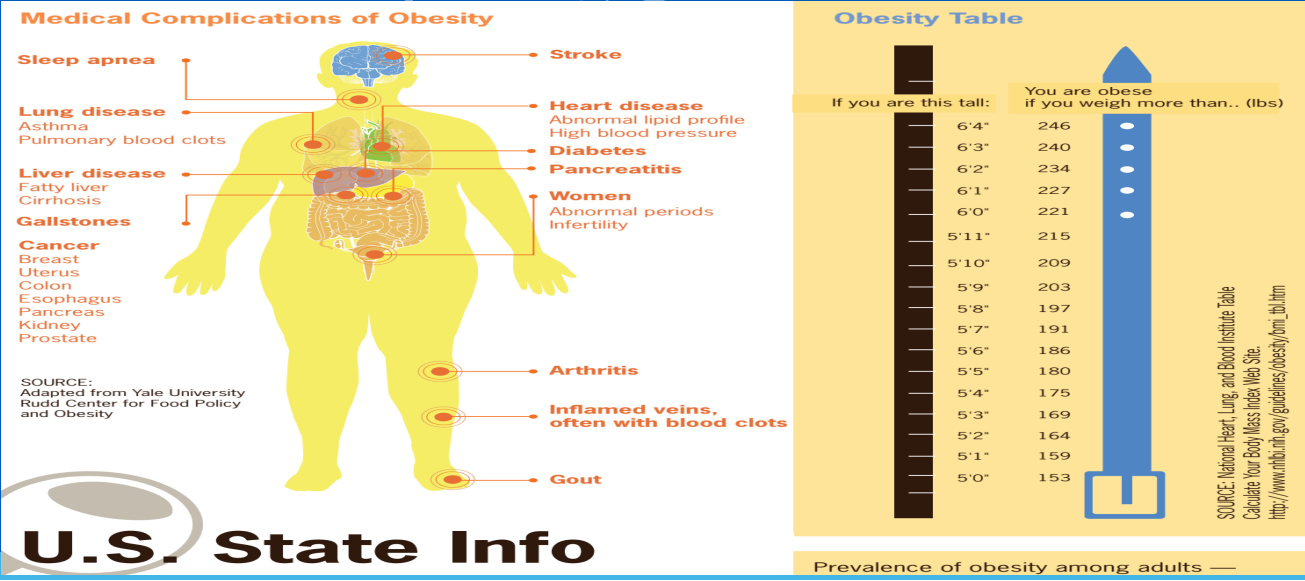


Overweight & Obesity Statistics

A person whose weight is higher than what is considered to be a normal weight for a given height is described as being overweight or having obesity.



Introduction - Fast Facts

According to 2017–2018 data from the National Health and Nutrition Examination Survey (NHANES)

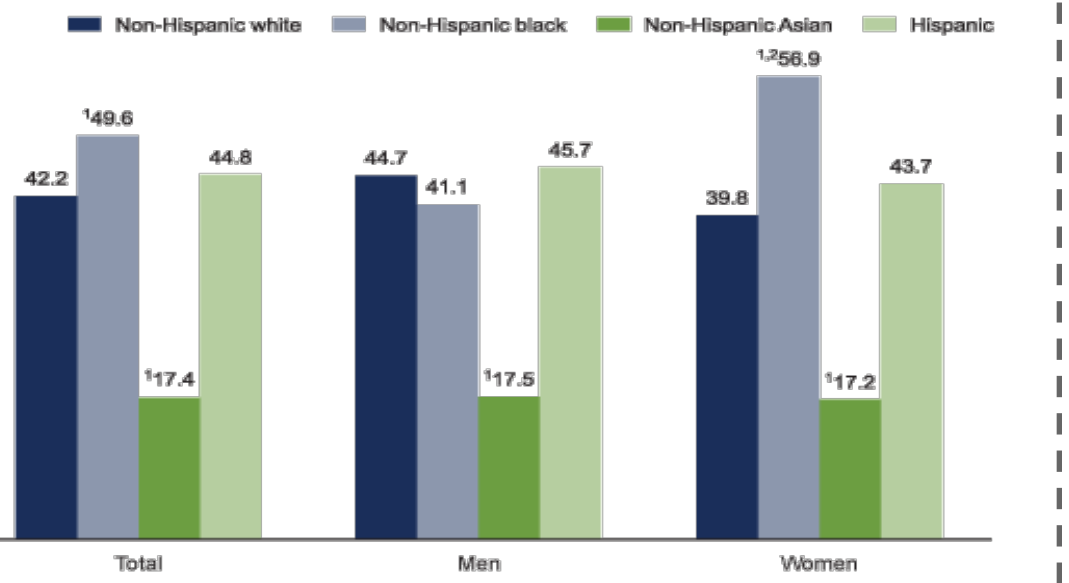
- Nearly 1 in 3 adults (30.7%) are overweight.
- More than 2 in 5 adults (42.4%) have obesity.
- About 1 in 11 adults (9.2%) have severe obesity.

