

**Table 68 (page 1 of 4). Overweight, obesity, and healthy weight among persons 20 years of age and over, according to sex, age, race, and Hispanic origin: United States, 1960–62, 1971–74, 1976–80, 1988–94, and 1999–2000**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race, and Hispanic origin <sup>1</sup>	Overweight <sup>2</sup>				
	1960–62	1971–74	1976–80 <sup>3</sup>	1988–94 <sup>4</sup>	1999–2000 <sup>4</sup>
20–74 years, age adjusted <sup>5</sup>					
Percent of population (standard error)					
Both sexes <sup>6,7</sup> . . . . .	44.8	47.7	47.4	56.0 (0.9)	64.5 (1.5)
Male . . . . .	49.5	54.7	52.9	61.0 (1.0)	67.0 (1.5)
Female <sup>6</sup> . . . . .	40.2	41.1	42.0	51.2 (1.1)	62.0 (2.0)
Not Hispanic or Latino:					
White only, male . . . . .	---	---	53.8	61.6 (1.2)	67.3 (2.0)
White only, female <sup>6</sup> . . . . .	---	---	38.7	47.2 (1.4)	57.2 (2.7)
Black or African American only, male . . . . .	---	---	51.3	58.2 (1.2)	60.3 (2.3)
Black or African American only, female <sup>6</sup> . . . . .	---	---	62.6	68.5 (1.4)	77.7 (1.9)
Mexican male . . . . .	---	---	61.6	69.4 (1.1)	74.4 (2.8)
Mexican female <sup>6</sup> . . . . .	---	---	61.7	69.6 (1.7)	71.8 (2.5)
20 years and over, age adjusted <sup>5</sup>					
Both sexes <sup>6,7</sup> . . . . .	---	---	---	56.0 (0.8)	64.5 (1.4)
Male . . . . .	---	---	---	60.9 (1.0)	67.2 (1.4)
Female <sup>6</sup> . . . . .	---	---	---	51.4 (1.0)	61.9 (1.9)
Not Hispanic or Latino:					
White only, male . . . . .	---	---	---	61.6 (1.2)	67.4 (1.8)
White only, female <sup>6</sup> . . . . .	---	---	---	47.5 (1.3)	57.3 (2.5)
Black or African American only, male . . . . .	---	---	---	57.8 (1.2)	60.7 (1.9)
Black or African American only, female <sup>6</sup> . . . . .	---	---	---	68.2 (1.3)	77.3 (2.0)
Mexican male . . . . .	---	---	---	68.9 (1.1)	74.7 (2.6)
Mexican female <sup>6</sup> . . . . .	---	---	---	68.9 (1.6)	71.9 (2.4)
20 years and over, crude					
Both sexes <sup>6,7</sup> . . . . .	---	---	---	54.9 (0.8)	64.1 (1.4)
Male . . . . .	---	---	---	59.4 (1.0)	66.5 (1.4)
Female <sup>6</sup> . . . . .	---	---	---	50.7 (1.0)	61.8 (1.9)
Not Hispanic or Latino:					
White only, male . . . . .	---	---	---	60.6 (1.2)	67.3 (1.8)
White only, female <sup>6</sup> . . . . .	---	---	---	47.4 (1.2)	57.8 (2.6)
Black or African American only, male . . . . .	---	---	---	56.7 (1.2)	58.9 (2.3)
Black or African American only, female <sup>6</sup> . . . . .	---	---	---	66.0 (1.4)	76.5 (2.2)
Mexican male . . . . .	---	---	---	63.9 (1.5)	72.0 (3.7)
Mexican female <sup>6</sup> . . . . .	---	---	---	65.9 (1.4)	69.4 (3.1)
Male					
20–34 years . . . . .	42.7	42.8	41.2	47.5 (1.4)	58.0 (2.5)
35–44 years . . . . .	53.5	63.2	57.2	65.5 (1.7)	67.6 (2.7)
45–54 years . . . . .	53.9	59.7	60.2	66.1 (2.1)	71.3 (3.5)
55–64 years . . . . .	52.2	58.5	60.2	70.5 (2.1)	72.5 (3.5)
65–74 years . . . . .	47.8	54.6	54.2	68.5 (2.1)	77.2 (3.6)
75 years and over . . . . .	---	---	---	56.5 (2.0)	66.4 (3.5)
Female <sup>6</sup>					
20–34 years . . . . .	21.2	25.8	27.9	37.0 (1.4)	51.5 (2.8)
35–44 years . . . . .	37.2	40.5	40.7	49.6 (2.4)	63.6 (4.1)
45–54 years . . . . .	49.3	49.0	48.7	60.3 (2.5)	64.7 (3.7)
55–64 years . . . . .	59.9	54.5	53.7	66.3 (1.6)	73.1 (3.7)
65–74 years . . . . .	60.9	55.9	59.5	60.3 (1.8)	70.1 (4.0)
75 years and over . . . . .	---	---	---	52.3 (1.5)	59.6 (3.7)

See footnotes at end of table.

