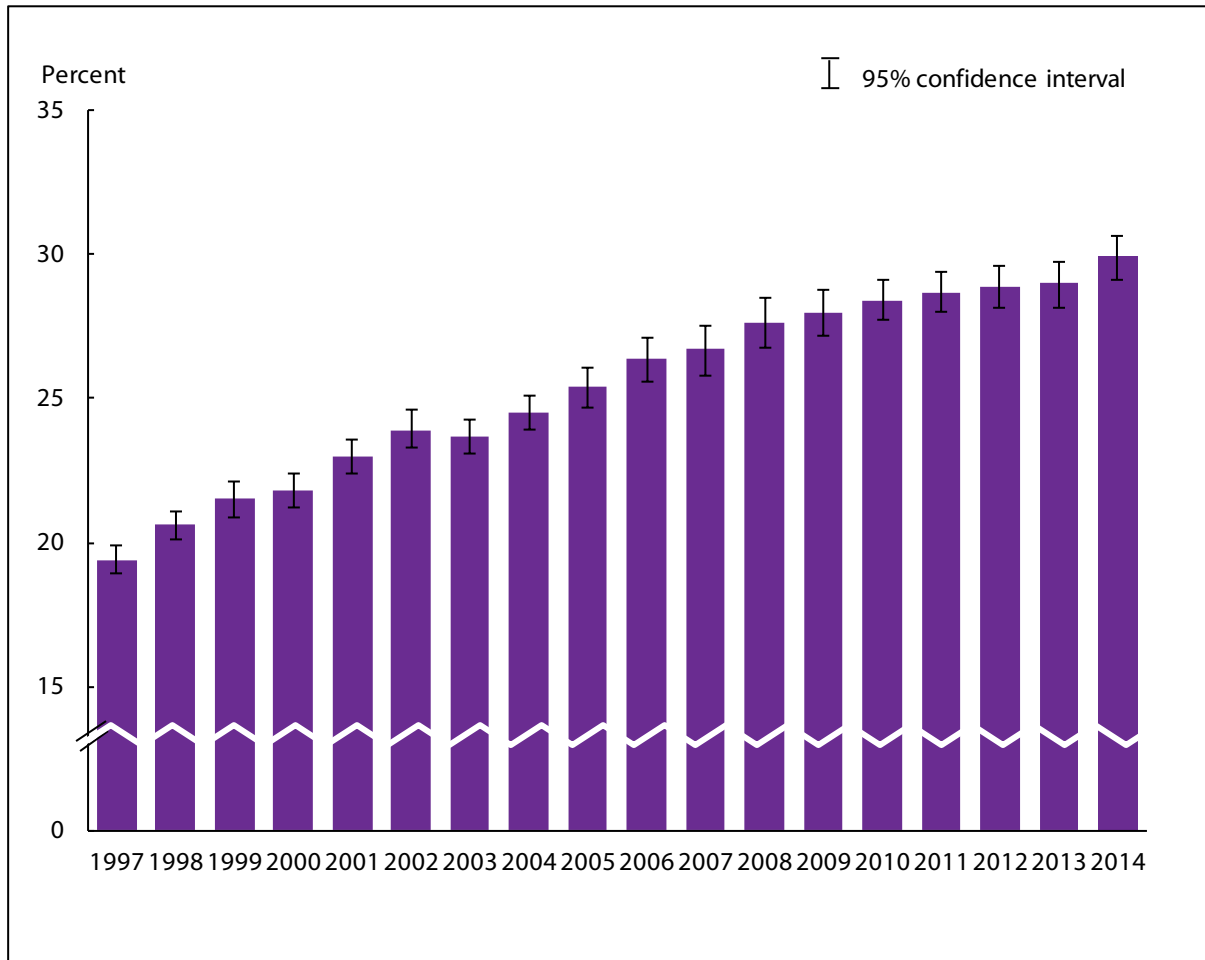## Obesity

Figure 6.1. Prevalence of obesity among adults aged 20 and over: United States, 1997–2014
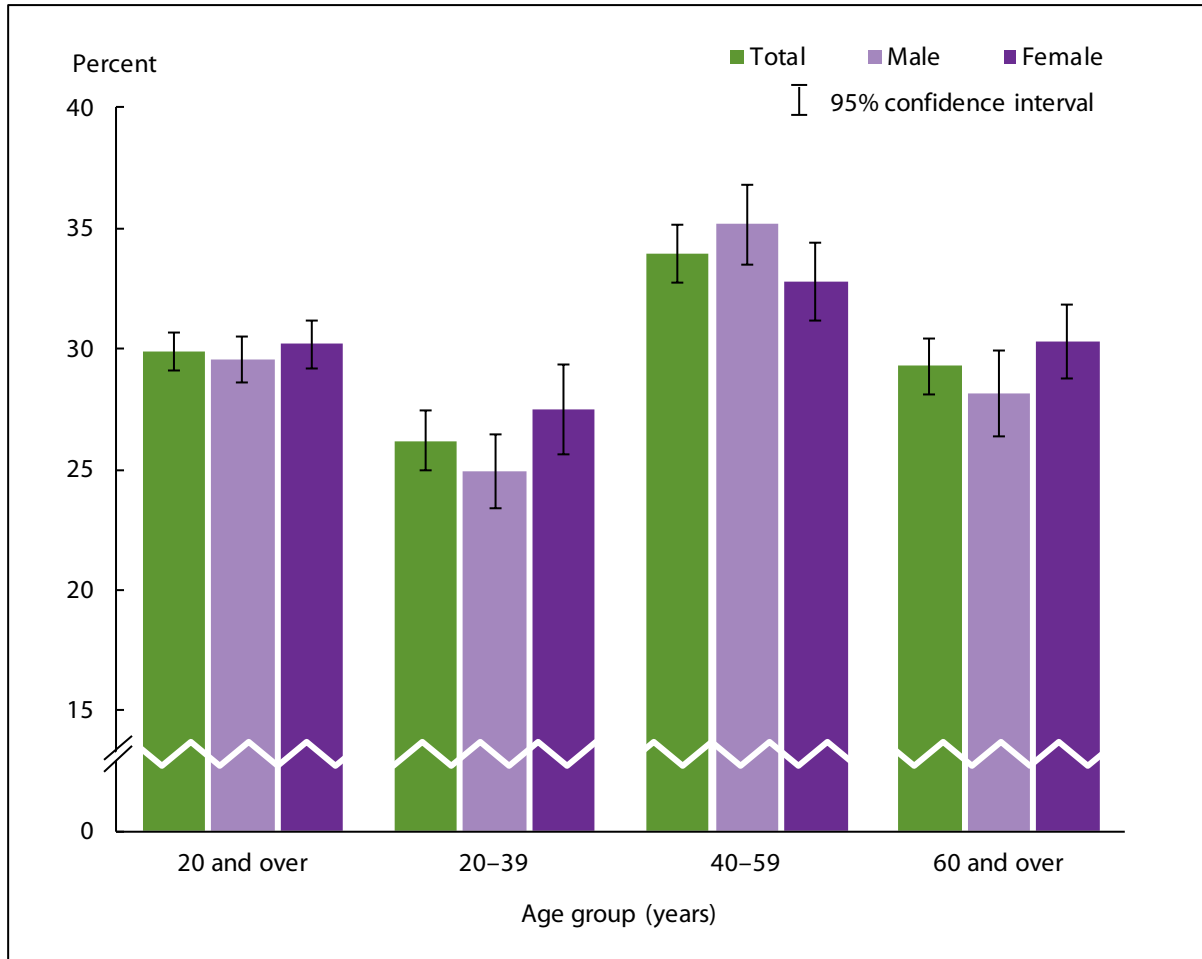

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index (BMI) of 30 kg/m^2 or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over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

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–2014, Sample Adult Core component.

- For 2014, 29.9% (95% confidence interval = 29.13%–30.65%) of U.S. adults aged 20 and over were obese. This was higher than, but not significantly different from, the 2013 estimate of 29.0%.

- The prevalence of obesity among U.S. adults aged 20 and over increased from 19.4% in 1997 to 29.9% in 2014.

