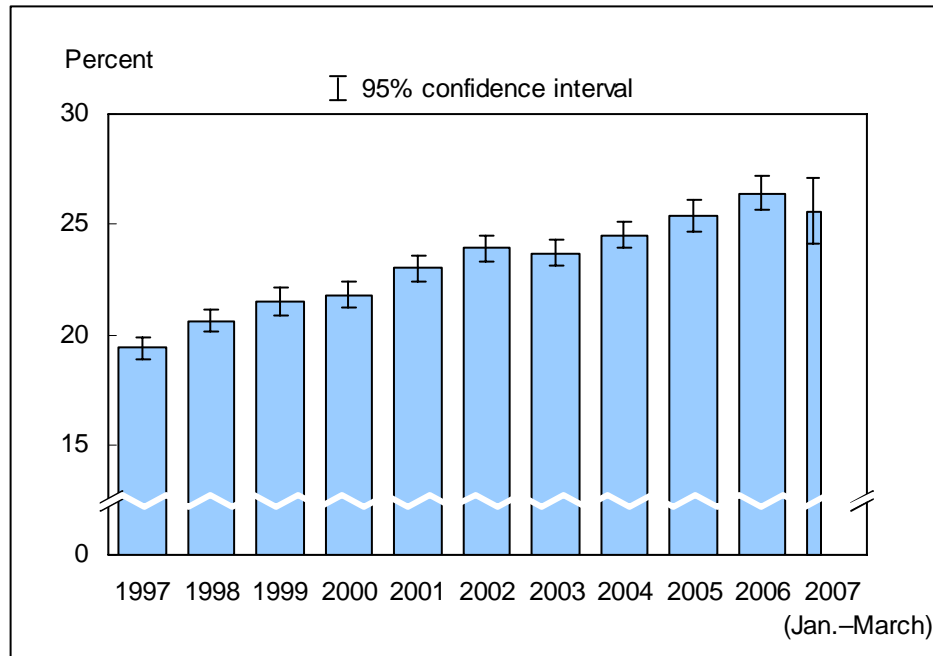


Figure 6.1. Prevalence of obesity among adults aged 20 years and over: United States, 1997–March 2007



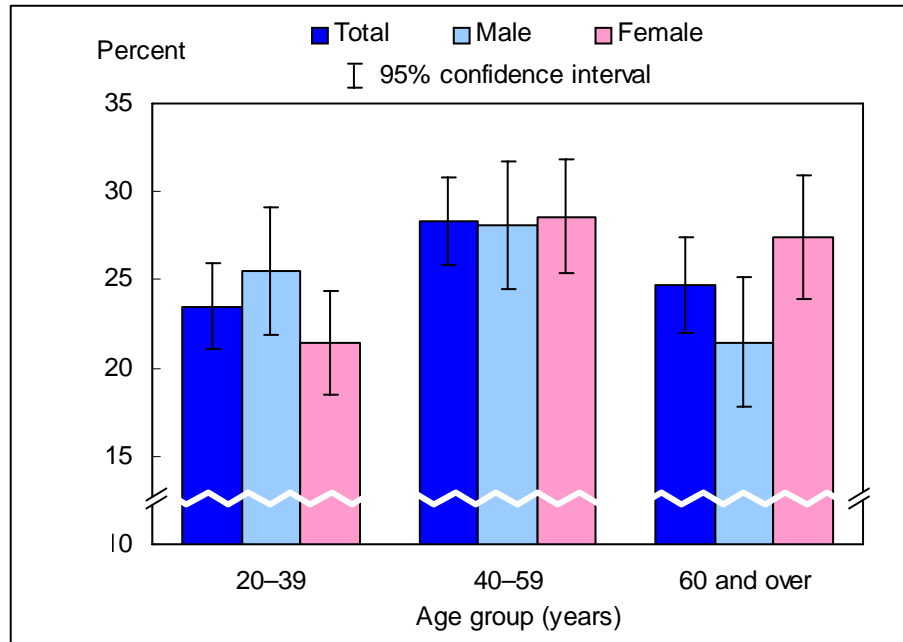
NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded people with unknown height or weight (about 4% of respondents each year). Beginning with the 2003 data, the National Health Interview Survey (NHIS) 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” and Table III in the Appendix for more details.

DATA SOURCE: Sample Adult Core component of the 1997–2007 NHIS. The estimate for 2007 was based on data collected from January through March. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

■ In early 2007, 25.6% (95% confidence interval = 24.11–27.16%) of U.S. adults aged 20 years and over were obese, which was lower than, but not significantly different from, the 2006 estimate of 26.4%.

