

Table 58. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#058>.

[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 | Normal weight (BMI from 18.5 to 24.9) ² | | | | |
|--|--|-----------|-----------|-----------|-----------|
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, age-adjusted ³ | | | | | |
| Percent of population | | | | | |
| Both sexes ⁴ | 41.6 | 33.0 | 31.6 | 29.8 | 27.7 |
| Male | 37.9 | 30.2 | 26.6 | 25.7 | 24.2 |
| Female | 45.0 | 35.7 | 36.5 | 33.7 | 31.0 |
| Not Hispanic or Latino: | | | | | |
| White only | 43.1 | 34.6 | 33.2 | 31.4 | 28.8 |
| White only, male | 37.3 | 29.6 | 26.8 | 25.5 | 23.6 |
| White only, female | 48.7 | 39.5 | 39.6 | 36.9 | 33.8 |
| Black or African American only | 33.9 | 27.6 | 22.7 | 22.7 | 22.5 |
| Black or African American only, male | 40.1 | 34.7 | 27.0 | 28.5 | 28.4 |
| Black or African American only, female | 29.2 | 21.6 | 19.2 | 17.9 | 17.6 |
| Asian only | --- | --- | --- | --- | 53.8 |
| Asian only, male | --- | --- | --- | --- | 47.4 |
| Asian only, female | --- | --- | --- | --- | 59.3 |
| Hispanic or Latino | --- | --- | --- | 21.1 | 18.8 |
| Hispanic or Latino, male | --- | --- | --- | 19.0 | 17.5 |
| Hispanic or Latina, female | --- | --- | --- | 23.5 | 20.4 |
| Mexican origin | 30.1 | 26.9 | 24.4 | 19.6 | 15.9 |
| Mexican origin, male | 30.2 | 26.5 | 23.8 | 18.5 | 16.9 |
| Mexican origin, female | 29.8 | 27.5 | 25.1 | 21.3 | 15.0 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 37.5 | 32.7 | 32.1 | 27.3 | 26.4 |
| 100%–199% | 39.3 | 30.5 | 31.3 | 27.6 | 24.4 |
| 200%–399% | 41.8 | 29.6 | 29.7 | 29.7 | 26.0 |
| 400% or more | 45.5 | 36.5 | 33.7 | 32.1 | 31.6 |
| 20 years and over, crude | | | | | |
| Both sexes ⁴ | 42.6 | 32.9 | 31.4 | 29.6 | 27.4 |
| Male | 39.4 | 30.4 | 26.6 | 25.8 | 24.4 |
| Female | 45.7 | 35.4 | 35.9 | 33.2 | 30.3 |
| Not Hispanic or Latino: | | | | | |
| White only | 43.6 | 34.0 | 32.3 | 30.4 | 27.8 |
| White only, male | 38.2 | 29.2 | 26.2 | 24.8 | 23.2 |
| White only, female | 48.8 | 38.7 | 38.2 | 35.7 | 32.1 |
| Black or African American only | 35.9 | 28.2 | 22.7 | 23.0 | 22.8 |
| Black or African American only, male | 41.5 | 35.9 | 27.1 | 29.4 | 29.2 |
| Black or African American only, female | 31.2 | 21.8 | 19.2 | 17.6 | 17.6 |
| Asian only | --- | --- | --- | --- | 53.7 |
| Asian only, male | --- | --- | --- | --- | 47.4 |
| Asian only, female | --- | --- | --- | --- | 59.2 |
| Hispanic or Latino | --- | --- | --- | 22.3 | 19.6 |
| Hispanic or Latino, male | --- | --- | --- | 20.3 | 18.0 |
| Hispanic or Latina, female | --- | --- | --- | 24.6 | 21.3 |
| Mexican origin | 34.0 | 29.4 | 25.5 | 20.8 | 16.6 |
| Mexican origin, male | 35.2 | 29.4 | 25.2 | 19.5 | 17.4 |
| Mexican origin, female | 32.5 | 29.5 | 25.8 | 22.3 | 15.8 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 39.8 | 34.5 | 33.2 | 29.2 | 27.5 |
| 100%–199% | 41.5 | 31.5 | 31.7 | 28.0 | 25.1 |
| 200%–399% | 42.9 | 29.7 | 29.6 | 29.5 | 26.0 |
| 400% or more | 44.6 | 35.3 | 32.1 | 30.5 | 29.8 |

Table 58. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#058>.

