

Table 211. Age-Adjusted Percent Distributions of Body Mass Index (BMI) Among Persons 18 Years Old and Over by Selected Characteristics: 2007–2008

[See headnote, Table 209. Body Mass Index (BMI) is a measure that adjusts body weight for height. It is calculated as weight in kilograms divided by height in meters squared. For both men and women, underweight is indicated by a BMI under 18.5; healthy weight is indicated by a BMI greater than or equal to 18.5 and less than 25.0; overweight is greater than or equal to 25.0 and less than 30.0; obesity is indicated by a BMI greater than or equal to 30.0. BMI is calculated from the measurement of the participants' weight and height during the examination. For definition of age adjustment, see text, Section 2. Based on the National Health and Nutrition Examination Survey (NHANES)]

Selected characteristic	Underweight	Healthy weight	Above healthy weight		
			Total	Overweight	Obese
Total ¹ (age-adjusted)	1.8	31.6	66.6	33.9	32.6
Total ¹ (crude)	1.8	31.2	67.0	34.0	33.0
Age: ²					
18 to 44 years old	2.1	35.5	62.4	32.2	30.3
45 to 64 years old	³ 1.6	26.9	71.5	34.2	37.3
65 to 74 years old	(B)	25.7	73.3	36.5	36.8
75 years old and over	1.7	30.3	68.0	41.7	26.2
Sex:					
Male	1.1	28.2	70.7	39.9	30.8
Female	2.5	34.8	62.7	28.2	34.5
Race/ethnicity and sex:					
Not Hispanic or Latino:					
White, male	³ 1.2	27.8	71.1	40.5	30.5
White, female	2.6	37.3	60.0	27.7	32.3
Black alone or African American, male	³ 1.6	31.4	67.0	31.1	36.0
Black alone or African American, female	2.8	21.1	76.0	27.9	48.1
Mexican or Mexican American, male	(B)	20.9	78.6	44.0	34.6
Mexican or Mexican American, female	(B)	25.2	73.6	31.0	42.6
Education: ⁴					
Less than a high school diploma	2.2	25.1	72.6	34.4	38.3
High school diploma or GED ⁵	1.5	27.6	70.9	36.1	34.8
Some college, bachelor's degree, or higher	1.0	31.6	67.4	35.1	32.3

B Base figure too small to meet statistical standards for reliability of a derived figure. ¹ Total includes other race/ethnicities not shown separately and persons with unknown race/ethnicity. ² Estimates for age groups are not age adjusted. ³ Figure does not meet standard of reliability or precision. ⁴ Education is shown only for persons 25 years old and over. ⁵ General Education Development certificate.

Source: U.S. National Center for Health Statistics, unpublished data, <<http://www.cdc.gov/nchs/nhanes.htm>>.

Table 212. Age-Adjusted Percentage of Persons Engaging in Physical Activity and Fitness by Selected Characteristics: 2008

[In percent. Covers persons 18 years old and over. Based on the National Health Interview Survey, a sample survey of the civilian noninstitutionalized population. Leisure-time physical activity is assessed by asking respondents a series of questions about participation in moderate and vigorous-intensity physical activities. For definition of age adjustment, see text, Section 2. To assess muscle-strengthening activities, respondents were asked about leisure-time physical activities specifically designed to strengthen their muscles]

Characteristic	No leisure-time physical activity ¹	Regular physical activity: moderate or vigorous ²	Muscular strength and endurance ³	Characteristic	No leisure-time physical activity ¹	Regular physical activity: moderate or vigorous ²	Muscular strength and endurance ³
Total	36.2	32.5	21.9	Two or more races	32.3	29.2	23.0
SEX							
Male	33.9	34.7	25.7	HISPANIC ORIGIN AND RACE			
Female	38.2	30.5	18.3	Hispanic or Latino ⁵	47.4	25.1	15.0
AGE ⁴							
18 to 29 years old	28.7	38.4	29.3	Not Hispanic or Latino	34.3	33.8	23.2
30 to 44 years old	31.7	35.5	24.6	White, non-Hispanic	31.9	35.8	24.2
45 to 64 years old	37.2	31.7	19.9	Black, non-Hispanic	47.9	24.8	19.2
65 to 74 years old	45.8	26.1	16.3	Education level (persons aged 25 years and over):			
75 years old and over	55.9	18.4	11.5	Less than 9th grade	64.3	14.6	6.3
RACE							
White	34.6	33.8	22.6	Grades 9 thru 11	56.3	18.0	9.2
Black or African American	47.3	25.0	19.4	High School graduate	47.0	25.0	14.4
American Indian or Alaska Native	49.2	25.0	11.2	Some college or AA degree ⁶	33.0	31.8	22.4
Asian or Pacific Islander	(NA)	(NA)	(NA)	College graduate or above	20.7	45.2	31.8

NA Not available. ¹ Persons with no moderate- or vigorous-intensity activity for at least 10 minutes at a time. ² Regular physical activity is moderate-intensity physical activity at least 5 times a week for 30 minutes at a time or vigorous-intensity physical activity for at least 3 times a week for 20 minutes at a time. ³ Persons who participated in muscle strengthening activities at least 2 times a week. ⁴ Age data are not age-adjusted. ⁵ Persons of Hispanic or Latino origin may be any race. ⁶ Associate of Arts degree.

Source: National Center for Health Statistics, National Health Interview Survey—United States, 2008, Hyattsville, MD. See also <<http://wonder.cdc.gov/data2010/>>.