

## Statistical Fact Sheet — Risk Factors 2008 Update

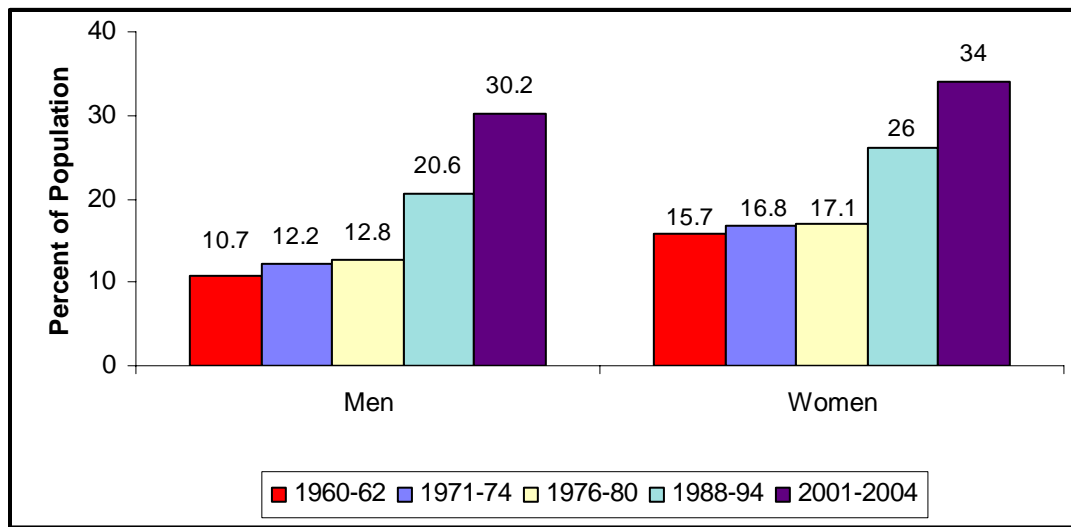
### Overweight and Obesity — Statistics

- More than 9 million children and adolescents between the ages of 6 and 19 years are considered overweight on the basis of being in the 95th percentile or higher of BMI values in the 2000 CDC growth chart for the United States. (*NHANES [2003-2004], NCHS; JAMA. 2006;295:1549-1555.*)
- On the basis of data from NHANES, , NCHS, the prevalence of overweight in children between the ages of 6 and 11 years increased from 4.0 percent in 1971—1974 to 17.5 percent in 2001—2004. The prevalence of overweight in adolescents between the ages of 12 and 19 increased from 6.1 percent to 17.0 percent. (*Health, United States, 2006, NCHS [prepublication]; www.cdc.gov/nchs/hus.htm*)
- Among infants and children between the ages of 6 months and 23 months, the prevalence of overweight was 7.2 percent in 1976—80 and 11.5 percent in 2003—04. ([http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overweight/overwght\\_child\\_under02.htm](http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overweight/overwght_child_under02.htm), NHANES, NCHS).
- Nearly 14 percent of preschool children between the ages of 2 and 5 years were overweight in 2003—2004, up from 10.3 percent in 1999—2000. (*JAMA. 2006;295:1549-1555.*)
- Among preschool children, the following are overweight: 11.5 percent of non-Hispanic whites, 13.0 percent of non-Hispanic blacks, and 19.2 percent of Mexican Americans.
- Among children between the ages of 6 and 11, the following are overweight: 17.7 percent of non-Hispanic whites, 22.0 percent of non-Hispanic blacks, and 22.5 percent of Mexican Americans.
- Among adolescents between the ages of 12 and 19, the following are overweight: 17.3 percent of non-Hispanic whites, 21.8 percent of non-Hispanic blacks, and 16.3 percent of Mexican Americans.
- In addition, the data show that another 16.5 percent of children and teens between the ages of 2 and 19 are considered at risk of being overweight (BMI from the 85th to 95th percentile).
- Overweight adolescents have a 70 percent chance of becoming overweight adults. This increases to 80 percent if one or both parents are overweight or obese. (*USDHHS; The Surgeon General's Call To Action to Prevent and Decrease Overweight and Obesity. Overweight in children and Adolescents; www.surgeongeneral.gov/topics/obesity/calltoaction/fact\_adolescents.htm*)
- Data from the CDC's YRBS 2005 survey showed that the prevalence of being overweight was higher among non-Hispanic black (16.0 percent) and Hispanic (16.8 percent) than non-Hispanic white (11.8 percent) students; higher among non-Hispanic black female (16.1 percent) and Hispanic female (12.1 percent) than non-Hispanic white female (8.2 percent) students; and higher among non-Hispanic black male (15.9 percent) and Hispanic male (21.3 percent) than non-Hispanic white male (15.2 percent) students. The prevalence of being at risk for overweight was higher among non-Hispanic black (19.8 percent) and Hispanic (16.7 percent) than non-Hispanic white (14.5 percent) students; higher among non-Hispanic black female (22.6 percent) than non-Hispanic white female (13.8 percent) and Hispanic female (16.8 percent) students; and higher among Hispanic

