

Obesity in the U.S.: Has the Prevalence Plateaued?

Weight of the Nation™ 2012 Conference:
Moving Forward, Reversing the Trend
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Faculty

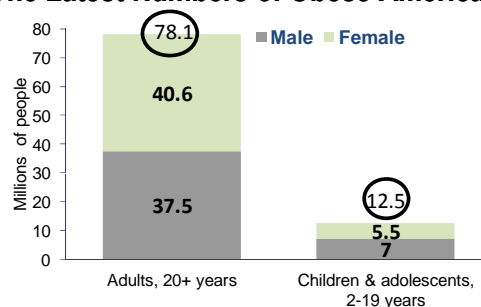
Cynthia Odgen, PhD, MRP
Senior Epidemiologist
National Center for Health Statistics
Centers for Disease
Control and Prevention

The Latest Prevalence of Obesity

- Children and teens 2-19 years
–17%
- Adults ≥20 years
–36%

Source: CDC/NCHS, National Health and Nutrition Examination Survey 2009-2010; Ogden et al. 2012, JAMA; Flegal et al. 2012 JAMA

The Latest Numbers of Obese Americans

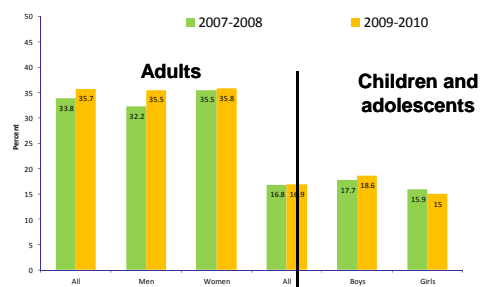


Source: CDC/NCHS, National Health and Nutrition Examination Survey, 2009-2010; Ogden et al. 2012, NCHS data brief.

