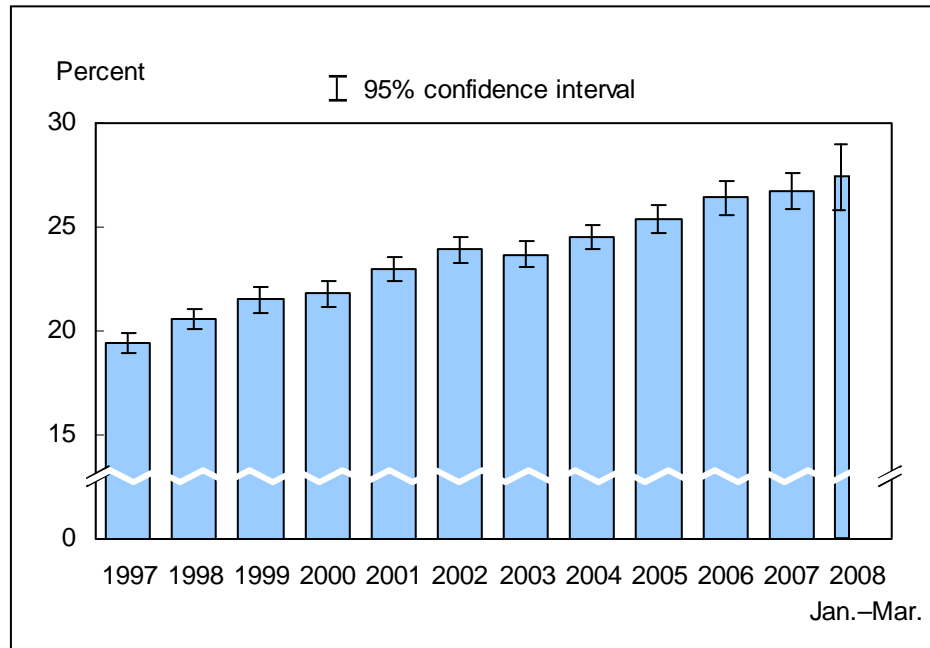


Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997–March 2008

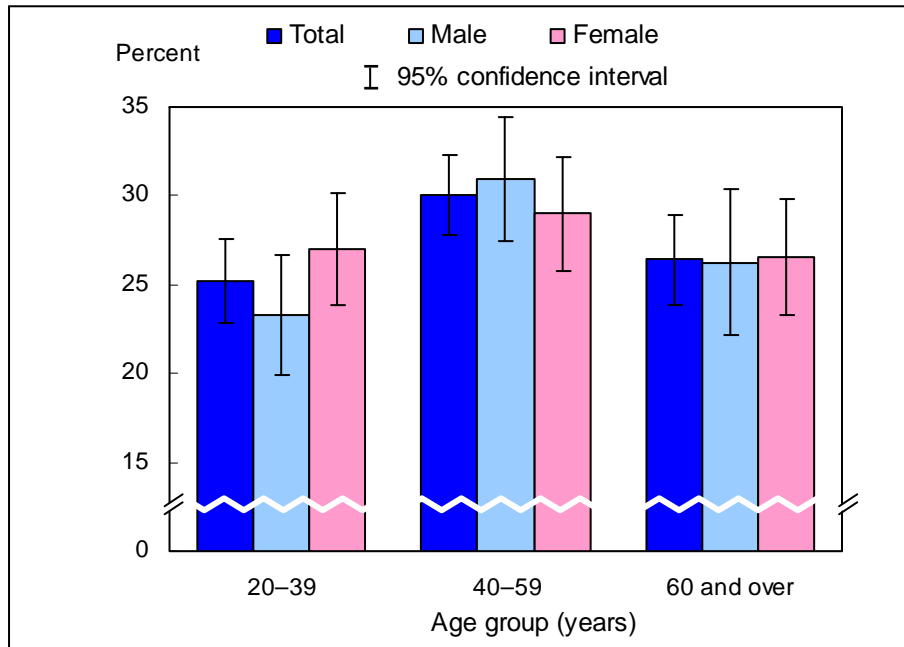


NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded people with unknown height or weight (about 6% of respondents each year). Beginning with the 2003 data, the National Health Interview Survey (NHIS) transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See “About This Early Release” for more details.

DATA SOURCE: Sample Adult Core component of the 1997–March 2008 NHIS. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2008, 27.4% (95% confidence interval = 25.80–28.92%) of U.S. adults aged 20 years and over were obese, which was higher than, but not significantly different from, the 2007 estimate of 26.7%.
- The prevalence of obesity among U.S. adults aged 20 years and over has generally increased over time from 19.4% in 1997 to 27.4% in early 2008.

Figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, January–March 2008

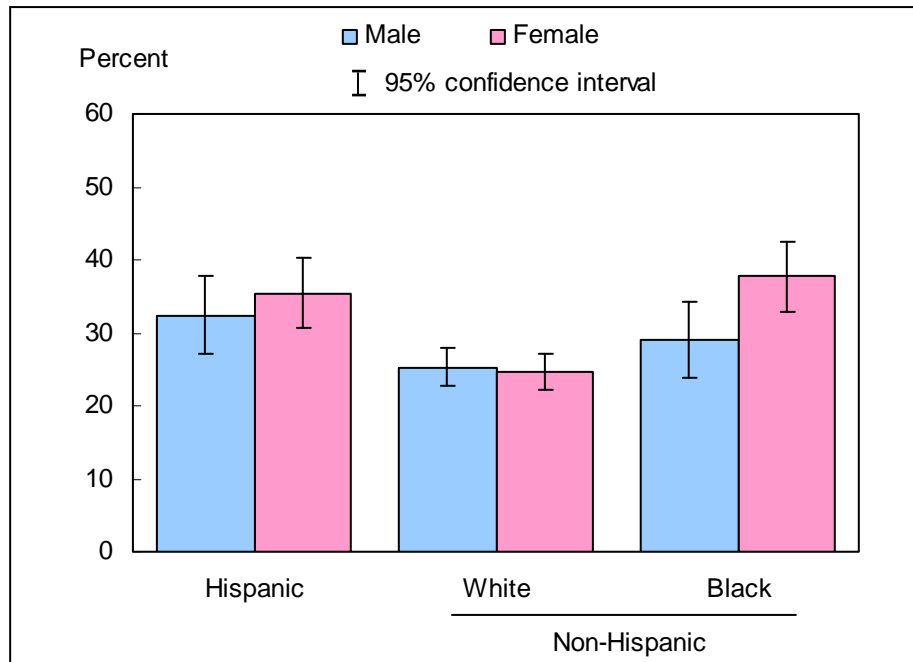


NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded 274 people (4.8%) with unknown height or weight.

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2008 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For both sexes combined, the prevalence of obesity was higher among adults aged 40–59 years (30.0%) than among adults aged 20–39 years (25.2%) and 60 years and over (26.4%).
- For all three age groups, there was no significant difference between women and men in the prevalence of obesity.

Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, January–March 2008



NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded 274 people (4.8%) 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 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2008 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- Non-Hispanic white women were less likely than Hispanic and non-Hispanic black women to be obese.
- Hispanic men were more likely than non-Hispanic white men to be obese.

Data tables for Figures 6.1–6.3:

Data table for Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997–March 2008

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)
January–March 2008	27.4 (25.80-28.92)	27.2 (25.67-28.71)

¹Crude estimates are presented in the figure.

²Estimates for this Healthy People 2010 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using seven age groups: 20–29 years, 30–39 years, 40–49 years, 50–59 years, 60–69 years, 70–79 years, and 80 years and over.

NOTES: Beginning with the 2003 data, the National Health Interview Survey (NHIS) transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. See “About This Early Release” for more details.

DATA SOURCE: NHIS, 1997–March 2008. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

Data table for Figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, January–March 2008

Age and sex	Percent	95% confidence interval
20–39 years, total	25.2	22.79-27.55
20–39 years, male	23.3	19.92-26.68
20–39 years, female	27.0	23.88-30.19
40–59 years, total	30.0	27.77-32.26
40–59 years, male	31.0	27.49-34.49
40–59 years, female	29.0	25.80-32.24
60 years and over, total	26.4	23.81-28.97
60 years and over, male	26.2	22.15-30.33
60 years and over, female	26.5	23.24-29.79
20 years and over (crude ¹), total	27.4	25.80-28.92
20 years and over (crude ¹), male	27.0	24.88-29.21
20 years and over (crude ¹), female	27.7	25.71-29.62
20 years and over (age-adjusted ²), total	27.2	25.67-28.71
20 years and over (age-adjusted ²), male	26.4	24.32-28.49
20 years and over (age-adjusted ²), female	27.8	25.88-29.72

¹Crude estimates are presented in the figure.

²Estimates for this Healthy People 2010 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using seven age groups: 20–29 years, 30–39 years, 40–49 years, 50–59 years, 60–69 years, 70–79 years, and 80 years and over.

DATA SOURCE: National Health Interview Survey, January–March 2008. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

Data table for Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, January–March 2008

Sex and race/ethnicity	Percent¹	95% confidence interval
Male, Hispanic or Latino	32.4	27.13-37.74
Male, not Hispanic or Latino, single race white	25.3	22.69-27.88
Male, not Hispanic or Latino, single race black	29.0	23.72-34.30
Female, Hispanic or Latino	35.4	30.55-40.27
Female, not Hispanic or Latino, single race white	24.7	22.08-27.24
Female, not Hispanic or Latino, single race black	37.7	32.79-42.59

¹Estimates for this Healthy People 2010 Leading Health Indicator are age adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 20–24 years, 25–34 years, 35–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: National Health Interview Survey, January–March 2008. Data are based on household interviews of a sample of the civilian noninstitutionalized population.