

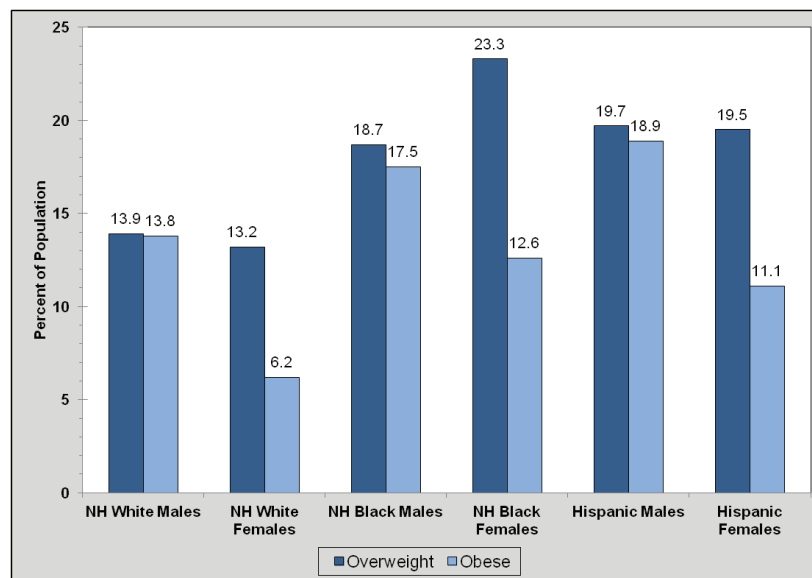
Statistical Fact Sheet 2012 Update

Overweight & Obesity

Youth

- Among children ages 2–19, about 1 in 3 are overweight and obese (BMI-for-age at or above the 85th percentile of the 2000 CDC growth charts.):
 - 32.1% of all boys
 - 31.3% of all girls
- Among children ages 2–19, about 1 in 6 are obese (BMI-for-age at or above the 95th percentile of the CDC growth charts.):
 - 17.8% of all boys
 - 15.9% of all girls

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

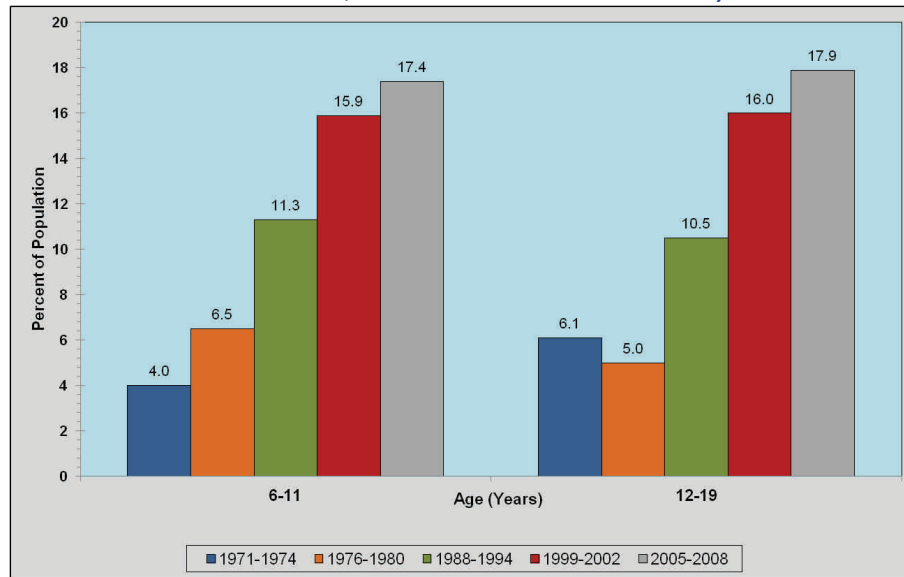


NH indicates non-Hispanic. Data derived from Youth Risk Behavior Surveillance—United States, 2009, Table 90.

- Overweight adolescents have a 70% chance of becoming overweight adults. This increases to 80% if 1 or both parents are overweight or obese.
- The prevalence of BMI-for-age values $\geq 95^{\text{th}}$ percentile of the 2000 CDC growth charts in children 6 to 11 years of age was 20% in 2007 to 2008 compared with 4.0% in 1971 to 1974.
- The prevalence of BMI-for-age values $\geq 95^{\text{th}}$ percentile in adolescents 12 to 19 years of age was 18% in 2007 to 2008 compared with 6% in 1971 to 1974.
- 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.

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Trends in the prevalence of obesity among US children and adolescents by age and survey year (National Health and Nutrition Examination Survey: 1971-1974, 1976-1980, 1988-1994, 1999-2002 and 2005-2008)



Data derived from *Health, United States, 2010: With Special Feature on Death and Dying*. NCHS, 2011.

Adults

- Among Americans age 20 and older, 149.3 million are overweight or obese (BMI of 25.0 kg/m² and higher):
 - 78.0 million men.
 - 71.3 million women.
- Of these, 75.0 million are obese (BMI of 30.0 kg/m² and higher):
 - 34.9 million men.
 - 40.1 million women.
- Among Americans age 20 and older, the following are overweight or obese (BMI of 25.0 and higher):
 - For non-Hispanic whites, 72.3 percent of men and 59.3 percent of women.
 - For non-Hispanic blacks, 70.8 percent of men and 77.7 percent of women.
 - For Mexican Americans, 77.5 percent of men and 75.1 percent of women.
- Of these, the following are obese (BMI of 30.0 and higher):
 - For non-Hispanic whites, 32.1 percent of men and 32.8 percent of women.
 - For non-Hispanic blacks, 37.0 percent of men and 51.0 percent of women.
 - For Mexican Americans, 31.4 percent of men and 43.4 percent of women.

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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 16 of [Heart Disease & Stroke Statistics - 2012 Update](#).

Additional charts may be downloaded directly from the online publication at:
<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31823ac046> 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 2012 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org.

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