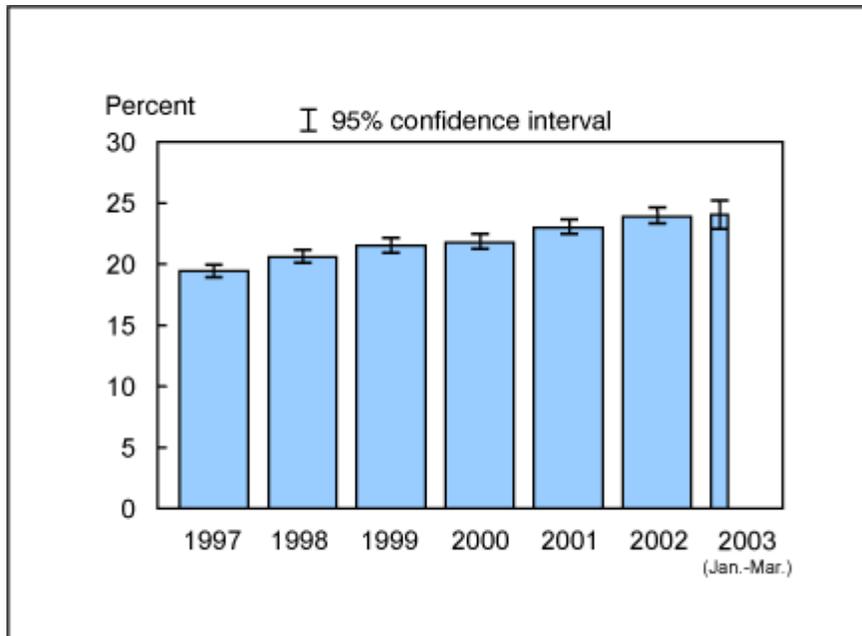


Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997-2003



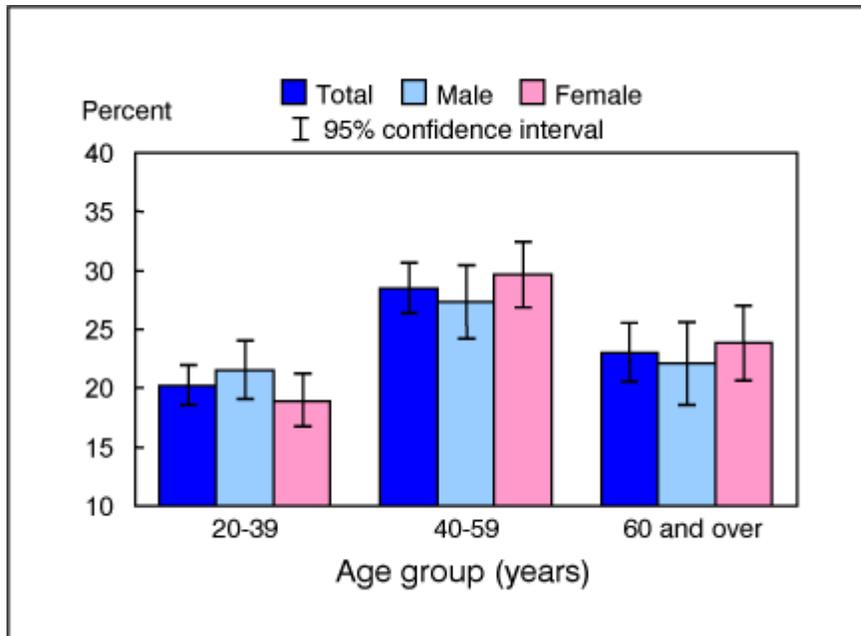
NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analysis excluded people with unknown height or weight (about 4% of respondents each year). CI is confidence interval. Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. This Early Release also recalculated the estimates using weights derived from the 2000 census for the 2000-2002 National Health Interview Surveys. See appendix tables in this release for more details.

DATA SOURCE: Sample Adult Core component of the 1997-2003 National Health Interview Surveys. The estimate for 2003 was based on data collected from January through March.

■ In early 2003, 24.0% (95% CI = 22.8%-25.2%) of U.S. adults aged 20 years and over were obese.

■ The annual prevalence of obesity among U.S. adults aged 20 years and over has increased over time from 19.4% in 1997 to 20.6% in 1998, 21.5% in 1999, 21.8% in 2000, 23.0% in 2001, and 23.9% in 2002.

Figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, January-March 2003

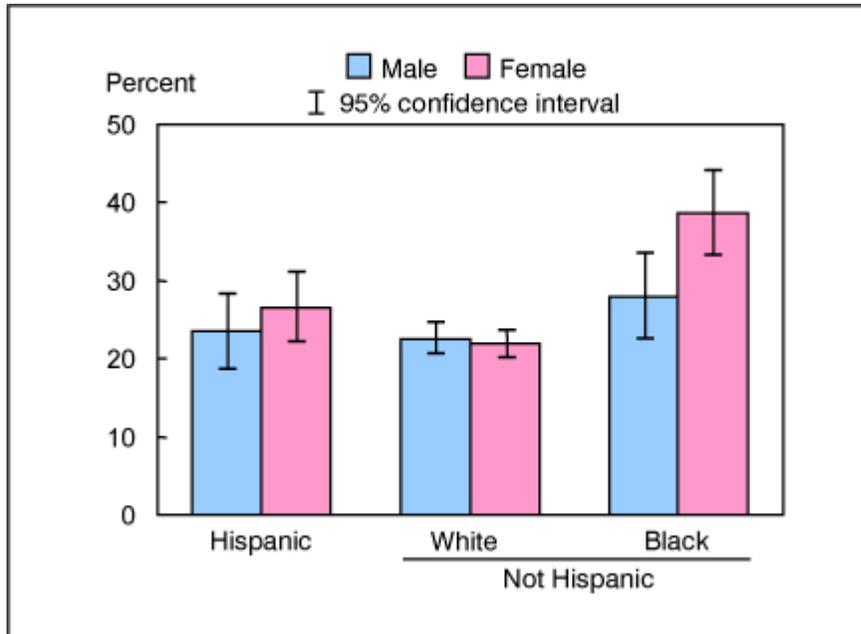


NOTES: Obesity is defined as a body mass index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analysis excluded 431 (5.6%) people with unknown height or weight.

DATA SOURCE: Based on data collected from January-March in the Sample Adult Core component of the 2003 National Health Interview Survey.

- For both sexes combined, the prevalence of obesity was highest among adults aged 40-59 years (28.5%) and lowest among adults aged 20-39 years (20.2%). This pattern in obesity by age group was seen in both men and women.
- There was no significant difference in the prevalence of obesity between women and men for all three age groups.

Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, January-March 2003



NOTES: Obesity is defined as a body mass index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analysis excluded 431 (5.6%) people with unknown height or weight. Estimates are age-adjusted to the year 2000 projected U.S. standard population using three age groups: 20-39 years, 40-59 years, and 60 years and over.

DATA SOURCE: Based on data collected from January-March in the Sample Adult Core component of the 2003 National Health Interview Survey.

- Non-Hispanic black women were more likely than Hispanic and non-Hispanic white women to be obese. This race/ethnic difference was not statistically significant among men.
- Among the six sex-specific race/ethnic groups, the age-adjusted prevalence of obesity was highest among non-Hispanic black women only (38.7%) and lowest among non-Hispanic white women (21.9%).

Data tables for figures 6.1-6.3:

Data for figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997-2003

Year	Percent (95% Confidence Interval)	
	Crude ¹	Age-adjusted ²
1997	19.4 (18.9-19.9)	19.5 (18.9-20.0)
1998	20.6 (20.1-21.1)	20.6 (20.0-21.1)
1999	21.5 (20.9-22.1)	21.5 (20.9-22.1)
2000	21.8 (21.2-22.4)	21.8 (21.2-22.3)
2001	23.0 (22.4-23.5)	22.9 (22.3-23.5)
2002	23.9 (23.3-24.6)	23.8 (23.2-24.5)
2003 (January-March)	24.0 (22.8-25.2)	23.8 (22.6-25.1)

¹Crude estimates are presented in the graph.

²Estimates for this Healthy People 2010 leading health indicator are age adjusted to the year 2000 projected U.S. standard population using seven age groups: 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70-79 years, and 80 years and over.

Data table for figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, January-March 2003

Age and sex	Percent	95% confidence interval
20-39 years		
Total	20.2	18.5-21.9
Men	21.5	19.0-24.0
Women	18.9	16.7-21.2
40-59 years		
Total	28.5	26.3-30.6
Men	27.3	24.2-30.4
Women	29.6	26.8-32.4
60 years and over		
Total	23.0	20.5-25.5
Men	22.1	18.5-25.6
Women	23.8	20.6-27.0

Data table for figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, January-March 2003

Sex and race/ethnicity	Percent¹	95% confidence interval
Men		
Hispanic or Latino	23.5	18.6-28.3
Not Hispanic or Latino		
White, single race	22.6	20.6-24.7
Black, single race	28.0	22.6-33.5
Women		
Hispanic or Latino	26.6	22.2-31.1
Not Hispanic or Latino		
White, single race	21.9	20.1-23.7
Black, single race	38.7	33.2-44.1

¹Estimates for this Healthy People 2010 leading health indicator are age adjusted to the year 2000 projected U.S. standard population using three age groups: 20-39 years, 40-59 years, and 60 years and over.