

Table 26. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-026>

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Age, sex, race and Hispanic origin ¹ , and percent of poverty level	Normal weight (BMI from 18.5 to 24.9) ²					
	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, age adjusted ³						
Percent of population						
Both sexes ⁴	41.6	33.0	31.6	29.8	28.9	26.0
Male	37.9	30.2	26.6	25.7	26.0	22.5
Female	45.0	35.7	36.5	33.7	31.7	29.4
Not Hispanic or Latino:						
White only	43.1	34.6	33.2	31.4	30.0	27.8
White only, male	37.3	29.6	26.8	25.5	25.6	23.4
White only, female	48.7	39.5	39.6	36.9	34.3	31.9
Black or African American only	33.9	27.6	22.7	22.7	22.0	22.4
Black or African American only, male	40.1	34.7	27.0	28.5	29.0	26.4
Black or African American only, female	29.2	21.6	19.2	17.9	16.0	19.2
Asian only	---	---	---	---	55.7	48.1
Asian only, male	---	---	---	---	50.2	41.9
Asian only, female	---	---	---	---	60.5	53.7
Hispanic or Latino	---	---	---	21.1	20.9	16.5
Hispanic or Latino, male	---	---	---	19.0	19.5	13.7
Hispanic or Latina, female	---	---	---	23.5	22.3	19.6
Mexican origin	30.1	26.9	24.4	19.6	17.7	14.6
Mexican origin, male	30.2	26.5	23.8	18.5	16.5	13.9
Mexican origin, female	29.8	27.5	25.1	21.3	19.1	15.5
Percent of poverty level ⁵ :						
Below 100%	37.5	32.7	32.1	27.3	28.1	24.3
100%–199%	39.3	30.5	31.3	27.6	24.6	25.4
200%–399%	41.8	29.6	29.7	29.7	27.5	24.6
400% or more	45.5	36.5	33.7	32.1	33.4	27.6
20 years and over, crude						
Both sexes ⁴	42.6	32.9	31.4	29.6	28.6	25.9
Male	39.4	30.4	26.6	25.8	26.2	22.7
Female	45.7	35.4	35.9	33.2	31.0	28.8
Not Hispanic or Latino:						
White only	43.6	34.0	32.3	30.4	29.0	26.8
White only, male	38.2	29.2	26.2	24.8	25.1	22.8
White only, female	48.8	38.7	38.2	35.7	32.8	30.6
Black or African American only	35.9	28.2	22.7	23.0	21.9	22.8
Black or African American only, male	41.5	35.9	27.1	29.4	29.3	27.3
Black or African American only, female	31.2	21.8	19.2	17.6	15.8	19.0
Asian only	---	---	---	---	55.8	47.9
Asian only, male	---	---	---	---	50.7	41.5
Asian only, female	---	---	---	---	60.3	53.6
Hispanic or Latino	---	---	---	22.3	21.7	17.1
Hispanic or Latino, male	---	---	---	20.3	20.2	13.8
Hispanic or Latina, female	---	---	---	24.6	23.1	20.5
Mexican origin	34.0	29.4	25.5	20.8	18.4	15.3
Mexican origin, male	35.2	29.4	25.2	19.5	17.0	14.1
Mexican origin, female	32.5	29.5	25.8	22.3	19.9	16.7
Percent of poverty level ⁵ :						
Below 100%	39.8	34.5	33.2	29.2	29.8	25.2
100%–199%	41.5	31.5	31.7	28.0	25.2	26.1
200%–399%	42.9	29.7	29.6	29.5	27.4	25.2
400% or more	44.6	35.3	32.1	30.5	31.3	26.1

See footnotes at end of table.

Table 26. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018—Con.

