

Table 207. Age-Adjusted Percent Distributions of Body Mass Index (BMI) Among Persons 18 Years Old and Over by Selected Characteristics: 2007 to 2008

[See headnote, Table 205. 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
Total¹ (age-adjusted)	1.8	31.6	66.6	33.9	32.6
Total¹ (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	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.

Source: U.S. National Center for Health Statistics, unpublished data, 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

Table 208. 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				HISPANIC ORIGIN AND RACE			
Male	33.9	34.7	25.7	Hispanic or Latino	47.4	25.1	15.0
Female	38.2	30.5	18.3	Not Hispanic or Latino	34.3	33.8	23.2
AGE				White, non-Hispanic	31.9	35.8	24.2
18 to 29 years old	28.7	38.4	29.3	Black, non-Hispanic	47.9	24.8	19.2
30 to 44 years old	31.7	35.5	24.6	Education level (persons aged 25 years and over):			
45 to 64 years old	37.2	31.7	19.9	Less than 9th grade	64.3	14.6	6.3
65 to 74 years old	45.8	26.1	16.3	Grades 9 thru 11	56.3	18.0	9.2
75 years old and over	55.9	18.4	11.5	High School graduate	47.0	25.0	14.4
RACE				Some college or AA degree	33.0	31.8	22.4
Race alone				College graduate or above	20.7	45.2	31.8
White	34.6	33.8	22.6				
Black or African American	47.3	25.0	19.4				
American Indian or Alaska Native	49.2	25.0	11.2				
Asian or Pacific Islander	(NA)	(NA)	(NA)				

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.

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