

**Table 21. Selected health conditions and risk factors, by age: United States, selected years 1988–1994 through 2017–2018**

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hs/content2019.htm#Table-021>

[Data are based on interviews, physical examinations, and laboratory data of a sample of the civilian noninstitutionalized population]

Health condition	1988–1994	1999–2000	2001–2002	2003–2004	2005–2006	2007–2008	2009–2010	2011–2012	2013–2014	2015–2016	2017–2018
<b>Diabetes<sup>1</sup></b>											
Percent of adults aged 20 and over											
Total, age adjusted <sup>2</sup> .....	8.8	10.0	11.6	11.8	11.5	12.6	12.5	12.7	13.1	14.7	14.2
Total, crude.....	8.3	9.6	11.2	11.8	11.9	13.0	13.2	13.4	14.0	16.0	15.8
<b>Hypercholesterolemia<sup>3</sup></b>											
Total, age adjusted <sup>4</sup> .....	21.9	24.2	23.5	26.9	26.3	26.5	26.2	27.1	26.6	26.0	23.9
Total, crude.....	20.6	23.2	22.9	26.8	26.7	27.3	27.4	29.0	28.4	28.4	26.7
<b>High total cholesterol<sup>5</sup></b>											
Total, age adjusted <sup>4</sup> .....	20.8	18.3	16.5	16.9	15.6	14.2	13.2	12.7	11.1	12.2	10.0
Total, crude.....	19.6	17.7	16.4	17.0	15.9	14.6	13.6	13.1	11.1	12.5	10.5
<b>Hypertension<sup>6</sup></b>											
Total, age adjusted <sup>4</sup> .....	43.0	48.4	47.3	46.5	44.9	44.5	43.4	45.4	43.0	44.7	46.6
Total, crude.....	41.4	47.2	46.7	46.7	46.0	45.6	45.1	47.4	45.4	47.4	49.6
<b>Overweight or obesity<sup>7</sup></b>											
Total, age adjusted <sup>4</sup> .....	56.0	64.5	65.6	66.4	66.9	68.1	68.8	68.6	70.4	71.3	73.7
Total, crude.....	54.9	64.1	65.6	66.5	67.3	68.3	69.2	69.0	70.7	71.6	73.7
<b>Obesity<sup>8</sup></b>											
Total, age adjusted <sup>4</sup> .....	22.9	30.5	30.5	32.3	34.4	33.7	35.7	34.9	37.8	39.7	42.4
Total, crude.....	22.3	30.3	30.6	32.3	34.7	33.9	35.9	35.1	37.9	39.8	42.5
<b>Untreated dental caries<sup>9</sup></b>											
Total, age adjusted <sup>4</sup> .....	27.7	24.4	21.3	29.8	24.4	21.7	---	25.5	31.5	26.1	23.1
Total, crude.....	28.2	25.0	21.7	30.2	24.5	21.8	---	25.5	31.3	25.9	23.2
<b>Obesity<sup>10</sup></b>											
Percent of persons under age 20											
2–5 years .....	7.2	10.3	10.6	14.0	11.0	10.1	12.1	8.4	9.4	13.9	13.4
6–11 years .....	11.3	15.1	16.3	18.8	15.1	19.6	18.0	17.7	17.4	18.4	20.3
12–19 years .....	10.5	14.8	16.7	17.4	17.8	18.1	18.4	20.5	20.6	20.6	21.2
<b>Untreated dental caries<sup>9</sup></b>											
5–19 years .....	24.3	23.6	21.2	25.6	16.2	16.9	14.6	17.5	19.6	14.3	12.1

--- Data not available.

<sup>1</sup>Includes physician-diagnosed and undiagnosed diabetes. Estimates are obtained using fasting weights. Physician-diagnosed diabetes is obtained by self-report and excludes women who reported having diabetes only during pregnancy. Undiagnosed diabetes is defined as a fasting plasma glucose (FPG) of at least 126 mg/dL or a hemoglobin A1c of at least 6.5% among those with no reported physician diagnosis. Pregnant women are excluded. Periodically, the location of and instruments used in laboratory testing changed from previous years. In these instances, the National Health and Nutrition Examination Survey (NHANES) conducted crossover studies to evaluate the impact on laboratory measurements, including measurements of FPG and A1c. Based on these studies, NHANES recommended adjustments to the FPG data. The forward adjustment method is incorporated in the data presented. For more information, see the 2015–2016 documentation ([https://www.cdc.gov/nchs/nhanes/2015-2016/GLU\\_I.htm](https://www.cdc.gov/nchs/nhanes/2015-2016/GLU_I.htm)), 2007–2008 documentation ([https://www.cdc.gov/nchs/nhanes/2007-2008/GLU\\_E.htm](https://www.cdc.gov/nchs/nhanes/2007-2008/GLU_E.htm)), and 2005–2006 documentation ([https://www.cdc.gov/nchs/nhanes/2005-2006/GLU\\_D.htm](https://www.cdc.gov/nchs/nhanes/2005-2006/GLU_D.htm)). Also see Appendix II, Diabetes, and related Table 14 in this report.