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-026>

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Age, sex, race and Hispanic origin ¹ , and percent of poverty level	Normal weight (BMI from 18.5 to 24.9) ²					
	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, crude—Con.						
Percent of population						
Male:						
20–34 years	51.1	40.3	35.9	37.5	37.6	32.3
35–44 years	33.4	29.0	24.1	19.8	20.5	18.7
45–54 years	33.6	24.0	20.8	21.8	18.7	16.2
55–64 years	28.6	23.8	19.3	19.4	22.7	21.5
65–74 years	30.1	22.8	21.2	21.6	22.2	15.6
75 years and over	40.9	32.0	33.1	25.4	28.1	24.7
Female:						
20–34 years	57.9	42.5	45.1	41.1	38.1	36.6
35–44 years	47.1	37.1	37.6	34.4	32.5	28.3
45–54 years	37.2	33.1	31.1	30.7	27.8	27.1
55–64 years	31.5	27.6	29.5	26.7	24.2	25.6
65–74 years	37.0	26.4	28.5	23.9	26.9	20.9
75 years and over	43.0	36.9	35.4	35.4	32.9	29.0
Overweight or obese (BMI greater than or equal to 25.0) ²						
Percent of population						
20 years and over, age adjusted³						
Both sexes ⁴	56.0	65.1	66.7	68.5	69.5	72.5
Male	60.9	68.8	72.1	73.3	73.0	76.4
Female	51.4	61.6	61.3	63.9	66.2	68.8
Not Hispanic or Latino:						
White only	54.4	63.3	64.8	66.8	68.5	70.5
White only, male	61.6	69.4	71.8	73.6	73.7	75.5
White only, female	47.5	57.2	57.9	60.3	63.5	65.8
Black or African American only	63.7	70.5	76.1	75.5	76.3	76.2
Black or African American only, male	57.8	62.6	71.6	70.0	69.6	71.9
Black or African American only, female	68.2	77.2	79.8	80.0	82.0	79.6
Asian only	---	---	---	---	40.3	49.6
Asian only, male	---	---	---	---	46.9	56.5
Asian only, female	---	---	---	---	34.4	43.3
Hispanic or Latino	---	---	---	78.4	78.4	82.7
Hispanic or Latino, male	---	---	---	80.6	79.6	85.6
Hispanic or Latina, female	---	---	---	75.7	77.1	79.6
Mexican origin	68.9	72.3	75.0	79.9	81.6	84.9
Mexican origin, male	68.9	73.2	75.8	81.3	82.7	85.9
Mexican origin, female	68.9	71.2	73.9	78.0	80.3	83.7
Percent of poverty level⁵:						
Below 100%	59.6	64.7	65.7	69.7	69.1	73.5
100%–199%	58.0	67.3	66.5	70.5	73.9	72.6
200%–399%	56.0	68.6	69.0	68.6	71.6	73.8
400% or more	52.4	62.2	64.7	66.9	65.6	71.7

See footnotes at end of table.

Table 26. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018—Con.

