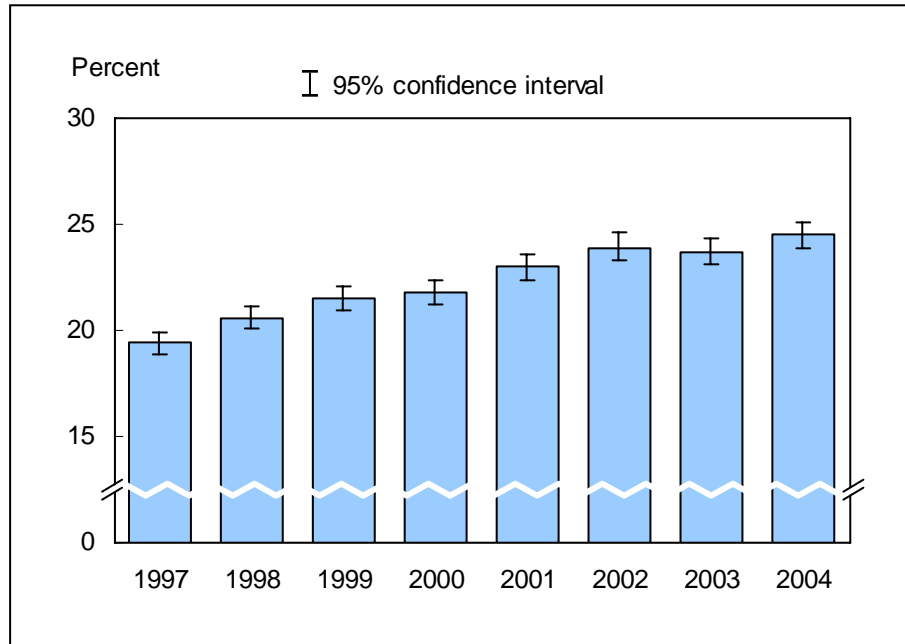


Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997-2004



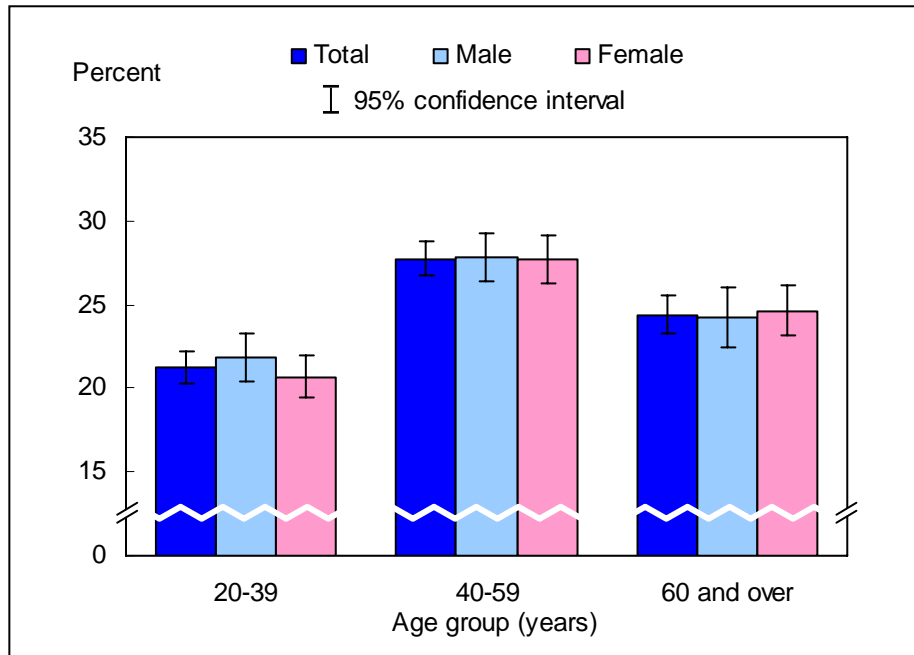
NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded people with unknown height or weight (about 4% of respondents each year). Beginning with the 2003 data, the National Health Interview Survey transitioned 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.

