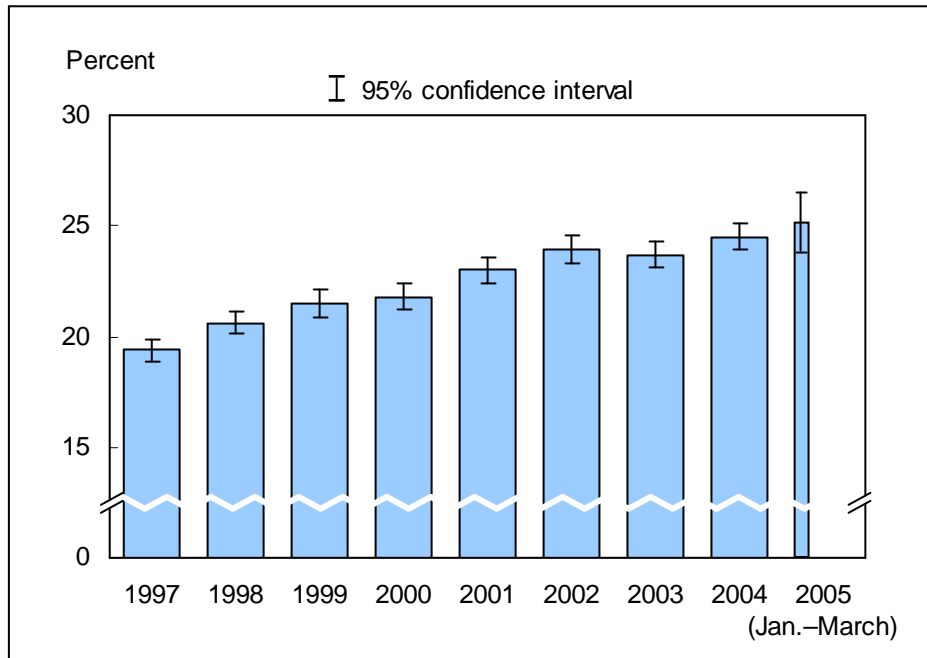


**Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997–2005**

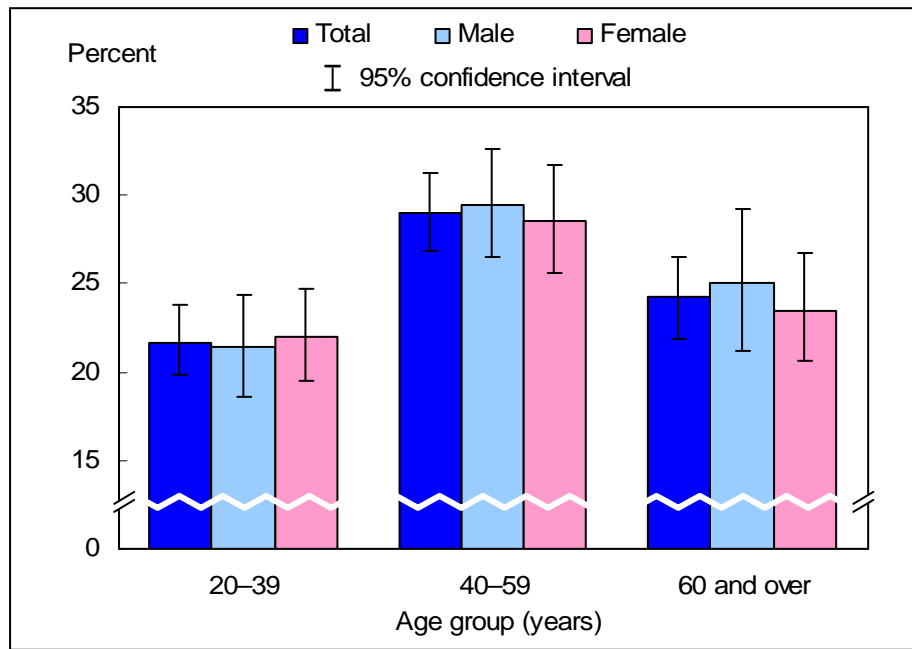


NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height and weight. The analyses excluded people with unknown height or weight (about 4% of respondents each year). Beginning with the 2003 data, the National Health Interview Survey 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 1997–2005 National Health Interview Surveys. The estimate for 2005 was based on data collected from January through March. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2005, 25.1% (95% confidence interval = 23.8%–26.5%) of U.S. adults aged 20 years and over were obese, which was similar to 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 25.1% in early 2005. 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, January–March 2005**