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-026>

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Age, sex, race and Hispanic origin ¹ , and percent of poverty level	Overweight or obese (BMI greater than or equal to 25.0) ²					
	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, crude						
Both sexes ⁴	54.9	65.2	66.9	68.7	69.8	72.6
Male	59.4	68.6	72.1	73.2	72.8	76.0
Female	50.7	62.0	61.9	64.5	67.0	69.4
Not Hispanic or Latino:						
White only	53.8	63.9	65.8	67.8	69.6	71.6
White only, male	60.6	69.9	72.5	74.2	74.2	76.0
White only, female	47.4	58.2	59.4	61.7	65.2	67.4
Black or African American only	61.8	70.0	76.0	75.2	76.3	75.7
Black or African American only, male	56.7	61.7	71.6	69.1	69.1	70.9
Black or African American only, female	66.0	76.9	79.7	80.2	82.3	79.6
Asian only	---	---	---	---	40.0	49.6
Asian only, male	---	---	---	---	46.3	56.8
Asian only, female	---	---	---	---	34.5	43.3
Hispanic or Latino	---	---	---	77.1	77.5	82.0
Hispanic or Latino, male	---	---	---	79.3	78.8	85.4
Hispanic or Latina, female	---	---	---	74.6	76.3	78.6
Mexican origin	64.8	69.8	73.9	78.8	81.0	84.1
Mexican origin, male	63.9	70.1	74.6	80.2	82.3	85.6
Mexican origin, female	65.9	69.3	73.0	77.1	79.5	82.4
Percent of poverty level ⁵ :						
Below 100%	56.8	62.5	64.4	67.8	67.1	72.4
100%–199%	55.7	66.2	66.0	70.1	73.1	71.8
200%–399%	54.9	68.5	69.0	68.8	71.8	73.1
400% or more	53.3	63.7	66.5	68.5	67.7	73.2
Male:						
20–34 years	47.5	57.4	61.6	61.1	60.4	65.2
35–44 years	65.5	70.5	75.2	80.2	79.3	81.0
45–54 years	66.1	75.7	78.5	76.8	80.8	83.0
55–64 years	70.5	75.4	79.7	79.8	76.7	77.5
65–74 years	68.5	76.2	78.0	77.5	76.1	83.7
75 years and over	56.5	67.4	65.8	73.2	71.0	74.6
Female:						
20–34 years	37.0	52.9	50.9	55.4	58.5	60.0
35–44 years	49.6	60.6	60.7	63.9	65.6	70.7
45–54 years	60.3	65.1	67.3	66.2	71.4	71.3
55–64 years	66.3	72.2	69.6	72.2	74.3	72.7
65–74 years	60.3	70.9	70.5	74.2	71.2	78.9
75 years and over	52.3	59.9	62.6	63.2	64.6	69.9

See footnotes at end of table.

Table 26. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018—Con.

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-026>

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Age, sex, race and Hispanic origin ¹ , and percent of poverty level	Obesity (BMI greater than or equal to 30.0) ²					
	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, age adjusted ³						
Both sexes ⁴	22.9	30.4	33.4	34.7	36.4	41.1
Male	20.2	27.5	32.4	33.9	34.5	40.5
Female	25.5	33.2	34.3	35.5	38.1	41.5
Not Hispanic or Latino:						
White only	21.6	29.4	32.0	33.3	34.6	40.2
White only, male	20.2	28.0	32.4	34.1	34.0	41.3
White only, female	22.9	30.7	31.6	32.5	35.3	39.0
Black or African American only	30.7	39.2	45.5	47.0	48.0	48.6
Black or African American only, male	20.9	27.8	35.7	38.3	37.9	39.3
Black or African American only, female	38.3	48.6	53.4	54.0	56.5	56.2
Asian only	---	---	---	---	11.8	14.9
Asian only, male	---	---	---	---	11.3	13.3
Asian only, female	---	---	---	---	11.9	16.0
Hispanic or Latino	---	---	---	38.9	42.6	45.7
Hispanic or Latino, male	---	---	---	35.7	39.1	44.3
Hispanic or Latina, female	---	---	---	42.1	45.6	47.1
Mexican origin	29.3	32.7	35.3	40.3	46.4	50.0
Mexican origin, male	23.8	27.8	29.5	36.3	43.3	48.8
Mexican origin, female	35.2	38.0	41.8	44.6	49.6	51.4
Percent of poverty level ⁵ :						
Below 100%	28.1	34.7	35.0	37.2	39.2	44.0
100%–199%	26.1	34.1	35.9	37.3	42.6	42.8
200%–399%	22.7	32.1	35.7	36.8	38.8	43.3
400% or more	18.7	25.5	28.9	31.3	29.7	38.3
20 years and over, crude						
Both sexes ⁴	22.3	30.5	33.5	34.9	36.5	41.2
Male	19.5	27.5	32.4	33.9	34.5	40.5
Female	25.0	33.4	34.6	35.9	38.5	41.8
Not Hispanic or Latino:						
White only	21.3	29.8	32.4	33.8	35.3	40.7
White only, male	19.8	28.4	32.6	34.4	34.3	41.7
White only, female	22.7	31.3	32.2	33.2	36.2	39.7
Black or African American only	29.5	39.1	45.3	46.9	48.2	48.1
Black or African American only, male	20.7	27.5	35.8	38.1	37.6	38.7
Black or African American only, female	36.7	48.7	53.2	54.2	56.9	55.9
Asian only	---	---	---	---	11.8	15.1
Asian only, male	---	---	---	---	11.7	14.2
Asian only, female	---	---	---	---	11.9	16.0
Hispanic or Latino	---	---	---	38.0	42.3	45.8
Hispanic or Latino, male	---	---	---	34.8	39.7	44.8
Hispanic or Latina, female	---	---	---	41.5	45.0	46.8
Mexican origin	26.4	31.0	34.5	39.5	45.9	50.2
Mexican origin, male	20.6	26.0	29.0	35.6	43.5	49.5
Mexican origin, female	33.3	37.0	41.2	44.2	48.6	50.9
Percent of poverty level ⁵ :						
Below 100%	25.9	33.0	34.6	36.5	38.1	43.8
100%–199%	24.3	32.8	35.0	36.8	41.9	42.0
200%–399%	22.0	31.8	35.5	36.8	38.8	42.9
400% or more	19.3	27.2	30.7	32.4	31.1	39.4

