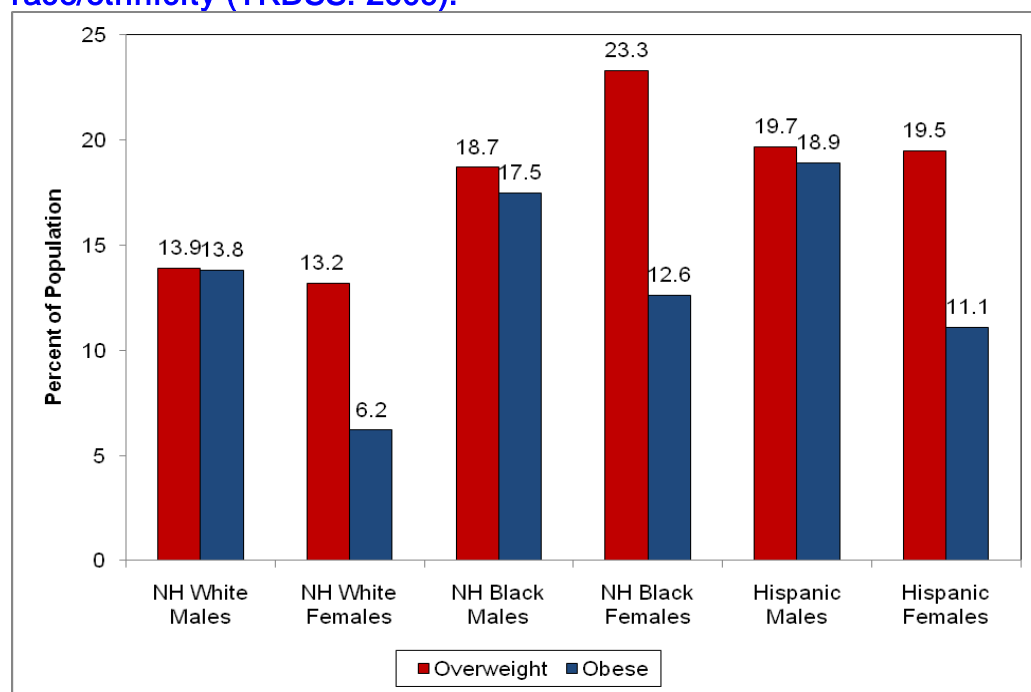


## Statistical Fact Sheet — Risk Factors 2011 Update

### Overweight and Obesity — Statistics

#### Prevalence of overweight and obesity among students in grades 9–12 by sex and race/ethnicity (YRBSS: 2009).



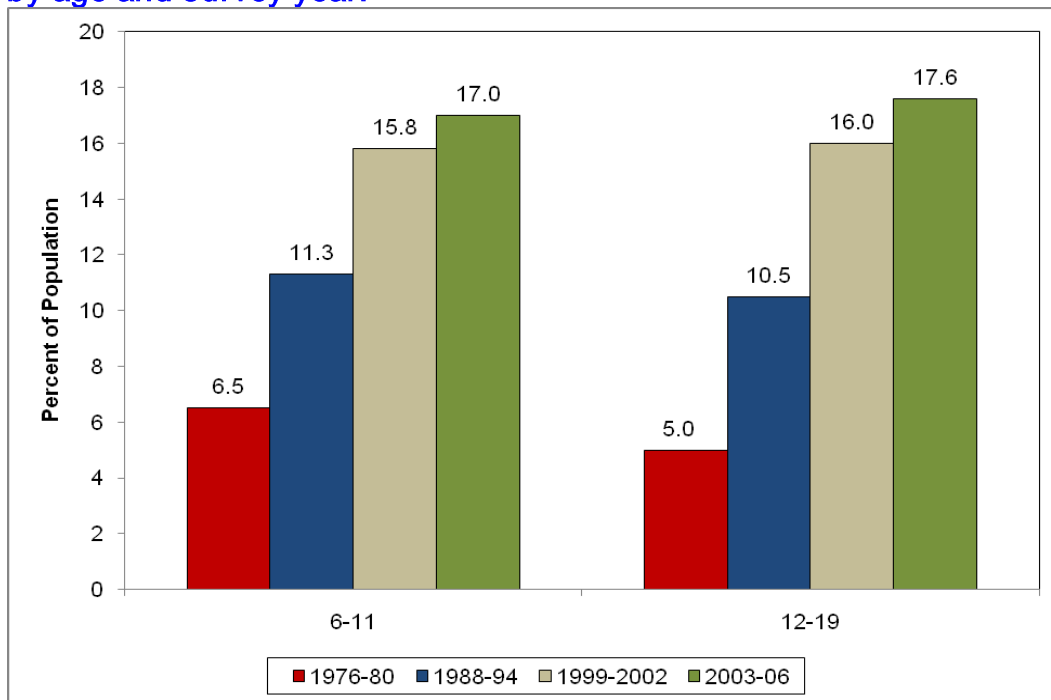
Source: Youth Risk Behavior Surveillance—United States, 2009. Table 90. NH indicates non-Hispanic.