[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 | Normal weight (BMI from 18.5 to 24.9) ² | | | | |
|--|--|-----------|-----------|-----------|-----------|
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| Male | | | | | |
| Percent of population | | | | | |
| 20–34 years | 51.1 | 40.3 | 35.9 | 37.5 | 34.6 |
| 35–44 years | 33.4 | 29.0 | 24.1 | 19.8 | 19.3 |
| 45–54 years | 33.6 | 24.0 | 20.8 | 21.8 | 18.5 |
| 55–64 years | 28.6 | 23.8 | 19.3 | 19.4 | 22.3 |
| 65–74 years | 30.1 | 22.8 | 21.2 | 21.6 | 19.3 |
| 75 years and over | 40.9 | 32.0 | 33.1 | 25.4 | 24.3 |
| Female | | | | | |
| 20–34 years | 57.9 | 42.5 | 45.1 | 41.1 | 37.5 |
| 35–44 years | 47.1 | 37.1 | 37.6 | 34.4 | 31.3 |
| 45–54 years | 37.2 | 33.1 | 31.1 | 30.7 | 29.3 |
| 55–64 years | 31.5 | 27.6 | 29.5 | 26.7 | 23.8 |
| 65–74 years | 37.0 | 26.4 | 28.5 | 23.9 | 23.9 |
| 75 years and over | 43.0 | 36.9 | 35.4 | 35.4 | 31.0 |
| Sex, age, race and Hispanic origin ¹ , and percent of poverty level | Overweight or obese (BMI greater than or equal to 25.0) ² | | | | |
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, age-adjusted ³ | | | | | |
| Percent of population | | | | | |
| Both sexes ⁴ | 56.0 | 65.1 | 66.7 | 68.5 | 70.9 |
| Male | 60.9 | 68.8 | 72.1 | 73.3 | 74.6 |
| Female | 51.4 | 61.6 | 61.3 | 63.9 | 67.4 |
| Not Hispanic or Latino: | | | | | |
| White only | 54.4 | 63.3 | 64.8 | 66.8 | 69.8 |
| White only, male | 61.6 | 69.4 | 71.8 | 73.6 | 75.3 |
| White only, female | 47.5 | 57.2 | 57.9 | 60.3 | 64.6 |
| Black or African American only | 63.7 | 70.5 | 76.1 | 75.5 | 76.1 |
| Black or African American only, male | 57.8 | 62.6 | 71.6 | 70.0 | 70.6 |
| Black or African American only, female | 68.2 | 77.2 | 79.8 | 80.0 | 80.6 |
| Asian only | --- | --- | --- | --- | 42.7 |
| Asian only, male | --- | --- | --- | --- | 49.9 |
| Asian only, female | --- | --- | --- | --- | 36.6 |
| Hispanic or Latino | --- | --- | --- | 78.4 | 80.4 |
| Hispanic or Latino, male | --- | --- | --- | 80.6 | 81.8 |
| Hispanic or Latina, female | --- | --- | --- | 75.7 | 78.8 |
| Mexican origin | 68.9 | 72.3 | 75.0 | 79.9 | 83.8 |
| Mexican origin, male | 68.9 | 73.2 | 75.8 | 81.3 | 82.9 |
| Mexican origin, female | 68.9 | 71.2 | 73.9 | 78.0 | 84.5 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 59.6 | 64.7 | 65.7 | 69.7 | 71.6 |
| 100%–199% | 58.0 | 67.3 | 66.5 | 70.5 | 73.5 |
| 200%–399% | 56.0 | 68.6 | 69.0 | 68.6 | 72.9 |
| 400% or more | 52.4 | 62.2 | 64.7 | 66.9 | 67.4 |
| 20 years and over, crude | | | | | |
| Both sexes ⁴ | 54.9 | 65.2 | 66.9 | 68.7 | 71.1 |
| Male | 59.4 | 68.6 | 72.1 | 73.2 | 74.3 |
| Female | 50.7 | 62.0 | 61.9 | 64.5 | 68.1 |
| Not Hispanic or Latino: | | | | | |
| White only | 53.8 | 63.9 | 65.8 | 67.8 | 70.9 |
| White only, male | 60.6 | 69.9 | 72.5 | 74.2 | 75.6 |
| White only, female | 47.4 | 58.2 | 59.4 | 61.7 | 66.3 |

Table 58. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#058>.

