

TABLE III.A.2.a:

**PERCENTAGE OF OVERWEIGHT CUBAN AND PUERTO RICAN  
MALES AND FEMALES, AGES 20-74, 1982-1984**

Gender/Age	Cubans	Puerto Ricans
Males		
20-74 yrs	29.4	25.2
20-74 yrs (age adjusted*)	28.5	25.7
20-24 yrs	21.2	15.8
25-34 yrs	27.9	18.9
35-44 yrs	25.8	33.4
45-54 yrs	34.6	32.9
55-64 yrs	31.7	26.4
65-74 yrs	31.1	31.6
20-29 yrs**	23.5	15.6
Females		
20-74 yrs	34.1	37.3
20-74 yrs (age adjusted*)	31.9	39.8
20-24 yrs	13.6	23.6
25-34 yrs	23.8	26.5
35-44 yrs	32.7	42.7
45-54 yrs	37.2	50.2
55-64 yrs	51.4	49.0
65-74 yrs	39.6	61.0
20-29 yrs**	16.2	22.5

\* Age adjusted by the direct method to the 1980 census population 20 to 74 years of age using 6 age groups.

\*\* Overweight is defined as a sex-specific body mass index (kilograms divided by height in meters squared) equal to or greater than the 95th percentile for examinees 20 to 29 years of age examined in the second National Health and Nutrition Examination Survey (NHANES II).

Note: Excludes pregnant women.

Source: Najjar MF, Kuczmarski RJ. 1989. Anthropometric data and prevalence of overweight for Hispanics: 1982-1984. National Center for Health Statistics. *Vital Health Stat* 11(239).<sup>27</sup>