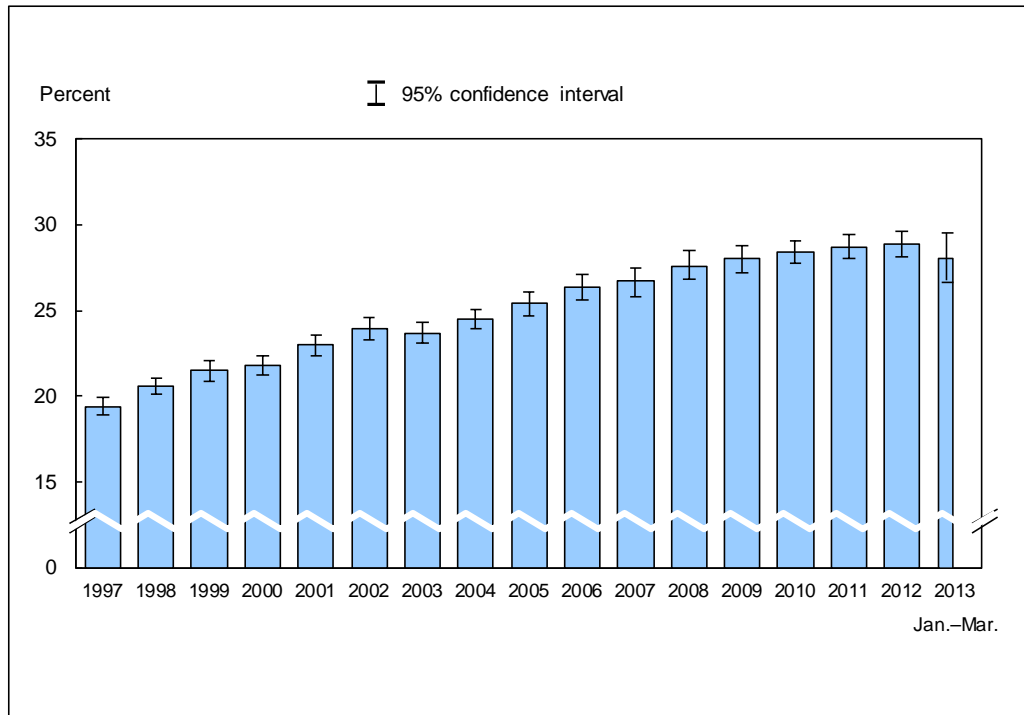


Figure 6.1. Prevalence of obesity among adults aged 20 and over: United States, 1997–March 2013

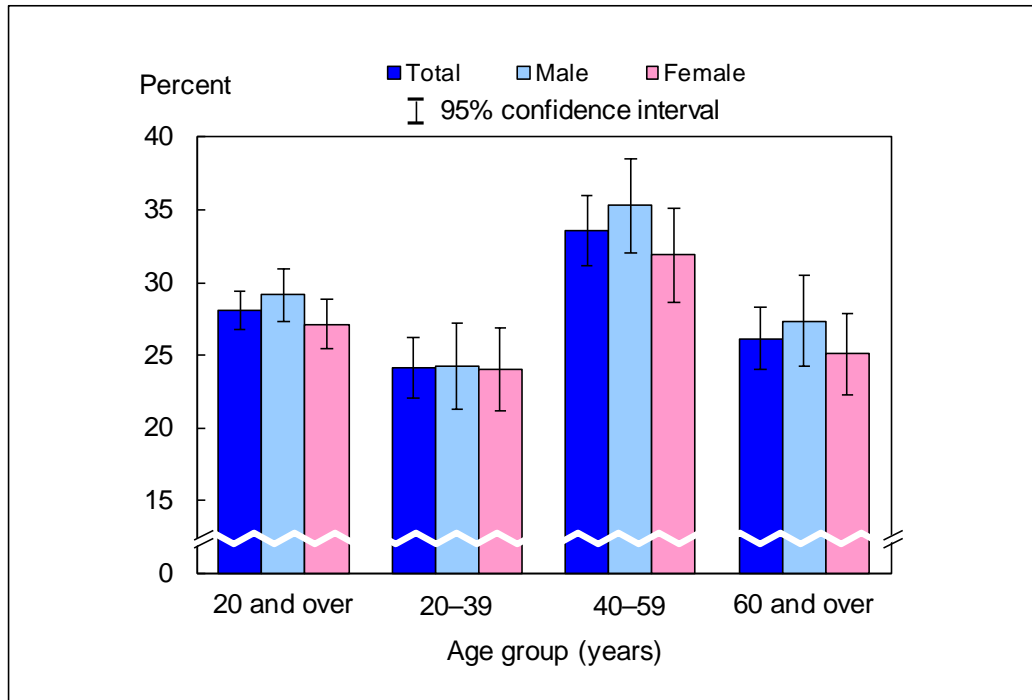


DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2013, Sample Adult Core component.

