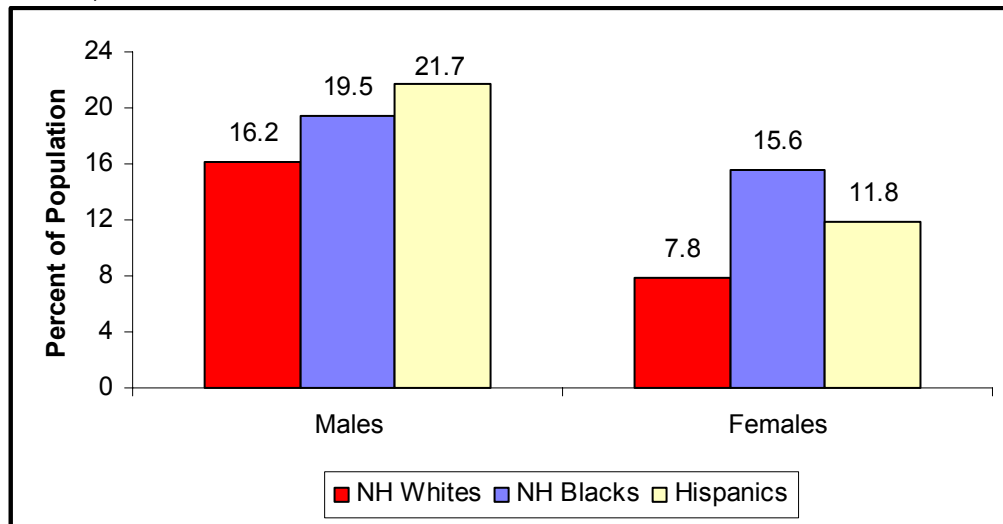


Statistical Fact Sheet — Risk Factors

Overweight and Obesity — Statistics

Prevalence of Overweight among Students in Grades 9-12 by Sex and Race/Ethnicity

YRBS, United States: 2003



Source: BMI 95th percentile or higher. *MMWR*, Vol. 53, No. SS-2, May 21, 2004, CDC.

- Among American children ages 6-11, using the 95th percentile of body mass index (BMI) values on the CDC 2000 growth chart, the following are overweight:
 - For non-Hispanic (NH) whites, 14.0 percent of boys and 13.1 percent of girls.
 - For NH blacks, 17.0 percent of boys and 22.8 percent of girls.
 - For Mexican Americans, 26.5 percent of boys and 17.1 percent of girls.

(NHANES [1999-2002], CDC/NCHS. Hedley AA, et al. *Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. JAMA* 2004;291:2847-50)

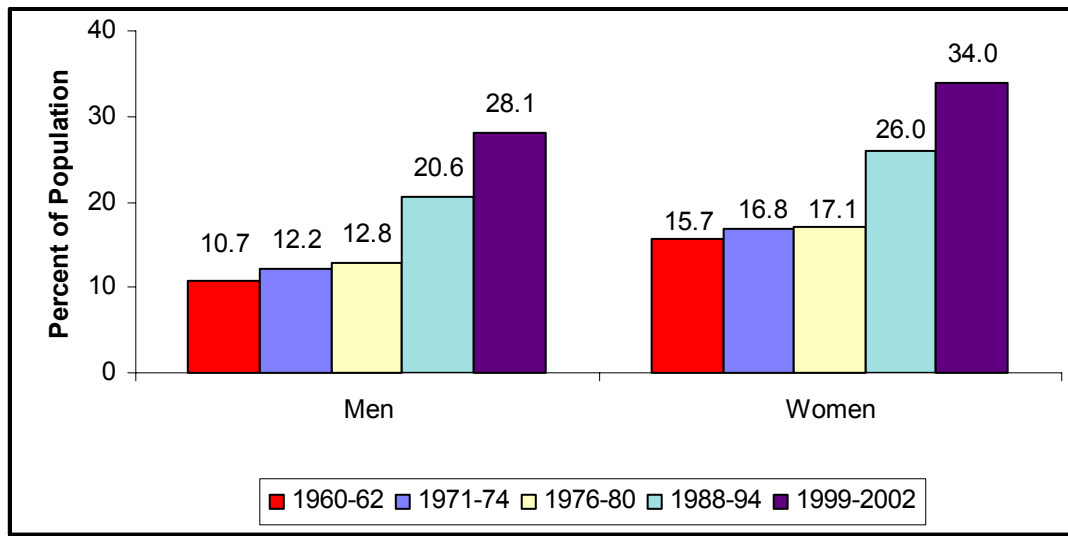
- Among adolescents ages 12-19, using the 95th percentile of BMI values on the CDC 2000 growth chart, the following are overweight:
 - For NH whites, 14.6 percent of boys and 12.7 percent of girls.
 - For NH blacks, 18.7 percent of boys and 23.6 percent of girls.
 - For Mexican Americans, 24.7 percent of boys and 19.9 percent of girls.