See footnotes at end of table.

Table 26. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018—Con.

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-026>

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Age, sex, race and Hispanic origin ¹ , and percent of poverty level	Obesity (BMI greater than or equal to 30.0) ²					
	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, crude—Con.						
Percent of population						
Male:						
20–34 years	14.1	21.7	26.2	27.1	28.5	37.2
35–44 years	21.3	28.5	37.0	37.2	39.8	42.5
45–54 years	23.2	30.6	34.6	36.6	36.6	42.9
55–64 years	27.2	35.5	39.3	37.3	38.1	43.9
65–74 years	24.1	31.9	33.0	41.5	36.2	41.9
75 years and over	13.2	18.0	24.0	26.6	26.8	31.8
Female:						
20–34 years	18.5	28.3	28.4	30.4	33.4	35.6
35–44 years	25.5	32.1	36.1	37.1	39.1	45.0
45–54 years	32.4	36.9	40.0	36.9	41.7	43.1
55–64 years	33.7	42.1	41.0	43.4	44.4	46.2
65–74 years	26.9	39.3	36.4	40.3	40.7	45.9
75 years and over	19.2	23.6	24.2	28.7	30.5	36.1
Grade 1 obesity (BMI from 30.0 to 34.9) ²						
Age, sex, race and Hispanic origin ¹ , and percent of poverty level	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, age adjusted ³						
Percent of population						
Both sexes⁴:						
Both sexes ⁴	14.8	17.9	19.8	19.9	20.6	22.0
Male	14.9	18.2	21.8	22.3	22.0	24.4
Female	14.7	17.6	17.9	17.6	19.3	19.6
Not Hispanic or Latino:						
White only	14.0	17.6	19.3	19.2	19.6	21.8
White only, male	14.9	18.9	21.6	22.7	21.4	25.2
White only, female	13.2	16.2	17.0	15.9	17.9	18.4
Black or African American only	17.3	19.0	23.1	23.0	23.5	22.3
Black or African American only, male	14.2	16.1	22.4	20.8	22.0	21.0
Black or African American only, female	19.6	21.6	23.8	24.8	24.9	23.3
Asian only	---	---	---	---	9.3	11.5
Asian only, male	---	---	---	---	9.4	10.8
Asian only, female	---	---	---	---	8.9	12.0
Hispanic or Latino	---	---	---	23.7	25.6	25.2
Hispanic or Latino, male	---	---	---	23.9	27.2	27.6
Hispanic or Latina, female	---	---	---	23.5	24.1	22.7
Mexican origin	20.3	21.1	22.8	24.8	26.9	26.5
Mexican origin, male	18.9	19.5	22.0	24.7	29.7	30.3
Mexican origin, female	22.0	22.9	23.6	24.9	23.8	22.5
Percent of poverty level⁵:						
Below 100%	16.6	17.3	19.3	19.8	20.7	21.6
100%–199%	16.1	17.7	20.6	19.8	21.7	21.5
200%–399%	14.5	19.8	21.6	20.2	22.7	23.2
400% or more	13.3	16.6	18.0	19.4	18.2	21.7

See footnotes at end of table.