**Table 68 (page 2 of 4). Overweight, obesity, and healthy weight among persons 20 years of age and over, according to sex, age, race, and Hispanic origin: United States, 1960–62, 1971–74, 1976–80, 1988–94, and 1999–2000**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race, and Hispanic origin <sup>1</sup>	Obesity <sup>8</sup>				
	1960–62	1971–74	1976–80 <sup>3</sup>	1988–94 <sup>4</sup>	1999–2000 <sup>4</sup>
20–74 years, age adjusted <sup>5</sup>					
Percent of population (standard error)					
Both sexes <sup>6,7</sup> . . . . .	13.3	14.6	15.1	23.3 (0.7)	30.9 (1.6)
Male . . . . .	10.7	12.2	12.8	20.6 (0.7)	27.7 (1.7)
Female <sup>6</sup> . . . . .	15.7	16.8	17.1	26.0 (1.0)	34.0 (2.0)
Not Hispanic or Latino:					
White only, male . . . . .	---	---	12.4	20.7 (0.9)	27.4 (1.9)
White only, female <sup>6</sup> . . . . .	---	---	15.4	23.3 (1.2)	30.4 (2.3)
Black or African American only, male . . . . .	---	---	16.5	21.3 (1.0)	28.9 (2.4)
Black or African American only, female <sup>6</sup> . . . . .	---	---	31.0	39.1 (1.4)	50.4 (2.8)
Mexican male . . . . .	---	---	15.7	24.4 (1.1)	29.4 (2.5)
Mexican female <sup>6</sup> . . . . .	---	---	26.6	36.1 (1.4)	40.1 (3.8)
20 years and over, age adjusted <sup>5</sup>					
Both sexes <sup>6,7</sup> . . . . .	---	---	---	22.9 (0.7)	30.5 (1.4)
Male . . . . .	---	---	---	20.2 (0.7)	27.5 (1.6)
Female <sup>6</sup> . . . . .	---	---	---	25.5 (0.9)	33.4 (1.8)
Not Hispanic or Latino:					
White only, male . . . . .	---	---	---	20.3 (0.8)	27.3 (1.8)
White only, female <sup>6</sup> . . . . .	---	---	---	22.9 (1.1)	30.1 (2.1)
Black or African American only, male . . . . .	---	---	---	20.9 (1.0)	28.1 (2.3)
Black or African American only, female <sup>6</sup> . . . . .	---	---	---	38.3 (1.4)	49.7 (2.8)
Mexican male . . . . .	---	---	---	23.8 (1.0)	28.9 (2.3)
Mexican female <sup>6</sup> . . . . .	---	---	---	35.2 (1.4)	39.7 (3.6)
20 years and over, crude					
Both sexes <sup>6,7</sup> . . . . .	---	---	---	22.3 (0.6)	30.3 (1.4)
Male . . . . .	---	---	---	19.5 (0.7)	27.1 (1.6)
Female <sup>6</sup> . . . . .	---	---	---	25.0 (0.9)	33.3 (1.8)
Not Hispanic or Latino:					
White only, male . . . . .	---	---	---	19.9 (0.8)	27.2 (1.8)
White only, female <sup>6</sup> . . . . .	---	---	---	22.7 (1.1)	30.3 (2.1)
Black or African American only, male . . . . .	---	---	---	20.7 (1.0)	28.1 (2.6)
Black or African American only, female <sup>6</sup> . . . . .	---	---	---	36.7 (1.4)	49.4 (2.8)
Mexican male . . . . .	---	---	---	20.6 (1.2)	29.3 (2.8)
Mexican female <sup>6</sup> . . . . .	---	---	---	33.3 (1.3)	37.9 (4.1)
Male					
20–34 years . . . . .	9.2	9.7	8.9	14.1 (1.0)	24.1 (1.9)
35–44 years . . . . .	12.1	13.5	13.5	21.5 (1.2)	25.2 (3.0)
45–54 years . . . . .	12.5	13.7	16.7	23.2 (1.7)	30.1 (4.4)
55–64 years . . . . .	9.2	14.1	14.1	27.2 (2.2)	32.9 (4.1)
65–74 years . . . . .	10.4	10.9	13.2	24.1 (1.8)	33.4 (3.9)
75 years and over . . . . .	---	---	---	13.2 (2.1)	20.4 (2.8)
Female <sup>6</sup>					
20–34 years . . . . .	7.2	9.7	11.0	18.5 (1.1)	25.8 (2.6)
35–44 years . . . . .	14.7	17.7	17.8	25.5 (2.1)	33.9 (3.0)
45–54 years . . . . .	20.3	18.9	19.6	32.4 (1.9)	38.1 (4.1)
55–64 years . . . . .	24.4	24.1	22.9	33.7 (1.8)	43.1 (4.2)
65–74 years . . . . .	23.2	22.0	21.5	26.9 (1.5)	38.8 (3.8)
75 years and over . . . . .	---	---	---	19.2 (1.3)	25.1 (4.0)

