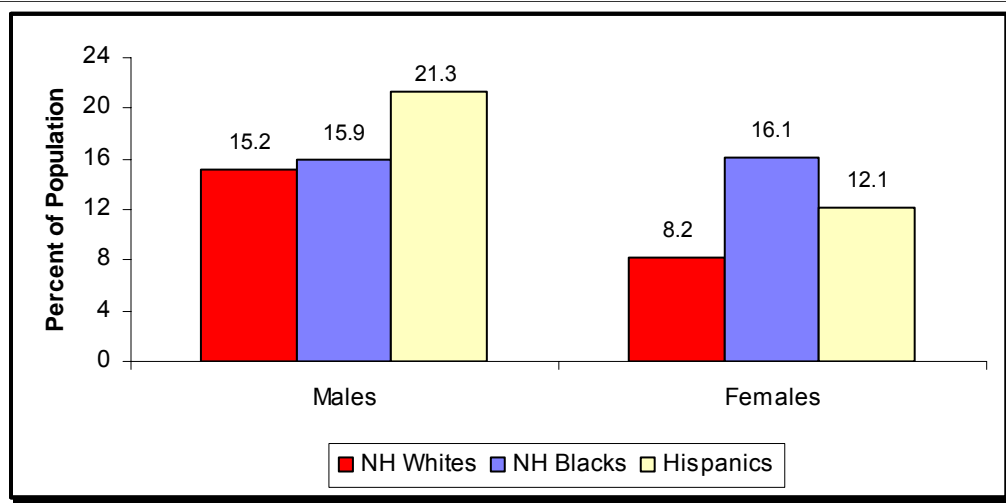


Statistical Fact Sheet — Risk Factors  
2007 Update

**Overweight and Obesity — Statistics**

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

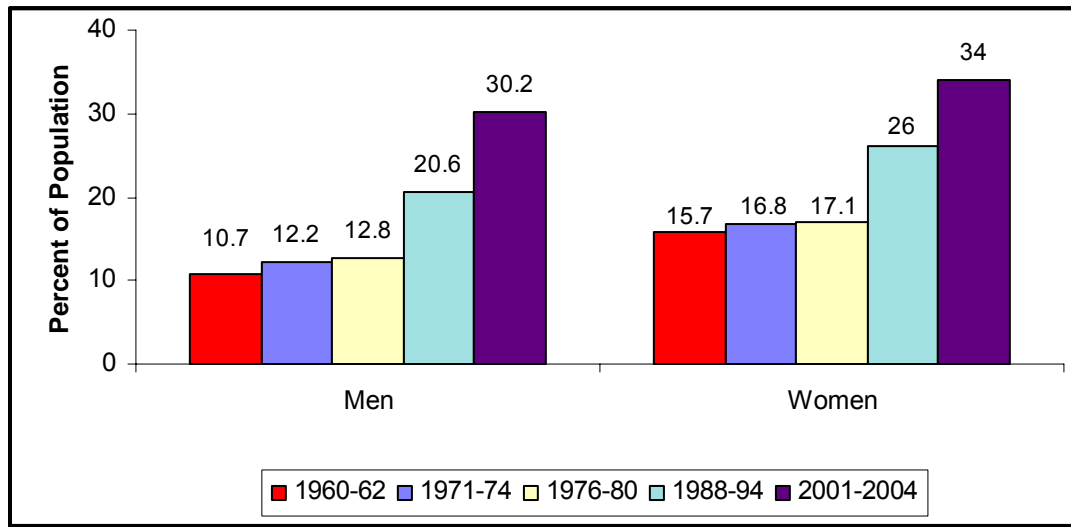
YRBS, United States: 2005



Source: BMI 95<sup>th</sup> percentile or higher. *MMWR*, Vol. 55, No. SS-5, June 9, 2006, CDC.