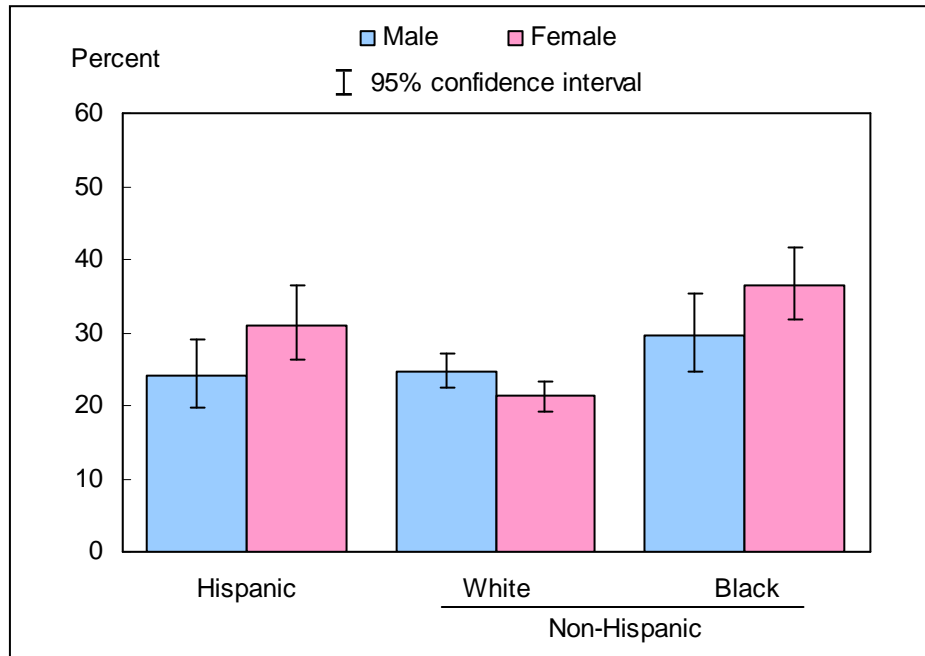
NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m<sup>2</sup> or more. The measure is based on self-reported height and weight. The analyses excluded 309 people (4.5%) with unknown height or weight.

DATA SOURCE: Based on data collected from January through March in the 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 (29.0%) and lowest among adults aged 20–39 years (21.7%). 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, January–March 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 309 people (4.5%) 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: Based on data collected from January through March in the 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)
<b>January–March 2005</b>	25.1 (23.8-26.5)	25.0 (23.7-26.3)

<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, 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, January–March 2005**

Age and sex	Percent	95% confidence interval
<b>20–39 years</b>		
Total	21.7	19.8-23.8
Male	21.4	18.6-24.4
Female	22.0	19.5-24.7
<b>40–59 years</b>		
Total	29.0	26.8-31.3
Male	29.5	26.5-32.6
Female	28.5	25.6-31.7
<b>60 years and over</b>		
Total	24.2	21.9-26.5
Male	25.0	21.2-29.2
Female	23.5	20.6-26.7
<b>20 years and over: crude<sup>1</sup></b>		
Total	25.1	23.8-26.5
Male	25.4	23.4-27.4
Female	24.9	23.1-26.7
<b>20 years and over: age-adjusted<sup>2</sup></b>		
Total	25.0	23.7-26.3
Male	25.1	23.2-27.2
Female	24.8	23.0-26.6

<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, January–March 2005**

Sex and race/ethnicity	Percent <sup>1</sup>	95% confidence interval
<b>Male</b>		
Hispanic or Latino	24.1	19.7-29.0
Not Hispanic or Latino:		
White, single race	24.7	22.4-27.1
Black, single race	29.7	24.6-35.4
<b>Female</b>		
Hispanic or Latino	31.0	26.2-36.4
Not Hispanic or Latino:		
White, single race	21.3	19.3-23.4
Black, single race	36.5	31.7-41.7

<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.