Prevalence

- Obesity and overweight has dramatically increased, moving from 46% of the population during 1976-80 to 66% percent in 2003-2004, according to the CDC’s National Health and Nutrition Examination Survey (NHANES).

Graph 1: Prevalence of Adult Obesity, 2009-2010

Source: CDC/NCHS, National Health and Nutrition Examination Survey, 2009-2010

Racial Disparities

- For obesity, the prevalence among blacks, Mexican Americans, and Hispanics, was approximately 50%, 40%, and 38%, respectively;
- For overweight and obesity the prevalence was 77%, 80%, and 77%, respectively.
- The prevalence of overweight and obesity has risen consistently among every population group in the United States albeit at various rates. For example, the adult population is becoming obese and overweight at a quicker rate than the child population.

Projected Obesity Trends (Based on 2030 Predictions):

- If obesity trends continue on their current path, more than 60 percent of adults in 13 states would be obese; more than half of adults in 39 states would be obese; and more than 44 percent would be obese in all 50 states.
- If average BMI is reduced by just 5 percent, obesity rates would still rise, but by significantly less than current projections. No state would have an obesity rate above 60 percent but still more than half of adults in 24 states would be obese.
About the STOP Obesity Alliance

The Strategies to Overcome and Prevent (STOP) Obesity Alliance is a collaboration of nearly 70 consumer, provider, government, labor, business, health insurer and quality-of-care organizations working to drive innovative and practical strategies that combat obesity. Housed at The George Washington University School of Public Health and Health Services, Department of Health Policy, the Alliance has centered on developing reports, policy recommendations, and tools for consumers and policy makers that are evidence-based and approved by consensus. The Alliance receives funding from founding sponsor, Sanofi. For more information, visit www.stopobesityalliance.org and follow the Alliance on Facebook and Twitter.

References

2 Ibid.
5 Ibid.
7 Ibid.
8 Ogden et al. 2012.