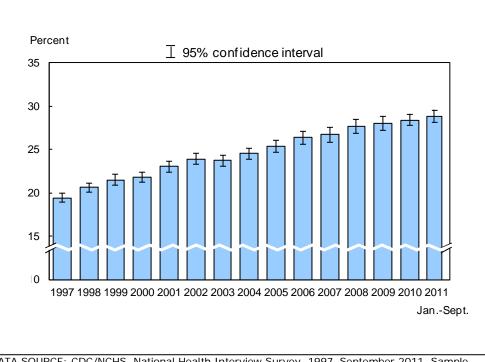## Figure 6.1. Prevalence of obesity among adults aged 20 and over: United States, 1997–September 2011
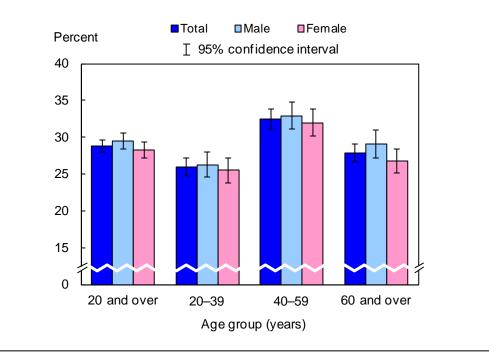

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–September 2011, Sample Adult Core component.

- For January–September 2011, 28.8% (95% confidence interval = 28.04%–29.64%) of U.S. adults aged 20 and over were obese, which was not significantly different from the 2010 estimate of 28.4%.

- The prevalence of obesity among U.S. adults aged 20 and over has increased over time, from 19.4% in 1997 to 28.8% in January–September 2011.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Obesity is defined as a body mass index (BMI) of 30 kg/m^2 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) program. • The analyses excluded people with unknown height or weight (about 6% of respondents each year). • See "Technical Notes" for more details.

Figure 6.2. Prevalence of obesity among adults aged 20 and over, by age group and sex: United States, January–September 2011
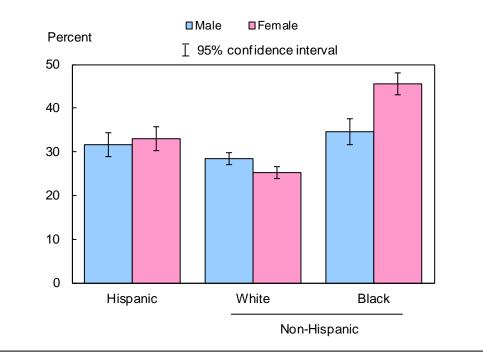

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–September 2011, Sample Adult Core component.

- For both sexes combined, the prevalence of obesity was higher among adults aged 40–59 (32.4%) than among adults aged 20–39 (25.9%) and those aged 60 and over (27.8%).

- For adults aged 20–39, 40–59 and 60 and over, there was no significant difference between women and men in the prevalence of obesity.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Obesity is defined as a body mass index (BMI) of 30 kg/m^2 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) program. • The analyses excluded 3.5% of persons with unknown height or weight. • See "Technical Notes" for more details.

Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 and over, by sex and race/ethnicity: United States, January–September 2011

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–September 2011, Sample Adult Core component.

- Non-Hispanic black women were more likely than Hispanic women and non-Hispanic white women to be obese.

- Non-Hispanic black men were more likely than non-Hispanic white men to be obese.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Obesity is defined as a body mass index (BMI) of 30 kg/m^2 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) program. • The analyses excluded 3.5% of persons 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, 25–34, 35–44, 45–64, and 65 and over. • See "Technical Notes" for more details.

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–September 2011

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)
2010	28.4 (27.74-29.09)	28.3 (27.58-28.94)
Jan.–Sept. 2011	28.8 (28.04-29.64)	28.8 (28.01-29.58)

[1]Crude estimates are presented in the figure.
[2]Estimates for this Healthy People 2020 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using 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 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 "Technical Notes" for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–September 2011, 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–September 2011

Age (years) and sex	Percent	95% confidence interval
20-39, total	25.9	24.67-27.11
20-39, male	26.3	24.55-28.01
20-39, female	25.5	23.83-27.15
40-59, total	32.4	31.10-33.78
40-59, male	32.9	31.06-34.73
40-59, female	32.0	30.17-33.80
60 and over, total	27.8	26.64-29.03
60 and over, male	29.1	27.16-31.02
60 and over, female	26.7	25.15-28.34
20 and over (crude[1]), total	28.8	28.04-29.64
20 and over (crude[1]), male	29.5	28.41-30.55
20 and over (crude[1]), female	28.2	27.16-29.28
20 and over (age-adjusted[2]), total	28.8	28.01-29.58
20 and over (age-adjusted[2]), male	29.4	28.31-30.42
20 and over (age-adjusted[2]), female	28.3	27.19-29.32

[1]Crude estimates are presented in the figure.
[2]Estimates for this Healthy People 2020 Leading Health Indicator are age-adjusted using the projected 2000 U.S. population as the standard population and using 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: CDC/NCHS, National Health Interview Survey, January–September 2011, 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/ethnicity: United States, January–September 2011

Sex and race/ethnicity	Percent[1]	95% confidence interval
Male, Hispanic or Latino	31.6	28.97-34.31
Male, not Hispanic or Latino, single race, white	28.4	27.07-29.71
Male, not Hispanic or Latino, single race, black	34.7	31.72-37.61
Female, Hispanic or Latina	32.9	30.16-35.68
Female, not Hispanic or Latina, single race, white	25.3	23.94-26.69
Female, not Hispanic or Latina, single race, black	45.6	43.11-48.14

[1]Estimates for this Healthy People 2020 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using 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: CDC/NCHS, National Health Interview Survey, January–September 2011, Sample Adult Core component.