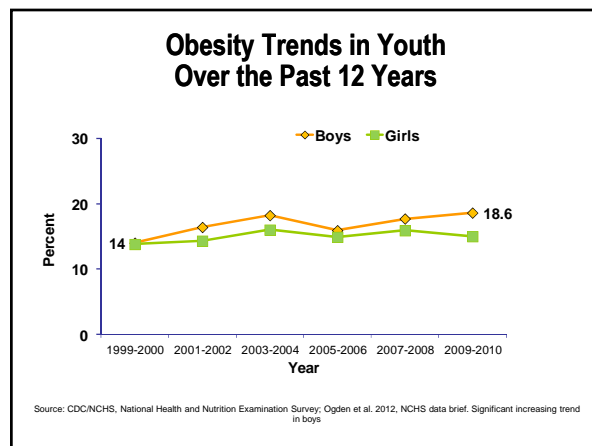
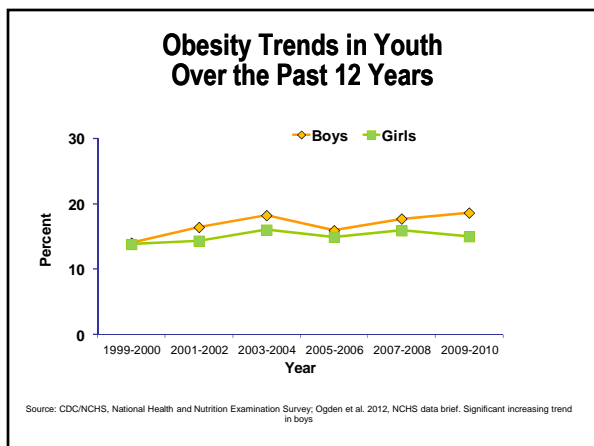
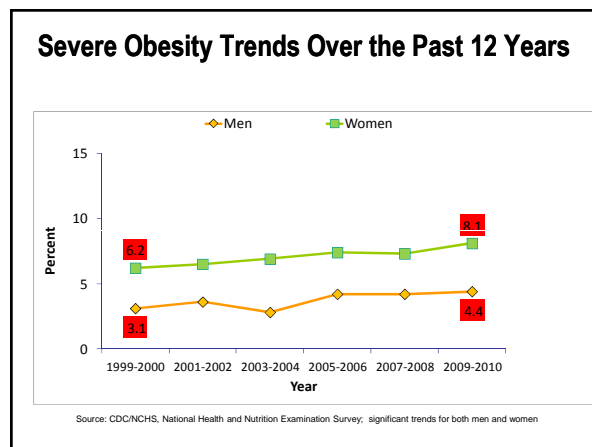
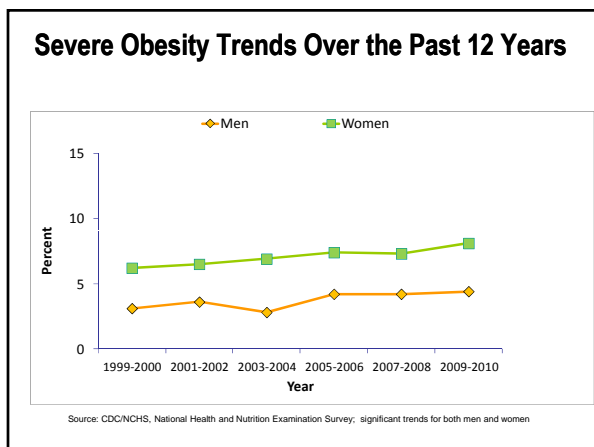
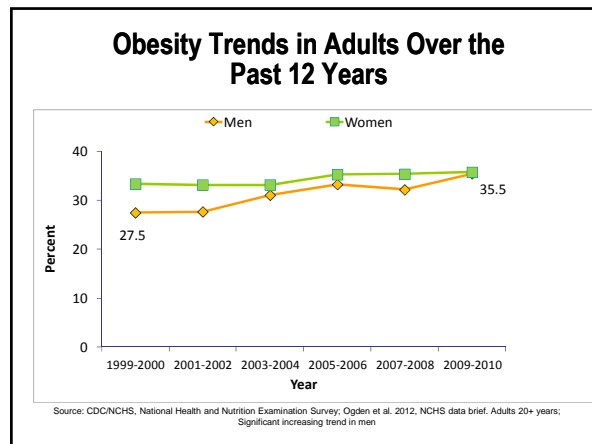
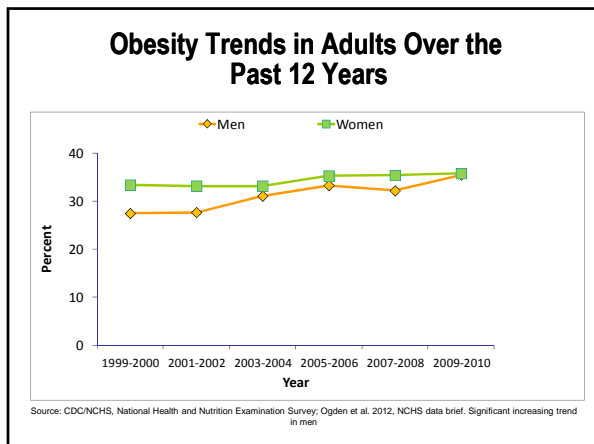
Obesity Definitions