According to 2017–2018 NHANES data

- About 1 in 6 children and adolescents ages 2 to 19 (16.1%) are overweight.
- Almost 1 in 5 children and adolescents ages 2 to 19 (19.3%) have obesity.
- About 1 in 16 children and adolescents ages 2 to 19 (6.1%) have severe obesity.

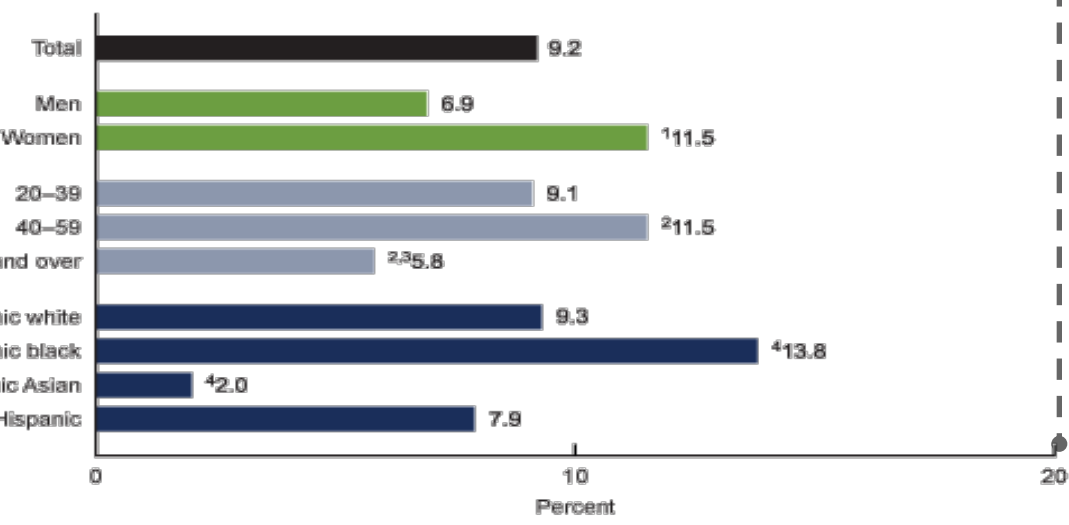
Were there differences in the prevalence of obesity among adults by race and Hispanic origin in 2017–2018?

Age-adjusted prevalence of obesity among adults aged 20 and over, by sex and race and Hispanic origin: United States, 2017–2018.



What was the prevalence of severe obesity among adults in 2017–2018?

