## Obesity in the U.S.:

 Has the Prevalence Plateaued?Weight of the Nation ${ }^{\text {TM }} 2012$ Conference:
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## The Latest Prevalence of Obesity

- Children and teens 2-19 years
-17\%
- Adults $\geq 20$ years
$-36 \%$


## Obesity Definitions

- Adults, 20 years and older
-Body mass index (BMI) >=30 kg/m2
-Severe obesity: BMI >=40 kg/m2
- Children and adolescents, 2-19 years
-BMI-for-age >= 95th percentile CDC growth charts

No Change in Prevalence Since 2007-2008



## Severe Obesity Trends Over the Past 12 Years



Severe Obesity Trends Over the Past 12 Years





Trends in Obesity Among Men 20-74


[^0]Obesity Trends in Girls by Race/Ethnicity
**No significant trends


## Trends in Obesity Among Boys 12-19 Years



## Change in BMI Distribution, Men 20-39 Years



Source: CDC/NCHS, National Heath and Nutrition Examination Survey, Flegal et al. 2012 JAMA

Change in BMI Distribution, Boys 2-5 Years


Source: CDC/NCHS, National Health and Nutrition Examination Survey; Ogden et al. 2012 JAMA

Excess Weight, Children and Adolescents Birth - <24 Months of Age, U.S., 1999-2009



## Change in BMI Distribution, Boys 12-19 Years

-1988.1994 - 1999.2002 -2007.2010


Change in Adult Obesity Prevalence by Income



Prevalence of Obesity Among Men Self Report Versus Measured BMI


Trends in Prevalence of Obesity Among Children 2 to $<5$ Years of Age Participating in the New York State WIC Program, 2002-2007


Source: Sekhobo et al. Public Heath Rep. 2010 Mar-Apr:125(2):218-24.

Obesity Trends* Among U.S. Adults BRFSS, 2010
(*BMI $\geq 30$, or $\sim 30$ lbs. overweight for 5 ' 4 " person)


Prevalence of Obesity Among Adolescents Self Report Versus Measured BMI



## Women and Girls

- Women
-Non-Hispanic white no change last 12 years
-African American \& Mexican
American women have seen an increase in last 12 years


## Men and Boys

- Men and boys have seen an increase in last 12 years
-In recent years slowing of rate of increase, change mostly in early years of this period


## Women and Girls

- Similar to men, change occurred in early part of 12 year period
-Girls no changes in last 12 years


## Other Countries

- No change or even decreases in prevalence


## Other Prevalence Plateauing??

- Females, possibly males
- No decreases
- ~36\% of adults obese
- ~17\% of youth obese
- Prevalence versus number of obese


[^0]:    Source: CDC/NCHS: National Heath Examination Surveys I; National Heath and Nutrition Examination Surveys I, II, III and 1999-2010

