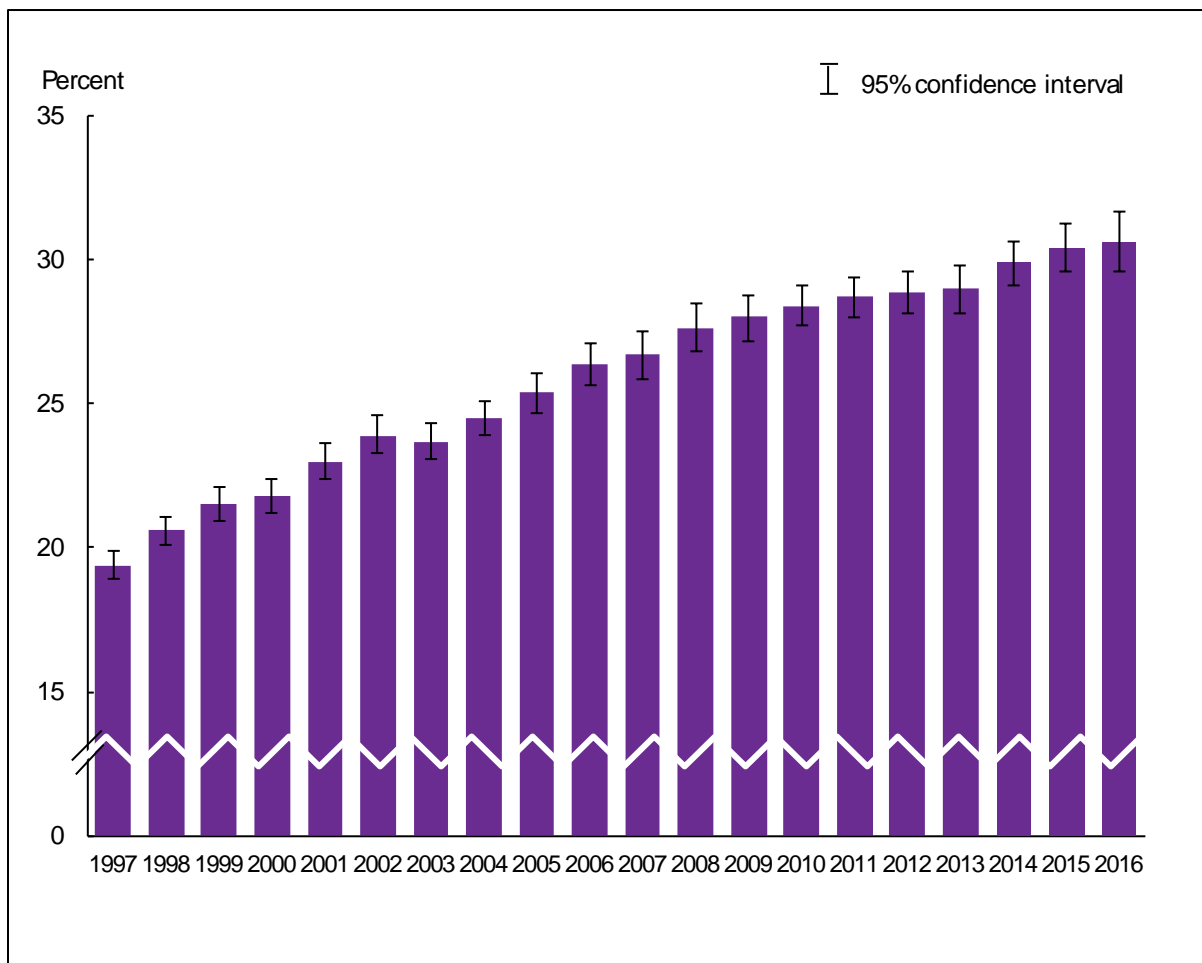


Obesity

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

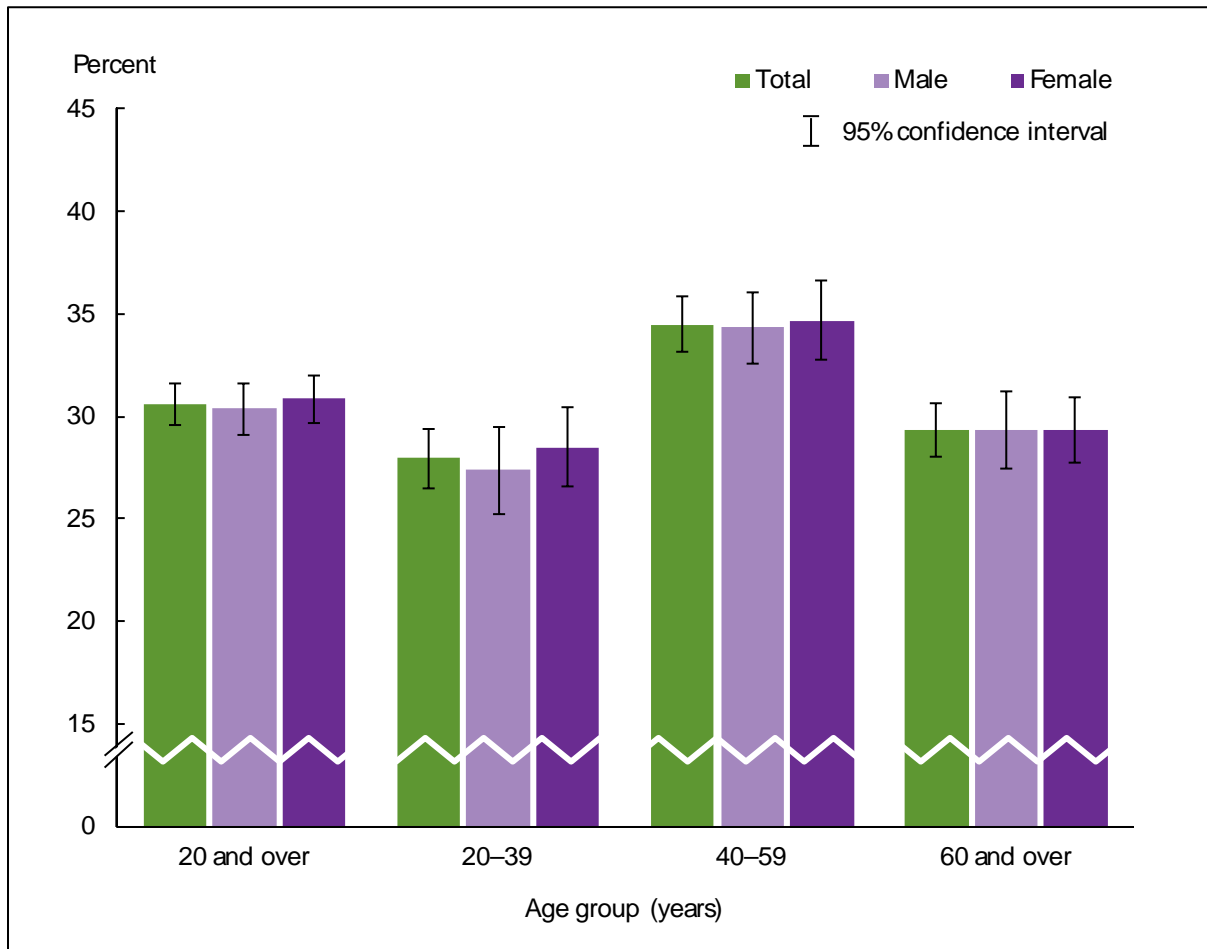


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index of 30 kg/m² or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over for 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, 1997–2016, Sample Adult Core component.

- For 2016, 30.6% (95% confidence interval = 29.77%–31.37%) of U.S. adults aged 20 and over were obese. This was 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 30.6% in 2016.

