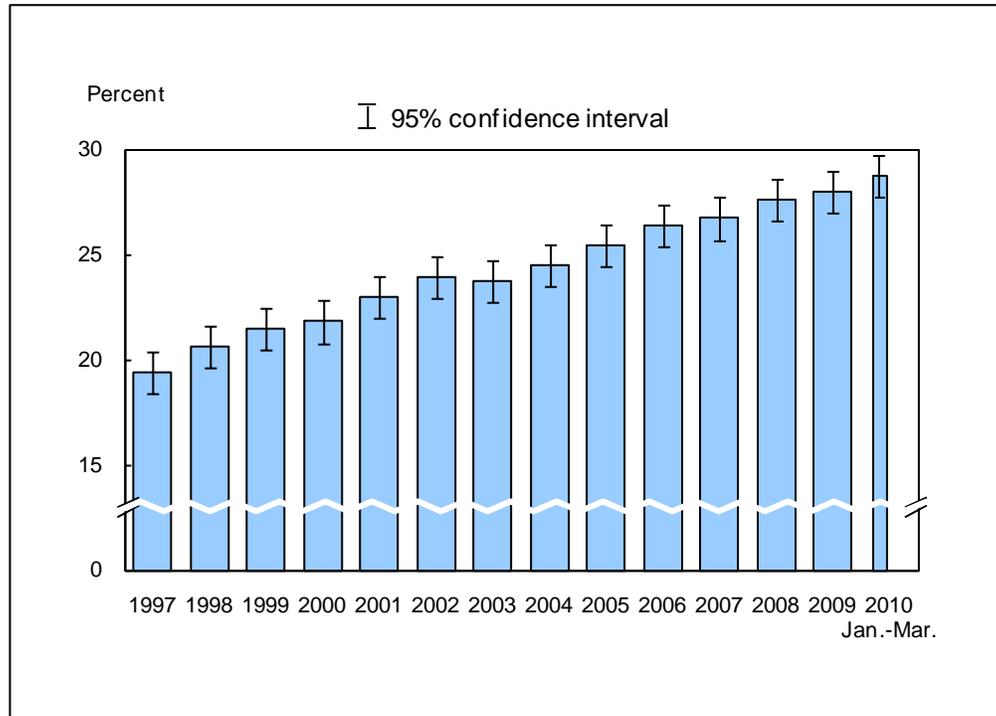


Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997-March 2010

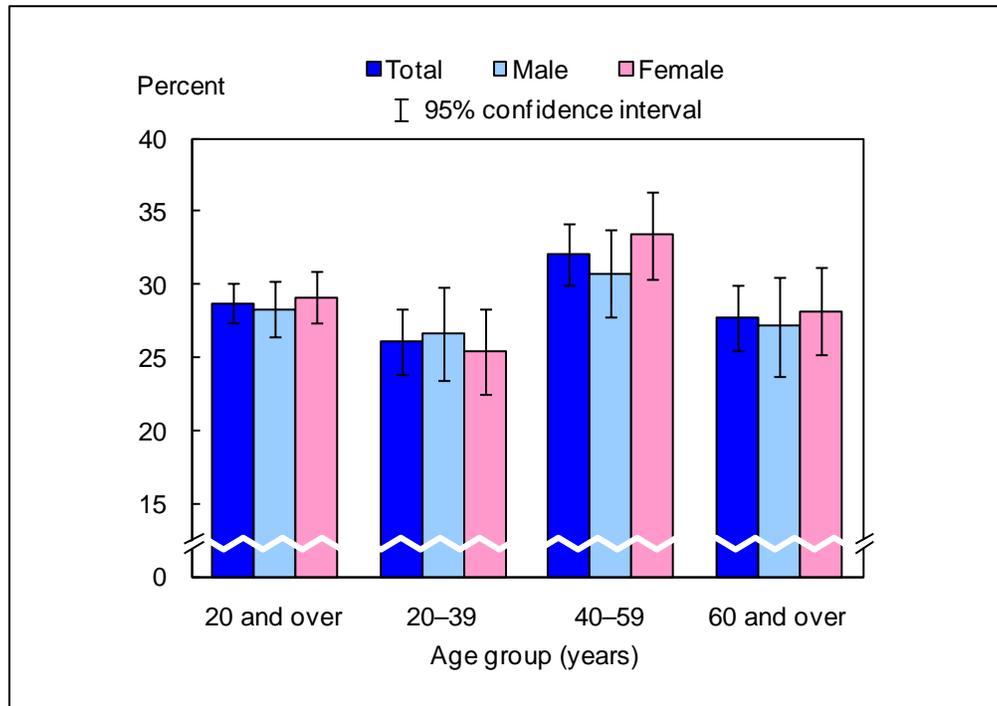


NOTES: Obesity is defined as a body mass index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. Estimates of obesity are restricted to adults aged 20 years and over for consistency with the Healthy People 2010 (3) program. The analyses excluded people with unknown height or weight (about 6% of respondents each year). Beginning with the 2003 data, the National Health Interview Survey (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 Early Release" for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997-March 2010, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2010, 28.7% (95% confidence interval = 27.36%-30.04%) of U.S. adults aged 20 years and over were obese, which was higher than, but not significantly different from, the 2009 estimate of 28.0%.
- The prevalence of obesity among U.S. adults aged 20 years and over has increased over time, from 19.4% in 1997 to 28.7% in early 2010.

Figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, January-March 2010

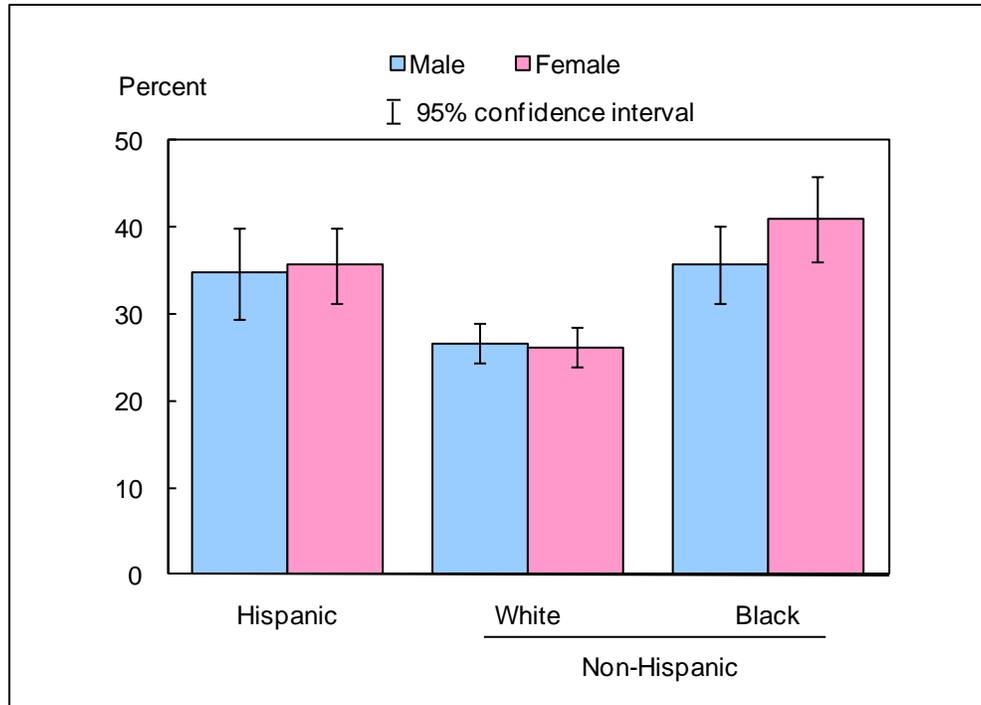


NOTES: Obesity is defined as a body mass index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. Estimates of obesity are restricted to adults aged 20 years and over for consistency with the Healthy People 2010 (3) program. The analyses excluded 294 people (4.1%) with unknown height or weight.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January-March 2010, 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 (32.1%) than among adults aged 20-39 (26.0%) and those aged 60 and over (27.7%).
- For all three age groups, there was no significant difference between women and men in the prevalence of obesity.

Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, January-March 2010



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 of obesity are restricted to adults aged 20 years and over for consistency with the Healthy People 2010 (3) program. The analyses excluded 294 people (4.1%) 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 2010, 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 women and non-Hispanic black women to be obese.
- Non-Hispanic white men were less likely than Hispanic men 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 2010

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)
2009	28.0 (27.20-28.76)	27.9 (27.13-28.71)
January-March 2010	28.7 (27.36-30.04)	28.5 (27.16-29.87)

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.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997-March 2010, 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 2010

Age and sex	Percent	95% confidence interval
20-39 years, total	26.0	23.83-28.26
20-39 years, male	26.6	23.46-29.80
20-39 years, female	25.4	22.50-28.39
40-59 years, total	32.1	29.98-34.19
40-59 years, male	30.8	27.72-33.80
40-59 years, female	33.4	30.40-36.38
60 years and over, total	27.7	25.41-30.01
60 years and over, male	27.1	23.76-30.54
60 years and over, female	28.2	25.18-31.20
20 years and over (crude ¹), total	28.7	27.36-30.04
20 years and over (crude ¹), male	28.3	26.38-30.20
20 years and over (crude ¹), female	29.1	27.31-30.89
20 years and over (age-adjusted ²), total	28.5	27.16-29.87
20 years and over (age-adjusted ²), male	28.1	26.23-30.00
20 years and over (age-adjusted ²), female	28.9	27.01-30.71

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.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January-March 2010, 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 2010

Sex and race/ethnicity	Percent¹	95% confidence interval
Male, Hispanic or Latino	34.7	29.54-39.95
Male, not Hispanic or Latino, single race, white	26.7	24.42-29.00
Male, not Hispanic or Latino, single race, black	35.7	31.28-40.14
Female, Hispanic or Latina	35.6	31.37-39.91
Female, not Hispanic or Latina, single race, white	26.2	23.86-28.53
Female, not Hispanic or Latina, single race, black	41.0	36.07-45.90

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.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January-March 2010, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.