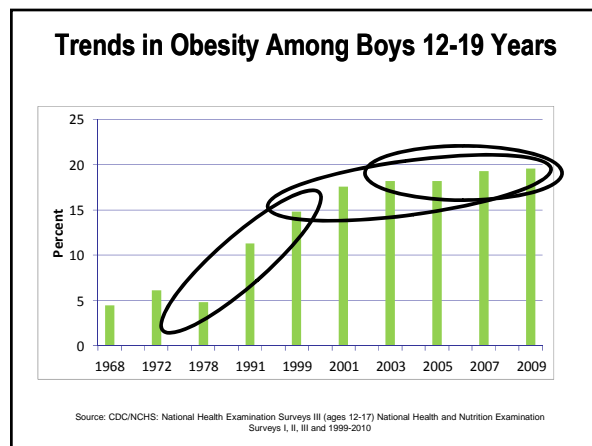
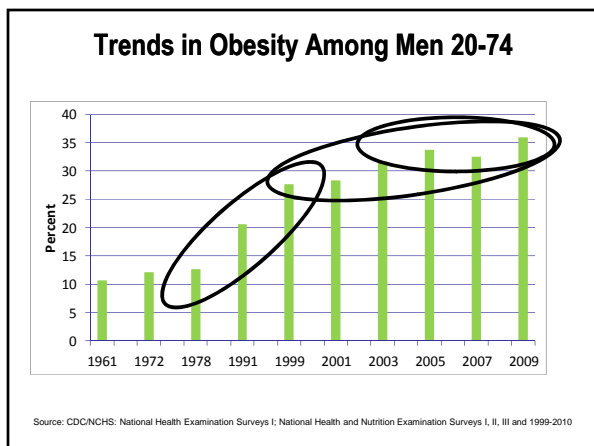
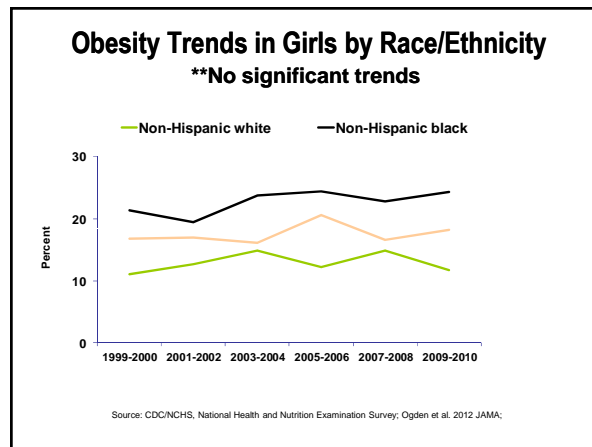
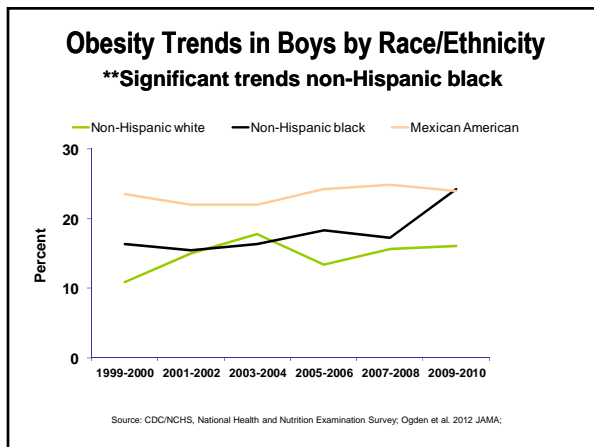
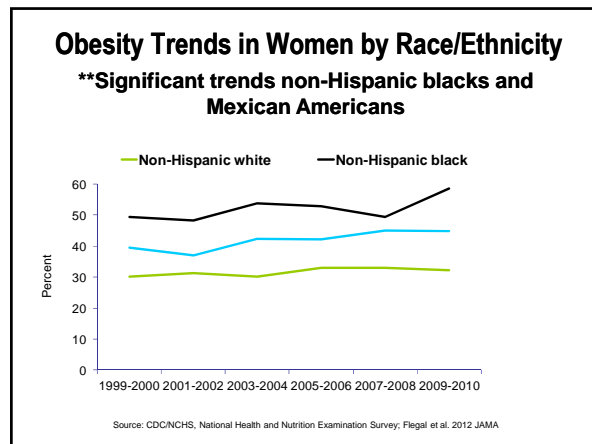
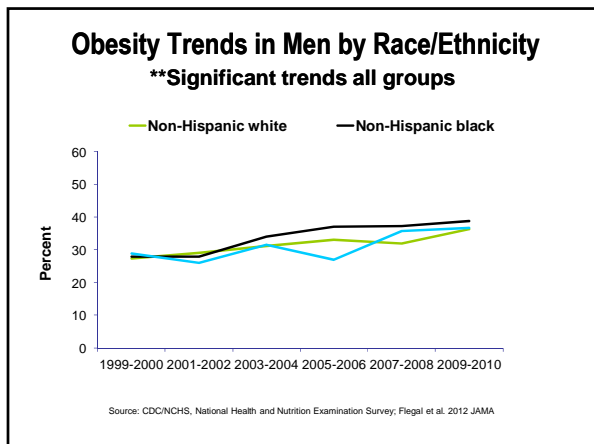
- Adults, 20 years and older
 - Body mass index (BMI) ≥ 30 kg/m²
 - Severe obesity: BMI ≥ 40 kg/m²
- Children and adolescents, 2-19 years
 - BMI-for-age \geq 95th percentile CDC growth charts

