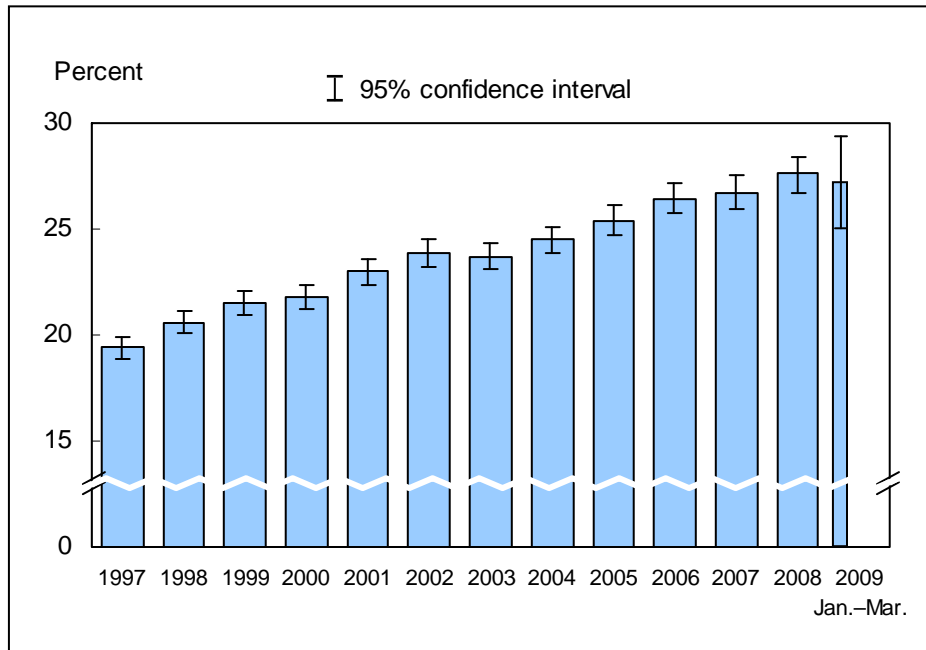


Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997–March 2009

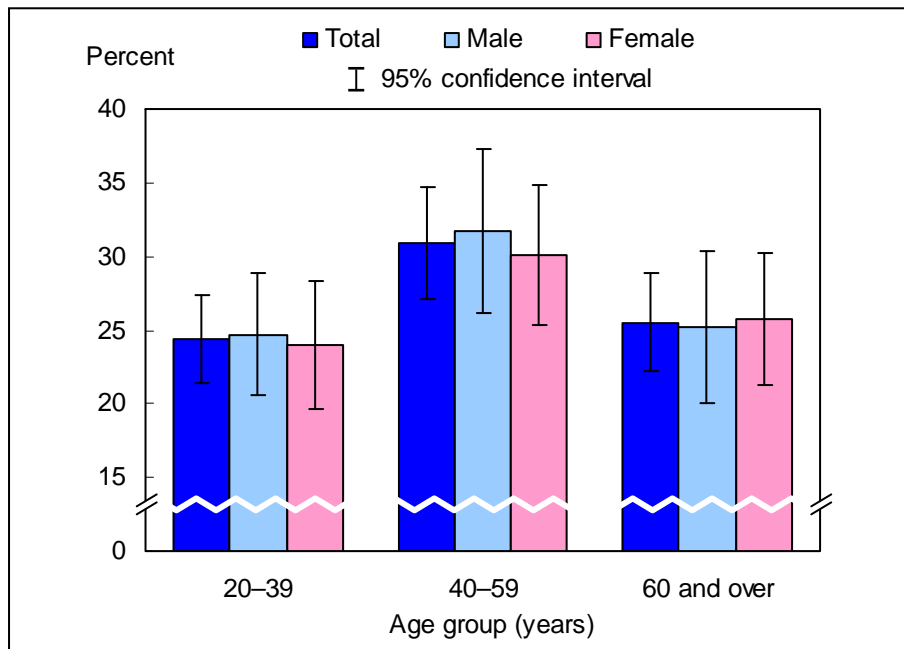


NOTES: Obesity is defined as a body mass index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded people with unknown height or weight (about 6% of respondents each year). Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See “About This Early Release” for more details. Estimates for January–March 2009 are based on approximately half the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between the last two data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2009, 27.2% (95% confidence interval = 24.98%–29.36%) of U.S. adults aged 20 years and over were obese, which was not significantly different from, the 2008 estimate of 27.6%.
- The annual prevalence of obesity among U.S. adults aged 20 years and over has generally increased over time from 19.4% in 1997 to 27.6% in 2008.

Figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, January–March 2009

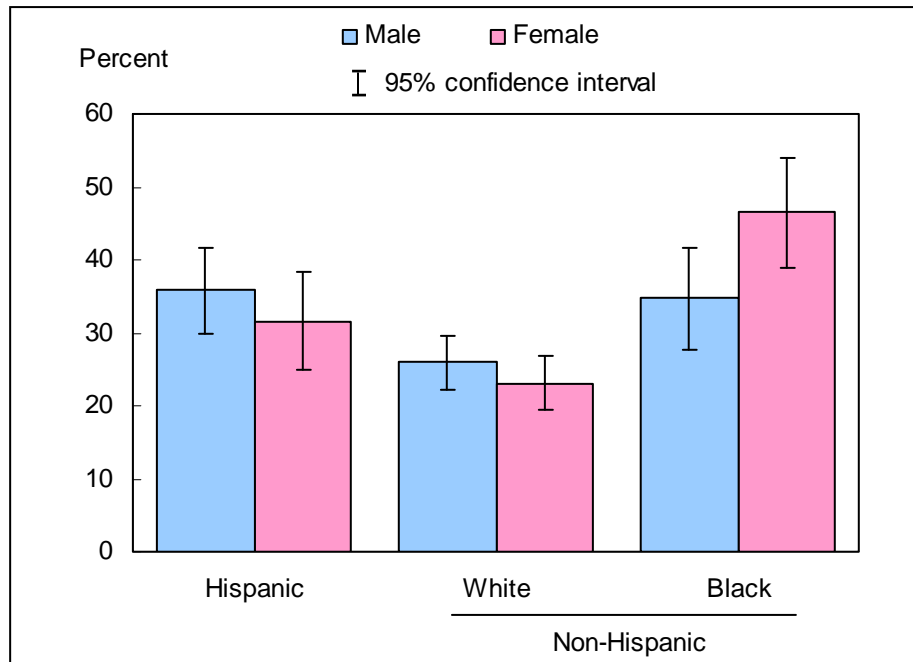


NOTES: Obesity is defined as a body mass index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. Estimates are based on approximately half the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available. The analyses excluded 134 people (4.5%) with unknown height or weight.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For both sexes combined, the prevalence of obesity was higher among adults aged 40–59 years (30.9%) than among adults aged 20–39 (24.4%) and 60 years and over (25.5%).

Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, January–March 2009



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. Estimates are based on approximately half the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available. The analyses excluded 134 people (4.5%) with unknown height or weight. Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 20–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, Sample Adult Core component. 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.
- Non-Hispanic white men were less likely than Hispanic and non-Hispanic black men to be obese.

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–March 2009

Year	Crude ¹ percent (95% confidence interval)	Age-adjusted ² percent (95% confidence interval)
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)
2006	26.4 (25.62-27.09)	26.2 (25.44-26.90)
2007	26.7 (25.82-27.50)	26.6 (25.78-27.49)
2008	27.6 (26.80-28.50)	27.5 (26.69-28.36)
January–March 2009	27.2 (24.98-29.36)	27.3 (25.08-29.46)

¹Crude estimates are presented in the figure.

²Estimates for this *Healthy People 2010* Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and 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 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 Early Release” for more details. Estimates for January–March 2009 are based on approximately half of the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between the last two data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2009, Sample Adult Core component. 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, January–March 2009

Age and sex	Percent	95% confidence interval
20–39 years, total	24.4	21.36-27.35
20–39 years, male	24.7	20.54-28.86
20–39 years, female	24.0	19.68-28.34
40–59 years, total	30.9	27.15-34.67
40–59 years, male	31.8	26.21-37.32
40–59 years, female	30.1	25.32-34.81
60 years and over, total	25.5	22.17-28.81
60 years and over, male	25.2	20.04-30.38
60 years and over, female	25.7	21.32-30.16
20 years and over (crude ¹), total	27.2	24.98-29.36
20 years and over (crude ¹), male	27.6	24.64-30.54
20 years and over (crude ¹), female	26.8	23.80-29.73
20 years and over (age-adjusted ²), total	27.3	25.08-29.46
20 years and over (age-adjusted ²), male	27.7	24.70-30.68
20 years and over (age-adjusted ²), female	26.7	23.84-29.65

¹Crude estimates are presented in the figure.

²Estimates for this *Healthy People 2010* Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and 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: Estimates are based on approximately half of the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, Sample Adult Core component. 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, January–March 2009

Sex and race/ethnicity	Percent¹	95% confidence interval
Male, Hispanic or Latino	35.8	29.90-41.72
Male, not Hispanic or Latino, single race, white	25.9	22.26-29.64
Male, not Hispanic or Latino, single race, black	34.7	27.79-41.53
Female, Hispanic or Latino	31.5	24.83-38.24
Female, not Hispanic or Latino, single race, white	23.1	19.35-26.78
Female, not Hispanic or Latino, single race, black	46.5	38.91-54.09

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

NOTES: Estimates are based on approximately half of the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.