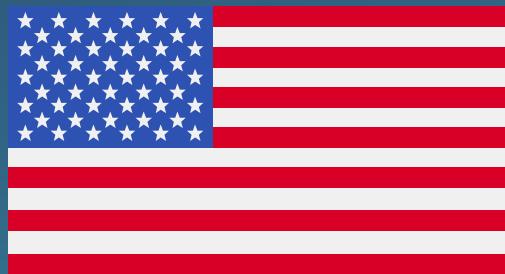




# United States



## Country report card - children

*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/united-states-227/>.*

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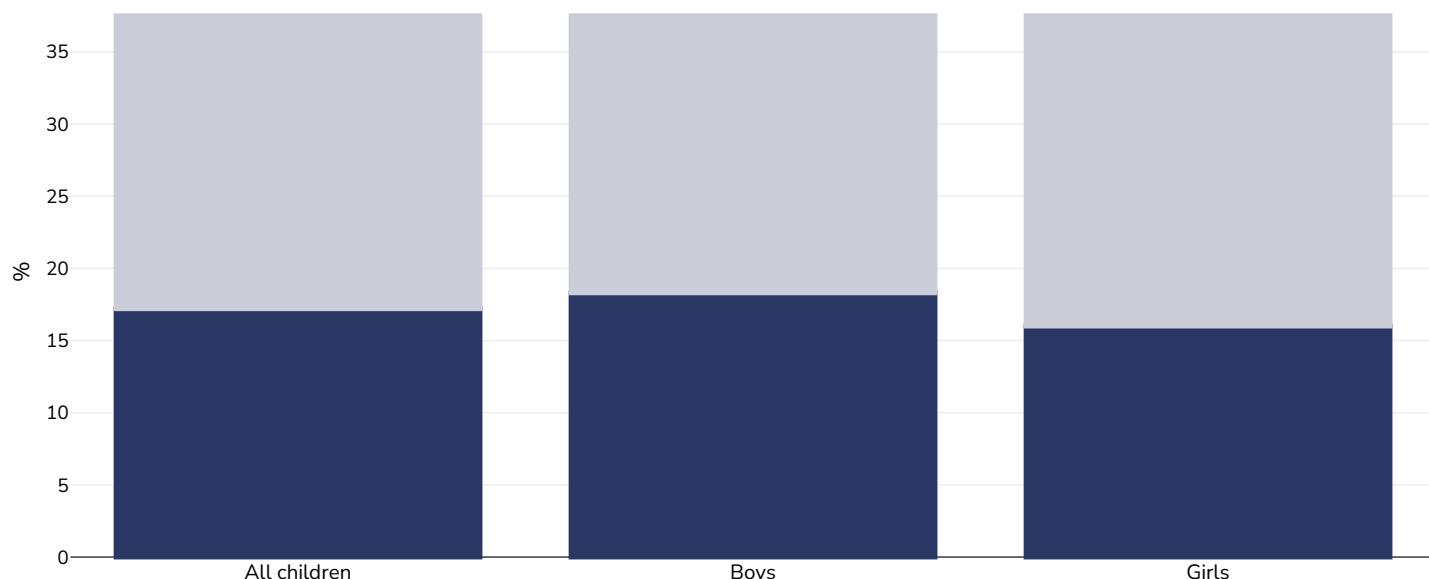
**National obesity risk \*8/10** This is a composite â??obesity riskâ?? score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. **Childhood obesity risk \*8.5/11** This is a â??risk scoreâ?? for each countryâ??s likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

\* Based on estimated data. For more information see Publications

## Obesity prevalence

Children, 2021-2023

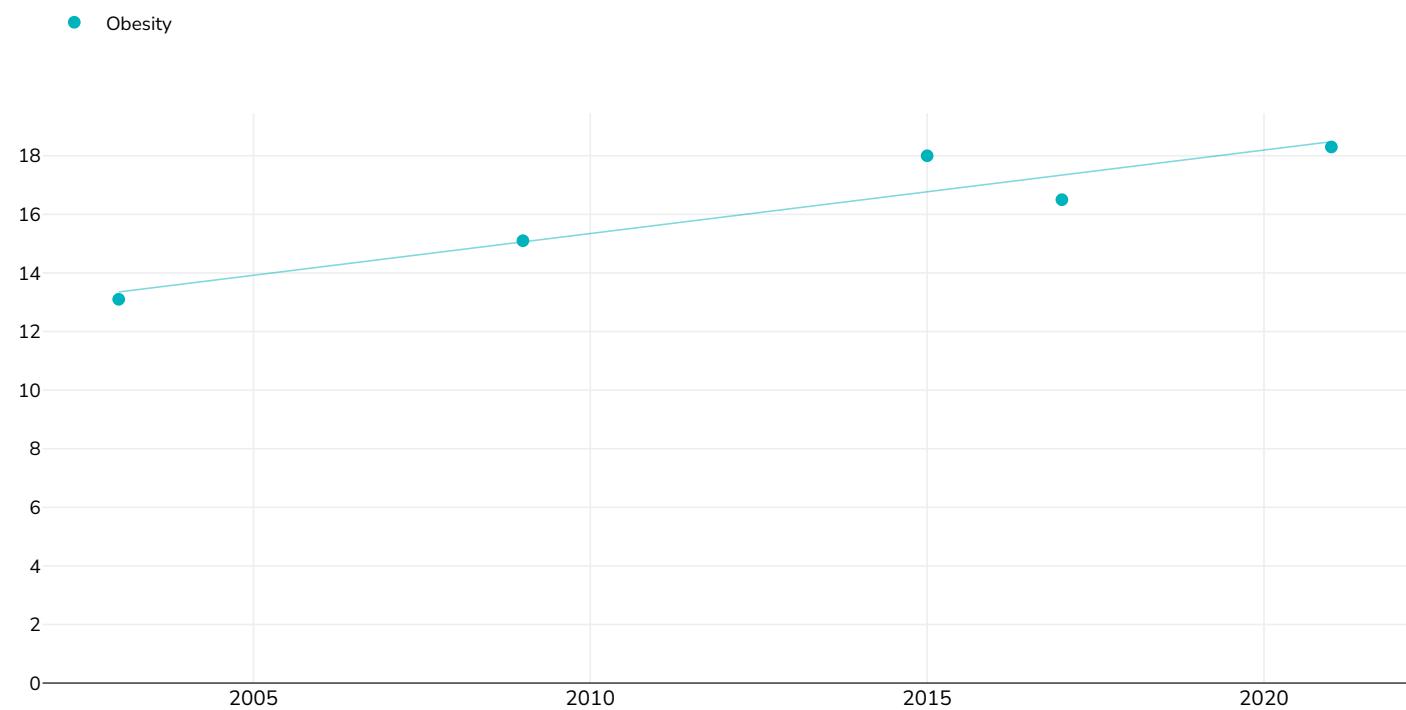
■ Obesity ■ Overweight



Survey type:	Measured
Age:	5-17
Sample size:	1887
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted
Cutoffs:	IOTF

## % Children living with obesity in the United States 2003-2021

### Boys



**Survey type:**

Measured

**References:**

2003: Lobstein T, Jackson - Leach R. Child overweight and obesity in the USA: prevalence rates according to IOTF definitions. *Int J Pediatr Obes.* 2007;2(1):62-4.  
 2009: NHANES IASO analysis

2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017  
 2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation  
 2021: Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation

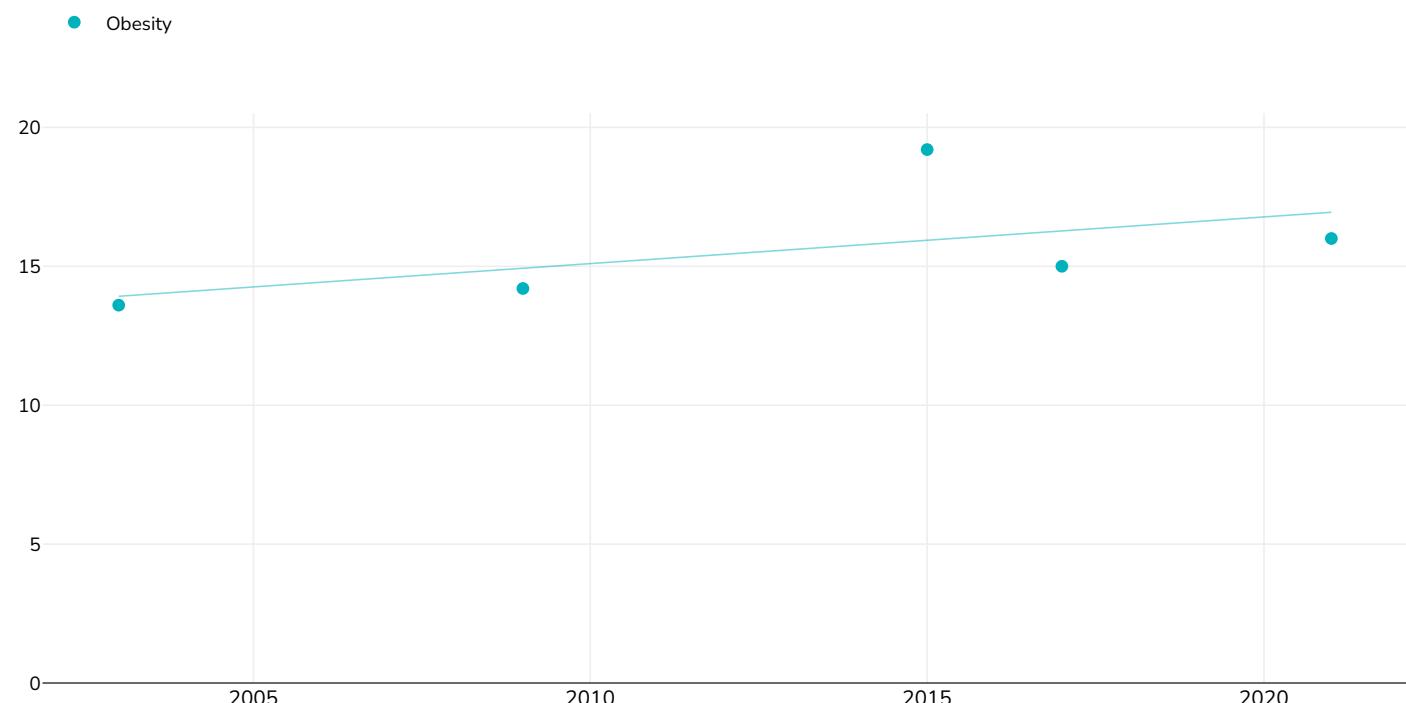
**Notes:**

Aged 5-17

**Definitions:**

IOTF

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

**Girls**

**Survey type:**

Measured

**References:**

 2003: Lobstein T, Jackson - Leach R. Child overweight and obesity in the USA: prevalence rates according to IOTF definitions. *Int J Pediatr Obes.* 2007;2(1):62-4.

