Overweight & Obesity

- The obesity epidemic in children continues to grow on the basis of recent data from the Bogalusa Heart Study. Compared with 1973 to 1974, the proportion of children 5 to 17 years of age who were obese was 5 times higher in 2008 to 2009.
- 23.9 million children ages 2 to 19 are overweight or obese; 33.0% of boys and 30.4% of girls.
- Of these children, 12.7 million are obese; 18.6% of boys and 15.0% of girls.
- The obesity epidemic is disproportionately more rampant among children living in low-income, low-education, and higher-unemployment households, according to data from the National Survey of Children's Health.

Data from 2011 show that American Indian/Alaskan Native youth have an obesity rate of 17.7%, whereas rates are 14.7% for Hispanics, 10.6% for non-Hispanic blacks, 10.3% for non-Hispanic whites, and 9.3% for Asian/Pacific Islanders.

A comparison of NHANES 2009–2010 data with 1999–2000 data demonstrates an increase in obesity prevalence in male youth of 5% but not in female youth.
Overweight & Obesity - 2013 Statistical Fact Sheet

Adults

- Among Americans age 20 and older, 154.7 million are overweight or obese (BMI of 25.0 kg/m² and higher):
  - 79.9 million men.
  - 74.8 million women.

- Of these, 78.4 million are obese (BMI of 30.0 kg/m² and higher):
  - 36.8 million men.
  - 41.6 million women.

- Among Americans age 20 and older, the following are overweight or obese (BMI of 25.0 and higher):
  - For non-Hispanic whites, 73.1 percent of men and 60.2 percent of women.
  - For non-Hispanic blacks, 68.7 percent of men and 79.9 percent of women.
  - For Mexican Americans, 81.3 percent of men and 78.2 percent of women.

- Of these, the following are obese (BMI of 30.0 and higher):
  - For non-Hispanic whites, 33.8 percent of men and 32.5 percent of women.
  - For non-Hispanic blacks, 37.9 percent of men and 53.9 percent of women.
  - For Mexican Americans, 36.0 percent of men and 44.8 percent of women.

Costs

- The total excess cost related to the current prevalence of adolescent overweight and obesity is estimated to be $254 billion ($208 billion in lost productivity secondary to premature morbidity and mortality and $46 billion in direct medical costs).

- If current trends in the growth of obesity continue, total healthcare costs attributable to obesity could reach $861 to $957 billion by 2030, which would account for 16% to 18% of US health expenditures.

For additional information, charts and tables, see Chapter 6 of Heart Disease & Stroke Statistics - 2013 Update.

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