[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 or obese (BMI greater than or equal to 25.0) ² | | | | |
|--|--|-----------|-----------|-----------|-----------|
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, crude—Con. | | | | | |
| | Percent of population | | | | |
| Black or African American only | 61.8 | 70.0 | 76.0 | 75.2 | 75.7 |
| Black or African American only, male | 56.7 | 61.7 | 71.6 | 69.1 | 69.8 |
| Black or African American only, female | 66.0 | 76.9 | 79.7 | 80.2 | 80.5 |
| Asian only | --- | --- | --- | --- | 42.6 |
| Asian only, male | --- | --- | --- | --- | 49.5 |
| Asian only, female | --- | --- | --- | --- | 36.5 |
| Hispanic or Latino | --- | --- | --- | 77.1 | 79.6 |
| Hispanic or Latino, male | --- | --- | --- | 79.3 | 81.3 |
| Hispanic or Latina, female | --- | --- | --- | 74.6 | 77.8 |
| Mexican origin | 64.8 | 69.8 | 73.9 | 78.8 | 83.0 |
| Mexican origin, male | 63.9 | 70.1 | 74.6 | 80.2 | 82.4 |
| Mexican origin, female | 65.9 | 69.3 | 73.0 | 77.1 | 83.6 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 56.8 | 62.5 | 64.4 | 67.8 | 70.4 |
| 100%–199% | 55.7 | 66.2 | 66.0 | 70.1 | 72.7 |
| 200%–399% | 54.9 | 68.5 | 69.0 | 68.8 | 72.9 |
| 400% or more | 53.3 | 63.7 | 66.5 | 68.5 | 69.2 |
| Male | | | | | |
| 20–34 years | 47.5 | 57.4 | 61.6 | 61.1 | 63.0 |
| 35–44 years | 65.5 | 70.5 | 75.2 | 80.2 | 80.6 |
| 45–54 years | 66.1 | 75.7 | 78.5 | 76.8 | 80.8 |
| 55–64 years | 70.5 | 75.4 | 79.7 | 79.8 | 76.7 |
| 65–74 years | 68.5 | 76.2 | 78.0 | 77.5 | 79.0 |
| 75 years and over | 56.5 | 67.4 | 65.8 | 73.2 | 74.9 |
| Female | | | | | |
| 20–34 years | 37.0 | 52.9 | 50.9 | 55.4 | 59.6 |
| 35–44 years | 49.6 | 60.6 | 60.7 | 63.9 | 67.7 |
| 45–54 years | 60.3 | 65.1 | 67.3 | 66.2 | 69.5 |
| 55–64 years | 66.3 | 72.2 | 69.6 | 72.2 | 74.5 |
| 65–74 years | 60.3 | 70.9 | 70.5 | 74.2 | 75.6 |
| 75 years and over | 52.3 | 59.9 | 62.6 | 63.2 | 67.4 |
| Sex, age, race and Hispanic origin ¹ , and percent of poverty level | Obesity (BMI greater than or equal to 30.0) ² | | | | |
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, age-adjusted ³ | | | | | |
| | Percent of population | | | | |
| Both sexes ⁴ | 22.9 | 30.4 | 33.4 | 34.7 | 38.8 |
| Male | 20.2 | 27.5 | 32.4 | 33.9 | 36.8 |
| Female | 25.5 | 33.2 | 34.3 | 35.5 | 40.7 |
| Not Hispanic or Latino: | | | | | |
| White only | 21.6 | 29.4 | 32.0 | 33.3 | 37.4 |
| White only, male | 20.2 | 28.0 | 32.4 | 34.1 | 37.0 |
| White only, female | 22.9 | 30.7 | 31.6 | 32.5 | 37.9 |
| Black or African American only | 30.7 | 39.2 | 45.5 | 47.0 | 47.9 |
| Black or African American only, male | 20.9 | 27.8 | 35.7 | 38.3 | 38.0 |
| Black or African American only, female | 38.3 | 48.6 | 53.4 | 54.0 | 56.0 |
| Asian only | --- | --- | --- | --- | 12.5 |
| Asian only, male | --- | --- | --- | --- | 10.9 |
| Asian only, female | --- | --- | --- | --- | 13.6 |

Table 58. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#058>.

