

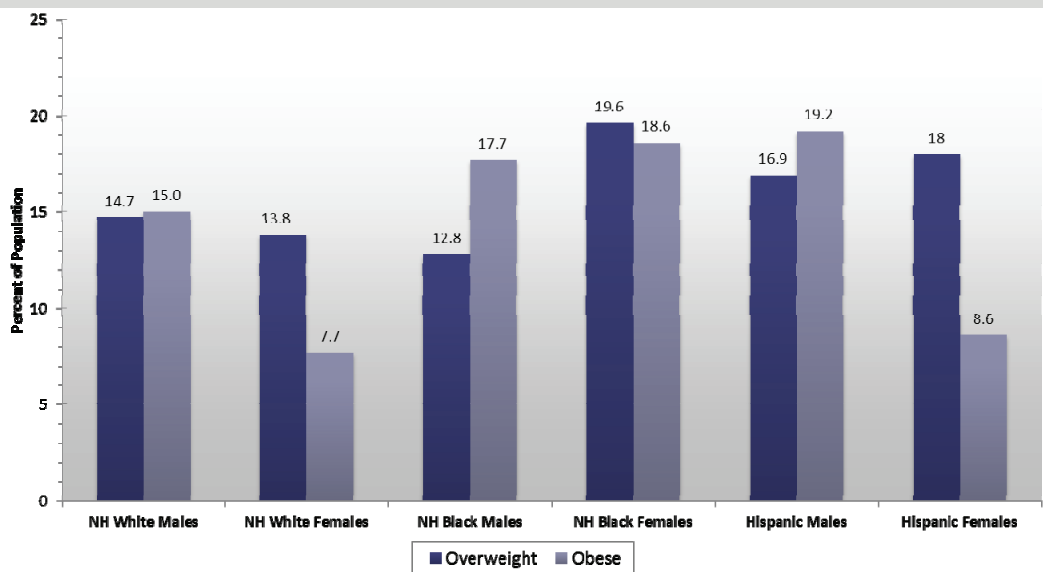
Statistical Fact Sheet

2013 Update

Overweight & Obesity

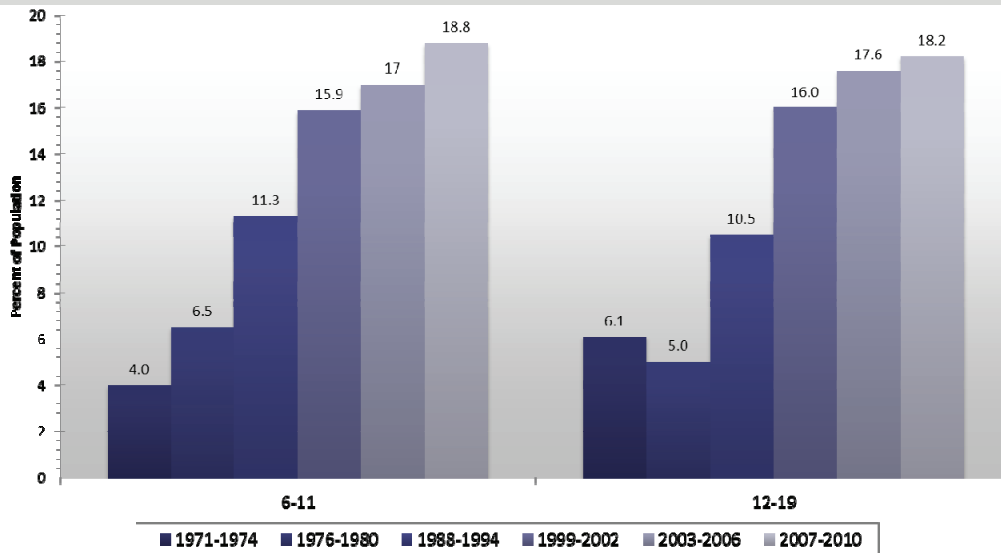
- The obesity epidemic in children continues to grow on the basis of recent data from the Bogalusa Heart Study. Compared with 1973 to 1974, the proportion of children 5 to 17 years of age who were obese was 5 times higher in 2008 to 2009.
- 23.9 million children ages 2 to 19 are overweight or obese; 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.

Prevalence of overweight and obesity among students in grades 9 through 12 by sex and race/ethnicity



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).

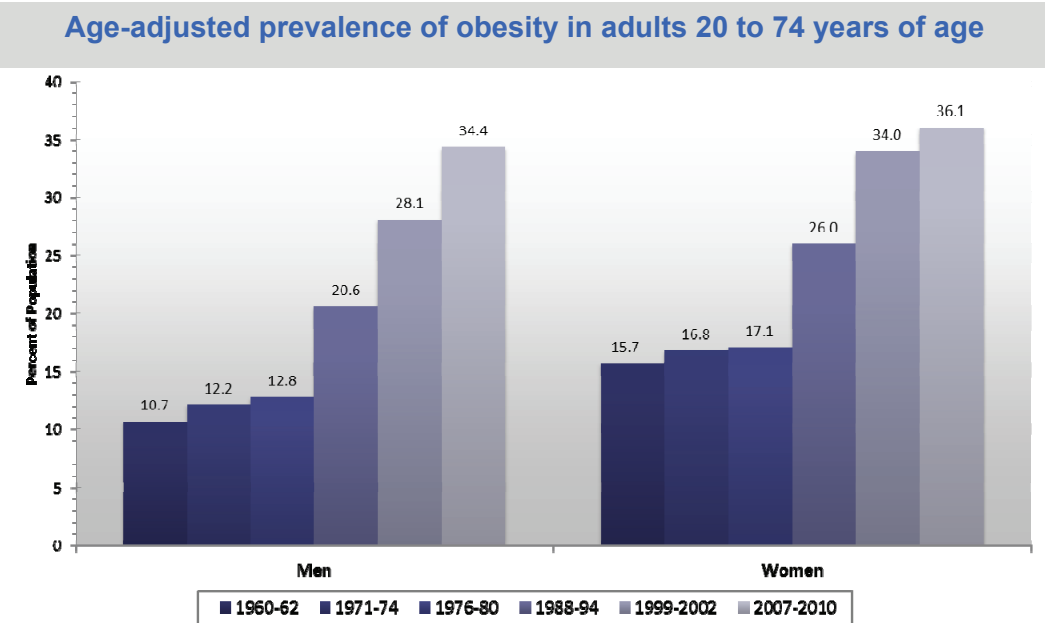
- Data from 2011 show that American Indian/Alaskan Native youth have an obesity rate of 17.7%, whereas rates are 14.7% for Hispanics, 10.6% for non-Hispanic blacks, 10.3% for non-Hispanic whites, and 9.3% for Asian/Pacific Islanders.

- 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.
 - 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.



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 - 2013 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:
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If you have questions about statistics or any points made in the 2013 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org.

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