(NHANES [1999-2002], CDC/NCHS. Hedley AA, et al. *Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. JAMA* 2004;291:2847-50)

- Based on data from the 1999-2002 NHANES, the prevalence of overweight in children ages 6-11 increased from 4.2 percent to 15.8 percent compared with data from 1963-65. The prevalence of overweight in adolescents ages 12-19 increased from 4.6 percent to 16.1 percent. (CDC/NCHS)

Age-Adjusted Prevalence of Obesity in Americans Ages 20-74 by Sex and Survey

NHES 1960-62; NHANES: 1971-74, 1976-80, 1988-94 and 1999-2002



Note: Obesity is defined as a BMI (body mass index) of 30.0 and higher.

Source: Health, United States, 2004. CDC/NCHS.

- Among Americans age 20 and older, 136.5 million are overweight or obese (BMI of 25.0 kg/m² and higher):
 - 69.6 million men.
 - 66.9 million women.

Of these, 64.0 million are obese (BMI of 30.0 kg/m² and higher):

- 27.9 million men.
- 36.1 million women.

(NHANES [1999-2002], CDC/NCHS. Hedley AA, et al. Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. JAMA 2004;291:2847-50)

- Among Americans age 20 and older, the following are overweight or obese (BMI of 25.0 and higher):
 - For NH whites, 69.4 percent of men and 57.2 percent of women.
 - For NH blacks, 62.9 percent of men and 77.2 percent of women.
 - For Mexican Americans, 73.1 percent of men and 71.7 percent of women.

Of these, the following are obese (BMI of 30.0 and higher):

- For NH whites, 28.2 percent of men and 30.7 percent of women.
- For NH blacks, 27.9 percent of men and 49.0 percent of women.
- For Mexican Americans, 27.3 percent of men and 38.4 percent of women.

Estimates are age-adjusted. (NHANES [1999-2002], Hedley AA, et al. Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. JAMA 2004;291:2847-50)

- Among adults age 18 and older, the following are overweight or obese (BMI of 25 kg/m² and higher for overweight and 30.0 and higher for obese) (crude percent distributions):
 - For Hispanic or Latinos, 38.9 percent are overweight and 24.7 percent are obese.
 - For Asians only, 25.1 percent are overweight and 6.0 percent are obese.
 - For American Indians/Alaska Natives, 33.5 percent are overweight and 32.9 percent are obese.

(NHIS [2003], CDC/NCHS)

- Obesity was associated with nearly 112,000 excess deaths (95% confidence interval [CI], 53,754–170,064) and underweight with nearly 34,000 excess deaths (95% CI, 15,726–51,766). (Flegal KM, et al. *Excess deaths associated with underweight, overweight, and obesity. JAMA* 2005;293:1861-7)

Note: In U.S. government statistics, “Hispanic” includes persons who trace their ancestry to Spanish-speaking countries or other Spanish cultures, regardless of race. It doesn’t include people from countries where Spanish is not the first language.

Source Footnotes

BRFSS – Behavioral Risk Factor Surveillance Study

CDC/NCHS – Centers for Disease Control and Prevention/National Center for Health Statistics

JAMA – Journal of the American Medical Association

MMWR – Morbidity and Mortality Weekly Report

NH – non-Hispanic

NHANES – National Health and Nutrition Examination Survey

NHES – National Health Examination Survey

NHIS – National Health Interview Survey

NHLBI – National Heart, Lung, and Blood Institute

SHS – Strong Heart Study

YRBS – Youth Risk Behavior Surveillance