

OVERWEIGHT AND OBESITY RISING

Adults considered overweight increased by 50 percent and those who are obese more than doubled in the United States from 1980 to 2000. By 2004, two thirds of all adult Americans qualified as overweight and of those nearly half were obese.

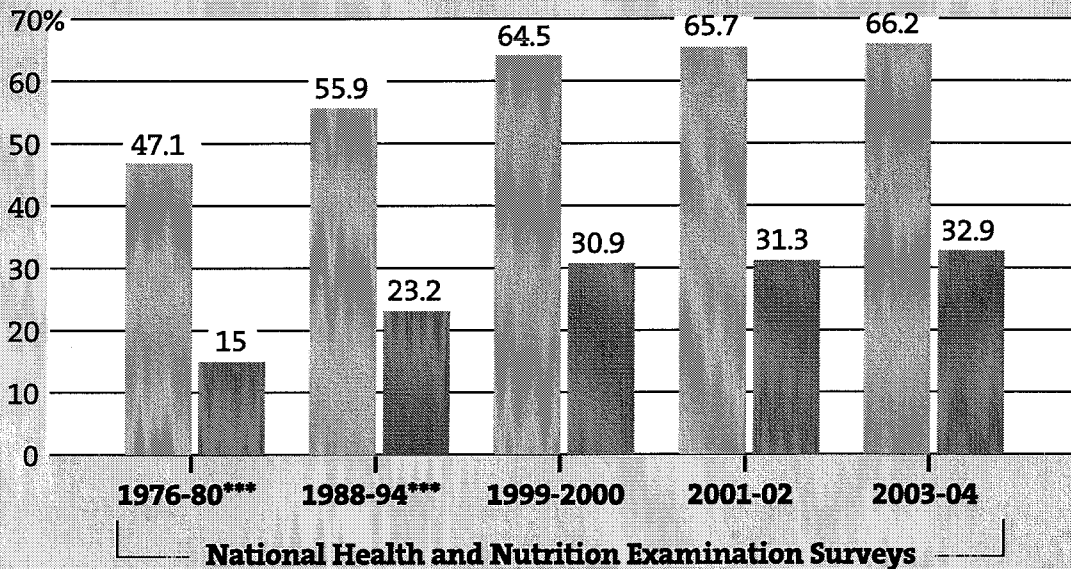
Age-adjusted* prevalence of overweight and obesity among U.S. adults, age 20-74 years

Overweight or obese (BMI 25.0 or over)**
Obese (BMI 30.0 or over)**

*Age-adjusted by the direct method to the year 2000 U.S. Bureau of the Census estimates using the age groups 20-39, 40-59, and 60-74 years.

**Body Mass Index

***Did not include individuals over 74 years of age, thus trend estimates are based on age 20-74 years.



Sources: National Health and Nutrition Examination Survey, Centers for Disease Control and Prevention

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