- Among children ages 2–19, about 1 in 3 are overweight and obese (BMI-for-age at or above the 85<sup>th</sup> percentile of the 2000 CDC growth charts.):
  - 32.1 percent of boys.
  - 31.3 percent of girls.
- Among children ages 2–19, about 1 in 6 are obese (BMI-for-age at or above the 95<sup>th</sup> percentile of the CDC growth charts.):
  - 17.8 percent of boys.
  - 15.9 percent of girls

- Among children ages 2–19, the following are overweight and obese (BMI-for-age at or above the 85<sup>th</sup> percentile of the 2000 CDC growth charts.):
  - For non-Hispanic whites, 29.5 percent of males and 29.2 percent of females.
  - For non-Hispanic blacks, 33.0 percent of males and 39.0 percent of females.
  - For Mexican Americans, 41.7 percent of males and 36.1 percent of females.
- Among children ages 2–19, the following are obese (BMI-for-age at or above the 85<sup>th</sup> percentile of the 2000 CDC growth charts.):
  - For non-Hispanic whites, 15.7 percent of males and 14.9 percent of females.
  - For non-Hispanic blacks, 17.3 percent of males and 22.7 percent of females.
  - For Mexican Americans, 24.9 percent of males and 16.5 percent of females.

*(NHANES [2007-2008], NCHS and NHLBI)*

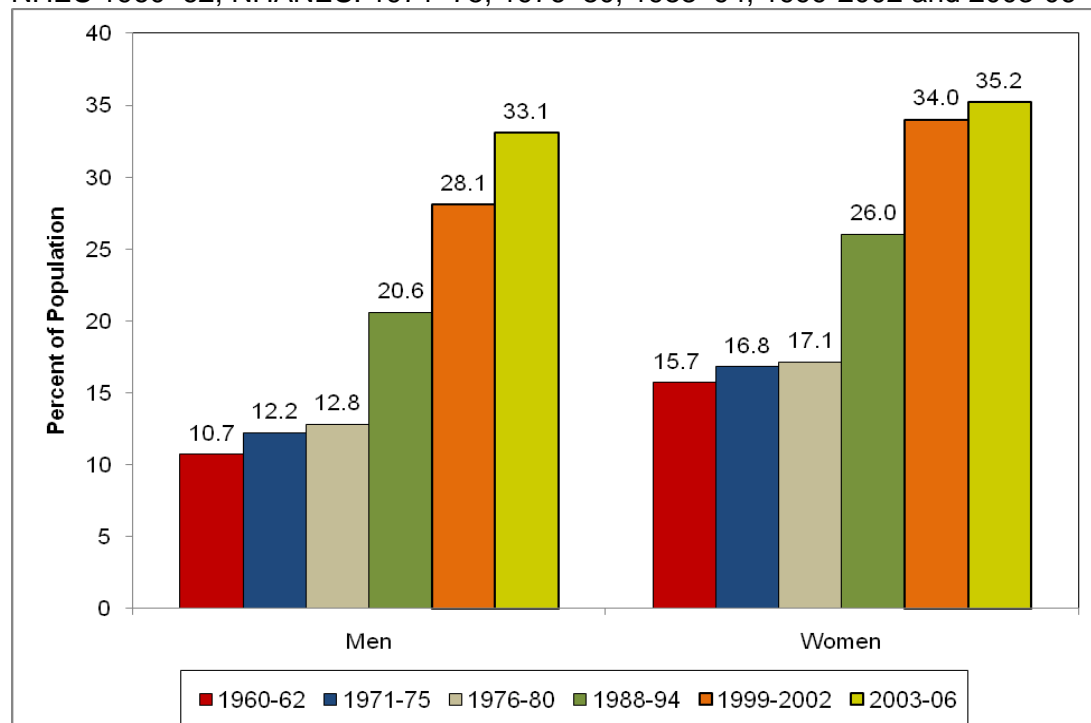
### Trends in the prevalence of overweight among US children and adolescents by age and survey year.



*Source: Health, United States, 2009 (NCHS).*

### Age-Adjusted Prevalence of Obesity in Adults Ages 20–74 by Sex and Survey

NHES 1960–62; NHANES: 1971–75, 1976–80, 1988–94, 1999–2002 and 2003–06



Note: Obesity is defined as a BMI (body mass index) of 30.0 and higher.

Source: *Health, United States, 2009; NCHS.*

- Among Americans age 20 and older, 149.3 million are overweight and obese (BMI of 25.0 kg/m<sup>2</sup> and higher):
  - 78.0 million men.
  - 71.3 million women.
- Of these, 75.0 million are obese (BMI of 30.0 kg/m<sup>2</sup> and higher):
  - 34.9 million men.
  - 40.1 million women.
- Among Americans age 20 and older, the following are overweight and obese (BMI of 25.0 and higher):
  - For non-Hispanic whites, 72.3 percent of men and 59.3 percent of women.
  - For non-Hispanic blacks, 70.8 percent of men and 77.7 percent of women.
  - For Mexican Americans, 77.5 percent of men and 75.1 percent of women.
- Of these, the following are obese (BMI of 30.0 and higher):
  - For non-Hispanic whites, 32.1 percent of men and 32.8 percent of women.
  - For non-Hispanic blacks, 37.0 percent of men and 51.0 percent of women.
  - For Mexican Americans, 31.4 percent of men and 43.4 percent of women.

(*NHANES [2005-2008], NCHS and NHLBI*)

- Based on self-reported weights and heights, data showed that blacks  $\geq 18$  years of age (37.6%) and American Indians or Alaska Natives (34.4%) were more likely to be obese than were whites (26.6%) and Asians (9.0%) according to 2009 data from the NHIS.

**Abbreviations Used:**

BMI – body mass index

CDC – Centers for Disease Control and Prevention

Kg/m<sup>2</sup> –kilograms per meter<sup>2</sup>

NCHS – National Center for Health Statistics

NH – non-Hispanic

NHANES – National Health and Nutrition Examination Survey, NCHS

NHES – National Health Examination Survey, NCHS

NHIS – National Health Interview Survey, NCHS

NHLBI – National Heart, Lung, and Blood Institute

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.

**For additional information, charts and tables, see the Heart Disease and Stroke Statistics – 2011 Update, published in Circulation and available on our Web site.**