[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 | Obesity (BMI greater than or equal to 30.0) ² | | | | |
|--|--|-----------|-----------|-----------|-----------|
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, age-adjusted ³ —Con. | Percent of population | | | | |
| Hispanic or Latino | --- | --- | --- | 38.9 | 44.8 |
| Hispanic or Latino, male | --- | --- | --- | 35.7 | 40.4 |
| Hispanic or Latina, female | --- | --- | --- | 42.1 | 48.9 |
| Mexican origin | 29.3 | 32.7 | 35.3 | 40.3 | 47.9 |
| Mexican origin, male | 23.8 | 27.8 | 29.5 | 36.3 | 44.0 |
| Mexican origin, female | 35.2 | 38.0 | 41.8 | 44.6 | 51.7 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 28.1 | 34.7 | 35.0 | 37.2 | 42.2 |
| 100%–199% | 26.1 | 34.1 | 35.9 | 37.3 | 42.7 |
| 200%–399% | 22.7 | 32.1 | 35.7 | 36.8 | 41.6 |
| 400% or more | 18.7 | 25.5 | 28.9 | 31.3 | 34.0 |
| 20 years and over, crude | | | | | |
| Both sexes ⁴ | 22.3 | 30.5 | 33.5 | 34.9 | 38.9 |
| Male | 19.5 | 27.5 | 32.4 | 33.9 | 36.6 |
| Female | 25.0 | 33.4 | 34.6 | 35.9 | 41.0 |
| Not Hispanic or Latino: | | | | | |
| White only | 21.3 | 29.8 | 32.4 | 33.8 | 37.9 |
| White only, male | 19.8 | 28.4 | 32.6 | 34.4 | 36.9 |
| White only, female | 22.7 | 31.3 | 32.2 | 33.2 | 38.8 |
| Black or African American only | 29.5 | 39.1 | 45.3 | 46.9 | 47.6 |
| Black or African American only, male | 20.7 | 27.5 | 35.8 | 38.1 | 37.5 |
| Black or African American only, female | 36.7 | 48.7 | 53.2 | 54.2 | 56.1 |
| Asian only | --- | --- | --- | --- | 12.7 |
| Asian only, male | --- | --- | --- | --- | 11.7 |
| Asian only, female | --- | --- | --- | --- | 13.6 |
| Hispanic or Latino | --- | --- | --- | 38.0 | 44.8 |
| Hispanic or Latino, male | --- | --- | --- | 34.8 | 41.2 |
| Hispanic or Latina, female | --- | --- | --- | 41.5 | 48.4 |
| Mexican origin | 26.4 | 31.0 | 34.5 | 39.5 | 47.7 |
| Mexican origin, male | 20.6 | 26.0 | 29.0 | 35.6 | 44.4 |
| Mexican origin, female | 33.3 | 37.0 | 41.2 | 44.2 | 51.3 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 25.9 | 33.0 | 34.6 | 36.5 | 41.2 |
| 100%–199% | 24.3 | 32.8 | 35.0 | 36.8 | 41.6 |
| 200%–399% | 22.0 | 31.8 | 35.5 | 36.8 | 41.6 |
| 400% or more | 19.3 | 27.2 | 30.7 | 32.4 | 34.6 |
| Male | | | | | |
| 20–34 years | 14.1 | 21.7 | 26.2 | 27.1 | 30.7 |
| 35–44 years | 21.3 | 28.5 | 37.0 | 37.2 | 43.1 |
| 45–54 years | 23.2 | 30.6 | 34.6 | 36.6 | 38.0 |
| 55–64 years | 27.2 | 35.5 | 39.3 | 37.3 | 39.3 |
| 65–74 years | 24.1 | 31.9 | 33.0 | 41.5 | 40.2 |
| 75 years and over | 13.2 | 18.0 | 24.0 | 26.6 | 28.0 |

Table 58. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#058>.