2009: NHANES IASO analysis

2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague &amp; R Jackson-Leach 2017

2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

2021: Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation

**Notes:**

Aged 5-17

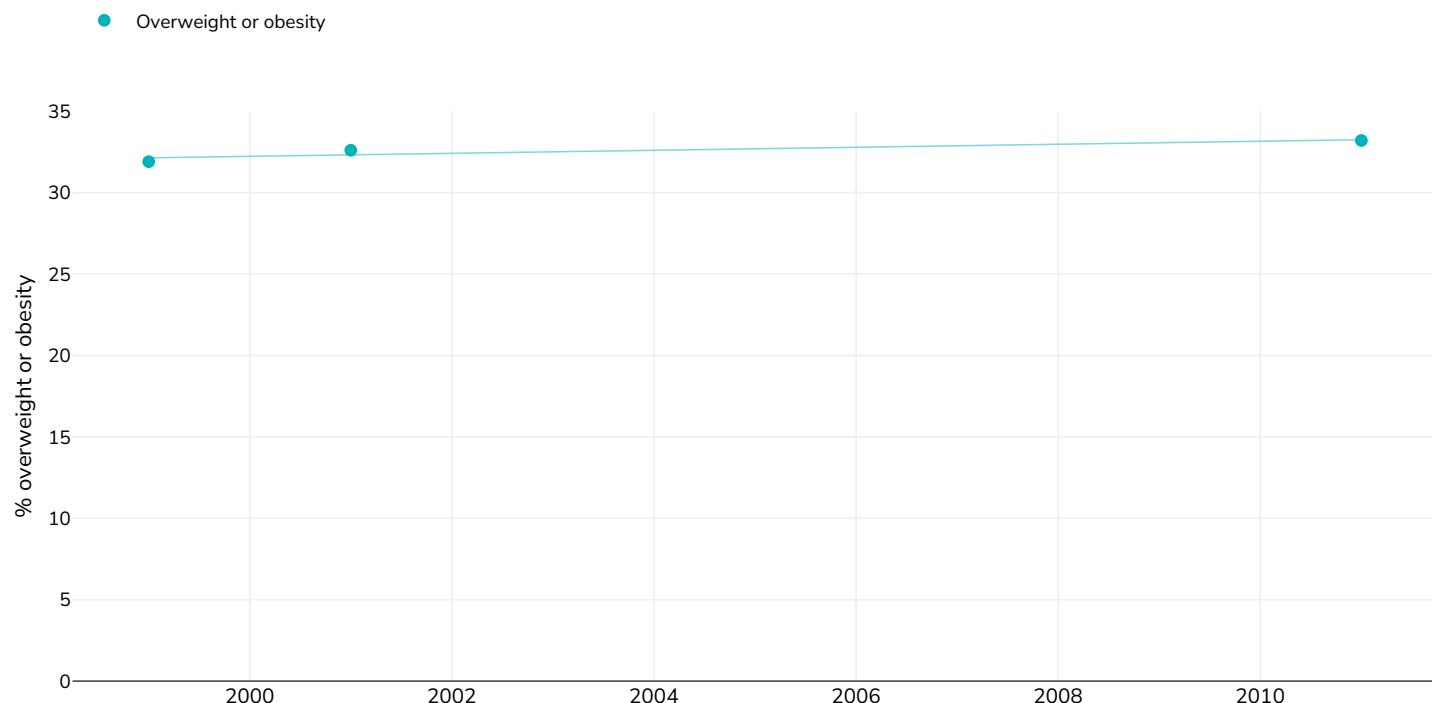
**Definitions:**

IOTF

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## % Children living with overweight or obesity in the United States 1999-2011

### Boys



Survey type:

Measured

References:

1999, 2001: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555  
2011: Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. *JAMA* (2014)26;311(8):806-14.

Notes:

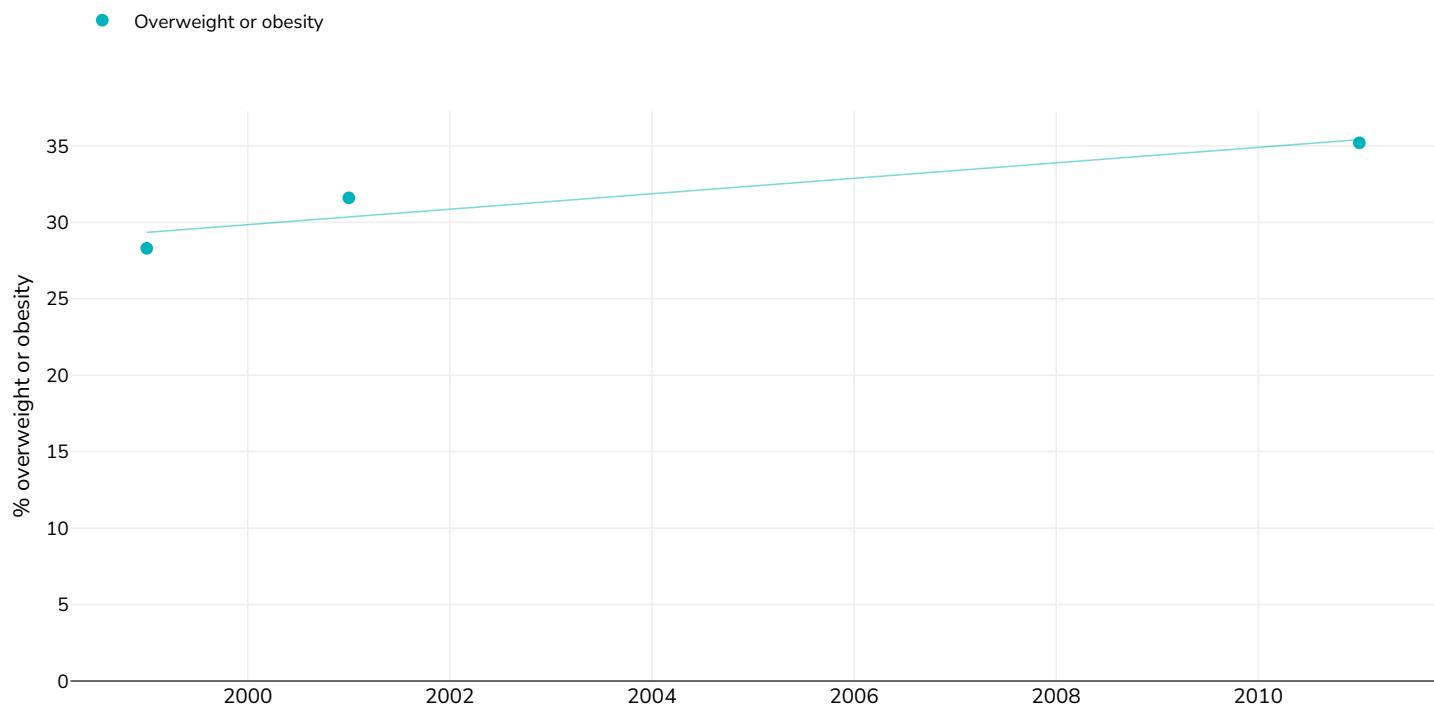
Aged 6-11

Definitions:

85th & 95th Centile CDC cut off

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Girls



Survey type:

Measured

References:

1999, 2001: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555  
2011: Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. *JAMA* (2014)26;311(8):806-14.

Notes:

Aged 6-11

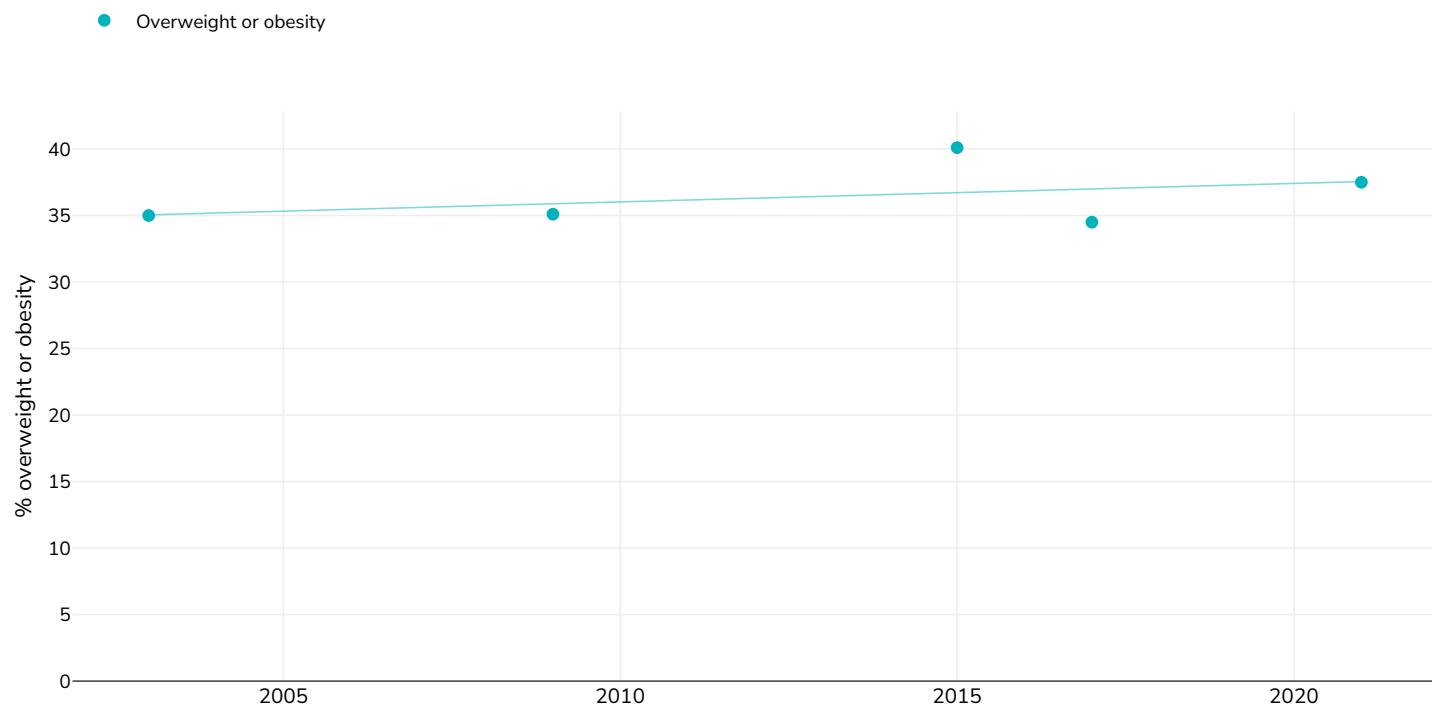
Definitions:

85th & 95th Centile CDC cut off

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## % Children living with overweight or obesity in the United States 2003-2021

### Boys



Survey type:

Measured

References:

2003: Lobstein T, Jackson - Leach R. Child overweight and obesity in the USA: prevalence rates according to IOTF definitions. *Int J Pediatr Obes.* 2007;2(1):62-4.

2009: NHANES IASO analysis

2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017

2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

2021: Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation

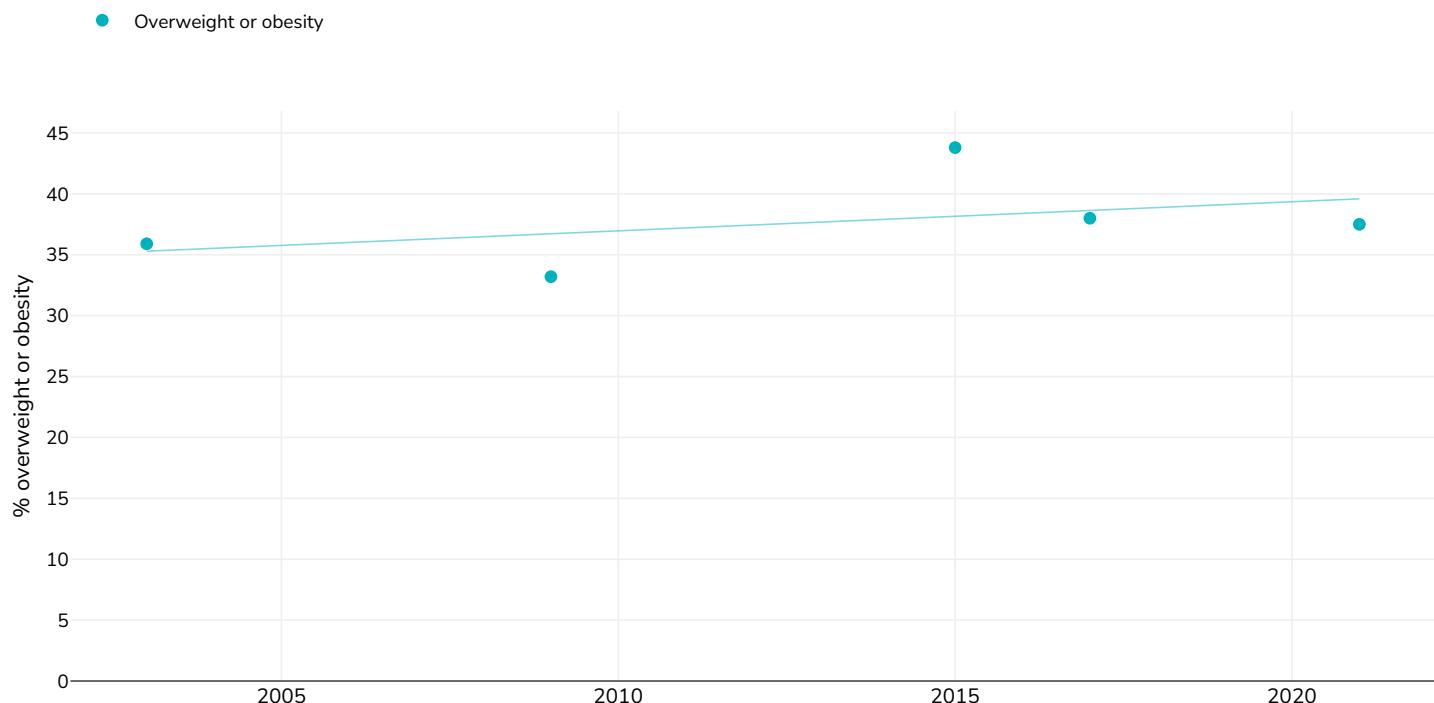
Notes:

Aged 5-17

Definitions:

IOTF

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

**Girls**

**Survey type:**

Measured

**References:**

 2003: Lobstein T, Jackson - Leach R. Child overweight and obesity in the USA: prevalence rates according to IOTF definitions. *Int J Pediatr Obes.* 2007;2(1):62-4.

2009: NHANES IASO analysis

2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague &amp; R Jackson-Leach 2017

2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

2021: Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation

**Notes:**

Aged 5-17

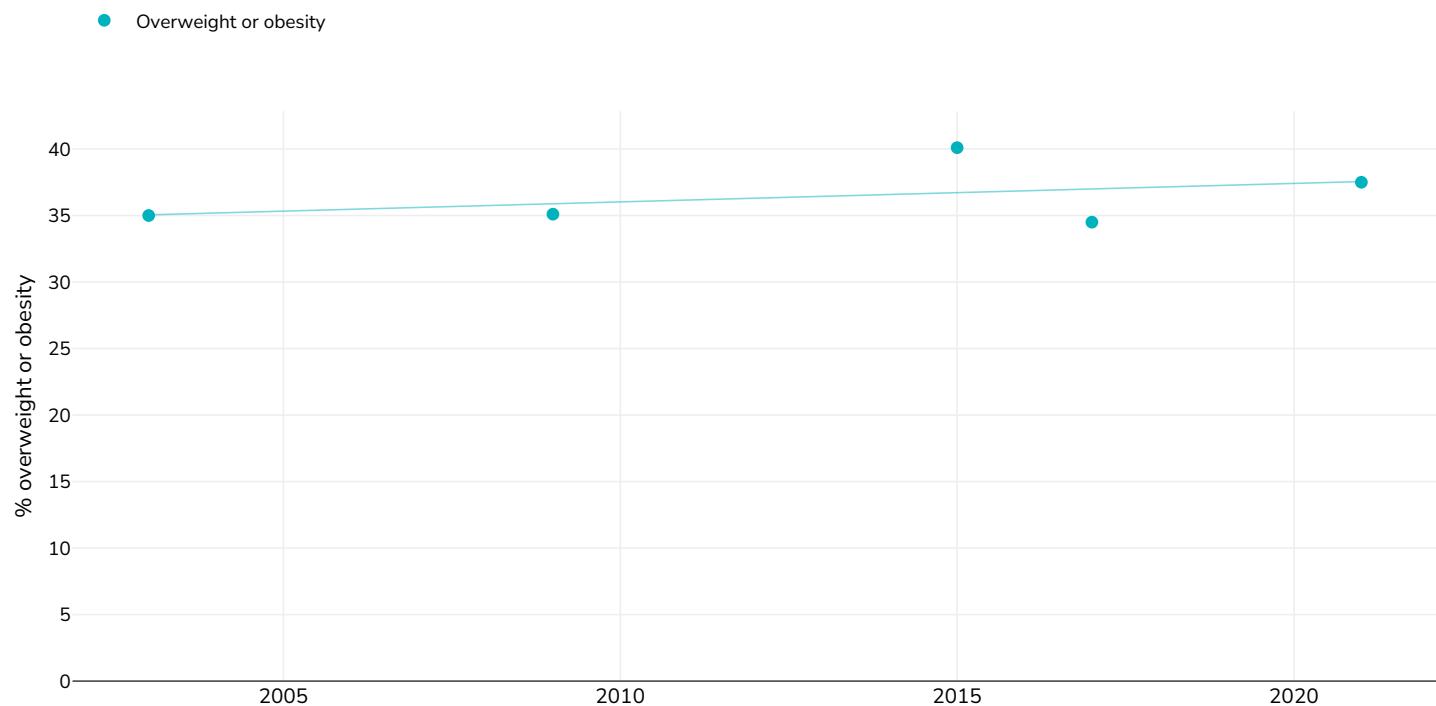
**Definitions:**

IOTF

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## % Children living with overweight or obesity in the United States 2003-2021

### Boys



Survey type:

Measured

References:

2003: Lobstein T, Jackson - Leach R. Child overweight and obesity in the USA: prevalence rates according to IOTF definitions. *Int J Pediatr Obes.* 2007;2(1):62-4.

