

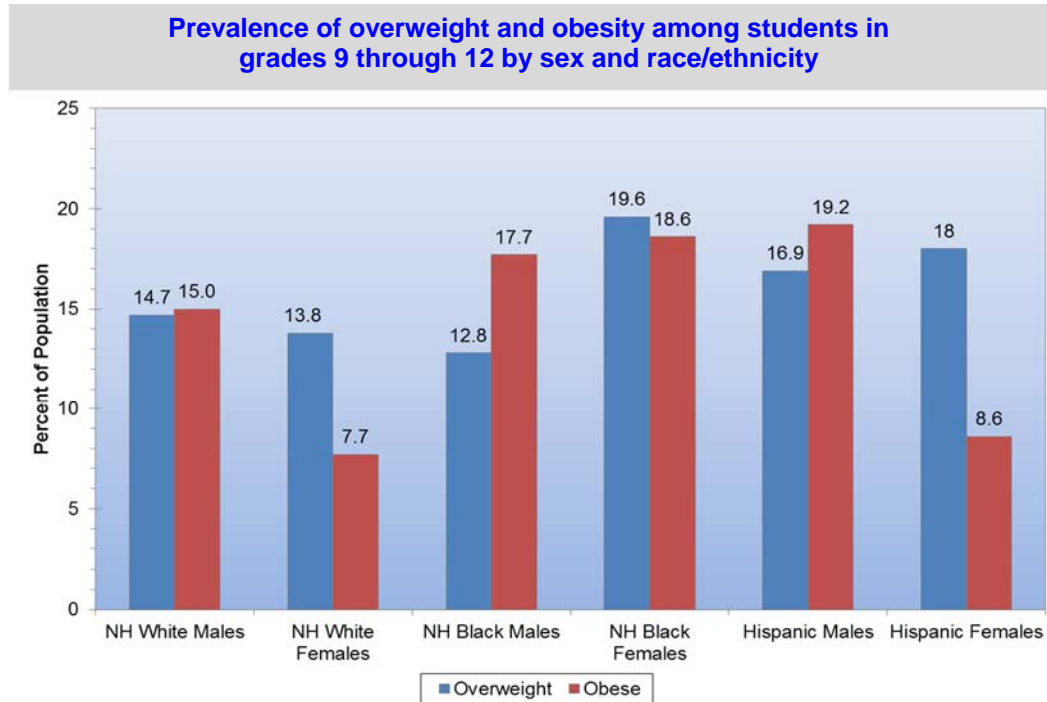
Statistical Fact Sheet

2014 Update

Overweight & Obesity

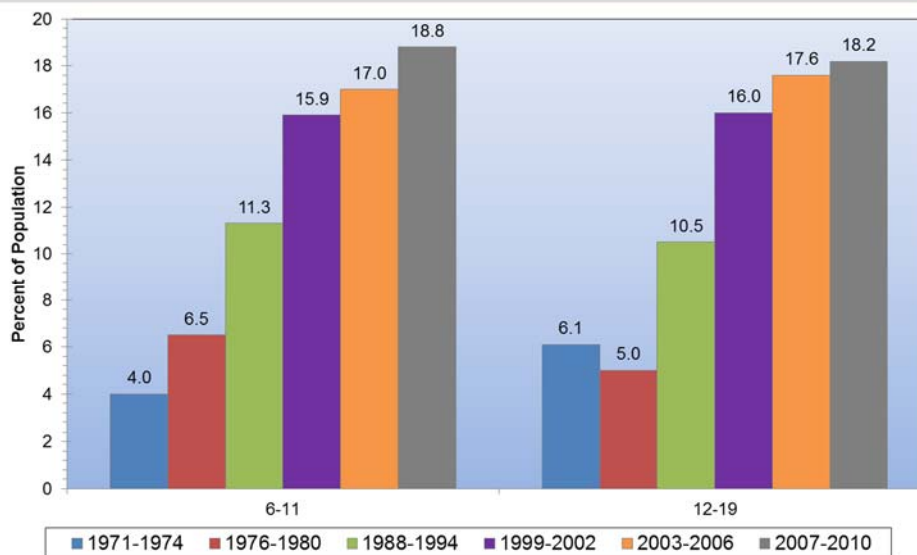
Youth

- 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.