[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 | Obesity (BMI greater than or equal to 30.0) ² | | | | |
|--|--|-----------|-----------|-----------|-----------|
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| Female | | | | | |
| Percent of population | | | | | |
| 20–34 years | 18.5 | 28.3 | 28.4 | 30.4 | 34.8 |
| 35–44 years | 25.5 | 32.1 | 36.1 | 37.1 | 43.4 |
| 45–54 years | 32.4 | 36.9 | 40.0 | 36.9 | 42.9 |
| 55–64 years | 33.7 | 42.1 | 41.0 | 43.4 | 48.2 |
| 65–74 years | 26.9 | 39.3 | 36.4 | 40.3 | 43.5 |
| 75 years and over | 19.2 | 23.6 | 24.2 | 28.7 | 32.7 |
| Sex, age, race and Hispanic origin ¹ , and percent of poverty level | Grade 1 obesity (BMI from 30.0 to 34.9) ² | | | | |
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, age-adjusted ³ | | | | | |
| Percent of population | | | | | |
| Both sexes ⁴ | 14.8 | 17.9 | 19.8 | 19.9 | 21.2 |
| Male | 14.9 | 18.2 | 21.8 | 22.3 | 23.1 |
| Female | 14.7 | 17.6 | 17.9 | 17.6 | 19.4 |
| Not Hispanic or Latino: | | | | | |
| White only | 14.0 | 17.6 | 19.3 | 19.2 | 20.5 |
| White only, male | 14.9 | 18.9 | 21.6 | 22.7 | 23.0 |
| White only, female | 13.2 | 16.2 | 17.0 | 15.9 | 18.0 |
| Black or African American only | 17.3 | 19.0 | 23.1 | 23.0 | 22.6 |
| Black or African American only, male | 14.2 | 16.1 | 22.4 | 20.8 | 21.9 |
| Black or African American only, female | 19.6 | 21.6 | 23.8 | 24.8 | 23.3 |
| Asian only | --- | --- | --- | --- | 10.0 |
| Asian only, male | --- | --- | --- | --- | 9.4 |
| Asian only, female | --- | --- | --- | --- | 10.4 |
| Hispanic or Latino | --- | --- | --- | 23.7 | 25.7 |
| Hispanic or Latino, male | --- | --- | --- | 23.9 | 26.2 |
| Hispanic or Latina, female | --- | --- | --- | 23.5 | 24.9 |
| Mexican origin | 20.3 | 21.1 | 22.8 | 24.8 | 26.6 |
| Mexican origin, male | 18.9 | 19.5 | 22.0 | 24.7 | 28.2 |
| Mexican origin, female | 22.0 | 22.9 | 23.6 | 24.9 | 24.9 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 16.6 | 17.3 | 19.3 | 19.8 | 20.9 |
| 100%–199% | 16.1 | 17.7 | 20.6 | 19.8 | 22.3 |
| 200%–399% | 14.5 | 19.8 | 21.6 | 20.2 | 22.7 |
| 400% or more | 13.3 | 16.6 | 18.0 | 19.4 | 20.0 |
| 20 years and over, crude | | | | | |
| Both sexes ⁴ | 14.4 | 17.9 | 19.8 | 20.0 | 21.3 |
| Male | 14.3 | 18.1 | 21.8 | 22.3 | 22.9 |
| Female | 14.5 | 17.7 | 18.0 | 17.9 | 19.8 |
| Not Hispanic or Latino: | | | | | |
| White only | 13.8 | 17.8 | 19.5 | 19.6 | 21.0 |
| White only, male | 14.6 | 19.1 | 21.8 | 22.8 | 23.2 |
| White only, female | 13.2 | 16.6 | 17.3 | 16.6 | 19.0 |
| Black or African American only | 16.6 | 19.0 | 22.9 | 22.8 | 22.4 |
| Black or African American only, male | 14.0 | 15.8 | 22.2 | 20.6 | 21.3 |
| Black or African American only, female | 18.7 | 21.7 | 23.5 | 24.6 | 23.3 |
| Asian only | --- | --- | --- | --- | 10.2 |
| Asian only, male | --- | --- | --- | --- | 9.9 |
| Asian only, female | --- | --- | --- | --- | 10.5 |

Table 58. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#058>.