Age-adjusted prevalence of severe obesity among adults aged 20 and over, by sex, age, and race and Hispanic origin: United States, 2017–2018



Data Analysis

Prevalence of Overweight and Obesity – Adults

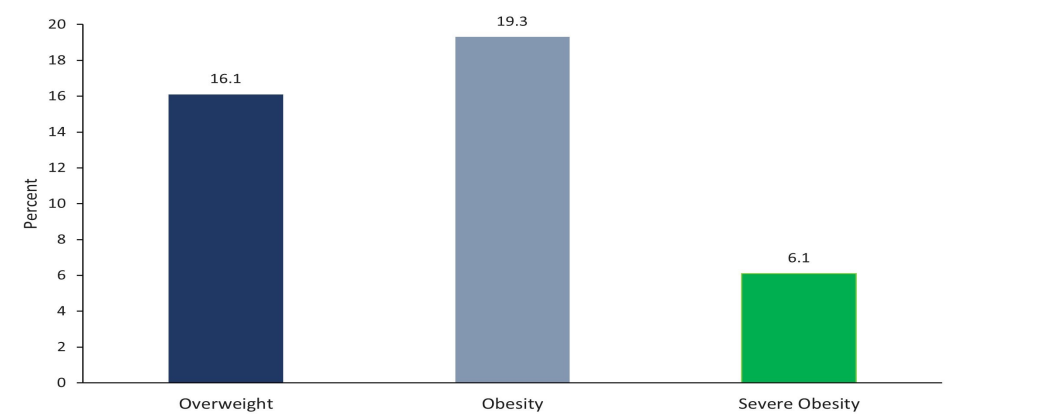
percentage of US adults with overweight, obesity, and severe obesity by sex, 2017–2018 NHANES Data

All (Men and Women)	Men	Women	
Overweight	30.7	34.1	27.5
Obesity (including severe obesity)	42.4	43.0	41.9
Severe obesity	9.2	6.9	11.5

- As shown in the above table
- Nearly 1 in 3 adults (30.7%) are overweight.
 - More than 1 in 3 men (34.1%) and more than 1 in 4 women (27.5%) are overweight.
 - More than 2 in 5 adults (42.4%) have obesity (including severe obesity).
 - About 1 in 11 adults (9.2%) have severe obesity.
 - The percentage of men who are overweight (34.1%) is higher than the percentage of women who are overweight (27.5%).
 - The percentage of women who have severe obesity (11.5%) is higher than the percentage of men who have severe obesity (6.9%).

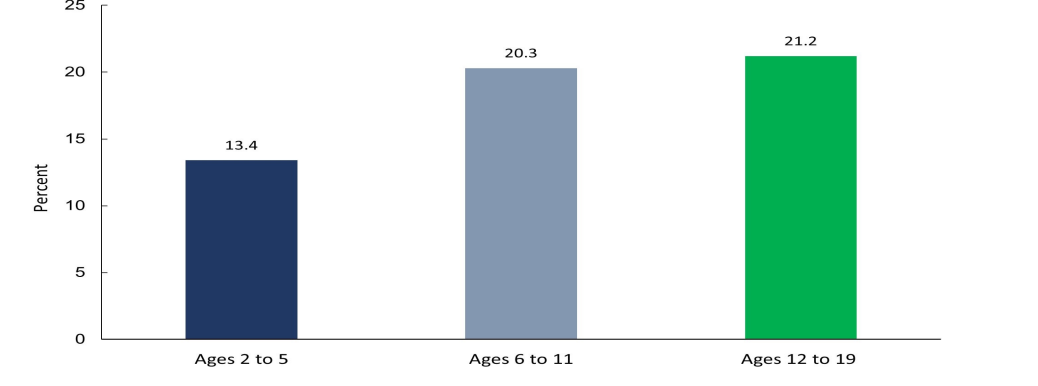
Youth

Prevalence of overweight, obesity, and severe obesity among children and adolescents ages 2 to 19 years: United States, 2017–2018 NHANES data³

