

**Table 206. Age-Adjusted Percent Distributions of Body Mass Index (BMI) Among Persons 18 Years Old and Over by Selected Characteristics: 2003 to 2006**

[See headnote, Table 203. Body Mass Index (BMI) is a measure that adjusts body weight for height. It is calculated as weight in kilograms divided by height in meters squared. For both men and women, underweight is indicated by a BMI under 18.5; healthy weight is indicated by a BMI greater than or equal to 18.5 and less than 25.0; overweight is greater than or equal to 25.0 and less than 30.0; obesity is indicated by a BMI greater than or equal to 30.0. BMI is calculated from the measurement of the participants' weight and height during the examination. Based on the National Health and Nutrition Examination Survey (NHANES)]

| Selected characteristic                              | Underweight      | Healthy weight | Above healthy weight |             |             |
|--|------------------|----------------|----------------------|-------------|-------------|
|  |                  |                | Total                | Overweight  | Obese       |
| <b>Total</b> <sup>1</sup> (age-adjusted) . . . . .   | <b>1.9</b>       | <b>32.5</b>    | <b>65.6</b>          | <b>32.9</b> | <b>32.6</b> |
| <b>Total</b> <sup>1</sup> (crude) . . . . .          | <b>1.9</b>       | <b>32.1</b>    | <b>66.0</b>          | <b>33.1</b> | <b>33.0</b> |
| Age: <sup>2</sup>                                    |                  |                |                      |             |             |
| 18 to 44 years old . . . . .                         | 2.6              | 37.4           | 60.0                 | 29.7        | 30.3        |
| 45 to 64 years old . . . . .                         | 1.1              | 25.5           | 73.4                 | 35.0        | 38.4        |
| 65 to 74 years old . . . . .                         | <sup>3</sup> 0.9 | 25.1           | 73.9                 | 39.1        | 34.8        |
| 75 years old and over . . . . .                      | 1.7              | 34.5           | 63.9                 | 39.7        | 24.1        |
| Sex:   |                  |                |                      |             |             |
| Male . . . . .                                       | 1.5              | 27.9           | 70.6                 | 39.1        | 31.5        |
| Female . . . . .                                     | 2.3              | 37.2           | 60.5                 | 26.9        | 33.7        |
| Race/ethnicity and sex:                              |                  |                |                      |             |             |
| Not Hispanic or Latino:                              |                  |                |                      |             |             |
| White, male . . . . .                                | 1.6              | 27.9           | 70.5                 | 38.8        | 31.6        |
| White, female . . . . .                              | 2.6              | 40.2           | 57.2                 | 26.1        | 31.1        |
| Black alone or African American, male . . . . .      | 1.7              | 28.8           | 69.5                 | 35.1        | 34.4        |
| Black alone or African American, female . . . . .    | <sup>3</sup> 1.2 | 20.3           | 78.4                 | 26.0        | 52.4        |
| Mexican or Mexican American, male . . . . .          | <sup>3</sup> 0.5 | 26.4           | 73.1                 | 45.0        | 28.1        |
| Mexican or Mexican American, female . . . . .        | (B)              | 26.4           | 72.3                 | 31.3        | 41.0        |
| Education: <sup>4</sup>                              |                  |                |                      |             |             |
| Less than a high school diploma . . . . .            | 1.5              | 29.4           | 69.1                 | 33.8        | 35.3        |
| High school diploma or GED . . . . .                 | 1.3              | 26.9           | 71.8                 | 34.1        | 37.7        |
| Some college, bachelor's degree, or higher . . . . . | 1.4              | 31.7           | 66.9                 | 34.9        | 32.0        |

B Base figure too small to meet statistical standards for reliability of a derived figure. <sup>1</sup> Total includes other race/ethnicities not shown separately and persons with unknown race/ethnicity. <sup>2</sup> Estimates for age groups are not age adjusted. <sup>3</sup> Figure does not meet standard of reliability or precision. <sup>4</sup> Education is shown only for persons 25 years old and over.