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2014.htm#064>.

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

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Grade 1 Obesity (BMI from 30.0 to 34.9) <sup>2</sup>			
	1988–1994	1999–2002	2003–2006	2009–2012
20 years and over, age-adjusted <sup>3</sup>				
Percent of population				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	16.6	17.3	19.3	21.1
100%–199% . . . . .	16.1	17.7	20.6	20.1
200%–399% . . . . .	14.5	19.8	21.6	21.7
400% or more . . . . .	13.3	16.6	18.0	18.7
20 years and over, crude				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	15.2	16.4	19.1	20.4
100%–199% . . . . .	15.2	17.5	20.4	20.2
200%–399% . . . . .	14.0	19.6	21.5	21.8
400% or more . . . . .	13.5	17.4	18.6	19.8
Male				
20–34 years . . . . .	9.8	13.7	18.1	19.6
35–44 years . . . . .	14.7	19.3	24.9	22.7
45–54 years . . . . .	17.3	17.8	22.4	24.4
55–64 years . . . . .	20.6	25.3	27.0	25.6
65–74 years . . . . .	19.4	22.1	20.5	21.9
75 years and over . . . . .	10.9	15.7	18.5	21.1
Female				
20–34 years . . . . .	10.8	15.9	14.2	14.4
35–44 years . . . . .	13.9	14.8	19.7	19.3
45–54 years . . . . .	17.5	19.4	18.4	19.0
55–64 years . . . . .	20.0	21.6	19.8	22.7
65–74 years . . . . .	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 64 (page 5 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2014.htm#064>.

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

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Grade 2 Obesity (BMI from 35.0 to 39.9) <sup>2</sup>			
	1988–1994	1999–2002	2003–2006	2009–2012
20 years and over, age-adjusted <sup>3</sup>				
Percent of population				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	6.8	9.6	8.6	9.6
100%–199% . . . . .	6.5	9.7	9.0	10.2
200%–399% . . . . .	5.2	7.5	8.8	9.4
400% or more . . . . .	3.6	5.7	6.7	7.1
20 years and over, crude				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	6.3	9.5	8.4	9.4
100%–199% . . . . .	6.2	8.9	8.7	10.1
200%–399% . . . . .	5.1	7.5	8.8	9.3
400% or more . . . . .	3.8	6.4	7.4	7.4
Male				
20–34 years . . . . .	2.9	4.1	4.5	6.3
35–44 years . . . . .	*3.5	5.9	7.9	9.7
45–54 years . . . . .	*3.5	8.5	8.3	8.2
55–64 years . . . . .	5.5	*7.4	8.4	7.1
65–74 years . . . . .	*3.8	6.9	10.3	10.8
75 years and over . . . . .	*	*	*3.9	*4.7
Female				
20–34 years . . . . .	5.1	8.0	7.9	7.9
35–44 years . . . . .	7.1	9.4	9.2	8.4
45–54 years . . . . .	8.4	10.4	12.4	10.7
55–64 years . . . . .	9.4	10.9	11.4	11.1
65–74 years . . . . .	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 64 (page 6 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2014.htm#064>.

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

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Grade 3 Obesity (BMI greater than or equal to 40.0) <sup>2</sup>			
	1988–1994	1999–2002	2003–2006	2009–2012
20 years and over, age-adjusted <sup>3</sup>				
Percent of population				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	4.7	7.8	7.0	7.5
100%–199% . . . . .	3.6	6.7	6.3	9.8
200%–399% . . . . .	3.1	4.8	5.2	6.0
400% or more . . . . .	1.9	3.2	4.2	4.3
20 years and over, crude				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	4.3	7.1	7.1	7.2
100%–199% . . . . .	3.0	6.4	5.9	9.6
200%–399% . . . . .	3.0	4.7	5.2	5.9
400% or more . . . . .	2.0	3.5	4.7	4.6
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 . . . . .	2.7	4.5	6.3	7.7
35–44 years . . . . .	4.5	7.9	7.2	8.3
45–54 years . . . . .	6.4	7.2	9.2	8.6
55–64 years . . . . .	4.2	9.5	9.8	9.1
65–74 years . . . . .	4.2	6.2	*6.4	10.7
75 years and over . . . . .	*	*	*2.1	*4.1

See footnotes at end of table.

**Table 64 (page 7 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2014.htm#064>.

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

\* 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%.

<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) equals weight in kilograms divided by height in meters squared. In *Health, United States* the NHANES variable, Body Mass Index, is used to assign persons to BMI categories. See Appendix II, Body mass index (BMI).

<sup>3</sup>Estimates 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. 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>4</sup>Includes all other races not shown separately.

<sup>5</sup>Percent 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 (7% in 2009–2012). 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. Excludes pregnant women. See *Health, United States, 2013*, Table 69, for earlier data years. 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).