<sup>2</sup>Estimates are age adjusted to the year 2000 standard population using three age groups: 20–44 years, 45–64 years, and 65 years and over. Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data presented elsewhere if different age groups are used in the adjustment procedure. See Appendix II, Age adjustment.

<sup>3</sup>Defined as measured serum total cholesterol greater than or equal to 240 mg/dL (6.20 mmol/L) or taking cholesterol-lowering medication. Respondents were asked, “Are you now following this advice [from a doctor or health professional] to take prescribed medicine [to lower your cholesterol]?” See Appendix II, Cholesterol, and related Table 23 in this report.

<sup>4</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>5</sup>Defined as measured serum total cholesterol greater than or equal to 240 mg/dL (6.20 mmol/L), regardless of whether the respondent reported taking cholesterol-lowering medications. See Appendix II, Cholesterol, and related Table 23 in this report.

<sup>6</sup>Defined as having measured high blood pressure or taking high blood pressure medication. High blood pressure is defined as having measured systolic pressure of at least 130 mm Hg or diastolic pressure of at least 80 mm Hg. Those with high blood pressure may also be taking prescribed medicine for high blood pressure. For high blood pressure medication use, respondents were asked, “Are you now taking prescribed medicine for your high blood pressure?” Pregnant women are excluded. In 2017, the American College of Cardiology and the American Heart Association Task Force recommended adopting lower thresholds of high blood pressure. For systolic blood pressure, the threshold was lowered from 140 mm Hg to 130 mm Hg, and for diastolic blood pressure, from 90 mm Hg to 80 mm Hg. These revised thresholds have been applied to all data years presented. For more information, including a comparison of hypertension estimates based on the former and revised definitions, see Appendix II, Hypertension; Table VI, and related Table 22 in this report.

<sup>7</sup>In adults, defined as body mass index (BMI) greater than or equal to 25.0 based on the NHANES variable named Body Mass Index. BMI equals weight in kilograms divided by height in meters squared. Pregnant women are excluded. See Appendix II, Body mass index (BMI), and related Table 26 in this report.

<sup>8</sup>In adults, defined as BMI greater than or equal to 30.0, based on the NHANES variable Body Mass Index. BMI equals weight in kilograms divided by height in meters squared. Pregnant women are excluded. See Appendix II, Body mass index (BMI), and related Table 26 in this report.

<sup>9</sup>Defined as decay on the crown or enamel surface of a tooth (i.e., coronal caries) that has not been treated or filled. Decay in the root (i.e., root caries) is not included. The presence of caries is evaluated in primary and permanent teeth for persons aged 5 years and over. Third molars are not included. Persons without at least one natural tooth (primary or permanent) are excluded. Over time, changes have occurred in the NHANES oral health examination process, ages examined, and methodology. For more information, see Appendix II, Dental caries, and related Table 28 in this report.

<sup>10</sup>In youth, defined as BMI at or above the sex- and age-specific 95th percentile of the 2000 CDC growth charts. See: Kuczmarski RJ, Ogden CL, Guo SS, Grummer-Strawn LM, Flegal KM, Mei Z, et al. 2000 CDC growth charts for the United States: Methods and development. National Center for Health Statistics. Vital Health Stat 11(246). 2002. Available from: [https://www.cdc.gov/nchs/data/series/sr\\_11/sr11\\_246.pdf](https://www.cdc.gov/nchs/data/series/sr_11/sr11_246.pdf). BMI equals weight in kilograms divided by height in meters squared. Pregnant females are excluded. See Appendix II, Body mass index (BMI), and related Table 27 in this report.

NOTES: Data are presented from 2-year NHANES cycles. In 2017–2018, enhanced weighting adjustments are used to minimize errors of representation resulting from sample location characteristics and nonresponse bias. Thus, combining 2017–2018 data with data from previous cycles is recommended, and only survey cycles with comparable survey content and sample designs should be combined. Standard errors are available in the Excel spreadsheet version of this table on the *Health, United States* website at: <https://www.cdc.gov/nchs/hs/index.htm>.

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