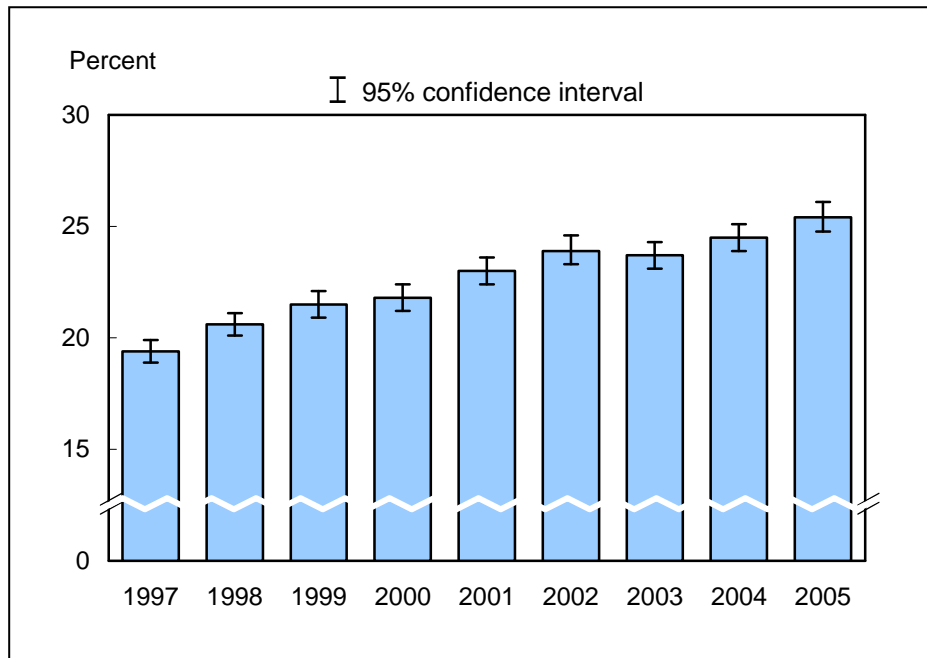


**Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997–2005**

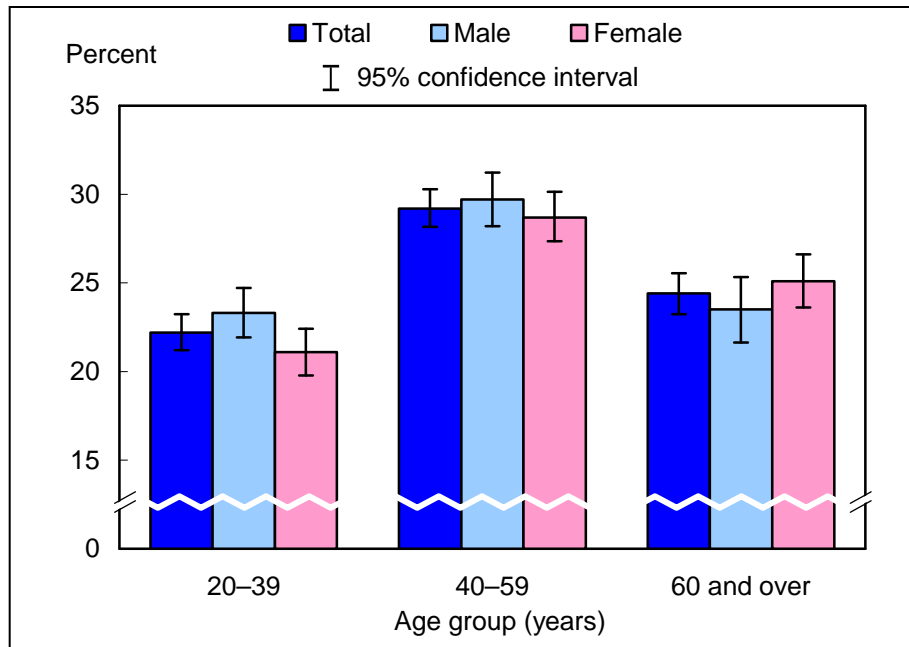


NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height and weight. The analyses excluded people with unknown height or weight (about 4% of respondents each year). Beginning with the 2003 data, the National Health Interview Survey (NHIS) transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 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 1997–2005 NHIS. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In 2005, 25.4% (95% confidence interval = 24.77–26.09%) of U.S. adults aged 20 years and over were obese, which was higher than the 2004 estimate of 24.5%.
- The prevalence of obesity among U.S. adults aged 20 years and over has increased over time from 19.4% in 1997 to 25.4% in 2005. The estimate in 2003 was lower than, but not significantly different from, the estimates in 2002 and 2004.

**Figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, 2005**



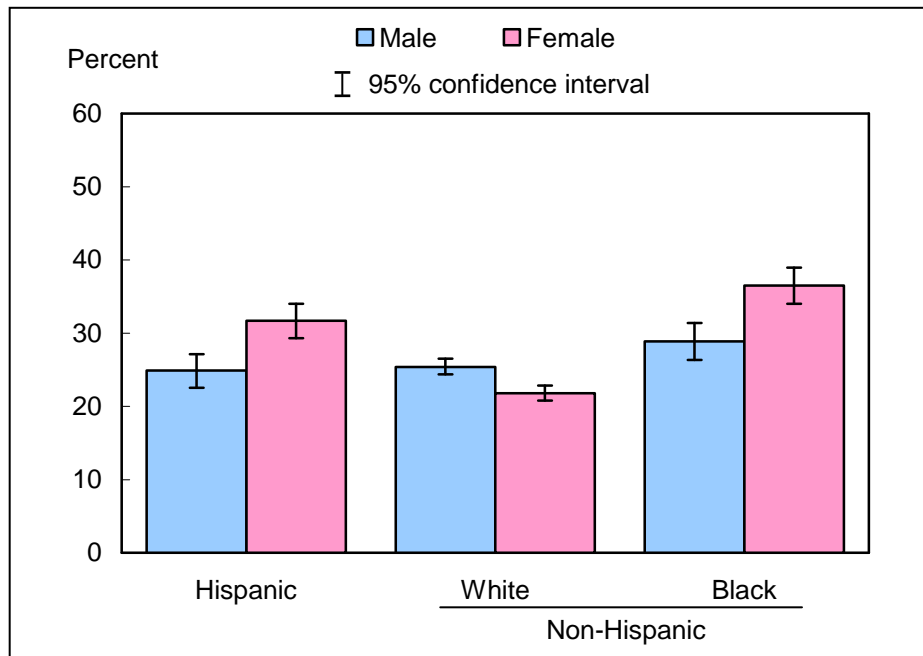
NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height and weight. The analyses excluded 1,589 people (5.2%) with unknown height or weight.

DATA SOURCE: Sample Adult Core component of the 2005 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

■ For both sexes combined, the prevalence of obesity was highest among adults aged 40–59 years (29.2%) and lowest among adults aged 20–39 years (22.2%). This pattern in obesity by age group was seen in both men and women.

■ For adults aged 20-39 years, the prevalence of obesity was higher among men than women.

**Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, 2005**



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 1,589 people (5.2%) 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: Sample Adult Core component of the 2005 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

■ Non-Hispanic white women were less likely than Hispanic and non-Hispanic black 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 (36.5%).

## 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, 1997–2005

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)
2004	24.5 (23.9-25.1)	24.3 (23.8-25.0)
2005	25.4 (24.77-26.09)	25.3 (24.66-25.96)

<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.

NOTES: Beginning with the 2003 data, the National Health Interview Survey (NHIS) transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See “About This Release” and Table III in the Appendix for more details.

DATA SOURCE: NHIS, 1997–2005. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**Data table for figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, 2005**

Age and sex	Percent	95% confidence interval
<b>20–39 years</b>		
Total	22.2	21.20-23.24
Male	23.3	21.93-24.71
Female	21.1	19.78-22.42
<b>40–59 years</b>		
Total	29.2	28.17-30.29
Male	29.7	28.21-31.22
Female	28.7	27.36-30.13
<b>60 years and over</b>		
Total	24.4	23.23-25.54
Male	23.5	21.64-25.32
Female	25.1	23.62-26.61
<b>20 years and over: crude<sup>1</sup></b>		
Total	25.4	24.77-26.09
Male	25.9	24.94-26.80
Female	25.0	24.15-25.88
<b>20 years and over: age-adjusted<sup>2</sup></b>		
Total	25.3	24.66-25.96
Male	25.6	24.66-26.49
Female	25.0	24.09-25.83

<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 SOURCE: National Health Interview Survey, 2005. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**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, 2005**

Sex and race/ethnicity	Percent <sup>1</sup>	95% confidence interval
<b>Male</b>		
Hispanic or Latino	24.9	22.55-27.15
Not Hispanic or Latino:		
White, single race	25.4	24.36-26.51
Black, single race	28.9	26.35-31.39
<b>Female</b>		
Hispanic or Latino	31.7	29.34-34.01
Not Hispanic or Latino:		
White, single race	21.8	20.78-22.83
Black, single race	36.5	34.01-38.93

<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.

DATA SOURCE: National Health Interview Survey, 2005. Data are based on household interviews of a sample of the civilian noninstitutionalized population.