- For January–March 2013, 28.1% (95% confidence interval = 26.81%–29.43%) of U.S. adults aged 20 and over were obese. This was lower than, but not significantly different from, the 2012 estimate of 28.9%.
- The prevalence of obesity among U.S. adults aged 20 and over increased from 19.4% in 1997 to 28.9% in 2012.

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 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–March 2013

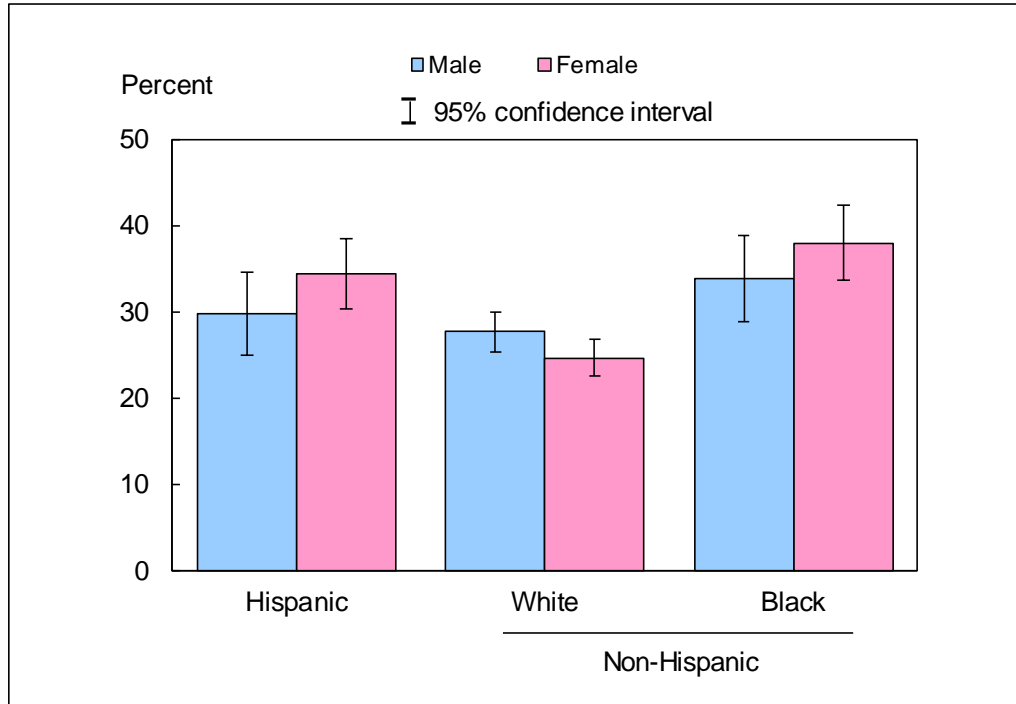


DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2013, Sample Adult Core component.

- For both sexes combined, the prevalence of obesity was higher among adults aged 40–59 (33.6%) than among those aged 20–39 (24.1%) and those aged 60 and over (26.2%).
- For all four age groups of adults, there were no significant differences in obesity between men and women.

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 3.6% 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–March 2013



DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2013, Sample Adult Core component.

- Non-Hispanic white women (24.7%) were less likely than Hispanic women (34.4%) and non-Hispanic black women (38.0%) to be obese.
- Non-Hispanic white men (27.7%) were less likely than non-Hispanic black men (33.9%) 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/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 3.6% 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–March 2013

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)
January–March 2013	28.1 (26.81-29.43)	28.1 (26.82-29.48)

¹Crude estimates are presented in the figure.

²Estimates 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 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–March 2013, 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–March 2013

Age (years) and sex	Percent	95% confidence interval
20-39, total	24.1	22.02-26.21
20-39, male	24.2	21.33-27.16
20-39, female	24.0	21.13-26.85
40-59, total	33.6	31.17-35.97
40-59, male	35.3	32.06-38.54
40-59, female	31.9	28.64-35.13
60 and over, total	26.2	23.99-28.34
60 and over, male	27.3	24.20-30.50
60 and over, female	25.1	22.29-27.85
20 and over (crude ¹), total	28.1	26.81-29.43
20 and over (crude ¹), male	29.1	27.35-30.91
20 and over (crude ¹), female	27.2	25.43-28.87
20 and over (age-adjusted ²), total	28.1	26.82-29.48
20 and over (age-adjusted ²), male	29.1	27.28-30.85
20 and over (age-adjusted ²), female	27.3	25.56-29.08

¹Crude estimates are presented in the figure.

²Estimates 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–March 2013, 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–March 2013

Sex and race/ethnicity	Percent¹	95% confidence interval
Male, Hispanic or Latino	29.9	25.10-34.62
Male, not Hispanic or Latino, single race, white	27.7	25.43-30.02
Male, not Hispanic or Latino, single race, black	33.9	28.81-38.92
Female, Hispanic or Latina	34.4	30.33-38.46
Female, not Hispanic or Latina, single race, white	24.7	22.53-26.94
Female, not Hispanic or Latina, single race, black	38.0	33.74-42.30

¹Estimates 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–March 2013, Sample Adult Core component.