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[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Age, sex, race and Hispanic origin ¹ , and percent of poverty level	Grade 1 obesity (BMI from 30.0 to 34.9) ²					
	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, crude						
Both sexes ⁴	14.4	17.9	19.8	20.0	20.7	22.1
Male	14.3	18.1	21.8	22.3	22.0	24.4
Female	14.5	17.7	18.0	17.9	19.4	20.0
Not Hispanic or Latino:						
White only	13.8	17.8	19.5	19.6	20.2	22.3
White only, male	14.6	19.1	21.8	22.8	22.0	25.4
White only, female	13.2	16.6	17.3	16.6	18.5	19.3
Black or African American only	16.6	19.0	22.9	22.8	23.3	21.9
Black or African American only, male	14.0	15.8	22.2	20.6	21.4	20.4
Black or African American only, female	18.7	21.7	23.5	24.6	24.9	23.0
Asian only	---	---	---	---	9.4	11.7
Asian only, male	---	---	---	---	9.8	11.3
Asian only, female	---	---	---	---	9.0	12.1
Hispanic or Latino	---	---	---	22.9	25.4	25.1
Hispanic or Latino, male	---	---	---	22.9	27.2	27.6
Hispanic or Latina, female	---	---	---	22.9	23.7	22.4
Mexican origin	18.1	20.2	22.2	24.1	26.9	26.4
Mexican origin, male	15.8	18.2	21.6	23.8	29.4	30.2
Mexican origin, female	20.7	22.4	22.9	24.5	24.1	22.4
Percent of poverty level ⁵ :						
Below 100%	15.2	16.4	19.1	19.2	19.5	21.2
100%–199%	15.2	17.5	20.4	19.8	21.5	21.4
200%–399%	14.0	19.6	21.5	20.3	22.6	23.3
400% or more	13.5	17.4	18.6	19.9	19.0	22.5
Male:						
20–34 years	9.8	13.7	18.1	19.0	16.7	20.8
35–44 years	14.7	19.3	24.9	23.2	23.9	24.7
45–54 years	17.3	17.8	22.4	22.6	25.8	27.7
55–64 years	20.6	25.3	27.0	25.2	25.1	25.0
65–74 years	19.4	22.1	20.5	26.1	22.5	29.0
75 years and over	10.9	15.7	18.5	20.6	20.3	20.7
Female:						
20–34 years	10.8	15.9	14.2	14.0	14.7	15.5
35–44 years	13.9	14.8	19.7	17.0	21.9	20.1
45–54 years	17.5	19.4	18.4	18.6	19.7	19.2
55–64 years	20.0	21.6	19.8	22.5	21.7	22.7
65–74 years	16.0	23.4	20.3	19.4	21.9	24.6
75 years and over	14.4	14.1	18.2	19.8	19.9	21.9

See footnotes at end of table.

Table 26. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018—Con.