[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 | | | | |
|--|--|-----------|-----------|-----------|-----------|
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, crude—Con. | | | | | |
| | Percent of population | | | | |
| Hispanic or Latino | --- | --- | --- | 22.9 | 25.4 |
| Hispanic or Latino, male | --- | --- | --- | 22.9 | 26.3 |
| Hispanic or Latina, female | --- | --- | --- | 22.9 | 24.4 |
| Mexican origin | 18.1 | 20.2 | 22.2 | 24.1 | 26.3 |
| Mexican origin, male | 15.8 | 18.2 | 21.6 | 23.8 | 27.9 |
| Mexican origin, female | 20.7 | 22.4 | 22.9 | 24.5 | 24.7 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 15.2 | 16.4 | 19.1 | 19.2 | 20.0 |
| 100%–199% | 15.2 | 17.5 | 20.4 | 19.8 | 22.0 |
| 200%–399% | 14.0 | 19.6 | 21.5 | 20.3 | 22.8 |
| 400% or more | 13.5 | 17.4 | 18.6 | 19.9 | 20.2 |
| Male | | | | | |
| 20–34 years | 9.8 | 13.7 | 18.1 | 19.0 | 17.5 |
| 35–44 years | 14.7 | 19.3 | 24.9 | 23.2 | 25.9 |
| 45–54 years | 17.3 | 17.8 | 22.4 | 22.6 | 26.2 |
| 55–64 years | 20.6 | 25.3 | 27.0 | 25.2 | 23.9 |
| 65–74 years | 19.4 | 22.1 | 20.5 | 26.1 | 26.2 |
| 75 years and over | 10.9 | 15.7 | 18.5 | 20.6 | 21.0 |
| Female | | | | | |
| 20–34 years | 10.8 | 15.9 | 14.2 | 14.0 | 15.0 |
| 35–44 years | 13.9 | 14.8 | 19.7 | 17.0 | 20.3 |
| 45–54 years | 17.5 | 19.4 | 18.4 | 18.6 | 19.3 |
| 55–64 years | 20.0 | 21.6 | 19.8 | 22.5 | 23.2 |
| 65–74 years | 16.0 | 23.4 | 20.3 | 19.4 | 24.9 |
| 75 years and over | 14.4 | 14.1 | 18.2 | 19.8 | 20.4 |
| Sex, age, race and Hispanic origin ¹ , and percent of poverty level | Grade 2 obesity (BMI from 35.0 to 39.9) ² | | | | |
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, age-adjusted ³ | | | | | |
| | Percent of population | | | | |
| Both sexes ⁴ | 5.2 | 7.6 | 8.2 | 8.9 | 9.9 |
| Male | 3.5 | 5.9 | 7.1 | 7.4 | 8.3 |
| Female | 6.8 | 9.2 | 9.3 | 10.3 | 11.4 |
| Not Hispanic or Latino: | | | | | |
| White only | 4.9 | 7.4 | 7.8 | 8.6 | 9.4 |
| White only, male | 3.5 | 5.8 | 7.2 | 7.3 | 8.4 |
| White only, female | 6.3 | 9.0 | 8.4 | 9.9 | 10.5 |
| Black or African American only | 7.8 | 11.2 | 12.0 | 12.0 | 13.5 |
| Black or African American only, male | 4.1 | 8.3 | 7.6 | 10.2 | 8.8 |
| Black or African American only, female | 10.7 | 13.6 | 15.4 | 13.4 | 17.2 |
| Asian only | --- | --- | --- | --- | 2.1 |
| Asian only, male | --- | --- | --- | --- | 1.2 |
| Asian only, female | --- | --- | --- | --- | 2.9 |
| Hispanic or Latino | --- | --- | --- | 9.8 | 11.3 |
| Hispanic or Latino, male | --- | --- | --- | 7.8 | 8.5 |
| Hispanic or Latina, female | --- | --- | --- | 12.0 | 13.8 |
| Mexican origin | 6.1 | 7.4 | 8.0 | 9.8 | 12.3 |
| Mexican origin, male | 3.8 | 5.4 | 5.1 | 7.2 | 9.2 |
| Mexican origin, female | 8.4 | 9.4 | 11.2 | 12.9 | 15.5 |

Table 58. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#058>.

[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 | | | | |
|--|--|-----------|-----------|-----------|-----------|
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, age-adjusted ³ —Con. | Percent of population | | | | |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 6.8 | 9.6 | 8.6 | 10.0 | 11.0 |
| 100%–199% | 6.5 | 9.7 | 9.0 | 9.4 | 10.1 |
| 200%–399% | 5.2 | 7.5 | 8.8 | 10.3 | 11.3 |
| 400% or more | 3.6 | 5.7 | 6.7 | 7.6 | 8.1 |
| 20 years and over, crude | | | | | |
| Both sexes ⁴ | 5.1 | 7.7 | 8.2 | 8.8 | 9.9 |
| Male | 3.5 | 6.0 | 7.0 | 7.3 | 8.2 |
| Female | 6.6 | 9.3 | 9.4 | 10.3 | 11.5 |
| Not Hispanic or Latino: | | | | | |
| White only | 4.8 | 7.5 | 8.0 | 8.7 | 9.4 |
| White only, male | 3.4 | 5.9 | 7.4 | 7.4 | 8.2 |
| White only, female | 6.2 | 9.1 | 8.5 | 9.9 | 10.6 |
| Black or African American only | 7.6 | 11.1 | 11.7 | 11.9 | 13.4 |
| Black or African American only, male | 4.2 | 8.2 | 7.5 | 10.2 | 8.8 |
| Black or African American only, female | 10.4 | 13.5 | 15.3 | 13.3 | 17.3 |
| Asian only | --- | --- | --- | --- | 2.2 |
| Asian only, male | --- | --- | --- | --- | 1.4 |
| Asian only, female | --- | --- | --- | --- | 2.9 |
| Hispanic or Latino | --- | --- | --- | 9.7 | 11.2 |
| Hispanic or Latino, male | --- | --- | --- | 7.6 | 9.0 |
| Hispanic or Latina, female | --- | --- | --- | 12.0 | 13.4 |
| Mexican origin | 5.6 | 6.8 | 7.6 | 9.7 | 12.2 |
| Mexican origin, male | 3.7 | 5.1 | 4.7 | 7.0 | 9.7 |
| Mexican origin, female | 7.9 | 8.8 | 11.2 | 13.0 | 14.9 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 6.3 | 9.5 | 8.4 | 9.7 | 10.8 |
| 100%–199% | 6.2 | 8.9 | 8.7 | 9.2 | 9.9 |
| 200%–399% | 5.1 | 7.5 | 8.8 | 10.1 | 11.3 |
| 400% or more | 3.8 | 6.4 | 7.4 | 7.9 | 8.2 |
| Male | | | | | |
| 20–34 years | 2.9 | 4.1 | 4.5 | 4.7 | 7.0 |
| 35–44 years | *3.5 | 5.9 | 7.9 | 8.8 | 10.9 |
| 45–54 years | *3.5 | 8.5 | 8.3 | 8.9 | 6.6 |
| 55–64 years | 5.5 | *7.4 | 8.4 | 6.7 | 9.0 |
| 65–74 years | *3.8 | 6.9 | 10.3 | 11.8 | 10.1 |
| 75 years and over | * | * | *3.9 | 4.6 | * |
| Female | | | | | |
| 20–34 years | 5.1 | 8.0 | 7.9 | 8.6 | 10.7 |
| 35–44 years | 7.1 | 9.4 | 9.2 | 12.6 | 11.0 |
| 45–54 years | 8.4 | 10.4 | 12.4 | 10.6 | 12.6 |
| 55–64 years | 9.4 | 10.9 | 11.4 | 11.5 | 12.3 |
| 65–74 years | 6.7 | 9.8 | 9.6 | 11.7 | 13.0 |
| 75 years and over | 3.7 | 7.2 | *3.9 | 5.5 | 8.8 |