2009: NHANES IASO analysis

2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017

2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

2021: Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation

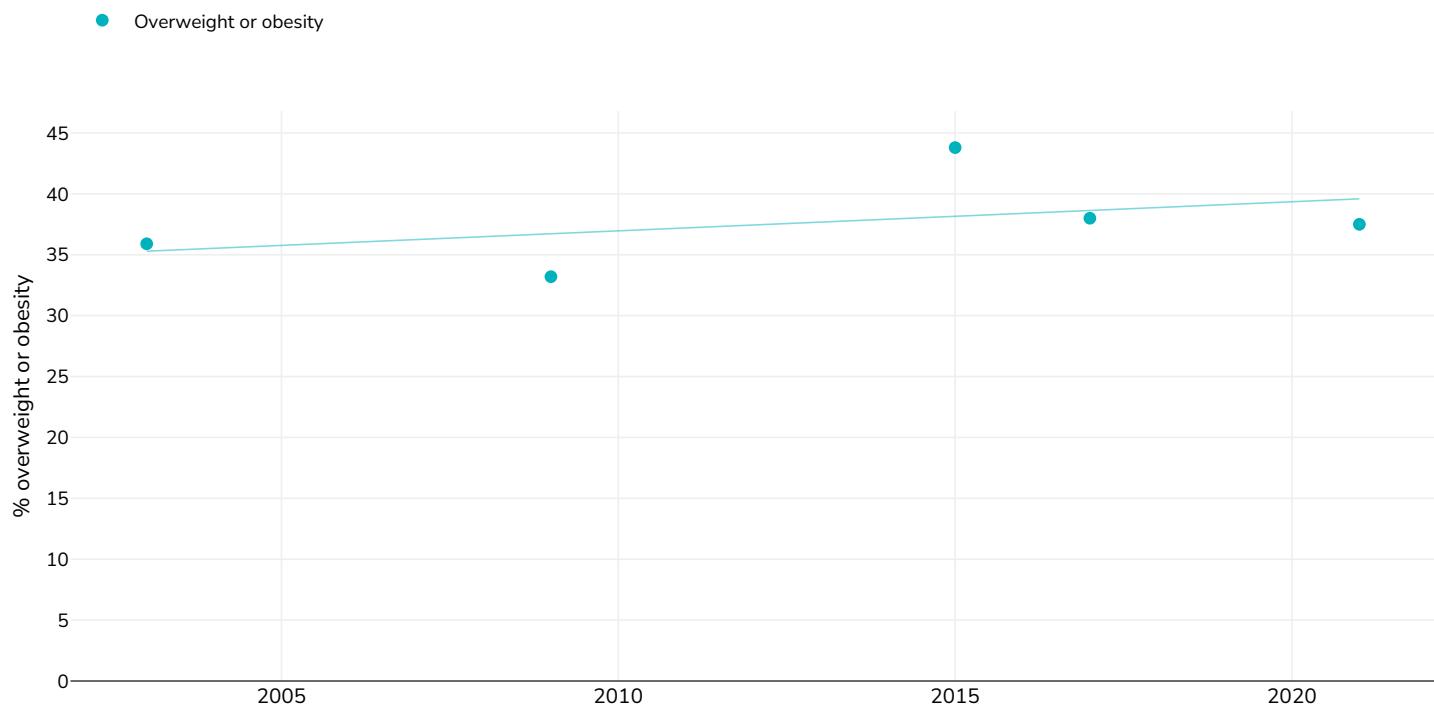
Notes:

Aged 5-17

Definitions:

IOTF

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

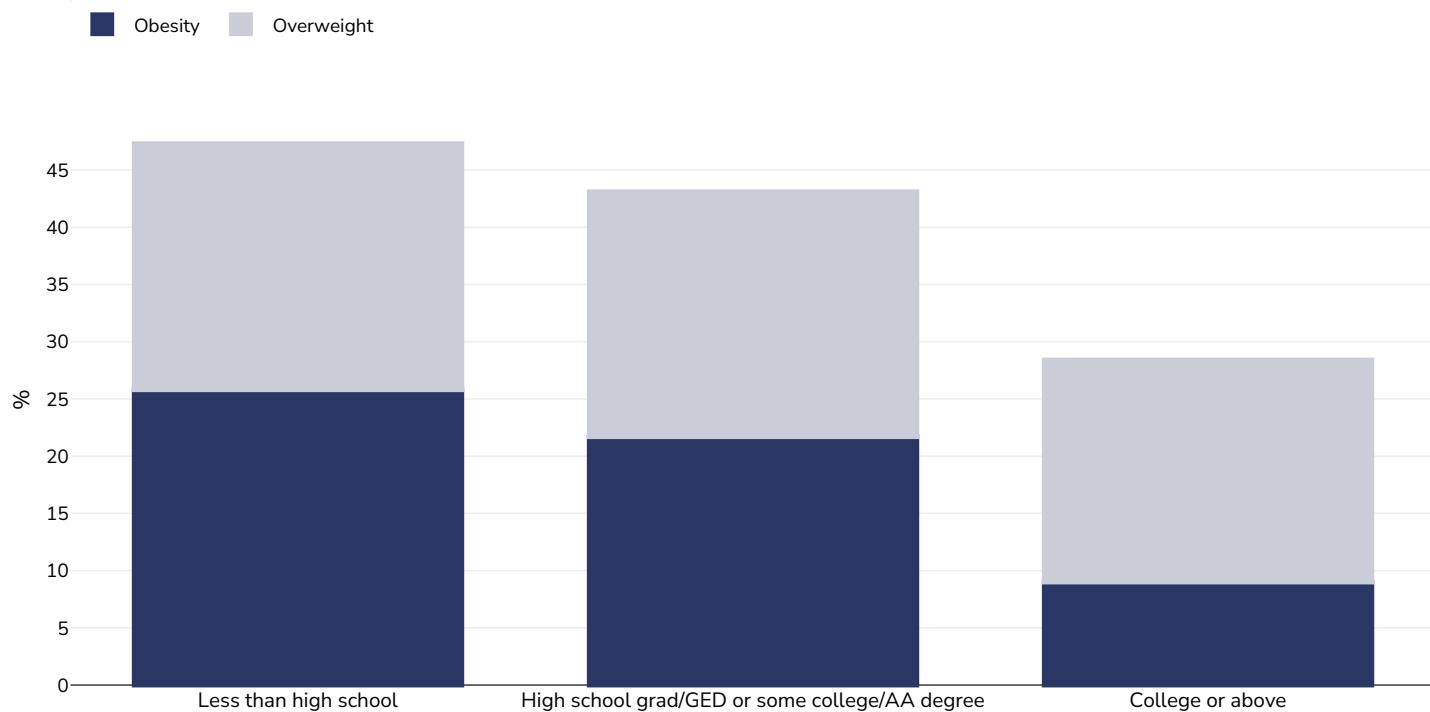
**Girls**


<b>Survey type:</b>	Measured
<b>References:</b>	2003: Lobstein T, Jackson - Leach R. Child overweight and obesity in the USA: prevalence rates according to IOTF definitions. <i>Int J Pediatr Obes.</i> 2007;2(1):62-4. 2009: NHANES IASO analysis 2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017 2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation 2021: Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
<b>Notes:</b>	Aged 5-17
<b>Definitions:</b>	IOTF

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

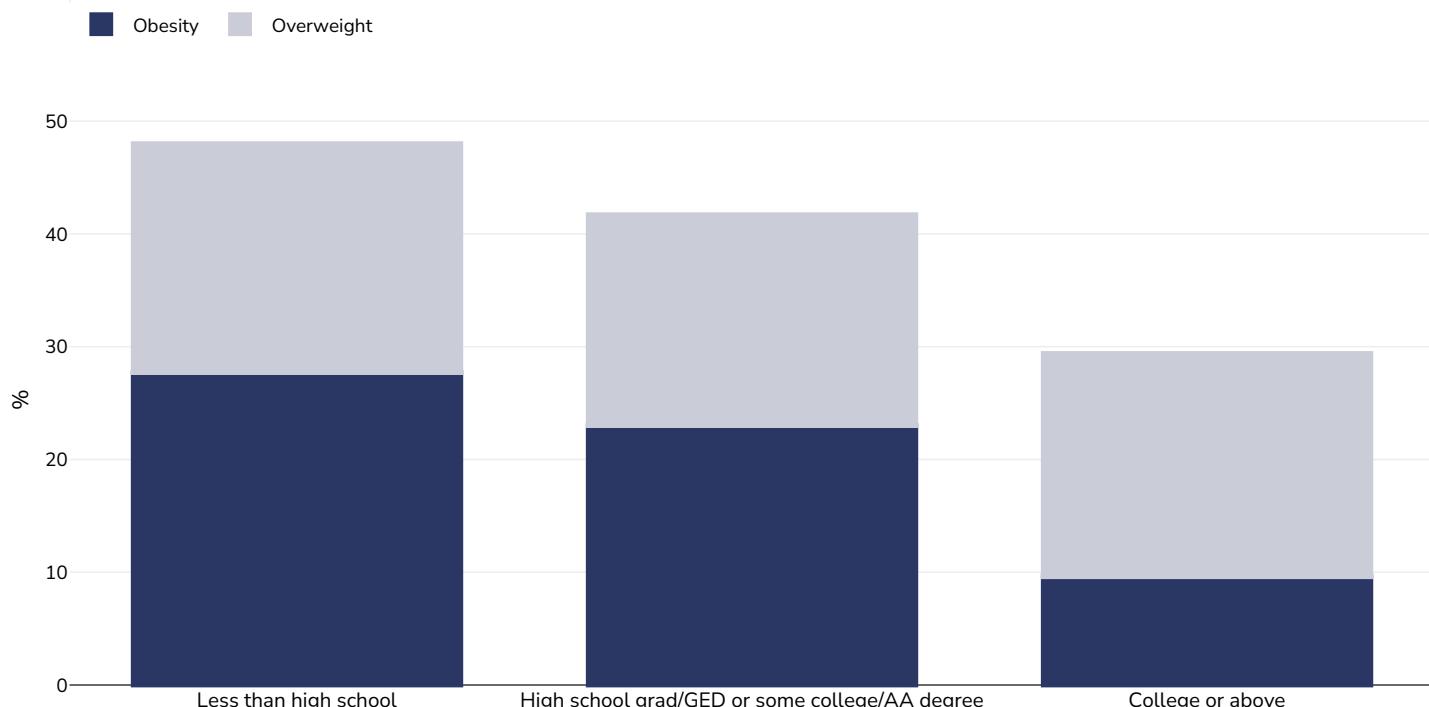
## Overweight/obesity by education

Children, 2021-2023



Survey type:	Measured
Age:	5-17
Sample size:	1830
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted
Definitions:	Level of parental education, determined by the highest education level achieved by either the household reference person or their spouse
Cutoffs:	IOTF