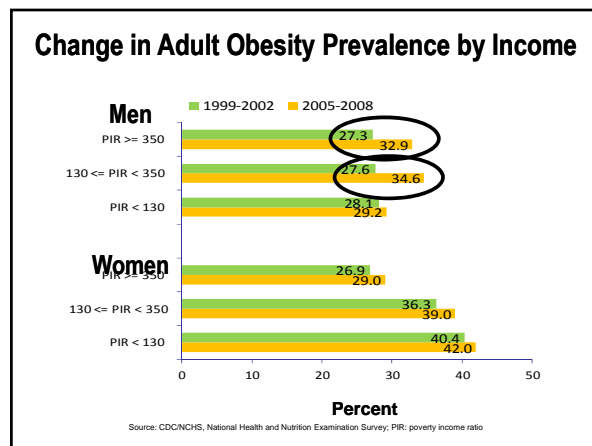
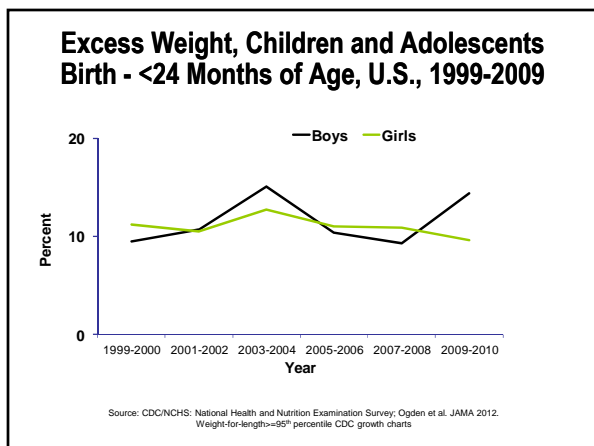
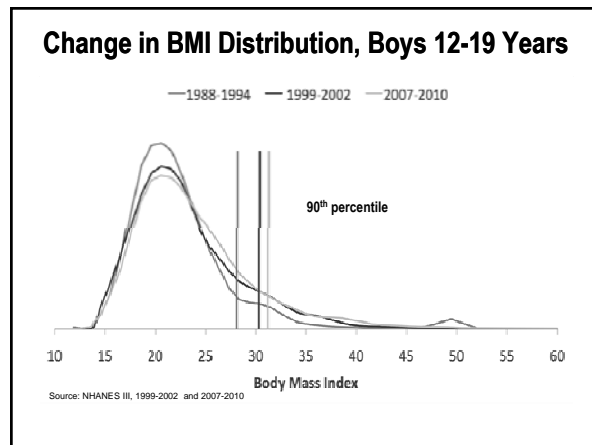
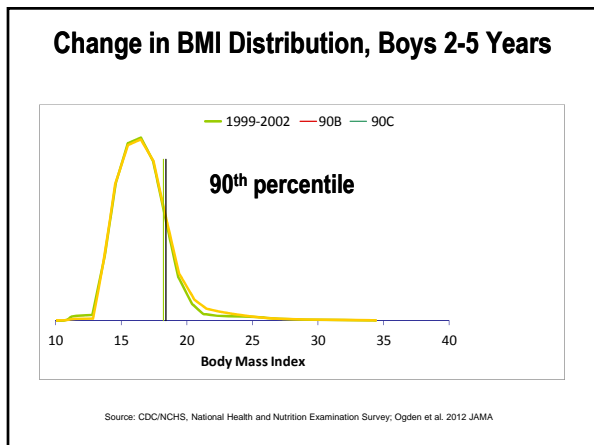
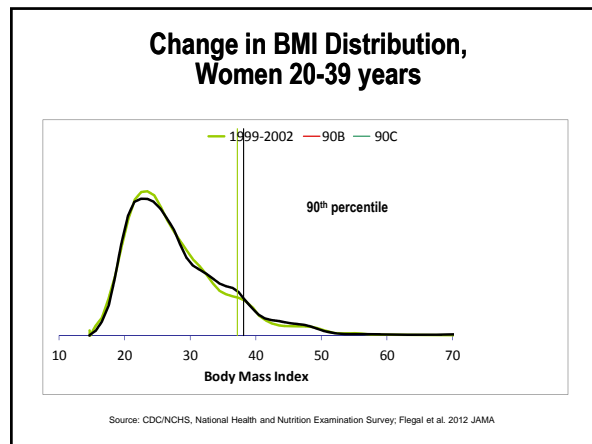
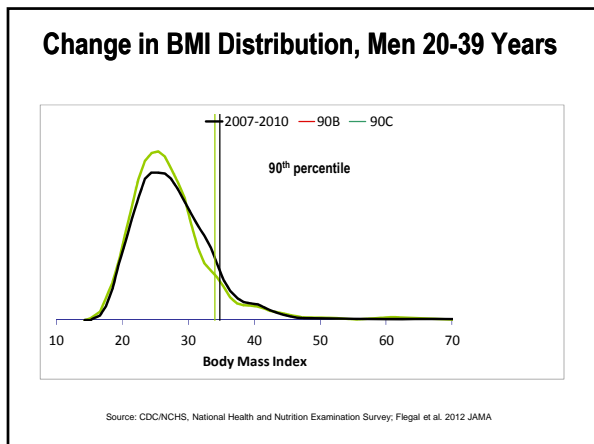
No Change in Prevalence Since 2007-2008