See footnotes at end of table.

**Table 68 (page 3 of 4). Overweight, obesity, and healthy weight among persons 20 years of age and over, according to sex, age, race, and Hispanic origin: United States, 1960–62, 1971–74, 1976–80, 1988–94, and 1999–2000**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race, and Hispanic origin <sup>1</sup>	Healthy weight <sup>9</sup>				
	1960–62	1971–74	1976–80 <sup>3</sup>	1988–94 <sup>4</sup>	1999–2000 <sup>4</sup>
20–74 years, age adjusted <sup>5</sup>					
Percent of population (standard error)					
Both sexes <sup>6,7</sup> . . . . .	51.2	48.8	49.6	41.7 (0.9)	33.6 (1.4)
Male . . . . .	48.3	43.0	45.4	37.9 (1.0)	31.8 (1.5)
Female <sup>6</sup> . . . . .	54.1	54.3	53.7	45.3 (1.1)	35.3 (2.0)
Not Hispanic or Latino:					
White only, male . . . . .	---	---	45.3	37.4 (1.2)	31.3 (2.0)
White only, female <sup>6</sup> . . . . .	---	---	56.7	49.2 (1.4)	39.1 (2.6)
Black or African American only, male . . . . .	---	---	46.6	40.0 (1.2)	38.1 (2.2)
Black or African American only, female <sup>6</sup> . . . . .	---	---	35.0	28.9 (1.2)	22.0 (1.9)
Mexican male . . . . .	---	---	37.1	29.8 (1.1)	25.0 (2.7)
Mexican female <sup>6</sup> . . . . .	---	---	36.4	29.0 (1.7)	26.9 (2.6)
20 years and over, age adjusted <sup>5</sup>					
Both sexes <sup>6,7</sup> . . . . .	---	---	---	41.6 (0.8)	33.5 (1.3)
Male . . . . .	---	---	---	37.9 (1.0)	31.7 (1.4)
Female <sup>6</sup> . . . . .	---	---	---	45.0 (1.0)	35.3 (1.9)
Not Hispanic or Latino:					
White only, male . . . . .	---	---	---	37.3 (1.1)	31.3 (1.8)
White only, female <sup>6</sup> . . . . .	---	---	---	48.7 (1.3)	39.0 (2.5)
Black or African American only, male . . . . .	---	---	---	40.1 (1.2)	37.4 (1.9)
Black or African American only, female <sup>6</sup> . . . . .	---	---	---	29.2 (1.2)	22.3 (2.0)
Mexican male . . . . .	---	---	---	30.2 (1.0)	24.8 (2.5)
Mexican female <sup>6</sup> . . . . .	---	---	---	29.7 (1.6)	26.6 (2.4)
20 years and over, crude					
Both sexes <sup>6,7</sup> . . . . .	---	---	---	42.6 (0.8)	33.9 (1.3)
Male . . . . .	---	---	---	39.4 (1.0)	32.3 (1.4)
Female <sup>6</sup> . . . . .	---	---	---	45.7 (1.0)	35.4 (1.9)
Not Hispanic or Latino:					
White only, male . . . . .	---	---	---	38.2 (1.2)	31.4 (1.8)
White only, female <sup>6</sup> . . . . .	---	---	---	48.8 (1.2)	38.6 (2.5)
Black or African American only, male . . . . .	---	---	---	41.5 (1.2)	39.3 (2.2)
Black or African American only, female <sup>6</sup> . . . . .	---	---	---	31.2 (1.3)	23.1 (2.1)
Mexican male . . . . .	---	---	---	35.2 (1.5)	27.4 (3.5)
Mexican female <sup>6</sup> . . . . .	---	---	---	32.4 (1.5)	29.1 (3.1)
Male					
20–34 years . . . . .	55.3	54.7	57.1	51.1 (1.5)	39.8 (2.5)
35–44 years . . . . .	45.2	35.2	41.3	33.4 (1.7)	31.4 (2.7)
45–54 years . . . . .	44.8	38.5	38.7	33.6 (2.0)	28.7 (3.5)
55–64 years . . . . .	44.9	38.3	38.7	28.6 (2.1)	26.5 (3.2)
65–74 years . . . . .	46.2	42.1	42.3	30.1 (2.2)	21.5 (3.3)
75 years and over . . . . .	---	---	---	40.9 (1.9)	32.7 (3.4)
Female <sup>6</sup>					
20–34 years . . . . .	67.6	65.8	65.0	57.9 (1.3)	43.9 (2.5)
35–44 years . . . . .	58.4	56.7	55.6	47.1 (2.5)	33.6 (4.0)
45–54 years . . . . .	47.6	49.3	48.7	37.2 (2.3)	33.3 (3.8)
55–64 years . . . . .	38.1	41.1	43.5	31.5 (1.5)	26.9 (3.7)
65–74 years . . . . .	36.4	40.6	37.8	37.0 (2.0)	27.7 (3.9)
75 years and over . . . . .	---	---	---	43.0 (1.6)	37.4 (3.7)