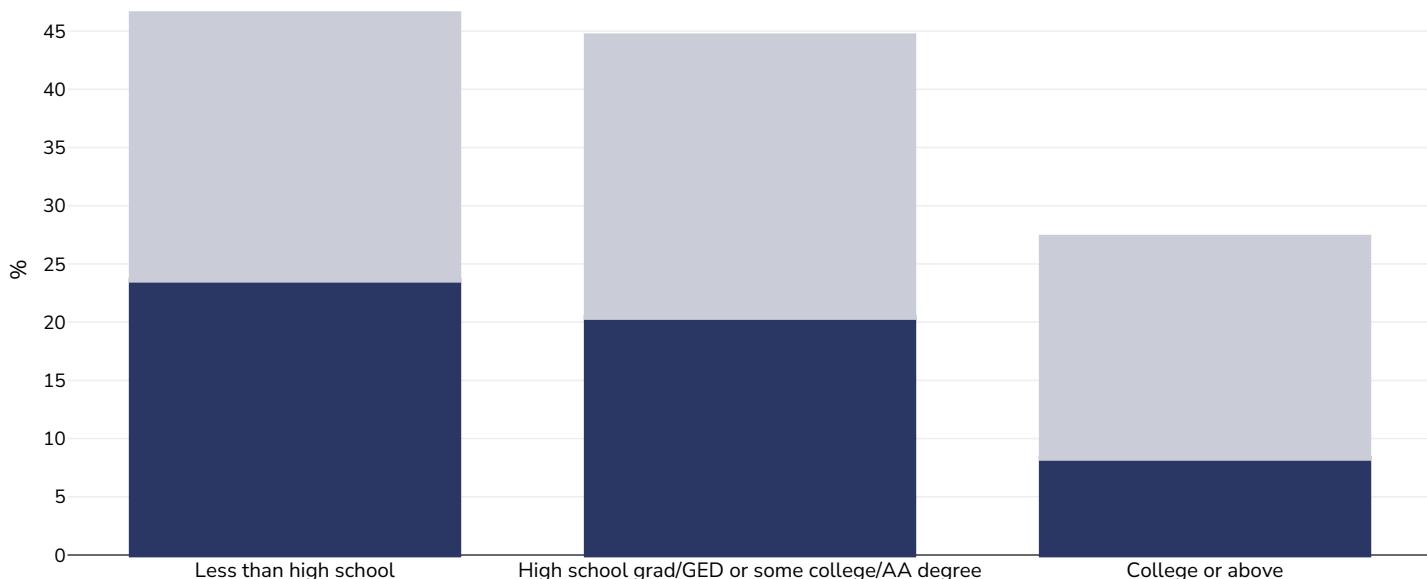
## Boys, 2021-2023



Survey type:	Measured
Age:	5-17
Sample size:	1830
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted
Definitions:	Level of parental education, determined by the highest education level achieved by either the household reference person or their spouse
Cutoffs:	IOTF

## Girls, 2021-2023

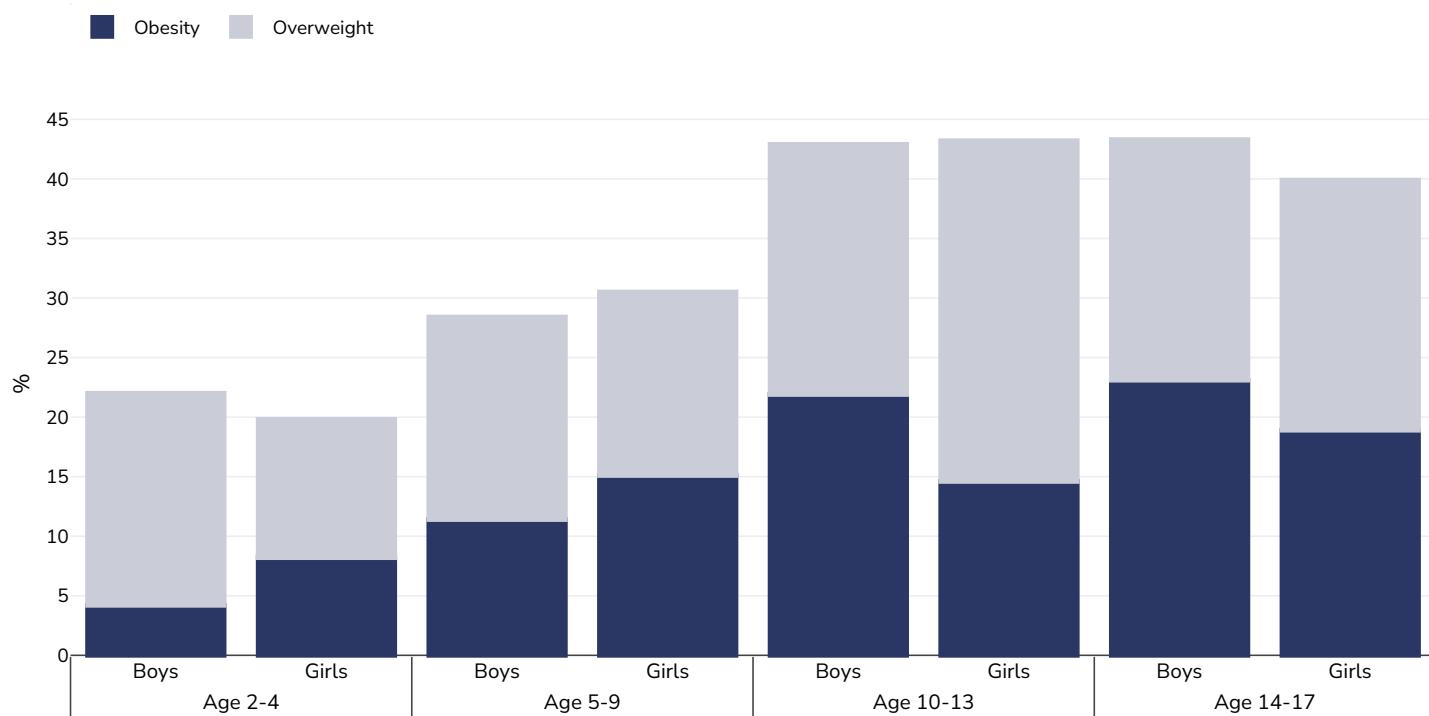
■ Obesity ■ Overweight



Survey type:	Measured
Age:	5-17
Sample size:	1830
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted
Definitions:	Level of parental education, determined by the highest education level achieved by either the household reference person or their spouse
Cutoffs:	IOTF

## Overweight/obesity by age

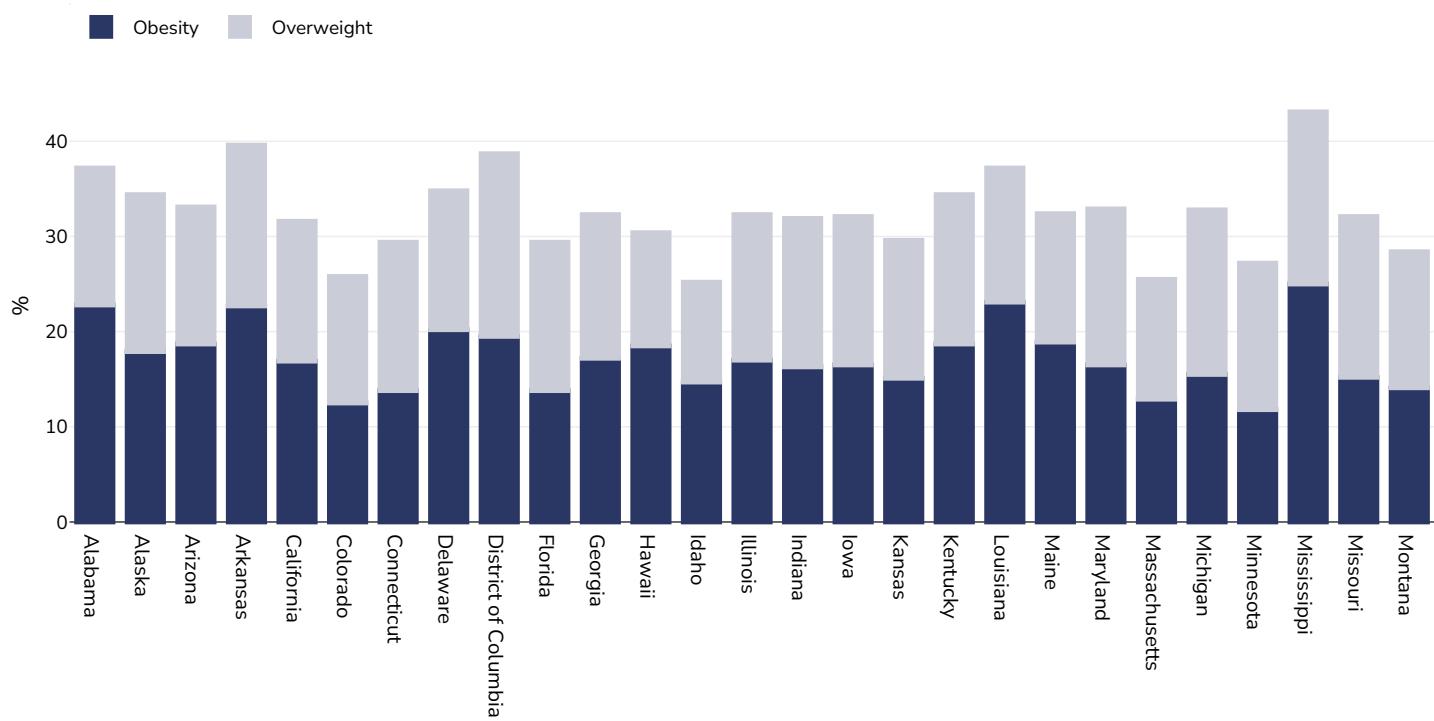
### Children, 2021-2023



Survey type:	Measured
Sample size:	2226
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted
Cutoffs:	IOTF

