

TABLE 3. Trends in Prevalence of Obesity^a, U.S. Civilians, 2013–2023^b

NHANES Survey Cycle		2013–2014			2015–2016			2017–March 2020			August 2021–August 2023		
Total, <i>n</i>		4,474			4,296			6,495			4,069		
	Weighted Prevalence (%)	95% CI Lower Limit	95% CI Upper Limit	Weighted Prevalence (%)	95% CI Lower Limit	95% CI Upper Limit	Weighted Prevalence (%)	95% CI Lower Limit	95% CI Upper Limit	Weighted Prevalence (%)	95% CI Lower Limit	95% CI Upper Limit	
Total													
Standardized ^{c,d}	31.3	29.2	33.6	33.7	30.5	36.9	37.8	34.7	40.9	33.0	30.1	36.0	
Crude	37.2	34.5	40.0	38.6	34.9	42.4	40.9	38.1	43.8	39.8	35.6	44.2	
Sex													
Men ^d	33.5	30.1	37.0	37.4	32.3	42.7	41.4	36.7	46.3	38.6	34.7	42.7	
Women	40.9	37.7	44.1	39.8	36.0	43.7	40.4	37.4	43.4	41.1	35.7	46.6	
Age, <i>y</i>													
17–24	23.8	19.2	28.9	26.9	22.7	31.4	29.4	24.0	35.1	24.0	19.6	28.7	
25–34	35.2	31.3	39.4	35.5	30.3	40.9	40.7	34.6	46.9	37.0	29.8	44.6	
35–44	42.9	39.4	46.4	43.7	36.8	50.7	44.7	41.5	48.0	42.2	36.8	47.7	
45–62 ^d	41.2	36.0	46.4	42.3	36.9	47.9	44.2	41.0	47.4	47.2	43.6	51.0	
Sex, age group, <i>y</i>													
Men, 17–24	21.1	15.3	28.0	25.2	19.2	32.1	29.9	22.6	38.0	24.5	19.2	30.6	
Men, 25–34 ^d	31.9	27.1	37.1	35.3	28.0	43.0	42.0	34.1	50.3	32.7	24.0	42.5	
Men, 35–44	43.3	38.6	48.0	42.9	33.9	52.2	43.7	36.7	50.9	44.4	38.4	50.7	
Men, 45–62 ^e	35.1	29.8	40.6	40.7	34.7	47.0	45.5	39.7	51.3	45.4	40.0	50.9	
Women, 17–24	26.8	22.1	31.9	28.6	22.5	35.4	28.7	22.6	35.5	23.3	17.5	30.0	
Women, 25–34	38.8	33.4	44.3	35.7	31.4	40.2	39.3	31.2	47.8	41.4	33.6	49.7	
Women, 35–44	42.4	38.2	46.8	44.4	35.6	53.4	45.8	41.3	50.2	39.9	32.2	48.0	
Women, 45–62	46.9	40.2	53.6	43.8	36.7	51.1	43.0	38.2	47.8	49.1	45.0	53.1	
Race and ethnicity													
Hispanic	42.0	37.6	46.4	46.1	41.8	50.4	43.7	40.9	46.6	42.4	34.0	51.1	
Black, non-Hispanic ^e	46.8	42.5	51.2	45.1	39.8	50.4	49.3	46.3	52.3	52.7	47.3	58.1	
White, non-Hispanic	36.2	32.5	39.9	37.1	32.8	41.6	40.2	35.8	44.7	39.1	35.1	43.1	
Other	21.8	16.5	27.8	26.2	17.8	36.1	30.4	25.0	36.1	28.4	20.2	37.8	

Note: Percentage point change and relative percentage change not calculated for civilians due to unequal NHANES survey cycle length and spacing.

Abbreviations: *n*, number (unweighted); CI, confidence interval; *y*, years.

^a Defined as body mass index greater than or equal to 30.

^b Data source National Health and Nutrition Examination Survey (NHANES), 2013-2014 to Aug. 2021-Aug. 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 Significant quadratic trend, $p < 0.05$.

^e Significant linear trend, $p < 0.05$.