See footnotes at end of table.

**Table 68 (page 4 of 4). Overweight, obesity, and healthy weight among persons 20 years of age and over, according to sex, age, race, and Hispanic origin: United States, 1960–62, 1971–74, 1976–80, 1988–94, and 1999–2000**

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

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- - - Data not available.

<sup>1</sup>Persons of Mexican origin may be of any race. Starting with data year 1999 race-specific estimates are tabulated according to 1997 Standards for Federal data on Race and Ethnicity and are not strictly comparable with estimates for earlier years. The two non-Hispanic race categories shown in the table conform to 1997 Standards. The 1999–2000 race-specific estimates are for persons who reported only one racial group. Prior to data year 1999, data were tabulated according to 1977 Standards. Estimates for single race categories prior to 1999 included persons who reported one race or, if they reported more than one race, identified one race as best representing their race. The effect of the 1997 Standard on the 1999–2000 estimates can be seen by comparing 1999–2000 data tabulated according to the two Standards: Estimates based on the 1977 Standards of the percent of the population 20–74 years, age adjusted, who were overweight are: 0.2 percentage points higher for white males; 0.3 percentage points higher for white females; 0.2 percentage points lower for black males; and 0.3 percentage points higher for black females than estimates based on the 1997 Standards. See Appendix II, Race.

<sup>2</sup>Body mass index (BMI) greater than or equal to 25.

<sup>3</sup>Data for Mexicans are for 1982–84. See Appendix I, National Health and Nutrition Examination Survey (NHANES).

<sup>4</sup>Standard errors of estimates for 1988–94 and 1999–2000 are shown. 1999–2000 estimates are based on a smaller sample size than estimates for earlier time periods and therefore are subject to greater sampling error.

<sup>5</sup>Age adjusted to the 2000 standard population using five age groups except for 1999–2000 estimates, which are age adjusted using three age groups (20–39, 40–59, and 60–74 or 60 years and over) due to a smaller sample size; however, use of three rather than five groups had virtually no effect on age-adjusted estimates. See Appendix II, Age adjustment.

<sup>6</sup>Excludes pregnant women.

<sup>7</sup>Includes persons of all races and Hispanic origins, not just those shown separately.

<sup>8</sup>Body mass index (BMI) greater than or equal to 30.

<sup>9</sup>BMI of 18.5 to less than 25 kilograms/meter<sup>2</sup> (see Appendix II, Body mass index).

NOTES: Percents do not sum to 100 because the percent of persons with BMI less than 18.5 is not shown and the percent of persons with obesity is a subset of the percent with overweight. Height was measured without shoes; two pounds were deducted from data for 1960–62 to allow for weight of clothing. Some data for 1988–94 have been revised and differ from the previous edition of *Health, United States*.

SOURCES: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey, Hispanic Health and Nutrition Examination Survey (1982–84), and National Health Examination Survey (1960–62).