## Overweight/obesity by region

### Children, 2022-2023



Survey type: Self-reported

Age: 6-17

Area covered: National

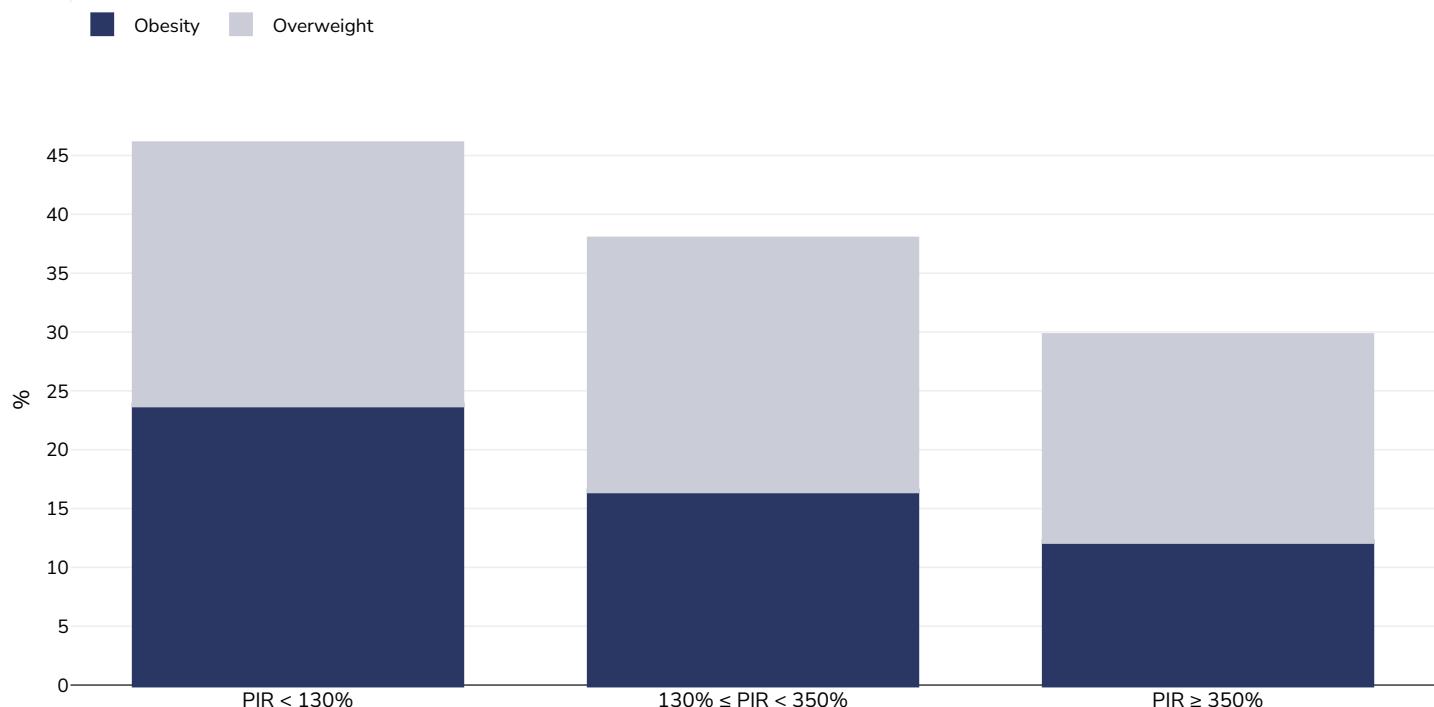
References: Child and Adolescent Health Measurement Initiative. 2022-2023 National Survey of Children's Health (NSCH) data query. Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). Retrieved [19.05.2025] from [\[www.childhealthdata.org\]](http://www.childhealthdata.org).

Definitions: BMI categories for children and teens are based on sex-specific BMI-for-age percentiles from the CDC. BMI-for-age categories are: Overweight - 85th < 95th percentile; Obese - > 95th percentile. Parents typically overestimate height and underestimate weight of children younger than 10 years of age. Therefore, BMI for children under 10 years of age should be interpreted with caution. States A-M (inclusive)

Cutoffs: CDC

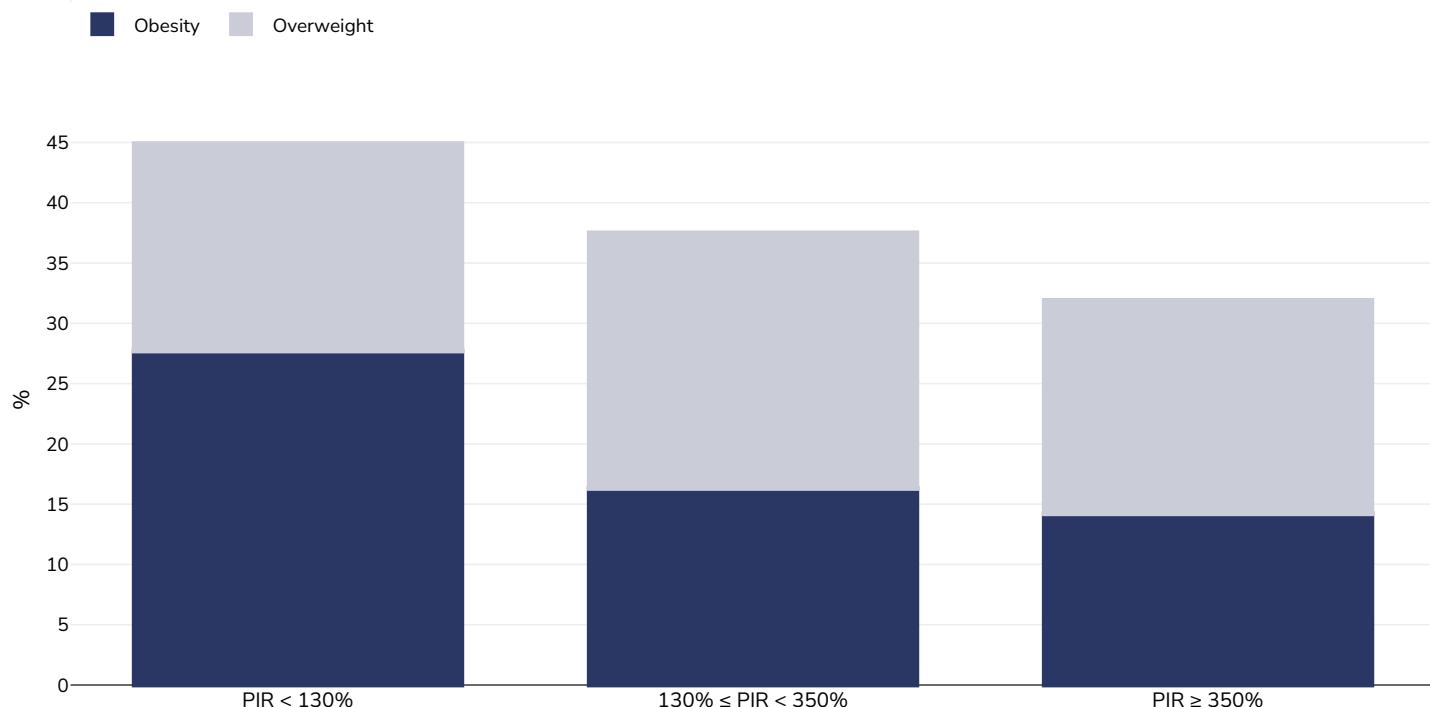
## Overweight/obesity by socio-economic group