male (16.5 percent) and non-Hispanic black male (16.7 percent) than non-Hispanic white male (15.2 percent) students. (*MMWR Surveill Summ. 2006;55:1-108.*)

- In 2005, in 15 Steps communities of the YRBS, (CDC) in grades 9 – 12, 9.6 percent to 20.5 percent of male students and 6.1 percent to 21.7 percent of female students were at risk for becoming overweight (BMI from the 85th to 94th percentile); 9.5 percent to 25.4 percent of males and 3.5 percent to 14.9 percent of females were overweight (BMI percentile 95th percentile or greater). (*MMWR Surveill Summ. 2007;56:1-16.*)
- Data from NHANES 1999–2002, NCHS, showed that among all overweight children and teens between the ages of 2 and 19 (or their parents), 36.7 percent reported ever having been told by a doctor or healthcare professional that they were overweight. For those between the ages of 2 and 5, this percentage was 17.4 percent; for those between the ages of 6 and 11, 32.6 percent; for those between the ages of 12 and 15, 39.6 percent; and for those between the ages of 16 and 19, 51.6 percent. Similar trends were seen for males and females. Among racial/ethnic populations, overweight non-Hispanic black females were significantly more likely to be told that they were overweight than were non-Hispanic white females (47.4 percent versus 31.0 percent). Among those informed of overweight status, 39 percent of non-Hispanic black females were severely overweight (BMI  $\geq$ 99th percentile for age and sex), compared with 17 percent of non-Hispanic white females. (*MMWR Morb Mortal Wkly Rep. 2005;54:848-849.*)

**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; NCHS.*

- Among Americans age 20 and older, 142.0 million are overweight or obese (BMI of 25.0 kg/m<sup>2</sup> and higher):
  - 73.0 million men.
  - 69.0 million women.
- Of these, 67.3 million are obese (BMI of 30.0 kg/m<sup>2</sup> and higher):
  - 30.7 million men.
  - 36.7 million women.

(*NHANES [2001-2004], NCHS. Health, United States, 2006.*)

- 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], NCHS.. Health, United States, 2006..)

- 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, 39.6 percent are overweight and 27.5 percent are obese.
- For Asians only, 27.9 percent are overweight and 8.5 percent are obese.

- For American Indians/Alaska Natives, 38.6 percent are overweight and 37.6 percent are obese.

(NHIS [2005], 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 from 30 to less than 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 from 25 to less than 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.**

### Abbreviations Used:

BMI – Body mass index.

CI – Confidence interval.

NCHS – National Center for Health Statistics

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

**For additional information see the Heart Disease and Stroke Statistics – 2008 Update, published in Circulation, available on our Web site.**