

TABLE 2. Trends in Prevalence of Obesity^a, U.S. Active Component Service Members, 2013–2023^b

Year	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	Percentage Point Change	Relative % Change
Total, <i>n</i>	1,232,019	1,216,338	1,178,812	1,165,274	1,170,057	1,169,221	1,174,685	1,016,301	1,023,155	980,285	936,598		
	%	%	%	%	%	%	%	%	%	%	%		
Standardized ^c	14.7	14.7	15.2	16.1	16.7	17.3	17.8	18.7 ^c	20.9	22.6	24.2	9.5	64.9
Crude	14.5	14.6	15.0	15.8	16.2	16.6	17.0 ^d	18.0	20.5	22.4	24.2	9.6	66.2
Sex													
Men	15.7	15.7	16.2	16.9	17.3	17.7	18.1 ^d	19.1	21.6	23.5	25.3	9.5	60.6
Women	8.3	8.3	8.8	9.6	10.4	11.1	12.0 ^d	13.1	15.5	17.7	19.6	11.3	135.8
Age, <i>y</i>													
17–24	7.2	7.2	7.6	8.2	8.5	8.9	9.3 ^d	10.1	11.9	13.3	14.6	7.4	102.3
25–34	16.3	16.3	17.0	17.9	18.5	19.1	19.6	20.5 ^d	23.1	25.0	26.8	10.5	64.5
35–44	24.8	24.9	25.5	26.6	27.6	28.1	28.6	29.7 ^d	31.8	33.5	35.0	10.2	41.2
45–62	22.6	22.7	23.7	24.7	26.4	27.0	27.1	28.0 ^d	29.8	31.7	33.0	10.4	46.0
Sex, age group													
Men, 17–24	7.9	7.8	8.3	8.8	9.1	9.6	9.9 ^d	10.7	12.6	13.9	15.1	7.3	92.7
Men, 25–34	17.5	17.5	18.2	19.1	19.6	20.2	20.7	21.5 ^d	24.2	26.1	27.8	10.3	58.9
Men, 35–44	26.3	26.4	27.0	28.1	28.9	29.4	29.9	31.0 ^d	33.0	34.7	36.2	9.9	37.7
Men, 45–62	24.0	24.1	25.1	26.1	27.9	28.5	28.5	29.4 ^d	31.2	33.1	34.4	10.4	43.3
Women, 17–24	4.2	4.2	4.4	5.0	5.5	6.0	6.9 ^d	7.7	9.4	10.9	12.5	8.3	195.2
Women, 25–34	9.7	9.7	10.3	11.4	12.3	13.3	14.4 ^d	15.6	18.3	20.5	22.6	12.9	132.3
Women, 35–44	15.2	15.2	16.4	17.5	19.5	20.5	21.2 ^d	22.7	25.2	27.5	29.0	13.8	90.7
Women, 45–62	14.2	14.7	15.3	15.7	17.1	17.8	18.5 ^d	20.3	21.5	23.5	25.1	10.9	77.0
Race and ethnicity													
Hispanic	15.8	15.5	16.1	17.0	17.4	17.8	18.3 ^d	19.5	22.0	24.2	26.0	10.2	64.5
Black, non-Hispanic	21.1	20.7	21.1	21.8	22.1	22.4	22.6 ^d	23.4	26.0	27.6	29.0	7.9	37.6
White, non-Hispanic	12.8	12.9	13.3	13.9	14.3	14.6	15.1	15.9 ^d	18.3	20.4	22.1	9.3	72.5
Other	12.5	12.8	13.5	14.5	15.2	16.4	16.8 ^d	18.0	20.1	21.8	23.4	10.8	86.5
Service branch^e													
Army	16.9	16.4	16.9	17.1	16.8	16.5	16.4	17.4 ^d	19.8	22.2	24.2	7.3	43.3
Navy	15.8	16.3	17.0 ^d	18.9	20.3	21.3	22.8	23.7	25.8	27.3	29.0	13.2	83.6
Air Force	13.4	13.9	14.5	15.8	16.6	17.1	17.3	18.5 ^d	21.5	23.2	24.7	11.4	85.0
Marine Corps	6.2	6.1	6.3	6.4	6.7	7.3 ^d	7.9	8.8	10.1	11.5	12.6	6.5	104.8
Coast Guard	17.1	16.6	17.0 ^d	17.7	18.3	18.8	19.8	21.8	22.4	21.1	22.5	5.4	31.8

Abbreviations: *n*, number (unweighted); *y*, years.^a Defined as body mass index greater than or equal to 30.^b Data sources Defense Medical Surveillance System (DMSS) and Military Health System Data Repository (MDR), 2013-2023.^c Standardized to sex and age composition of study's active component service member population in 2023; all other groups show crude values only.^d Location of inflection point identified by Joinpoint Regression Program.^e Other service branches (*n*=126,820) including Space Force, Navy afloat, National Oceanic and Atmospheric Administration, Public Health Service, Office of Secretary of Defense, other/unknown included in prevalence calculations for this table but not reported separately.