### Children, 2021-2023

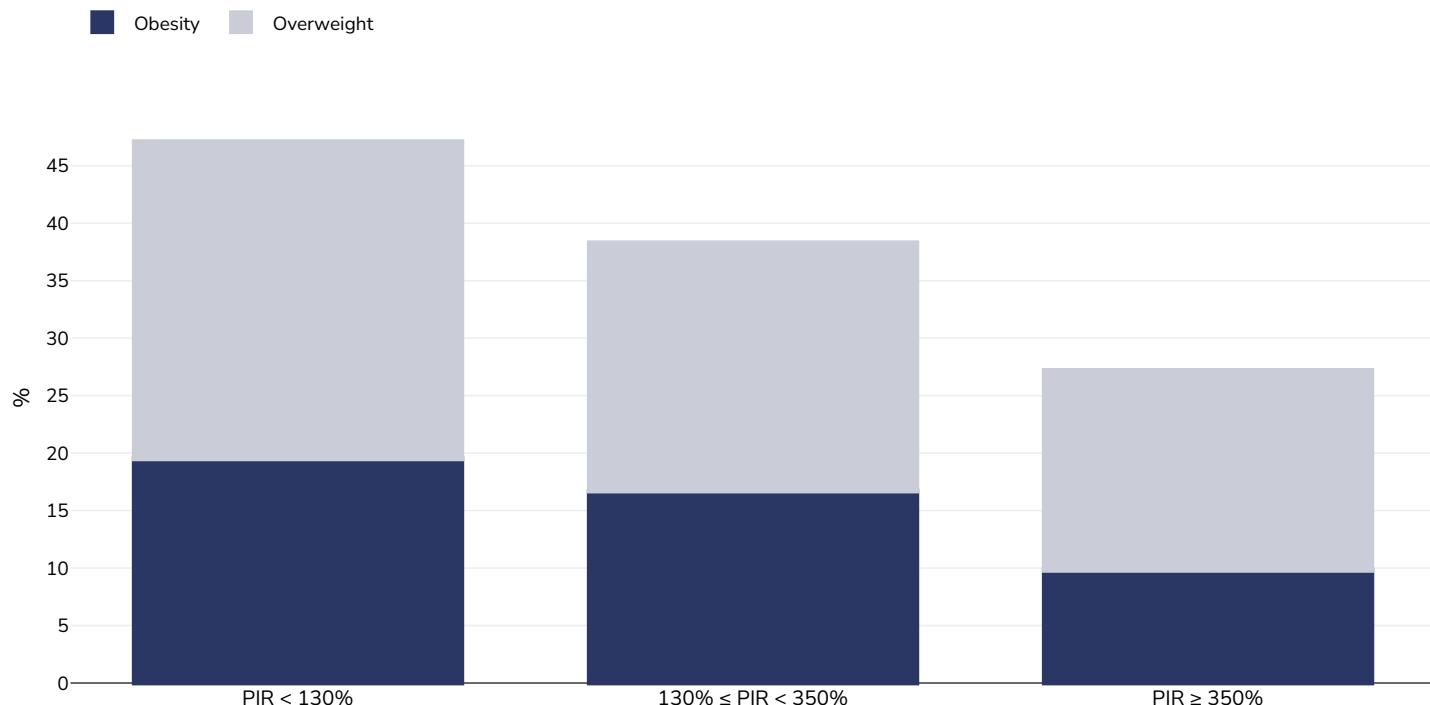


Survey type:	Measured
Age:	5-17
Sample size:	1653
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted
Definitions:	Poverty Income Ratio (PIR) = Ratio of family income to poverty level in survey year, reported here as a percentage
Cutoffs:	IOTF

## Boys, 2021-2023



Survey type:	Measured
Age:	5-17
Sample size:	1653
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted
Definitions:	Poverty Income Ratio (PIR) = Ratio of family income to poverty level in survey year, reported here as a percentage
Cutoffs:	IOTF

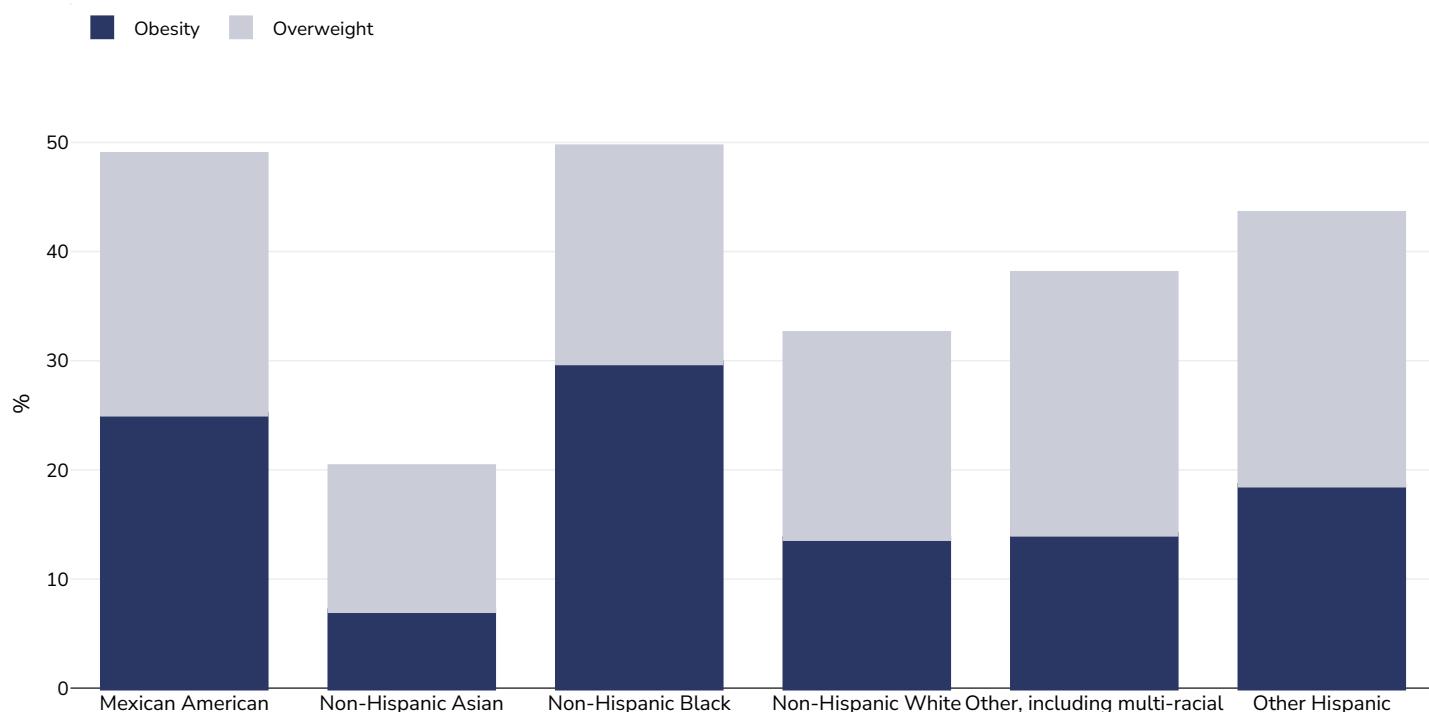
**Girls, 2021-2023**


Survey type:	Measured
Age:	5-17
Sample size:	1653
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted
Definitions:	Poverty Income Ratio (PIR) = Ratio of family income to poverty level in survey year, reported here as a percentage
Cutoffs:	IOTF

## Overweight/obesity by ethnicity

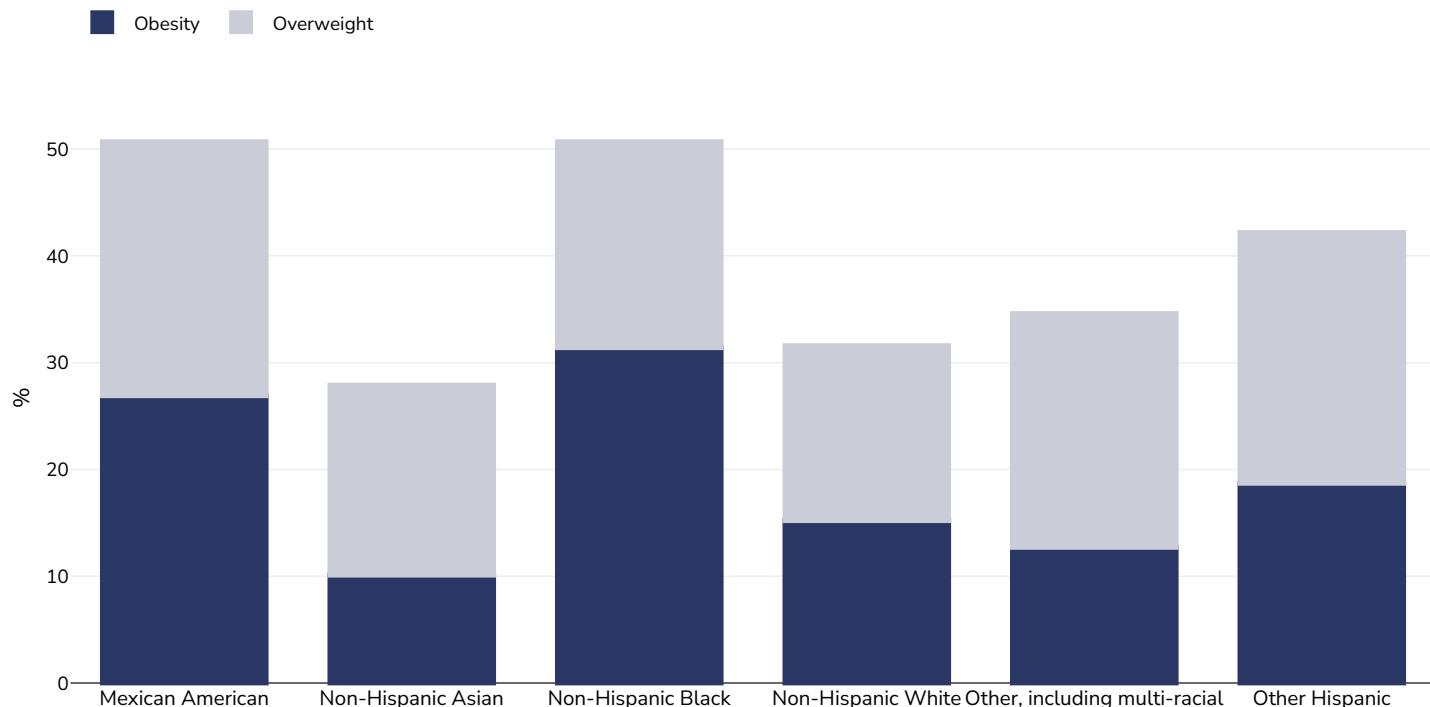
*Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.*