Table 58. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#058>.

[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 | | | | |
|--|--|-----------|-----------|-----------|-----------|
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| 20 years and over, age-adjusted ³ | | | | | |
| Percent of population | | | | | |
| Both sexes ⁴ | 2.9 | 4.9 | 5.4 | 6.0 | 7.7 |
| Male | 1.7 | 3.3 | 3.5 | 4.2 | 5.5 |
| Female | 4.0 | 6.4 | 7.2 | 7.6 | 9.8 |
| Not Hispanic or Latino: | | | | | |
| White only | 2.7 | 4.4 | 4.9 | 5.4 | 7.5 |
| White only, male | *1.8 | 3.3 | 3.5 | 4.0 | 5.6 |
| White only, female | 3.5 | 5.5 | 6.3 | 6.7 | 9.4 |
| Black or African American only | 5.6 | 8.9 | 10.4 | 11.9 | 11.8 |
| Black or African American only, male | 2.5 | 3.4 | 5.6 | 7.3 | 7.2 |
| Black or African American only, female | 8.0 | 13.4 | 14.2 | 15.8 | 15.5 |
| Asian only | --- | --- | --- | --- | 0.4 |
| Asian only, male | --- | --- | --- | --- | 0.4 |
| Asian only, female | --- | --- | --- | --- | 0.3 |
| Hispanic or Latino | --- | --- | --- | 5.3 | 7.9 |
| Hispanic or Latino, male | --- | --- | --- | 4.0 | 5.7 |
| Hispanic or Latina, female | --- | --- | --- | 6.6 | 10.2 |
| Mexican origin | 2.9 | 4.2 | 4.6 | 5.6 | 8.9 |
| Mexican origin, male | * | *2.9 | *2.4 | 4.4 | 6.6 |
| Mexican origin, female | 4.9 | 5.7 | 6.9 | 6.8 | 11.3 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 4.7 | 7.8 | 7.0 | 7.5 | 10.3 |
| 100%–199% | 3.6 | 6.7 | 6.3 | 8.1 | 10.2 |
| 200%–399% | 3.0 | 4.8 | 5.2 | 6.3 | 7.6 |
| 400% or more | 1.9 | 3.2 | 4.2 | 4.4 | 5.9 |
| 20 years and over, crude | | | | | |
| Both sexes ⁴ | 2.8 | 4.9 | 5.4 | 6.0 | 7.6 |
| Male | 1.7 | 3.4 | 3.5 | 4.3 | 5.5 |
| Female | 3.8 | 6.4 | 7.2 | 7.7 | 9.7 |
| Not Hispanic or Latino: | | | | | |
| White only | 2.6 | 4.5 | 4.9 | 5.5 | 7.4 |
| White only, male | *1.8 | 3.4 | 3.5 | 4.1 | 5.5 |
| White only, female | 3.3 | 5.6 | 6.3 | 6.8 | 9.2 |
| Black or African American only | 5.3 | 8.9 | 10.6 | 12.2 | 11.8 |
| Black or African American only, male | 2.6 | 3.5 | 6.1 | 7.2 | 7.4 |
| Black or African American only, female | 7.6 | 13.4 | 14.4 | 16.3 | 15.5 |
| Asian only | --- | --- | --- | --- | 0.4 |
| Asian only, male | --- | --- | --- | --- | 0.4 |
| Asian only, female | --- | --- | --- | --- | 0.3 |
| Hispanic or Latino | --- | --- | --- | 5.4 | 8.2 |
| Hispanic or Latino, male | --- | --- | --- | 4.3 | 5.9 |
| Hispanic or Latina, female | --- | --- | --- | 6.5 | 10.6 |
| Mexican origin | 2.7 | 4.1 | 4.7 | 5.7 | 9.2 |
| Mexican origin, male | *1.1 | *2.7 | *2.7 | 4.9 | 6.9 |
| Mexican origin, female | 4.7 | 5.7 | 7.0 | 6.6 | 11.6 |
| Percent of poverty level: ⁵ | | | | | |
| Below 100% | 4.3 | 7.1 | 7.1 | 7.5 | 10.4 |
| 100%–199% | 3.0 | 6.4 | 5.9 | 7.9 | 9.8 |
| 200%–399% | 2.9 | 4.7 | 5.2 | 6.3 | 7.5 |
| 400% or more | 2.0 | 3.5 | 4.7 | 4.6 | 6.2 |