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

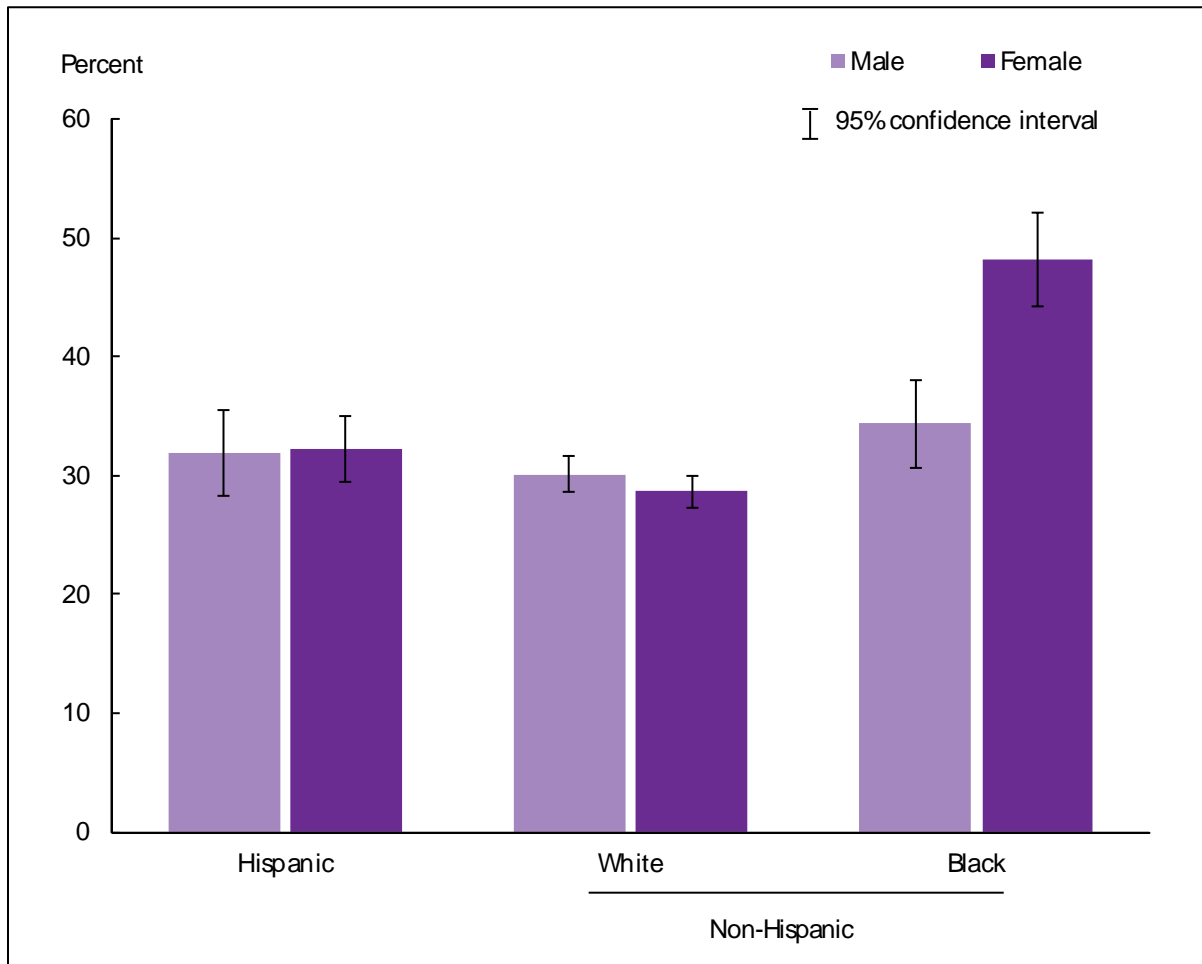


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index of 30 kg/m² or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over for consistency with the Healthy People 2020 (3) initiative. The analyses exclude the 3.7% of persons with unknown height or weight. See [Technical Notes](#) for more details.

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

- For both sexes combined, the prevalence of obesity was higher among adults aged 40-59 (34.7%), compared with adults aged 60 and over (29.2%) and those aged 20-39 (27.7%). 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, 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/m² 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 3.7% 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, 2016, Sample Adult Core component.

- Non-Hispanic black women (46.7%) were most likely to be obese, compared with Hispanic women (32.2%) and non-Hispanic white women (28.4%).
- Non-Hispanic black men (34.0%) were more likely to be obese, compared with non-Hispanic white men (30.2%).
- There was no significant difference in the prevalence of obesity among Hispanic men (32.2%) compared with non-Hispanic black men and non-Hispanic white 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, 1997–2016

| 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) |
| 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) |
| 2016 | 30.6 (29.77–31.37) | 30.5 (29.70–31.26) |

¹Crude estimates are presented.

²Estimates 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, 1997–2016, 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, 2016

| Age (years) and sex | Percent | 95% confidence interval |
|--|---------|-------------------------|
| 20–39, total | 27.7 | 26.49–28.89 |
| 20–39, male | 27.0 | 25.19–28.83 |
| 20–39, female | 28.4 | 26.63–30.08 |
| 40–59, total | 34.7 | 33.43–35.91 |
| 40–59, male | 35.0 | 33.50–36.58 |
| 40–59, female | 34.3 | 32.46–36.13 |
| 60 and over, total | 29.2 | 28.06–30.43 |
| 60 and over, male | 29.5 | 27.90–31.11 |
| 60 and over, female | 29.0 | 27.71–30.34 |
| 20 and over (crude ¹), total | 30.6 | 29.77–31.37 |
| 20 and over (crude ¹), male | 30.6 | 29.56–31.55 |
| 20 and over (crude ¹), female | 30.6 | 29.60–31.55 |
| 20 and over (age-adjusted ²), total | 30.5 | 29.70–31.26 |
| 20 and over (age-adjusted ²), male | 30.3 | 29.36–31.20 |
| 20 and over (age-adjusted ²), female | 30.6 | 29.60–31.67 |

¹Crude estimates are presented.

²Estimates 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, 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, 2016

| Sex and race and ethnicity | Percent ¹ | 95% confidence interval |
|--|----------------------|-------------------------|
| Male, Hispanic or Latino | 32.2 | 28.88–35.47 |
| Male, not Hispanic or Latino, single race, white | 30.2 | 28.91–31.54 |
| Male, not Hispanic or Latino, single race, black | 34.0 | 30.69–37.23 |
| Female, Hispanic or Latino | 32.2 | 29.56–34.81 |
| Female, not Hispanic or Latino, single race, white | 28.4 | 27.17–29.55 |
| Female, not Hispanic or Latino, single race, black | 46.7 | 43.59–49.83 |

¹Estimates 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, 2016, Sample Adult Core component.