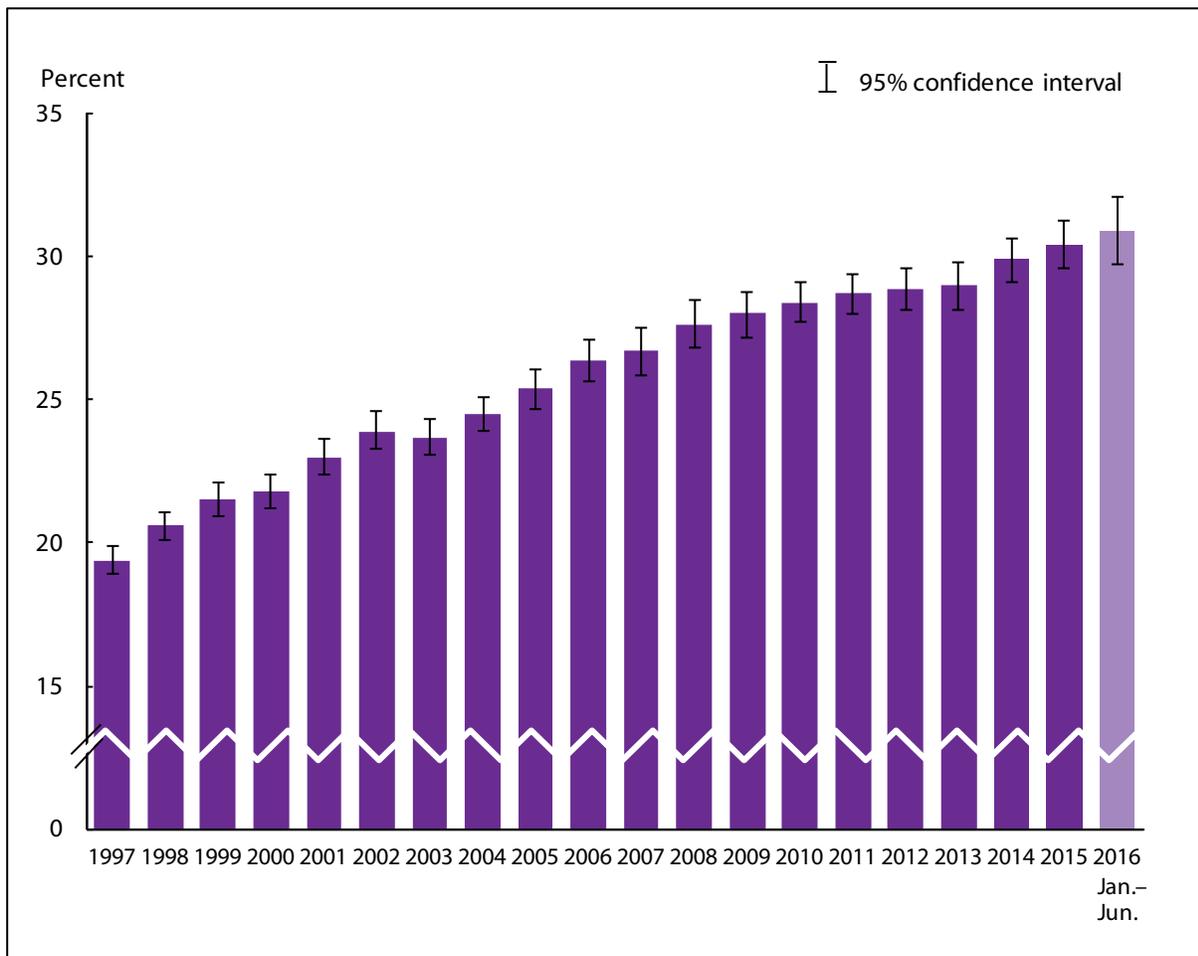


## Obesity

**Figure 6.1. Prevalence of obesity among adults aged 20 and over: United States, 1997–June 2016**

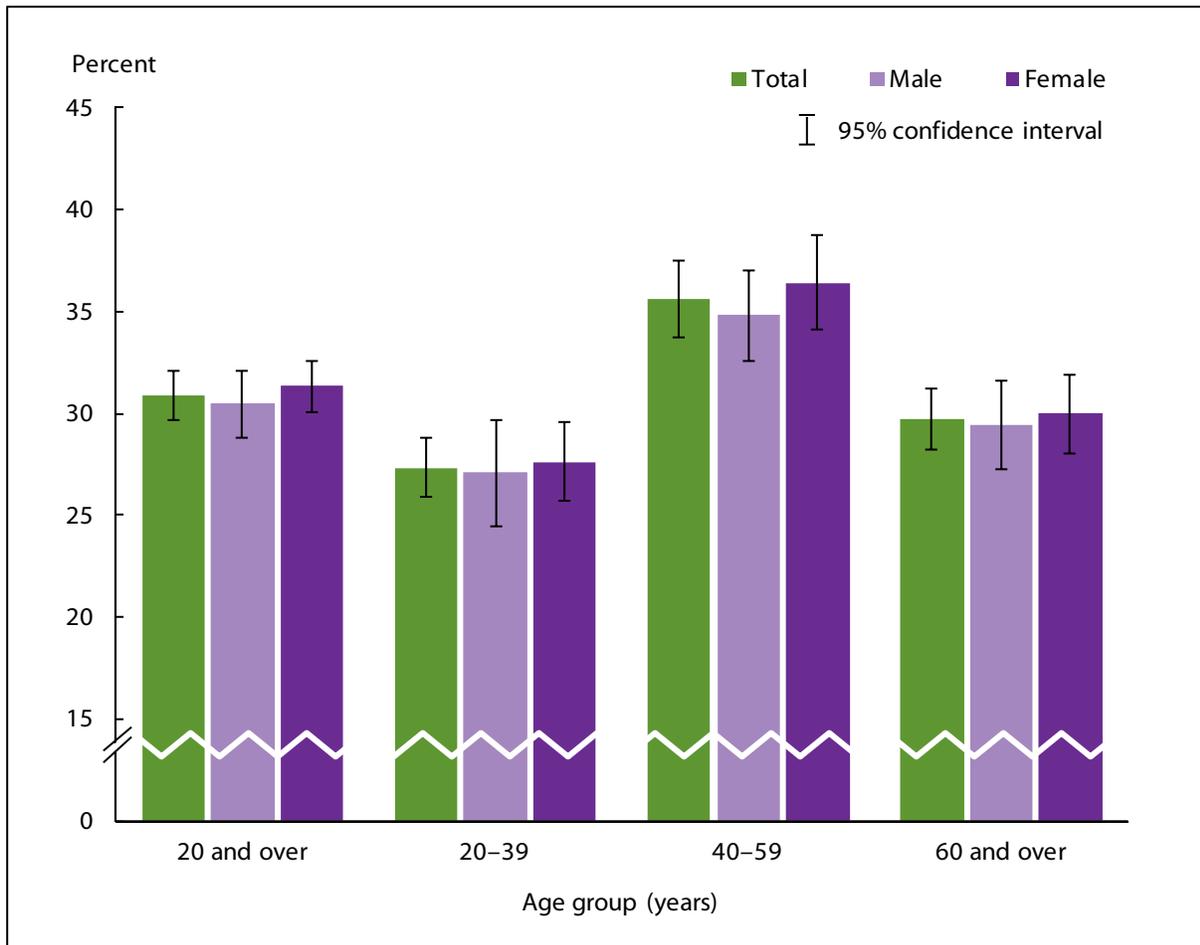


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over for consistency with the Healthy People 2020 (3) initiative. The analyses excluded people with unknown height or weight (about 6% of respondents each year). See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, 1997–June 2016, Sample Adult Core component.

- For January–June 2016, 30.9% (95% confidence interval = 29.70%–32.10%) of U.S. adults aged 20 and over were obese. This was higher than, but not significantly different from, the 2015 estimate of 30.4%.
- The prevalence of obesity among U.S. adults aged 20 and over increased, from 19.4% in 1997 to 30.9% in January–June 2016.