Table 58. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#058>.

[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 | | | | |
|--|--|-----------|-----------|-----------|-----------|
| | 1988–1994 | 1999–2002 | 2003–2006 | 2007–2010 | 2013–2016 |
| Male | | | | | |
| | Percent of population | | | | |
| 20–34 years | *1.3 | 3.9 | 3.6 | 3.4 | 6.2 |
| 35–44 years | * | *3.2 | 4.2 | 5.2 | 6.3 |
| 45–54 years | * | *4.2 | *3.9 | 5.1 | 5.2 |
| 55–64 years | * | *2.8 | 3.9 | 5.4 | 6.4 |
| 65–74 years | * | * | *2.1 | *3.6 | 3.9 |
| 75 years and over | * | * | * | * | 1.9 |
| Female | | | | | |
| 20–34 years | 2.6 | 4.5 | 6.3 | 7.7 | 9.1 |
| 35–44 years | 4.5 | 7.9 | 7.2 | 7.5 | 12.1 |
| 45–54 years | 6.4 | 7.2 | 9.2 | 7.7 | 11.0 |
| 55–64 years | 4.2 | 9.5 | 9.8 | 9.4 | 12.7 |
| 65–74 years | 4.2 | 6.2 | *6.4 | 9.2 | 5.6 |
| 75 years and over | * | * | *2.1 | *3.4 | 3.4 |

--- Data not available.

* Estimates are considered unreliable. Starting with 2013–2016 data, the reliability of survey percentage estimates was assessed using new multistep National Center for Health Statistics data presentation standards for proportions. Prior to 2013–2016 data, the reliability of estimates for earlier years was evaluated based on relative standard errors (RSE). Data preceded by an asterisk have an RSE of 20%–30%. Data not shown have an RSE greater than 30%. For more information, see Appendix II, Data presentation standards for proportions; Relative standard error (RSE).

¹Persons of Hispanic and 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 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. In *Health, United States*, the National Health and Nutrition Examination Survey (NHANES) variable Body Mass Index is rounded to one decimal place and is used to assign persons to BMI categories. Estimates in this table may differ from other estimates where BMI is directly calculated using the NHANES measured weight and measured height variables. See Appendix II, Body mass index (BMI).

³Estimates 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.

⁴Includes persons of all races and Hispanic origins, not just those shown separately.

⁵Percent 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 2013–2016). See Appendix II, Family income; Poverty.

NOTES: Percentages do not sum to 100 because the percentage of persons with BMI less than 18.5 is not shown. Additionally, the percentage of persons with obesity is embedded in the percent overweight or obese and can be further partitioned into Grades 1, 2, and 3 obesity. Age of the participant (in years) is at the time of screening. Height is measured without shoes. Estimates exclude 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. Data for additional years are available. See the Excel spreadsheet on the *Health, United States* website at: <https://www.cdc.gov/nchs/hus.htm>.

SOURCE: NCHS, National Health and Nutrition Examination Survey. See Appendix I, National Health and Nutrition Examination Survey (NHANES).