NH indicates non-Hispanic. Source: Data derived from Youth Risk Behavior Surveillance—United States, 2011, Table 101.

Trends in the prevalence of obesity among US children and adolescents by age and survey year



Source: NHANES: 1971-1974, 1976-1980, 1988-1994, 1999-2002, 2003-2006 and 2007-2010; Data derived from Health, United States, 2011 (NCHS).

- 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.

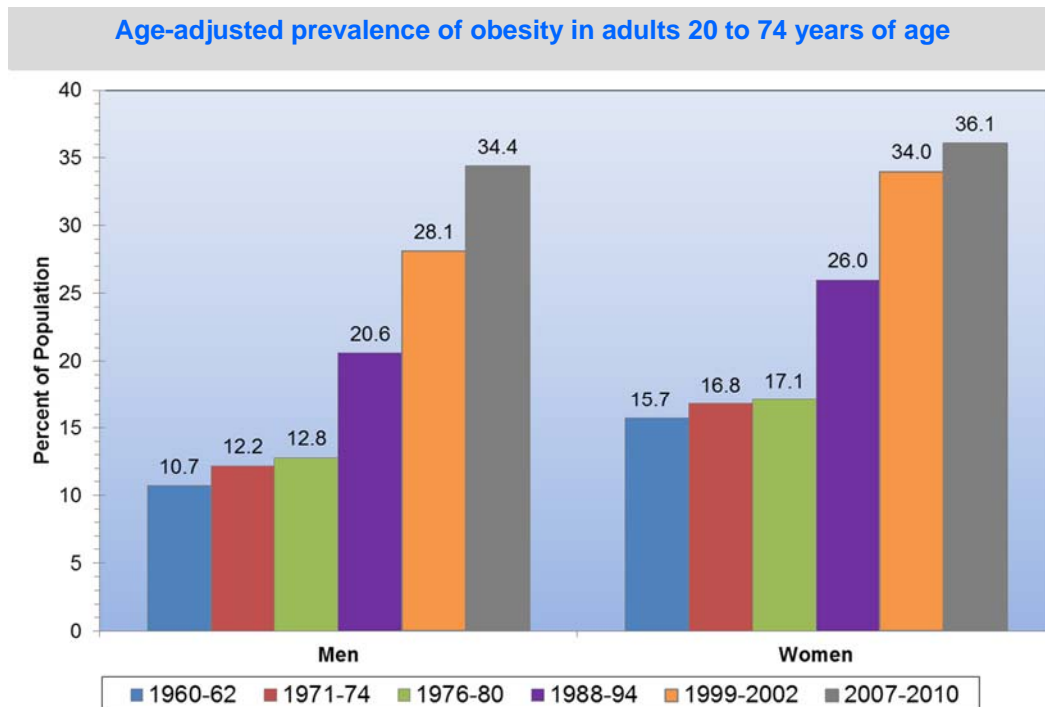
- Data from 2011 show that American Indian/Alaskan Native youth have an obesity rate of 17.7%, whereas rates are 14.7% for Hispanics, 10.6% for non-Hispanic blacks, 10.3% for non-Hispanic whites, and 9.3% for Asian/Pacific Islanders.

- 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.

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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.



Source: National Health Examination Survey: 1960-1962; National Health and Nutrition Examination Survey: 1971-1974, 1979-1980, 1988-1994, 1999-2002, and 2007-2010; Data derived from Health, United States, 2011 (National Center for Health Statistics).

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 - 2014 Update](#).

Additional charts may be downloaded directly from the online publication at: <http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad> Or at: www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:
 Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Blaha MJ, Dai S, Ford ES, Fox CS, Franco S, Fullerton HJ, Gillespie C, Hailpern SM, Heit JA, Howard VJ, Huffman MD, Judd SE, Kissela BM, Kittner SJ, Lackland DT, Lichtman JH, Lisabeth LD, Mackey RH, Magid DJ, Marcus GM, Marelli A, Matchar DB, McGuire DK, Mohler ER 3rd, Moy CS, Mussolino ME, Neumar RW, Nichol G, Pandey DK, Paynter NP, Reeves MJ, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Wong ND, Woo D, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2014 update: a report from the American Heart Association. *Circulation*. 2014;129:e28–e292.

If you have questions about statistics or any points made in the 2014 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org. Please direct all media inquiries to News Media Relations at inquiries@heart.org or 214-706-1173.