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-026>

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Age, sex, race and Hispanic origin ¹ , and percent of poverty level	Grade 2 obesity (BMI from 35.0 to 39.9) ²					
	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, age adjusted ³						
Percent of population						
Both sexes ⁴	5.2	7.6	8.2	8.9	8.8	10.5
Male	3.5	5.9	7.1	7.4	7.6	9.8
Female	6.8	9.2	9.3	10.3	9.9	11.2
Not Hispanic or Latino:						
White only	4.9	7.4	7.8	8.6	8.5	9.9
White only, male	3.5	5.8	7.2	7.3	7.8	9.7
White only, female	6.3	9.0	8.4	9.9	9.1	10.1
Black or African American only	7.8	11.2	12.0	12.0	12.3	13.8
Black or African American only, male	4.1	8.3	7.6	10.2	8.9	10.7
Black or African American only, female	10.7	13.6	15.4	13.4	15.1	16.3
Asian only	---	---	---	---	1.9	2.2
Asian only, male	---	---	---	---	*	1.2
Asian only, female	---	---	---	---	*2.1	3.0
Hispanic or Latino	---	---	---	9.8	10.6	12.2
Hispanic or Latino, male	---	---	---	7.8	7.3	10.9
Hispanic or Latina, female	---	---	---	12.0	13.5	13.4
Mexican origin	6.1	7.4	8.0	9.8	12.4	13.5
Mexican origin, male	3.8	5.4	5.1	7.2	8.3	12.3
Mexican origin, female	8.4	9.4	11.2	12.9	16.6	15.0
Percent of poverty level ⁵ :						
Below 100%	6.8	9.6	8.6	10.0	10.1	12.0
100%–199%	6.5	9.7	9.0	9.4	11.0	10.7
200%–399%	5.2	7.5	8.8	10.3	9.4	10.4
400% or more	3.6	5.7	6.7	7.6	6.5	10.2
20 years and over, crude						
Both sexes ⁴	5.1	7.7	8.2	8.8	8.8	10.7
Male	3.5	6.0	7.0	7.3	7.5	9.9
Female	6.6	9.3	9.4	10.3	10.1	11.4
Not Hispanic or Latino:						
White only	4.8	7.5	8.0	8.7	8.5	10.3
White only, male	3.4	5.9	7.4	7.4	7.6	10.1
White only, female	6.2	9.1	8.5	9.9	9.4	10.6
Black or African American only	7.6	11.1	11.7	11.9	12.5	13.8
Black or African American only, male	4.2	8.2	7.5	10.2	9.1	10.6
Black or African American only, female	10.4	13.5	15.3	13.3	15.4	16.4
Asian only	---	---	---	---	1.9	2.2
Asian only, male	---	---	---	---	*	1.3
Asian only, female	---	---	---	---	*2.1	3.0
Hispanic or Latino	---	---	---	9.7	10.3	12.1
Hispanic or Latino, male	---	---	---	7.6	7.6	11.2
Hispanic or Latina, female	---	---	---	12.0	13.1	13.0
Mexican origin	5.6	6.8	7.6	9.7	11.7	13.5
Mexican origin, male	3.7	5.1	4.7	7.0	8.6	12.5
Mexican origin, female	7.9	8.8	11.2	13.0	15.2	14.6
Percent of poverty level ⁵ :						
Below 100%	6.3	9.5	8.4	9.7	10.1	12.1
100%–199%	6.2	8.9	8.7	9.2	10.8	10.7
200%–399%	5.1	7.5	8.8	10.1	9.4	10.4
400% or more	3.8	6.4	7.4	7.9	6.5	10.6

See footnotes at end of table.

Table 26. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018—Con.