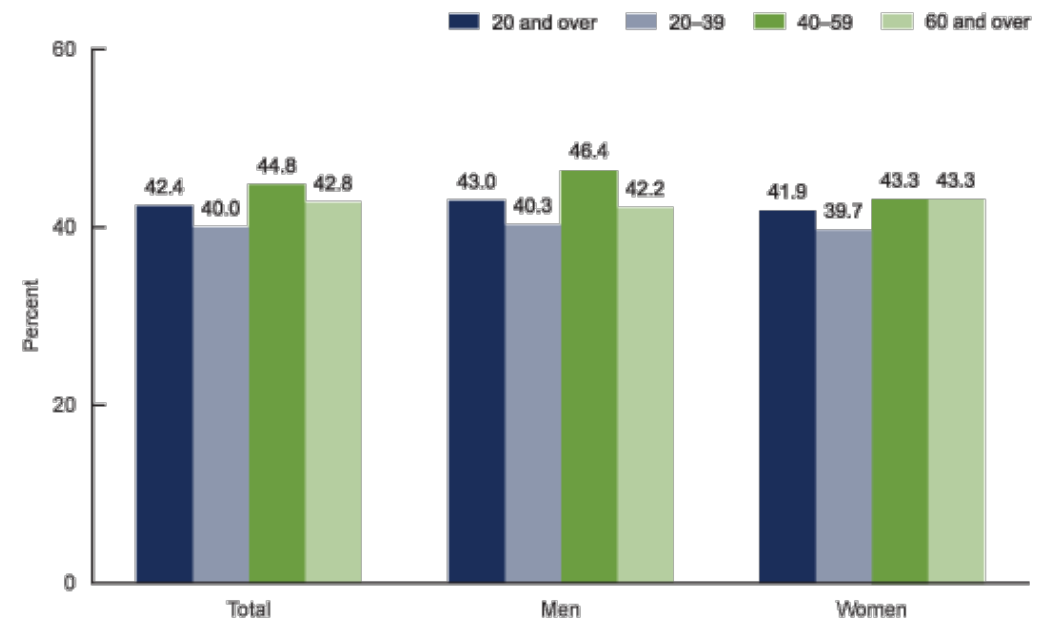


- According to the 2017–2018 NHANES data Among children and adolescents ages 2 to 19, about 1 in 6 (16.1%) are overweight, more than 1 in 6 (19.3%) have obesity, and about 1 in 18 (6.1%) have severe obesity.

- Prevalence of obesity among children and adolescents ages 2 to 19 years: United States, 2017–2018 NHANES data



What was the prevalence of obesity among adults in 2017–2018? Prevalence of obesity among adults aged 20 and over, by sex and age: United States, 2017–2018



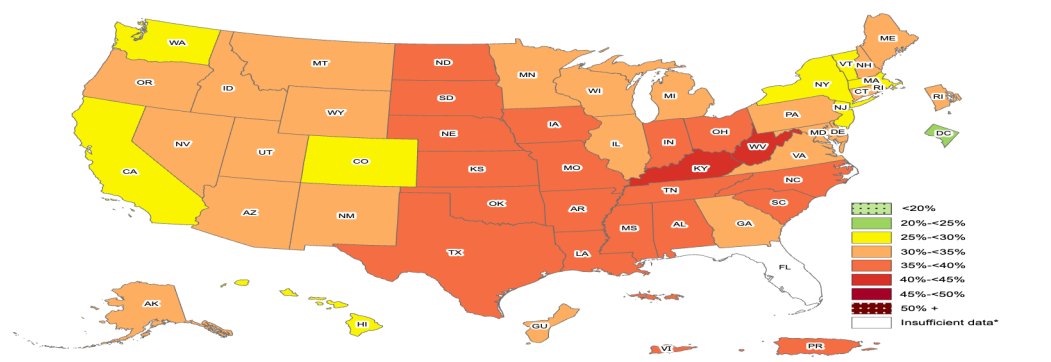
Results

How is BMI interpreted for adults?

For adults 20 years old and older, BMI is interpreted using standard weight status categories. These categories are the same for men and women of all body types and ages.

