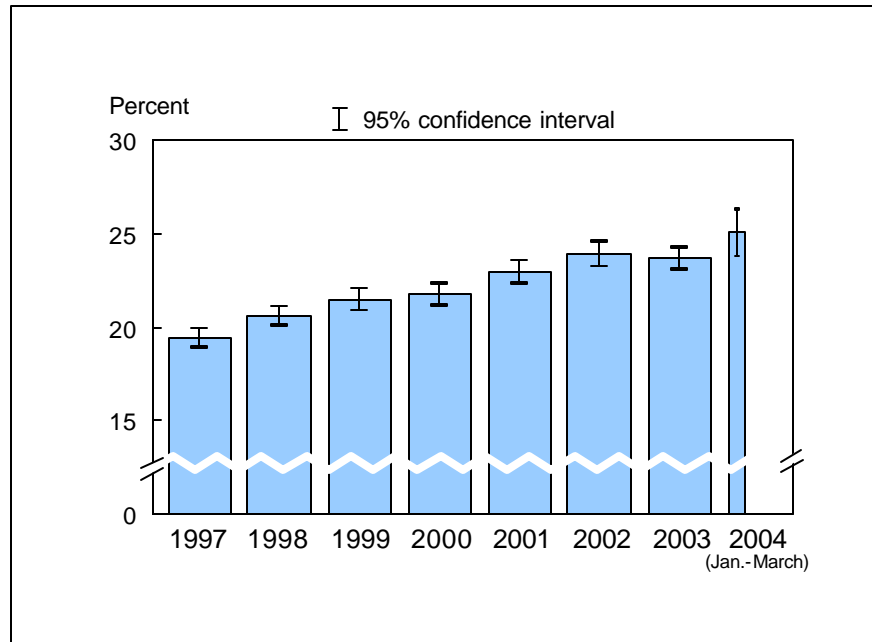


Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997-2004

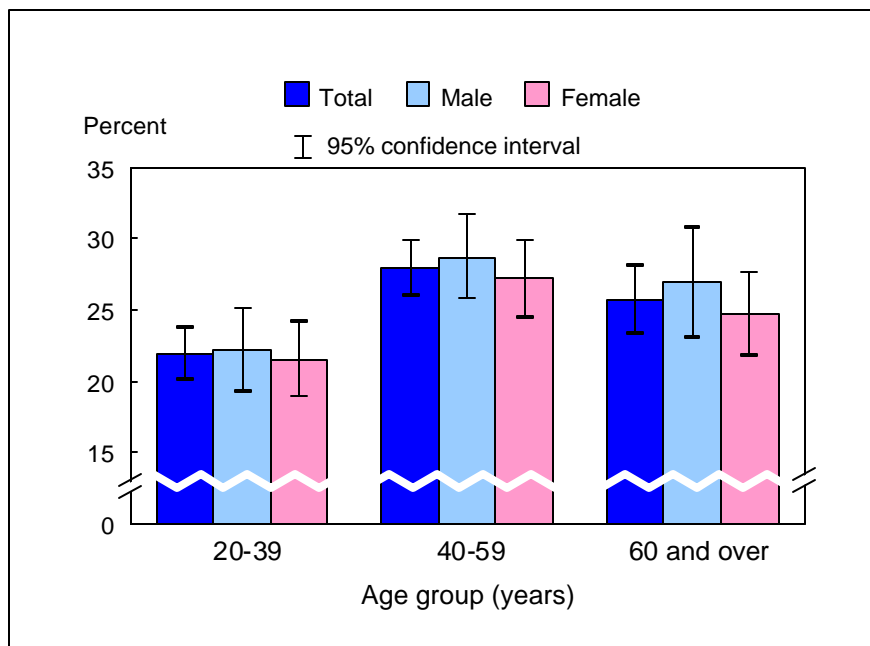


NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded people with unknown height or weight (about 4% of respondents each year). CI is confidence interval. Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000-02 were recalculated using weights derived from the 2000 census. See "About This Release" and appendix tables in this release for more details.

DATA SOURCE: Sample Adult Core component of the 1997-2004 National Health Interview Surveys. The estimate for 2004 was based on data collected from January through March.

- In early 2004, 25.1% (95% CI = 23.8%-26.3%) of U.S. adults aged 20 years and over were obese, which is similar to the 2003 estimate of 23.7%.
- The prevalence of obesity among U.S. adults aged 20 years and over has increased over time from 19.4% in 1997 to 25.1% in early 2004. The estimate in 2003 was lower than, but not significantly different from, that in 2002.

Figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, January-March 2004



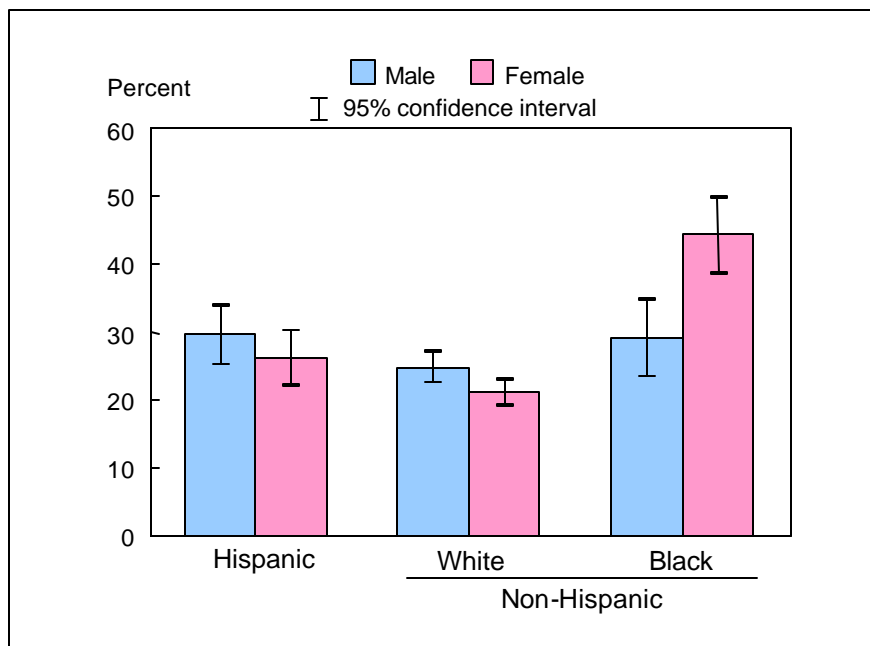
NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded 371 people (5.1%) with unknown height or weight.

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2004 National Health Interview Survey.

■ For both sexes combined, the prevalence of obesity was highest among adults aged 40-59 years (28.0%) and lowest among adults aged 20-39 years (21.9%). 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 2004



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 analyses excluded 371 people (5.1%) with unknown height or weight. Estimates are age-adjusted to the 2000 projected U.S. standard population using five age groups: 20-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2004 National Health Interview Survey.

■ Non-Hispanic black women were more likely than Hispanic and non-Hispanic white women to be obese. This race/ethnicity difference was not seen among men.

■ Among the six sex-specific race/ethnicity groups, the age-adjusted prevalence of obesity was highest among non-Hispanic black women (44.4%).

Data tables for figures 6.1-6.3:

Data table for figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997–2004

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 (22.4-23.6)	22.9 (22.3-23.5)
2002	23.9 (23.3-24.6)	23.8 (23.2-24.5)
2003	23.7 (23.1-24.3)	23.5 (22.9-24.2)
January-March 2004	25.1 (23.8-26.3)	25.0 (23.7-26.2)

¹Crude estimates are presented in the graph.

²Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 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 2004

Age and sex	Percent	95% confidence interval
20-39 years		
Total	21.9	20.1-23.7
Men	22.2	19.3-25.1
Women	21.5	18.9-24.2
40-59 years		
Total	28.0	26.0-29.9
Men	28.7	25.8-31.7
Women	27.2	24.5-29.9
60 years and over		
Total	25.7	23.3-28.1
Men	26.9	23.1-30.8
Women	24.7	21.8-27.6
20 years and over: Crude¹		
Total	25.1	23.8-26.3
Men	25.7	23.8-27.6
Women	24.4	22.7-26.2
20 years and over: Age-adjusted²		
Total	25.0	23.7-26.2
Men	25.5	23.6-27.4
Women	24.4	22.6-26.2

¹Crude estimates are presented in the graph.

²Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 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 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, January-March 2004

Sex and race/ethnicity	Percent¹	95% confidence interval
Men		
Hispanic or Latino	29.7	25.3-34.0
Not Hispanic or Latino		
White, single race	24.8	22.6-27.1
Black, single race	29.2	23.5-34.9
Women		
Hispanic or Latino	26.2	22.1-30.3
Not Hispanic or Latino		
White, single race	21.1	19.2-23.1
Black, single race	44.4	38.8-49.9

¹Estimates for this Healthy People 2010 Leading Health Indicator are age-adjusted to the 2000 projected U.S. standard population using five age groups: 20-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.