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-026>

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Age, sex, race and Hispanic origin ¹ , and percent of poverty level	Grade 2 obesity (BMI from 35.0 to 39.9) ²					
	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, crude—Con.						
Percent of population						
Male:						
20–34 years	2.9	4.1	4.5	4.7	7.0	9.8
35–44 years	*3.5	5.9	7.9	8.8	10.3	10.4
45–54 years	*3.5	8.5	8.3	8.9	6.1	7.8
55–64 years	5.5	*7.4	8.4	6.7	6.8	12.2
65–74 years	*3.8	6.9	10.3	11.8	8.9	9.7
75 years and over	*	*	*3.9	4.6	*4.9	8.9
Female:						
20–34 years	5.1	8.0	7.9	8.6	9.6	10.0
35–44 years	7.1	9.4	9.2	12.6	8.1	11.3
45–54 years	8.4	10.4	12.4	10.6	11.5	10.8
55–64 years	9.4	10.9	11.4	11.5	11.2	12.9
65–74 years	6.7	9.8	9.6	11.7	12.4	14.7
75 years and over	3.7	7.2	*3.9	5.5	7.4	9.1
Grade 3 obesity (BMI greater than or equal to 40.0) ²						
Percent of population						
20 years and over, age adjusted³						
Both sexes ⁴	2.9	4.9	5.4	6.0	6.9	8.6
Male	1.7	3.3	3.5	4.2	4.9	6.3
Female	4.0	6.4	7.2	7.6	8.9	10.8
Not Hispanic or Latino:						
White only	2.7	4.4	4.9	5.4	6.5	8.5
White only, male	*1.8	3.3	3.5	4.0	4.7	6.5
White only, female	3.5	5.5	6.3	6.7	8.2	10.5
Black or African American only	5.6	8.9	10.4	11.9	12.1	12.5
Black or African American only, male	2.5	3.4	5.6	7.3	7.0	7.6
Black or African American only, female	8.0	13.4	14.2	15.8	16.5	16.6
Asian only	---	---	---	---	*	1.2
Asian only, male	---	---	---	---	*	1.4
Asian only, female	---	---	---	---	*	0.9
Hispanic or Latino	---	---	---	5.3	6.4	8.4
Hispanic or Latino, male	---	---	---	4.0	4.7	5.8
Hispanic or Latina, female	---	---	---	6.6	8.1	11.0
Mexican origin	2.9	4.2	4.6	5.6	7.1	10.0
Mexican origin, male	*	*2.9	*2.4	4.4	5.3	6.2
Mexican origin, female	4.9	5.7	6.9	6.8	9.2	13.8
Percent of poverty level⁵:						
Below 100%	4.7	7.8	7.0	7.5	8.5	10.3
100%–199%	3.6	6.7	6.3	8.1	9.8	10.5
200%–399%	3.0	4.8	5.2	6.3	6.7	9.7
400% or more	1.9	3.2	4.2	4.4	5.0	6.3

See footnotes at end of table.

Table 26. Normal weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018—Con.

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-026>

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Age, sex, race and Hispanic origin ¹ , and percent of poverty level	Grade 3 obesity (BMI greater than or equal to 40.0) ²					
	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
20 years and over, crude						
Both sexes ⁴	2.8	4.9	5.4	6.0	7.0	8.3
Male	1.7	3.4	3.5	4.3	4.9	6.2
Female	3.8	6.4	7.2	7.7	9.0	10.3
Not Hispanic or Latino:						
White only	2.6	4.5	4.9	5.5	6.6	8.1
White only, male	*1.8	3.4	3.5	4.1	4.7	6.2
White only, female	3.3	5.6	6.3	6.8	8.3	9.9
Black or African American only	5.3	8.9	10.6	12.2	12.3	12.5
Black or African American only, male	2.6	3.5	6.1	7.2	7.1	7.7
Black or African American only, female	7.6	13.4	14.4	16.3	16.7	16.4
Asian only	---	---	---	---	*	1.2
Asian only, male	---	---	---	---	*	1.6
Asian only, female	---	---	---	---	*	0.9
Hispanic or Latino	---	---	---	5.4	6.6	8.6
Hispanic or Latino, male	---	---	---	4.3	5.0	5.9
Hispanic or Latina, female	---	---	---	6.5	8.1	11.3
Mexican origin	2.7	4.1	4.7	5.7	7.3	10.2
Mexican origin, male	*1.1	*2.7	*2.7	4.9	*5.6	6.7
Mexican origin, female	4.7	5.7	7.0	6.6	9.3	13.9
Percent of poverty level ⁵ :						
Below 100%	4.3	7.1	7.1	7.5	8.5	10.6
100%–199%	3.0	6.4	5.9	7.9	9.6	9.9
200%–399%	2.9	4.7	5.2	6.3	6.7	9.2
400% or more	2.0	3.5	4.7	4.6	5.5	6.2
Male:						
20–34 years	*1.3	3.9	3.6	3.4	4.7	6.6
35–44 years	*	*3.2	4.2	5.2	5.6	7.3
45–54 years	*	*4.2	*3.9	5.1	*4.6	7.3
55–64 years	*	*2.8	3.9	5.4	*6.2	6.7
65–74 years	*	*	*2.1	*3.6	*4.7	3.2
75 years and over	*	*	*	*	*	2.3
Female:						
20–34 years	2.6	4.5	6.3	7.7	9.1	10.0
35–44 years	4.5	7.9	7.2	7.5	9.0	13.6
45–54 years	6.4	7.2	9.2	7.7	10.5	13.0
55–64 years	4.2	9.5	9.8	9.4	11.5	10.6
65–74 years	4.2	6.2	*6.4	9.2	6.5	6.5
75 years and over	*	*	*2.1	*3.4	*3.3	5.1

