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.

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 - 2014 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.

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.

Source:

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:


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.