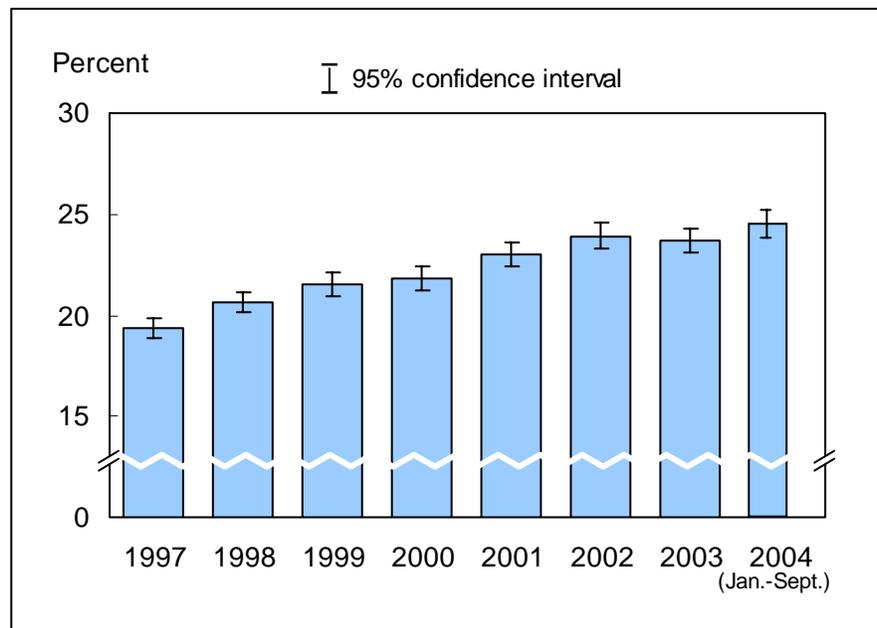


**Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997-2004**



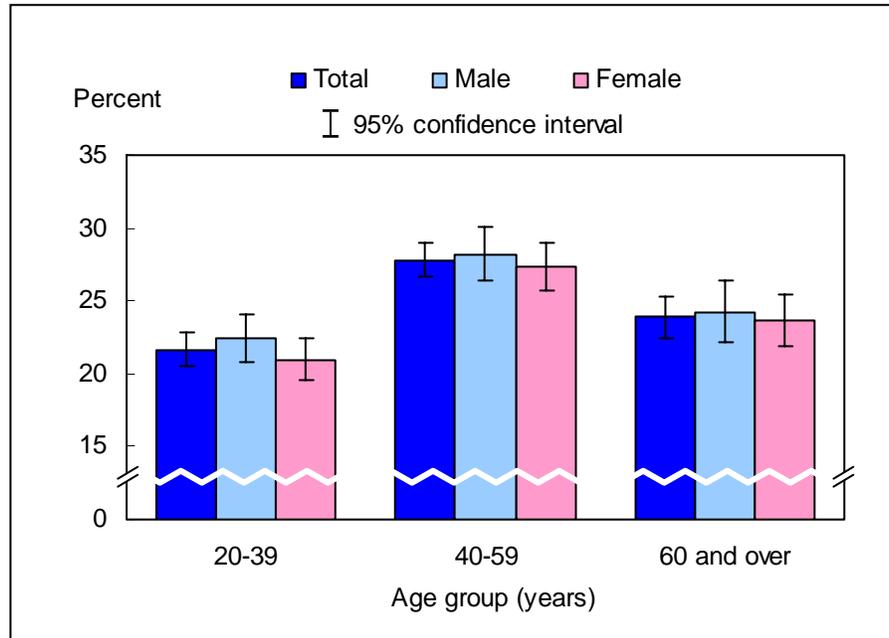
NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height and weight. The analyses excluded people with unknown height or weight (about 4% of respondents each year). Beginning with the 2003 data, the National Health Interview Survey 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 table III in the appendix 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 September.