**Figure 6.2. Prevalence of obesity among adults aged 20 and over, by age group and sex: United States, January–June 2016**

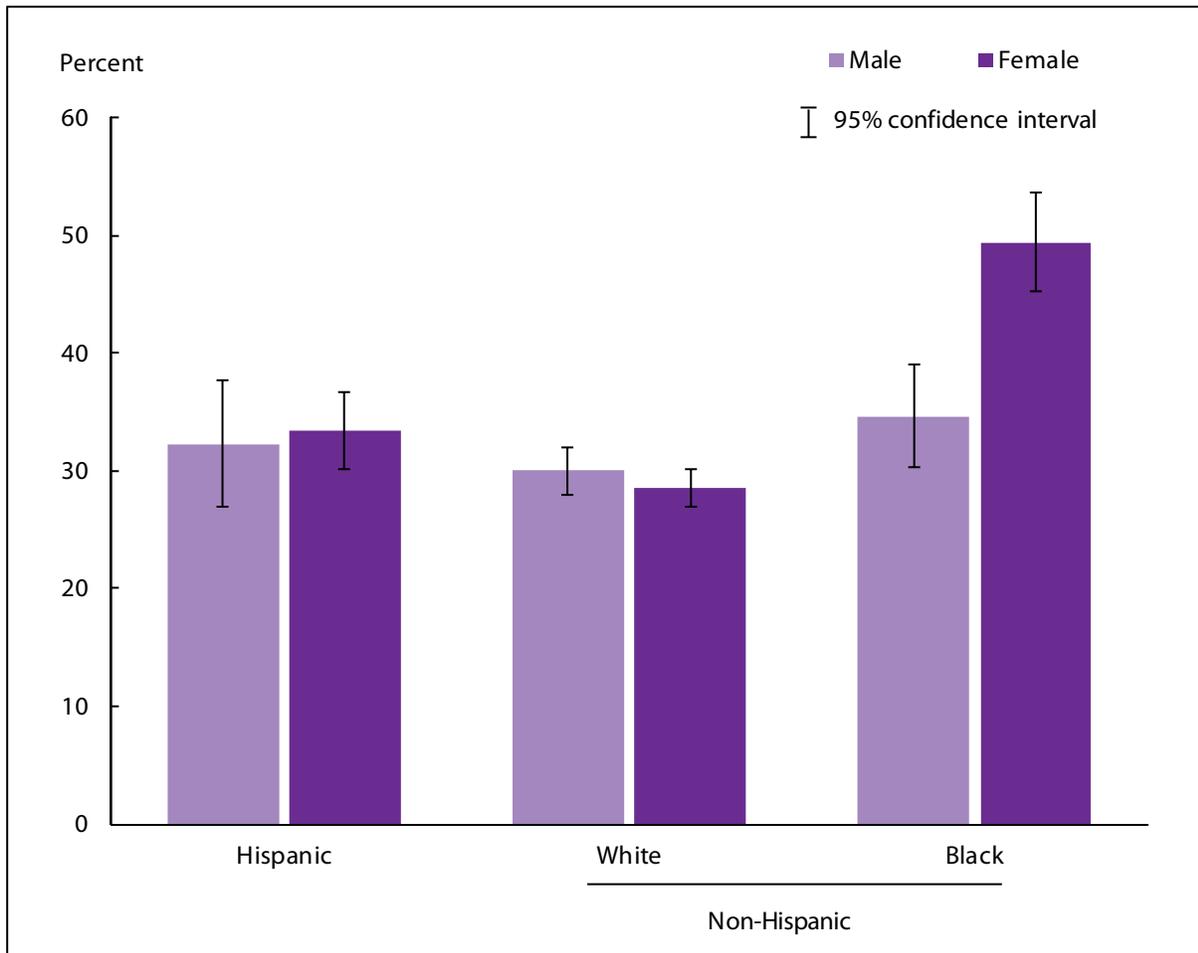


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over for consistency with the Healthy People 2020 (3) initiative. The analyses exclude the 3.9% of persons with unknown height or weight. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, January–June 2016, Sample Adult Core component.

