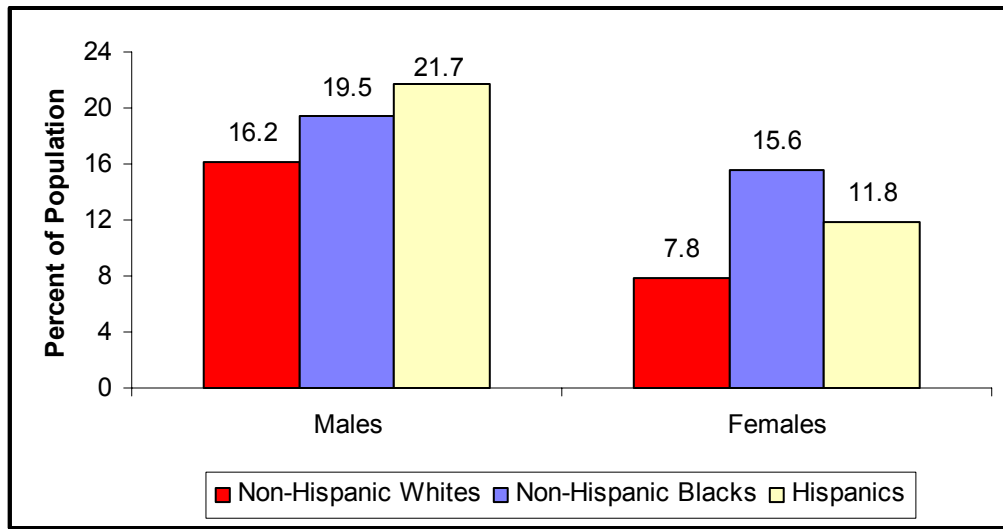


## Statistical Fact Sheet — Risk Factors

### Overweight and Obesity — Statistics

#### Prevalence of Overweight Among Students in Grades 9-12 by Sex and Race/Ethnicity

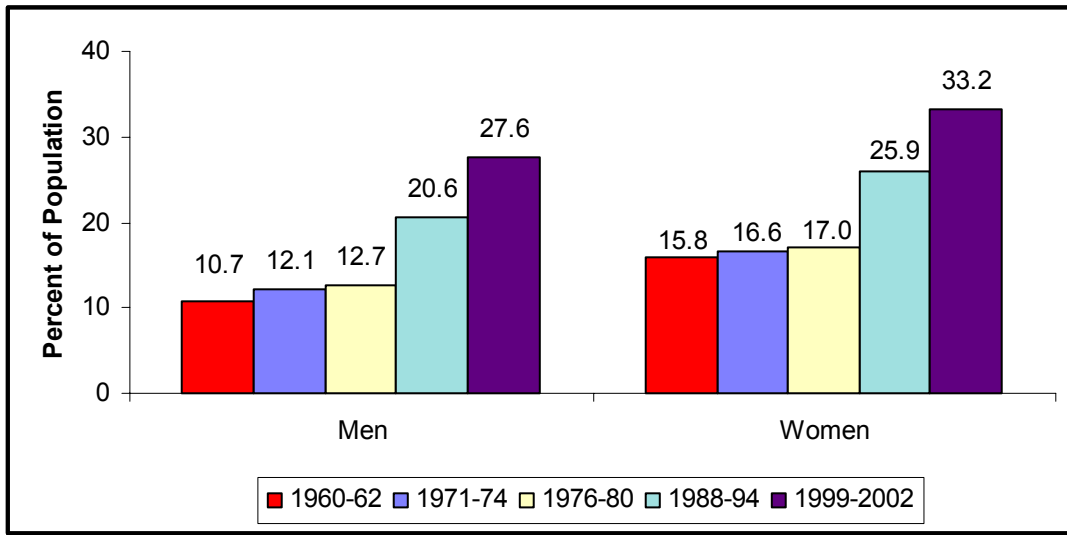
YRBS, United States: 2003



Source: BMI 95<sup>th</sup> percentile or higher. *MMWR*, Vol. 53, No. SS-2, May 21, 2004, CDC/NCHS.

- Among American children ages 6-11, using the 95<sup>th</sup> percentile of body mass index (BMI) values on the CDC 2000 growth chart, the following are overweight:
  - For non-Hispanic whites, 14.0 percent of boys and 13.1 percent of girls.
  - For non-Hispanic blacks, 17.0 percent of boys and 22.8 percent of girls.
  - For Mexican Americans, 26.5 percent of boys and 17.1 percent of girls.
 (NHANES [1999-2002], CDC/NCHS)
- Among adolescents ages 12-19, using the 95<sup>th</sup> percentile of BMI values on the CDC 2000 growth chart, the following are overweight:
  - For non-Hispanic whites, 14.6 percent of boys and 12.7 percent of girls.
  - For non-Hispanic blacks, 18.7 percent of boys and 23.6 percent of girls.
  - For Mexican Americans, 24.7 percent of boys and 19.9 percent of girls.
 (NHANES [1999-2002], CDC/NCHS)
- Based on data from the 1999-2002 NHANES, the prevalence of overweight in children ages 6-11 increased from 4.2 percent to 15.8 percent compared with data from 1963-65. The prevalence of overweight in adolescents ages 12-19 increased from 4.6 percent to 16.1 percent. (CDC/NCHS,)

**Age-Adjusted Prevalence of Obesity in Americans Ages 20-74 by Sex and Survey**  
NHES 1960-62; NHANES, 1971-74, 1976-80, 1988-94 and 1999-2002



Note:

Source: Respective health examination surveys, CDC/NCHS.

- Among Americans ages 20 and older, 134.8 million are overweight or obese (BMI of 25.0 kg/m<sup>2</sup> and higher):
  - 68.6 million men.
  - 66.2 million women.

Of these, 63.1 million are obese (BMI of 30.0 kg/m<sup>2</sup> and higher):

  - 27.5 million men.
  - 35.6 million women.

(NHANES [1999-2002], (CDC/NCHS)
- Among Americans age 20 and older, the following are overweight or obese (BMI of 25.0 and higher):
  - For non-Hispanic whites, 69.4 percent of men and 57.2 percent of women.
  - For non-Hispanic blacks, 62.9 percent of men and 77.2 percent of women.
  - For Mexican Americans, 73.1 percent of men and 71.7 percent of women.

Of these, the following are obese (BMI of 30.0 and higher):

  - For non-Hispanic whites, 28.2 percent of men and 30.7 percent of women.
  - For non-Hispanic blacks, 27.9 percent of men and 49.0 percent of women.
  - For Mexican Americans, 27.3 percent of men and 38.4 percent of women.

Estimates are age-adjusted. (NHANES [1999-2002], *JAMA*. 2004;291:2847-50)
- 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 obese):
  - For Hispanic or Latinos, 65.2 percent overweight and 25.4 percent obese.
  - For Asians, 34.5 percent overweight and 7.0 percent obese.

(NHIS [2002], CDC/NCHS)
- Each year an estimated 300,000 U.S. adults die of causes related to obesity. (*JAMA*. 1999;282:1530-1538)

**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.

## **Source Footnotes**

BRFSS – Behavioral Risk Factor Surveillance Study

CDC/NCHS – Centers for Disease Control and Prevention/National Center for Health Statistics

*JAMA* – *Journal of the American Medical Association*

*MMWR* – *Morbidity and Mortality Weekly Report*

NHANES – National Health and Nutrition Examination Survey

NHES – National Health Examination Survey

NHIS – National Health Interview Survey

NHLBI – National Heart, Lung, and Blood Institute

SHS – Strong Heart Study

YRBS – Youth Risk Behavior Surveillance