■ The annual prevalence of obesity among U.S. adults aged 20 years and over has increased over time from 19.4% in 1997 to 26.4% in 2006. The estimate in 2003 was lower than, but not significantly different from, the estimates in 2002 and 2004.

Figure 6.2. Prevalence of obesity among adults aged 20 years and over, by age group and sex: United States, January–March 2007

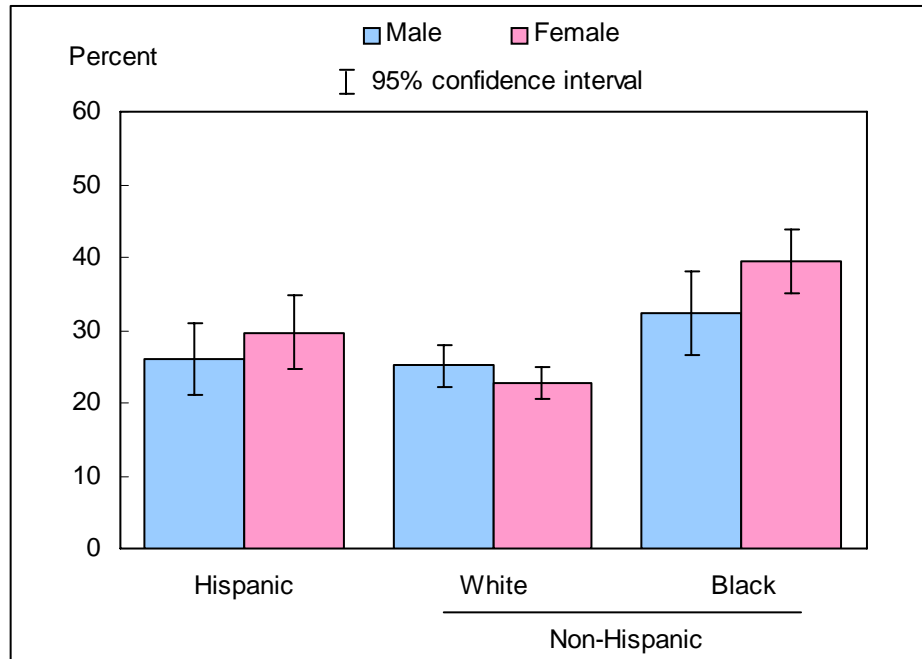


NOTES: Obesity is defined as a Body Mass Index (BMI) of 30 kg/m² or more. The measure is based on self-reported height and weight. The analyses excluded 362 people (6.2%) with unknown height or weight.

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2007 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 (28.4%) than among adults aged 20–39 years (23.5%) and 60 years and over (24.7%).
- There was no significant difference in the prevalence of obesity between women and men for adults aged 20–39 years and adults aged 40–59 years. For adults aged 60 years and over, the prevalence of obesity was higher for women than men.

Figure 6.3. Age-adjusted prevalence of obesity among adults aged 20 years and over, by sex and race/ethnicity: United States, January–March 2007



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 362 people (6.2%) 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 2007 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

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

■ Among the six sex-specific race/ethnicity groups, the age-adjusted prevalence of obesity was highest among non-Hispanic black women.

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 2007

Year	Percent (95% confidence interval)	
	Crude ¹	Age-adjusted ²
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)
January–March 2007	25.6 (24.11-27.16)	25.6 (24.09-27.13)

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” and Table III in the Appendix for more details.

DATA SOURCE: NHIS, 1997–March 2007. 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 2007

Age and sex	Percent	95% confidence interval
20–39 years		
Total	23.5	21.06-25.93
Male	25.5	21.88-29.11
Female	21.4	18.49-24.40
40–59 years		
Total	28.4	25.87-30.85
Male	28.1	24.53-31.70
Female	28.6	25.38-31.82
60 years and over		
Total	24.7	22.00-27.38
Male	21.5	17.84-25.12
Female	27.4	23.87-30.98
20 years and over: crude¹		
Total	25.6	24.11-27.16
Male	25.6	23.36-27.83
Female	25.7	23.77-27.56
20 years and over: age-adjusted²		
Total	25.6	24.09-27.13
Male	25.5	23.27-27.70
Female	25.6	23.68-27.51

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 2007. 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 2007

Sex and race/ethnicity	Percent¹	95% confidence interval
Male		
Hispanic or Latino	26.1	21.10-31.02
Not Hispanic or Latino:		
White, single race	25.1	22.24-27.92
Black, single race	32.3	26.54-38.12
Female		
Hispanic or Latino	29.7	24.58-34.78
Not Hispanic or Latino:		
White, single race	22.7	20.44-24.98
Black, single race	39.4	35.01-43.76

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 2007. Data are based on household interviews of a sample of the civilian noninstitutionalized population.