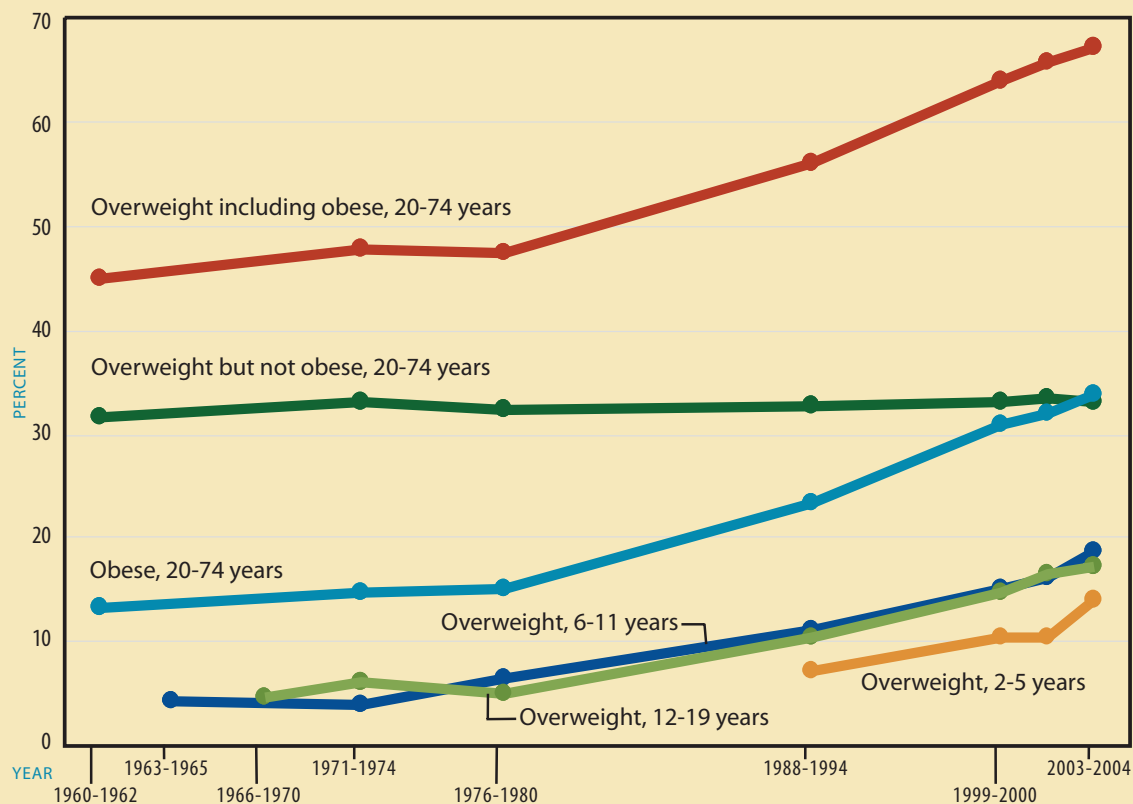


NATIONAL TRENDS

Steady increase in number of obese adults drove sharp rise in overweight population since 1980

The prevalence of overweight and obesity changed little between the early 1960s and 1976–1980. Findings from the 1988–1994 and 1999–2004 National Health and Nutrition Examination Surveys, however, showed substantial increases in overweight among adults. The upward trend in overweight since 1980 reflects primarily an increase in the percentage of adults 20–74 years of age who are obese.



FAST FACTS

In 2003–2004, 67% of adults ages 20–74 were overweight (includes obese); 34% of adults ages 20–74 were obese (age-adjusted).

Since 1960–1962, the percentage of adults who were overweight but not obese has remained steady at 32%–34% (age-adjusted).

The percentage of children (6–11 years of age) and adolescents (12–19 years of age) who are overweight has risen since 1976–1980. In 2003–2004, 17%–19% of children and adolescents were overweight. The percentage of preschool-age children (2–5 years of age) who are overweight almost doubled from 1988–1994 (7%) to 2003–2004 (14%).

In 2001–2004, 30% of men and 34% of women ages 20–74 were obese (age-adjusted).

In 2001–2004, one-half of non-Hispanic black women were obese compared with nearly one-third of non-Hispanic white women. In contrast, the prevalence of obesity among men was similar by race and ethnicity.

Source: National Center for Health Statistics, Health, United States, 2007, with Chartbook on Trends in the Health of Americans. Hyattsville, Md.: 2007