■ In 2004, 24.5% (95% confidence interval = 23.9%-25.1%) 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 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, 2004



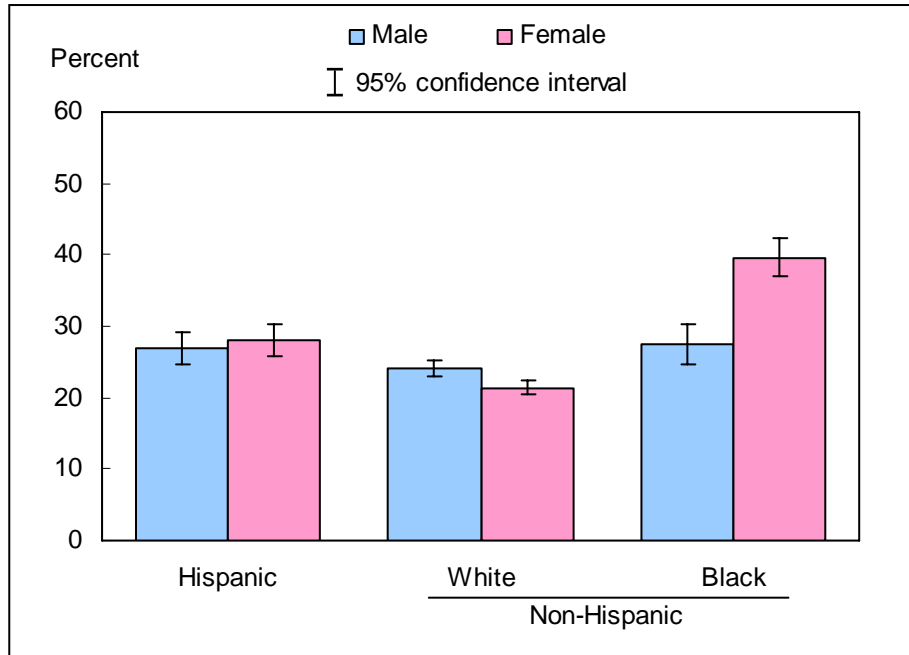
NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded 1521 people (5.0%) with unknown height or weight.

DATA SOURCE: 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 (27.7%) and lowest among adults aged 20-39 years (21.2%). 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, 2004



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 1521 people (5.0%) 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 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 (39.6%).

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 ¹ | Age-adjusted ² |
| 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) |

¹Crude estimates are presented in the figure.

²Estimates 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, 2004

| Age and sex | Percent | 95% confidence interval |
|--|---------|-------------------------|
| 20-39 years | | |
| Total | 21.2 | 20.3-22.2 |
| Male | 21.8 | 20.4-23.3 |
| Female | 20.7 | 19.5-22.0 |
| 40-59 years | | |
| Total | 27.7 | 26.7-28.8 |
| Male | 27.8 | 26.4-29.3 |
| Female | 27.7 | 26.3-29.1 |
| 60 years and over | | |
| Total | 24.4 | 23.3-25.6 |
| Male | 24.2 | 22.4-26.0 |
| Female | 24.6 | 23.1-26.1 |
| 20 years and over: crude¹ | | |
| Total | 24.5 | 23.9-25.1 |
| Male | 24.7 | 23.8-25.6 |
| Female | 24.3 | 23.4-25.1 |
| 20 years and over: age-adjusted² | | |
| Total | 24.3 | 23.8-25.0 |
| Male | 24.4 | 23.5-25.3 |
| Female | 24.3 | 23.4-25.2 |

¹Crude estimates are presented in the figure.

²Estimates 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, 2004

| Sex and race/ethnicity | Percent¹ | 95% confidence interval |
|-------------------------------|----------------------------|--------------------------------|
| Male | | |
| Hispanic or Latino | 26.9 | 24.8-29.1 |
| Not Hispanic or Latino: | | |
| White, single race | 24.1 | 23.0-25.1 |
| Black, single race | 27.4 | 24.6-30.3 |
| Female | | |
| Hispanic or Latino | 28.0 | 25.7-30.4 |
| Not Hispanic or Latino: | | |
| White, single race | 21.3 | 20.4-22.4 |
| Black, single race | 39.6 | 37.0-42.2 |

¹Estimates 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.