Figure 6.2. Prevalence of obesity among adults aged 20 and over, by age group and sex: United States, 2014
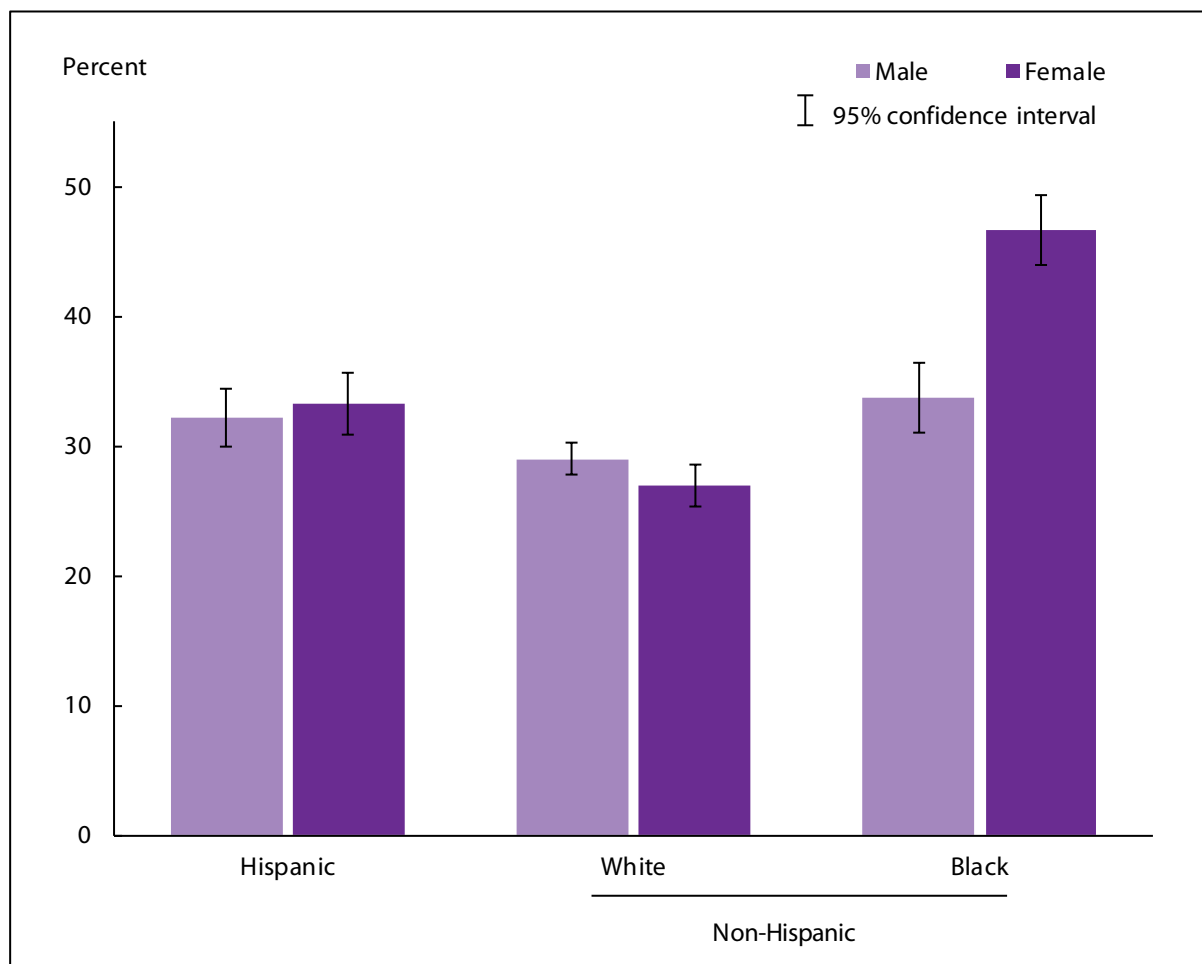

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Obesity is defined as a body mass index (BMI) of 30 kg/m^2 or more. The measure is based on self-reported height (m) and weight (kg). Estimates of obesity are restricted to adults aged 20 and over for consistency with the Healthy People 2020 (3) initiative. The analyses excluded the 4.1% of persons with unknown height or weight. See Technical Notes for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2014, Sample Adult Core component.

- For both sexes combined, the prevalence of obesity was higher among adults aged 40–59 (34.0%) than among those aged 20–39 (26.2%) and those aged 60 and over (29.3%).

- For adults aged 20–39, women were more likely to be obese than men. For adults aged 40–59, men were more likely to be obese than women.

Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 and over, by sex and race/ethnicity: United States, 2014

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/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 the 4.1% 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 SOURCE: CDC/NCHS, National Health Interview Survey, 2014, Sample Adult Core component.

- Non-Hispanic black women (46.7%) were most likely to be obese, followed by Hispanic women (33.2%) and non-Hispanic white women (27.0%).

- Non-Hispanic black men (33.7%) and Hispanic men (32.2%) were more likely to be obese compared with non-Hispanic white men (29.0%)

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, 1997–2014

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)

[1]Crude estimates are presented in the figure.
[2]Estimates 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 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: CDC/NCHS, National Health Interview Survey, 1997–2014, 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, 2014

Age (years) and sex	Percent	95% confidence interval
20–39, total	26.2	24.95-27.44
20–39, male	24.9	23.35-26.44
20–39, female	27.5	25.65-29.33
40–59, total	34.0	32.76-35.17
40–59, male	35.2	33.52-36.82
40–59, female	32.8	31.15-34.38
60 and over, total	29.3	28.14-30.47
60 and over, male	28.2	26.41-29.93
60 and over, female	30.3	28.76-31.80
20 and over (crude[1]), total	29.9	29.13-30.65
20 and over (crude[1]), male	29.6	28.62-30.54
20 and over (crude[1]), female	30.2	29.16-31.21
20 and over (age-adjusted[2]), total	29.8	28.98-30.52
20 and over (age-adjusted[2]), male	29.4	28.50-30.40
20 and over (age-adjusted[2]), female	30.0	28.93-31.02

[1]Crude estimates are presented in the figure.
[2]Estimates 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, 2014, 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, 2014

Sex and race/ethnicity	Percent[1]	95% confidence interval
Male, Hispanic or Latino	32.2	30.00-34.44
Male, not Hispanic or Latino, single race, white	29.0	27.76-30.19
Male, not Hispanic or Latino, single race, black	33.7	31.06-36.43
Female, Hispanic or Latino	33.2	30.85-35.57
Female, not Hispanic or Latino, single race, white	27.0	25.37-28.58
Female, not Hispanic or Latino, single race, black	46.7	44.02-49.41

[1]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.

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

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2014, Sample Adult Core component.