■ For the period January through September 2004, 24.5% (95% confidence interval = 23.8%-25.2%) 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 24.5% in September 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-September 2004**

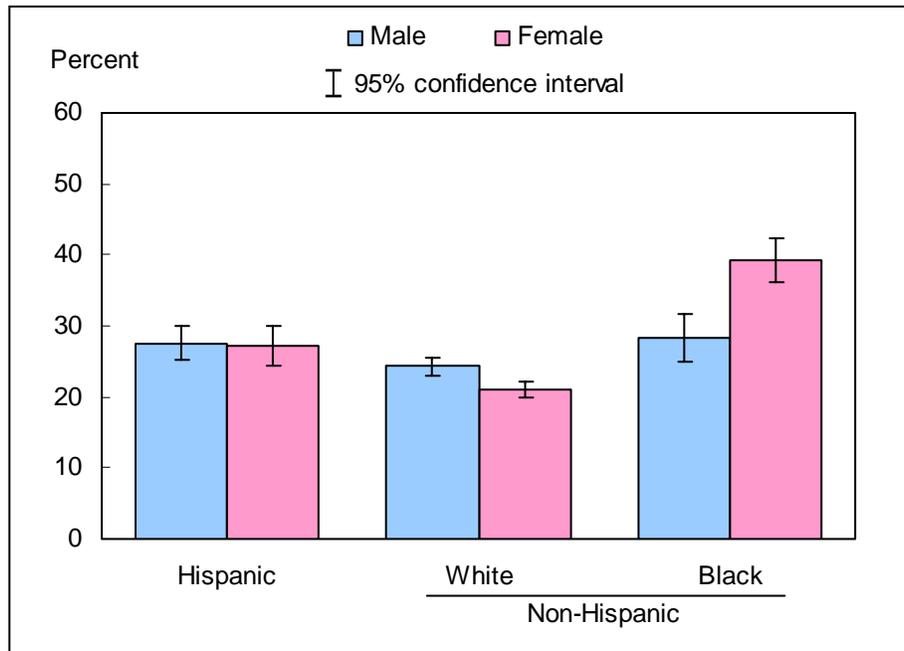


NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height and weight. The analyses excluded 1136 people (5.1%) with unknown height or weight.

DATA SOURCE: Based on data collected from January through September 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 (27.8%) and lowest among adults aged 20-39 years (21.6%). 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-September 2004**



NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height and weight. The analyses excluded 1136 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 September 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. Non-Hispanic black men were more likely than non-Hispanic white men, but not Hispanic men, to be obese.
- Among the six sex-specific race/ethnicity groups, the age-adjusted prevalence of obesity was highest among non-Hispanic black women (39.3%).

## 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 <sup>1</sup>	Age-adjusted <sup>2</sup>
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-September 2004	24.5 (23.8-25.2)	24.4 (23.7-25.2)

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates 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-September 2004**

Age and sex	Percent	95% confidence interval
<b>20-39 years</b>		
Total	21.6	20.5-22.8
Male	22.4	20.8-24.1
Female	20.9	19.5-22.4
<b>40-59 years</b>		
Total	27.8	26.6-29.0
Male	28.2	26.4-30.1
Female	27.3	25.7-29.0
<b>60 years and over</b>		
Total	23.9	22.5-25.3
Male	24.2	22.2-26.4
Female	23.6	21.9-25.5
<b>20 years and over: crude<sup>1</sup></b>		
Total	24.5	23.8-25.2
Male	25.1	24.0-26.2
Female	24.0	23.0-25.0
<b>20 years and over: age-adjusted<sup>2</sup></b>		
Total	24.4	23.7-25.2
Male	24.8	23.7-25.9
Female	24.0	23.0-25.1

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates 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-September 2004**

<b>Sex and race/ethnicity</b>	<b>Percent<sup>1</sup></b>	<b>95% confidence interval</b>
<b>Male</b>		
Hispanic or Latino	27.6	25.1-30.1
Not Hispanic or Latino		
White, single race	24.3	23.0-25.6
Black, single race	28.2	24.9-31.8
<b>Female</b>		
Hispanic or Latino	27.2	24.5-30.0
Not Hispanic or Latino		
White, single race	21.1	20.0-22.2
Black, single race	39.3	36.2-42.4

<sup>1</sup>Estimates 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.