- For both sexes combined, the prevalence of obesity was higher among adults aged 40–59 (35.6%), compared with adults aged 60 and over (29.7%) and those aged 20–39 (27.4%). This pattern held for males and females.
- There was no significant difference in the prevalence of obesity between men and women in any age group.

**Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 and over, by sex and race and ethnicity: United States, January–June 2016**



NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over for consistency with the Healthy People 2020 (3) initiative. The analyses exclude the 3.9% of persons with unknown height or weight. Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and five age groups: 20–24, 25–34, 35–44, 45–64, and 65 and over. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, January–June 2016, Sample Adult Core component.

- Non-Hispanic black women (49.4%) were most likely to have obesity, compared with Hispanic women (33.4%) and non-Hispanic white women (28.6%).
- There was no significant difference in the prevalence of obesity by race and ethnicity groups among men.

**Data tables for Figures 6.1–6.3:**

**Data table for Figure 6.1. Prevalence of obesity among adults aged 20 and over: United States, 1997–June 2016**

Year	Crude <sup>1</sup> percent (95% confidence interval)	Age-adjusted <sup>2</sup> 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)
2010	28.4 (27.74–29.09)	28.3 (27.58–28.94)
2011	28.7 (28.01–29.42)	28.7 (27.96–29.35)
2012	28.9 (28.14–29.61)	28.7 (27.94–29.43)
2013	29.0 (28.13–29.78)	28.9 (28.06–29.78)
2014	29.9 (29.13–30.65)	29.8 (28.98–30.52)
2015	30.4 (29.62–31.27)	30.2 (29.40–31.08)
January–June 2016	30.9 (29.70–32.10)	30.9 (29.66–32.08)

<sup>1</sup>Crude estimates are presented.

<sup>2</sup>Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and seven age groups: 20–29, 30–39, 40–49, 50–59, 60–69, 70–79, and 80 and over.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Beginning with 2012 data, the National Health Interview Survey transitioned to weights derived from the 2010 census. For 2003–2011 data, weights were derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. For 1997–1999 data, weights were derived from the 1990 census. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, 1997–June 2016, Sample Adult Core component.

**Data table for Figure 6.2. Prevalence of obesity among adults aged 20 and over, by age group and sex: United States, January–June 2016**

Age (years) and sex	Percent	95% confidence interval
20–39, total	27.4	25.89–28.82
20–39, male	27.1	24.48–29.70
20–39, female	27.6	25.67–29.57
40–59, total	35.6	33.75–37.50
40–59, male	34.8	32.55–37.07
40–59, female	36.4	34.10–38.77
60 and over, total	29.7	28.23–31.22
60 and over, male	29.4	27.23–31.63
60 and over, female	30.0	28.03–31.94
20 and over (crude <sup>1</sup> ), total	30.9	29.70–32.10
20 and over (crude <sup>1</sup> ), male	30.5	28.82–32.08
20 and over (crude <sup>1</sup> ), female	31.3	30.08–32.59
20 and over (age-adjusted <sup>2</sup> ), total	30.9	29.66–32.08
20 and over (age-adjusted <sup>2</sup> ), male	30.2	28.60–31.81
20 and over (age-adjusted <sup>2</sup> ), female	31.5	30.17–32.75

<sup>1</sup>Crude estimates are presented.

<sup>2</sup>Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and seven age groups: 20–29, 30–39, 40–49, 50–59, 60–69, 70–79, and 80 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: NCHS, National Health Interview Survey, January–June 2016, Sample Adult Core component.

**Data table for Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 and over, by sex and race and ethnicity: United States, January–June 2016**

Sex and race and ethnicity	Percent <sup>1</sup>	95% confidence interval
Male, Hispanic or Latino	32.3	26.99–37.66
Male, not Hispanic or Latino, single race, white	30.0	28.01–32.06
Male, not Hispanic or Latino, single race, black	34.6	30.27–39.02
Female, Hispanic or Latino	33.4	30.07–36.71
Female, not Hispanic or Latino, single race, white	28.6	27.03–30.12
Female, not Hispanic or Latino, single race, black	49.4	45.23–53.60

<sup>1</sup>Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and five age groups: 20–24, 25–34, 35–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: NCHS, National Health Interview Survey, January–June 2016, Sample Adult Core component.