BMI	Weight Status
Below 18.5	Underweight
18.5–24.9	Healthy Weight
25.0–29.9	Overweight
30.0 and Above	Obesity

Map: Overall Obesity

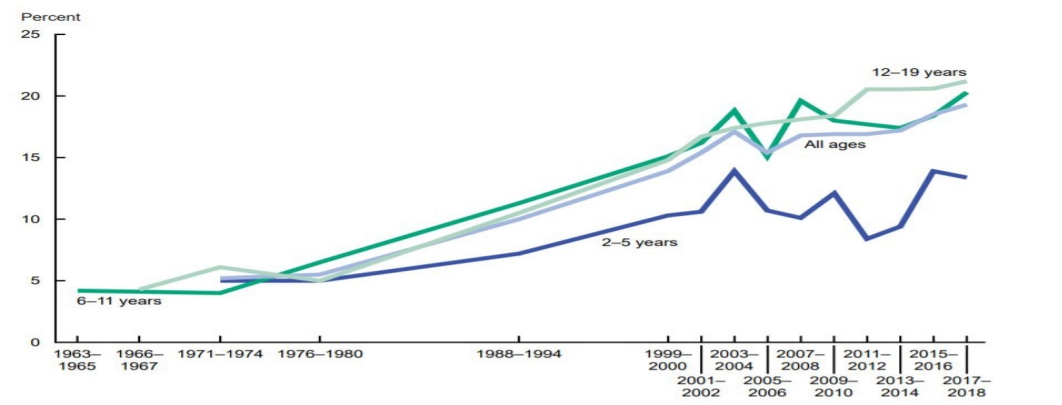
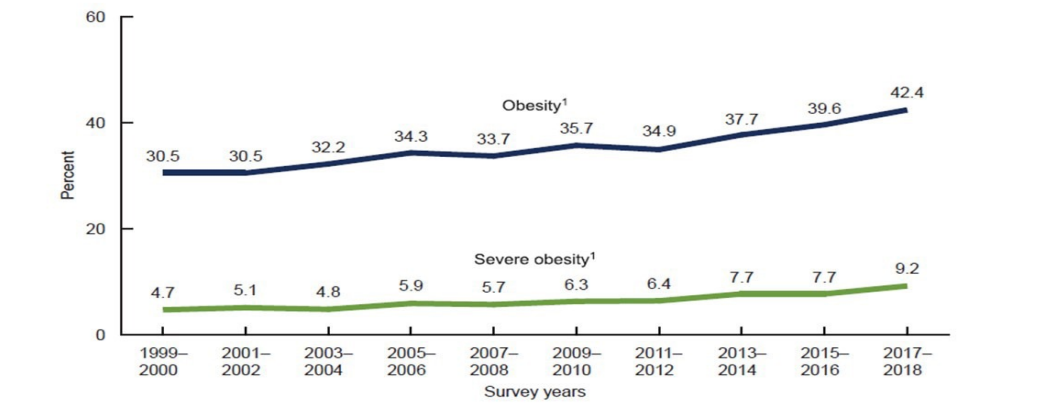


- **Summary**
- The age-adjusted prevalence of obesity was 42.4%, and the age-adjusted prevalence of severe obesity was 9.2% among adults aged 20 and over in the United States in 2017–2018. The overall prevalence of obesity was similar among men and women, but the prevalence of severe obesity was higher among women. Adults aged 40–59 had the highest prevalence of severe obesity.
- The prevalence of obesity was highest among non-Hispanic black adults compared with other race and Hispanic-origin groups, overall and among women. However, among men, the prevalence of obesity was not significantly different between non-Hispanic white, non-Hispanic black, and Hispanic men. Overall, and among men and women, obesity was lowest among non-Hispanic Asian adults. Non-Hispanic black adults had the highest prevalence of severe obesity, and non-Hispanic Asian adults had the lowest.
- From 1999–2000 through 2017–2018, the prevalence of obesity and severe obesity increased, but the observed increase in the prevalence of obesity and severe obesity between 2015–2016 and 2017–2018 was not significant.
- Monitoring the prevalence of obesity and severe obesity is relevant for public health programs that focus on reducing or preventing obesity and its consequences. In the United States, the prevalence of obesity among adults has moved further away from the Healthy People 2020 goal of 30.5%

Trends in Obesity among Adults and Youth in the United States

Adults

obesity and severe obesity prevalence among adults ages 20 and over: United States, 1999–2000 through 2017–2018⁷



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