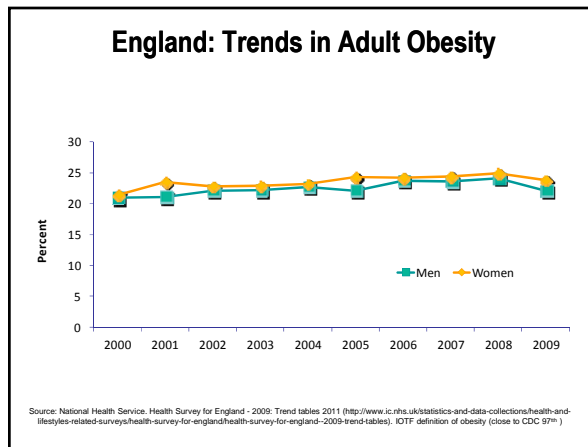
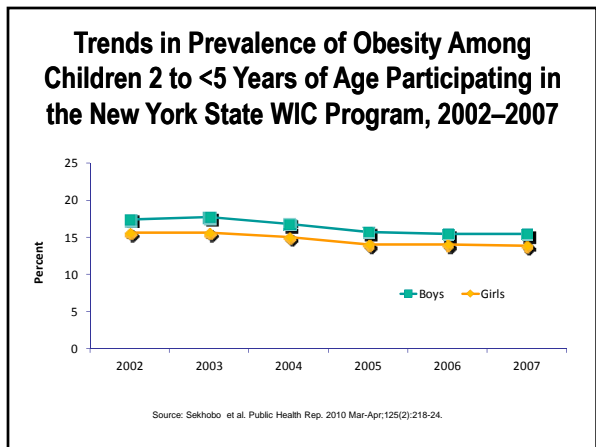
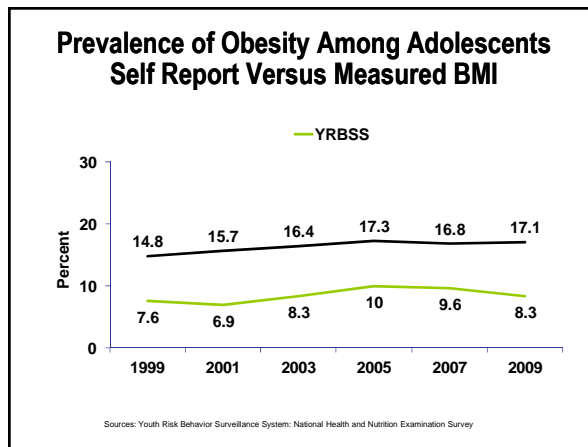
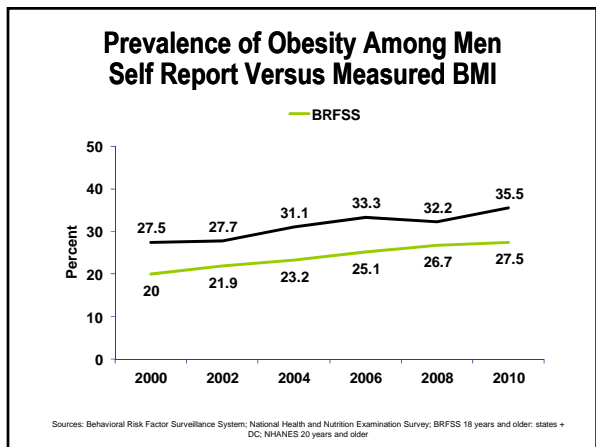
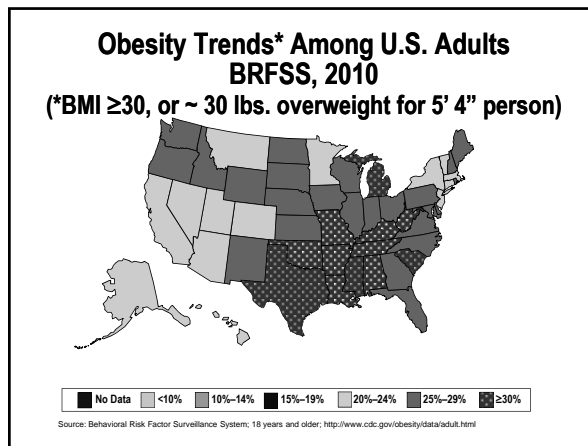
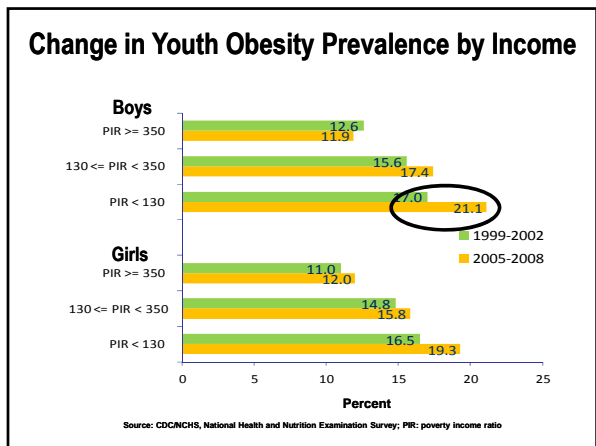


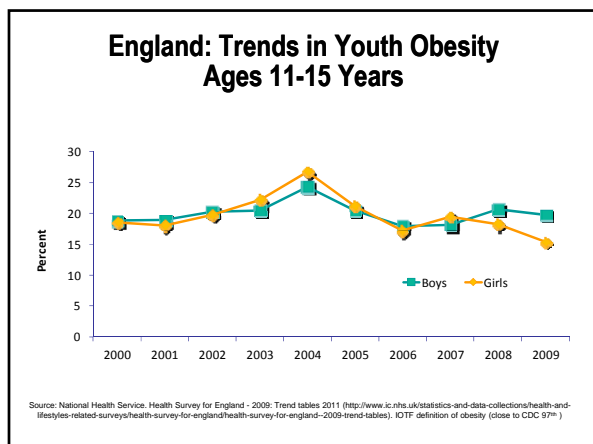
Source: CDC/NCHS, National Health and Nutrition Examination Survey; Ogden et al. 2012, NCHS data brief; Flegal et al JAMA 2010; Ogden et al JAMA 2010











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

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

Women and Girls

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

Evidence From Multiple Data Sources

- NHANES
- YRBSS
- WIC/PedNSS

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**