

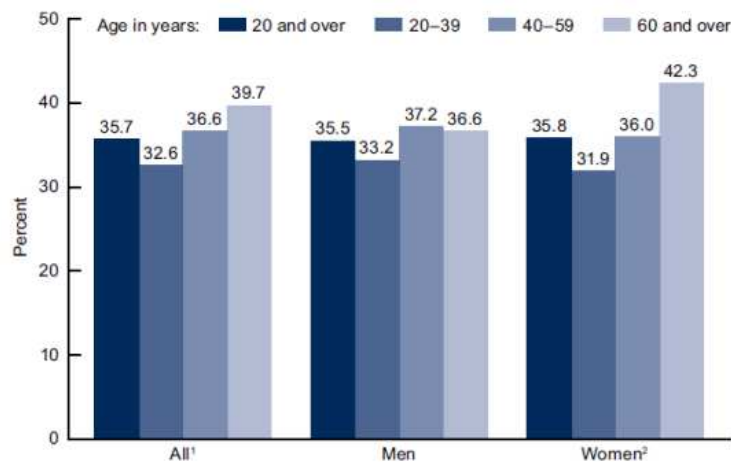
## Fast Facts: Trends in Obesity

This fact sheet is one in a series of 'Fast Facts' that provide information to help shed light on the complex health issue of obesity.

### Prevalence<sup>1</sup>

- 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<sup>2</sup>

- 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.<sup>3</sup>

### 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.<sup>4</sup>
- 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.<sup>5</sup>

### Obesity Trends

- As of 2009-2010 approximately **65% of all adults** were overweight or obese.<sup>6</sup>
- Approximately **35% of all adults** were obese.<sup>7</sup>
- Between 1999-2000 and 2009-2010, the prevalence of obesity **increased among men** but not among women.<sup>8</sup>
- The latest survey results for 2009-2010 reveal **68.8% percent** of the adult population is **overweight or obese** and 35.7% of the adult population is obese.<sup>9</sup>

### 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](http://www.stopobesityalliance.org) and follow the Alliance on [Facebook](#) and [Twitter](#).

### References

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<sup>1</sup> Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of obesity and trends in the distribution of body mass index among US adults, 1999-2010. *JAMA* 2012;307(5):491-497. Available at: <http://jama.jamanetwork.com/article.aspx?articleid=1104933>.

<sup>2</sup> Ibid.

<sup>3</sup> Wang, Y., et al. (2008) Will All Americans Become Overweight or Obese? Estimating the Progression and Cost of the US Obesity Epidemic, *Obesity*. 16(10): 2323–2330.

<sup>4</sup> Trust for America's Health. 2012. F as in Fat Executive Summary. Pg. 2. Available at:

[http://healthyamericans.org/assets/files/2012\\_f\\_as\\_in\\_fat\\_FINAL%20ES%209-22-12.pdf](http://healthyamericans.org/assets/files/2012_f_as_in_fat_FINAL%20ES%209-22-12.pdf).

<sup>5</sup> Ibid.

<sup>6</sup> Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of obesity and trends in the distribution of body mass index among US adults, 1999-2010. *JAMA* 2012;307(5):491-497. Available at: <http://jama.jamanetwork.com/article.aspx?articleid=1104933>.

<sup>7</sup> Ibid.

<sup>8</sup> Ogden et al. 2012.

<sup>9</sup> Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of obesity and trends in the distribution of body mass index among US adults, 1999-2010. *JAMA* 2012;307(5):491-497. Available at: <http://jama.jamanetwork.com/article.aspx?articleid=1104933>.