--- Data not available.

* Estimates are considered unreliable. Starting with 2013–2016 data, the reliability of survey percentage estimates is assessed using new multistep National Center for Health Statistics data presentation standards for proportions. Before 2013–2016 data, the reliability of estimates was evaluated based on relative standard errors (RSEs). Data preceded by an asterisk have an RSE of 20%–30%. Data not shown have an RSE greater than 30%. For more information, see Appendix II, Data presentation standards for proportions; Relative standard error (RSE).

¹Persons of Hispanic or Mexican origin may be of any race. Starting with 1999 data, race-specific estimates are tabulated according to the 1997 "Revisions to the Standards for the Classification of Federal Data on Race and Ethnicity" and are not strictly comparable with estimates for earlier years. The non-Hispanic race categories shown follow the 1997 standards. Starting with 1999 data, race-specific estimates are for persons who reported only one racial group. Before 1999, estimates were tabulated according to the 1977 standards. Estimates for single-race categories before 1999 included persons who reported one race or, if they reported more than one race, identified one race as best representing their race. See Appendix II, Hispanic origin; Race.

²Body mass index (BMI) equals weight in kilograms divided by height in meters squared. In *Health, United States*, the National Health and Nutrition Examination Survey (NHANES) variable named Body Mass Index is rounded to one decimal place and is used to assign persons to BMI categories. Estimates in this table may differ from other estimates where BMI is directly calculated using NHANES measured weight and height variables. See Appendix II, Body mass index (BMI).

³Estimates are age adjusted to the year 2000 standard population using five age groups: 20–34 years, 35–44 years, 45–54 years, 55–64 years, and 65 years and over. Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data and presented elsewhere if different age groups are used in the adjustment procedure. See Appendix II, Age adjustment.

⁴Includes persons of all races and Hispanic origins, not just those shown separately.

⁵Calculated by dividing family income by the U.S. Department of Health and Human Services' poverty guideline specific to family size, as well as the appropriate year and state. Persons with unknown percent of poverty level are excluded (9% in 2015–2018). See Appendix II, Family income; Poverty.

NOTES: Percentages do not sum to 100 because the percentage of persons with BMI less than 18.5 is not shown. Additionally, the percentage of persons with obesity is embedded in the percentage of those overweight or obese and can be further partitioned into Grades 1, 2, and 3 obesity. Age is at the time of examination. Height is measured without shoes. Estimates exclude pregnant women. For earlier data years, see *Health, United States, 2013*, Table 69. Standard errors and data for additional years are available in the Excel spreadsheet version of this table on the *Health, United States* website at: <https://www.cdc.gov/nchs/hus/index.htm>.

SOURCE: NCHS, National Health and Nutrition Examination Survey. See Appendix I, National Health and Nutrition Examination Survey (NHANES).