- Among American children ages 6–11, using the 95<sup>th</sup> percentile of body mass index (BMI) values on the CDC 2000 growth chart, the following are overweight:
  - For non-Hispanic whites, 16.9 percent of boys and 15.6 percent of girls.
  - For non-Hispanic blacks, 17.2 percent of boys and 24.8 percent of girls.
  - For Mexican Americans, 25.6 percent of boys and 16.6 percent of girls.
 (NHANES [2001-2004], NCHS Health, United States, 2006, NCHS. Unpublished data.)
- Among adolescents ages 12–19, using the 95<sup>th</sup> percentile of BMI values on the CDC 2000 growth chart, the following are overweight:
  - For non-Hispanic whites, 17.9 percent of boys and 14.6 percent of girls.
  - For non-Hispanic blacks, 17.7 percent of boys and 23.8 percent of girls.
  - For Mexican Americans, 20.0 percent of boys and 17.1 percent of girls.
 (NHANES [2001-2004], NCHS. Health, United States, 2006. Unpublished data.)
- Based on data from NHANES (2001–04), the prevalence of overweight in children ages 6–11 increased from 4.0 percent to 17.5 percent compared with data from 1971–74. The prevalence of overweight in adolescents ages 12–19 increased from 6.1 percent to 17.0 percent. (Health, United States, 2006, NCHS. Unpublished data)

**Age-Adjusted Prevalence of Obesity in Adults Ages 20–74 by Sex and Survey**  
 NHES 1960–62; NHANES: 1971–74, 1976–80, 1988–94 and 2001–04



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

Source: Health, United States, 2006; Unpublished data, NCHS.

- Among Americans age 20 and older, 140.0 million are overweight or obese (BMI of 25.0 kg/m<sup>2</sup> and higher):
  - 72.0 million men.
  - 68.0 million women.
 Of these, 66.0 million are obese (BMI of 30.0 kg/m<sup>2</sup> and higher):
  - 30.0 million men.
  - 36.0 million women.

(NHANES [2001-2004], National Center for Health Statistics. Health, United States, 2006. Unpublished data.)

- Among Americans age 20 and older, the following are overweight or obese (BMI of 25.0 and higher):
  - For non-Hispanic whites, 71.0 percent of men and 57.6 percent of women.
  - For non-Hispanic blacks, 67.0 percent of men and 79.6 percent of women.
  - For Mexican Americans, 74.6 percent of men and 73.0 percent of women.
 Of these, the following are obese (BMI of 30.0 and higher):
  - For non-Hispanic whites, 30.2 percent of men and 30.7 percent of women.
  - For non-Hispanic blacks, 30.8 percent of men and 51.1 percent of women.
  - For Mexican Americans, 29.1 percent of men and 39.4 percent of women.

(NHANES [2001-2004], National Center for Health Statistics. Health, United States, 2006. Unpublished data.)

- Among adults age 18 and older, the following are overweight or obese (BMI of 25 kg/m<sup>2</sup> and higher for overweight and 30.0 and higher for obesity)
  - 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], NCHS; data are weighted percentages for Americans age 18 and older.)

- Among adults, obesity was associated with nearly 112,000 excess deaths (95 percent

confidence interval [CI], 53,754-170,064) relative to normal weight in 2000. Of these, Grade 1 obesity (BMI 30≤35) was associated with almost 30,000 excess deaths (95 percent CI 8,534: 68,220) and Grade II-III obesity (BMI 35+) with over 82,000 excess deaths (95 percent CI 44,843 to 119,289). Underweight was associated with nearly 34,000 excess deaths (95 percent CI, 15,726-51,766). Overweight (BMI 25≤30) was not associated with excess mortality. (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 –National Center for Health Statistics  
JAMA – Journal of the American Medical Association  
MMWR – Morbidity and Mortality Weekly Report, CDC  
NH – non-Hispanic  
NHANES – National Health and Nutrition Examination Survey, NCHS  
NHES – National Health Examination Survey, NCHS  
NHIS – National Health Interview Survey, NCHS  
NHLBI – National Heart, Lung, and Blood Institute  
SHS – Strong Heart Study< NHLBI  
YRBS – Youth Risk Behavior Surveillance, CDC

**For additional information see the Heart Disease and Stroke Statistics – 2007 Update, published in Circulation, available on our Web site.**