### Children, 2021-2023



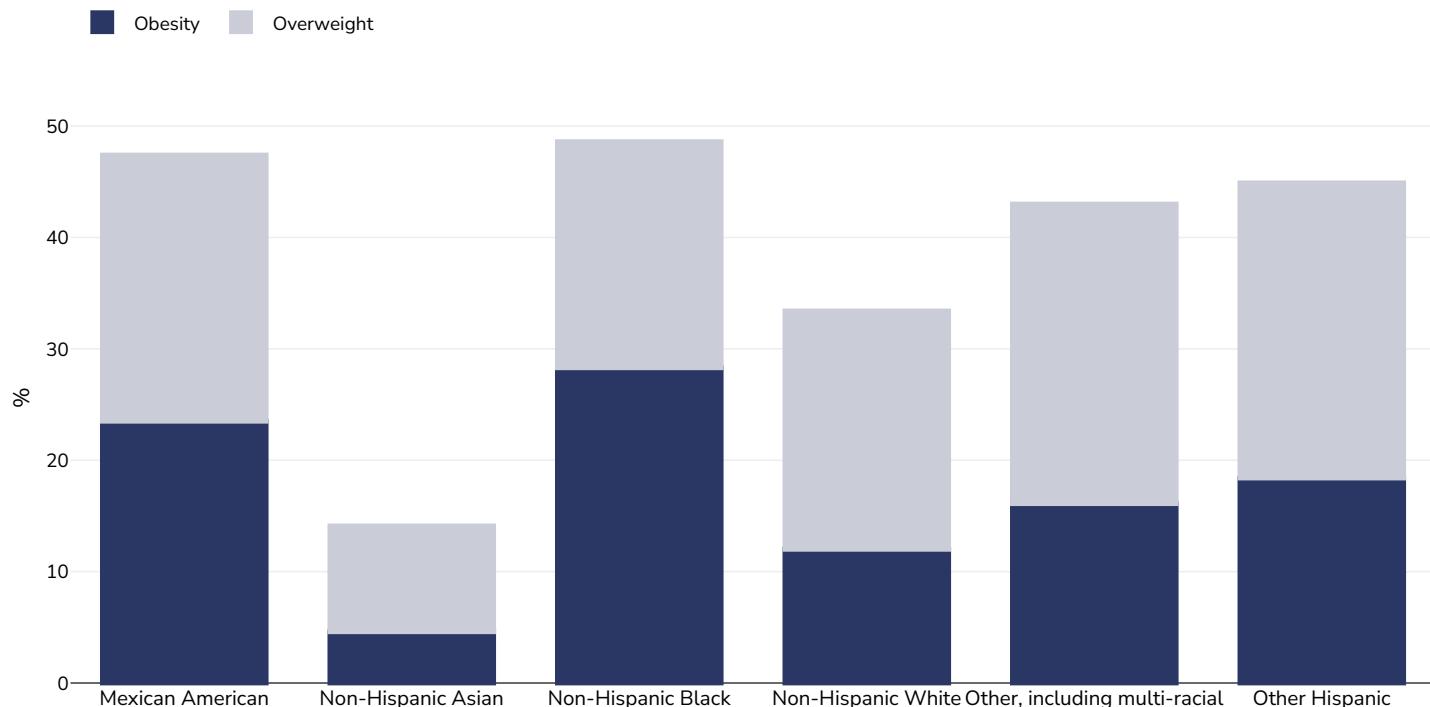
Survey type:	Measured
Age:	5-17
Sample size:	1887
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted. NB. Small sample size within groups
Cutoffs:	IOTF

Boys, 2021-2023



Survey type:	Measured
Age:	5-17
Sample size:	1887
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted. NB. Small sample size within groups
Cutoffs:	IOTF

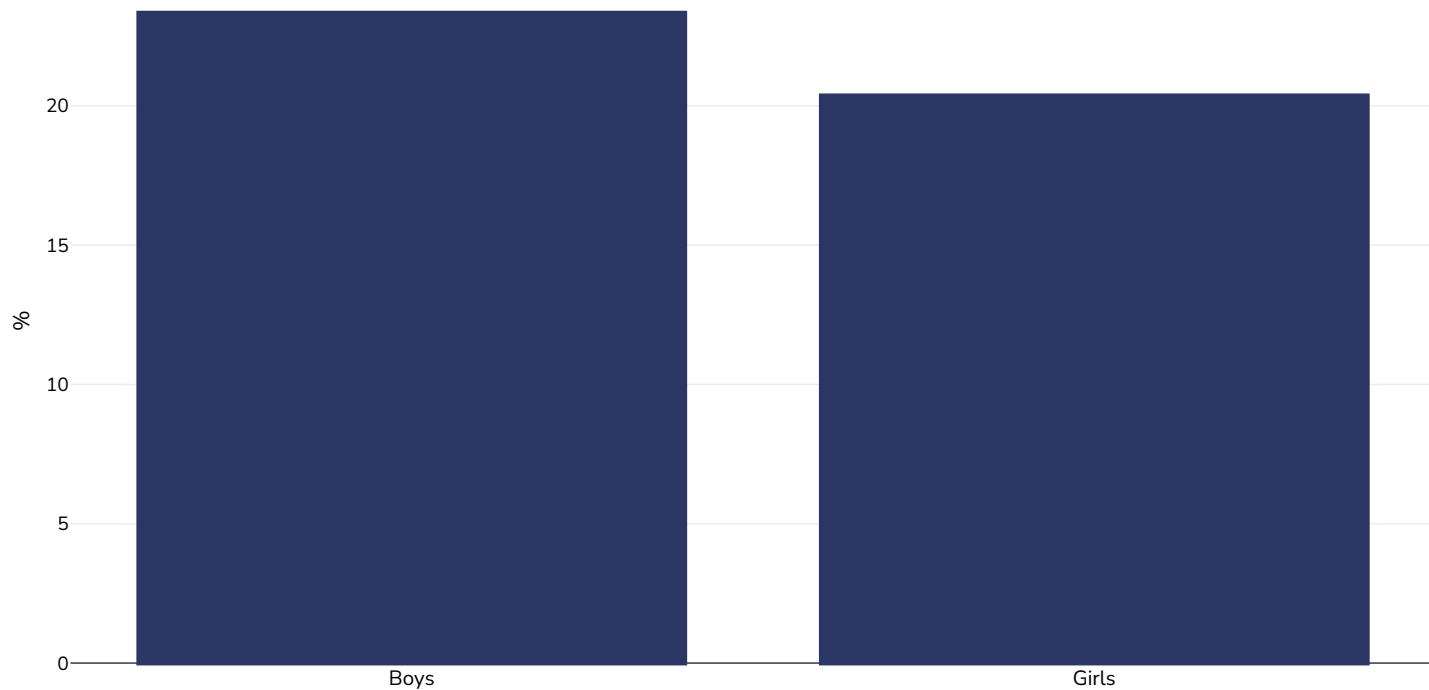
Girls, 2021-2023



Survey type:	Measured
Age:	5-17
Sample size:	1887
Area covered:	National
References:	Reanalysis of NHANES 2021-2023 by Sarah Spreckley, Rachel Jackson Leach, World Obesity Federation
Notes:	Weighted. NB. Small sample size within groups
Cutoffs:	IOTF

## Double burden of underweight & overweight

### Children, 2022



Survey type:

Measured

Age:

5-19

References:

NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).

Notes:

Age standardised estimates

Definitions:

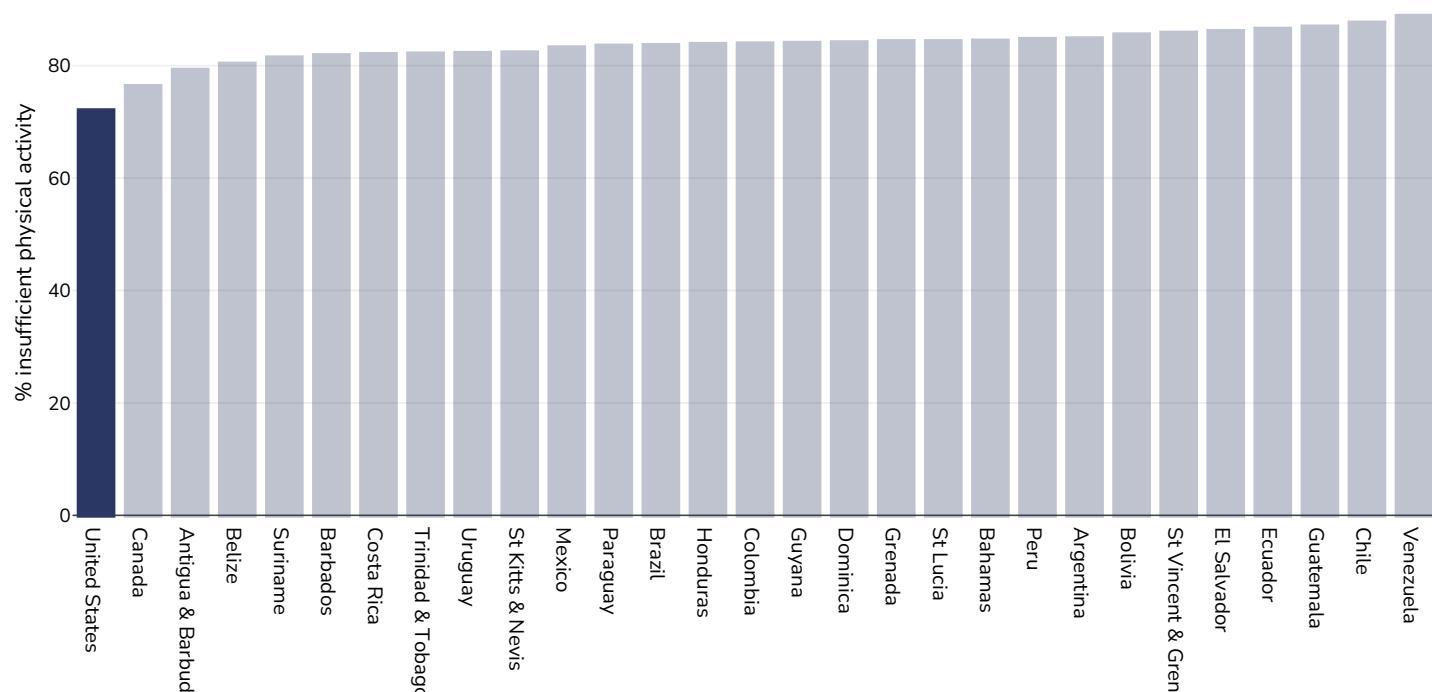
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

## Insufficient physical activity

**Children, 2016**



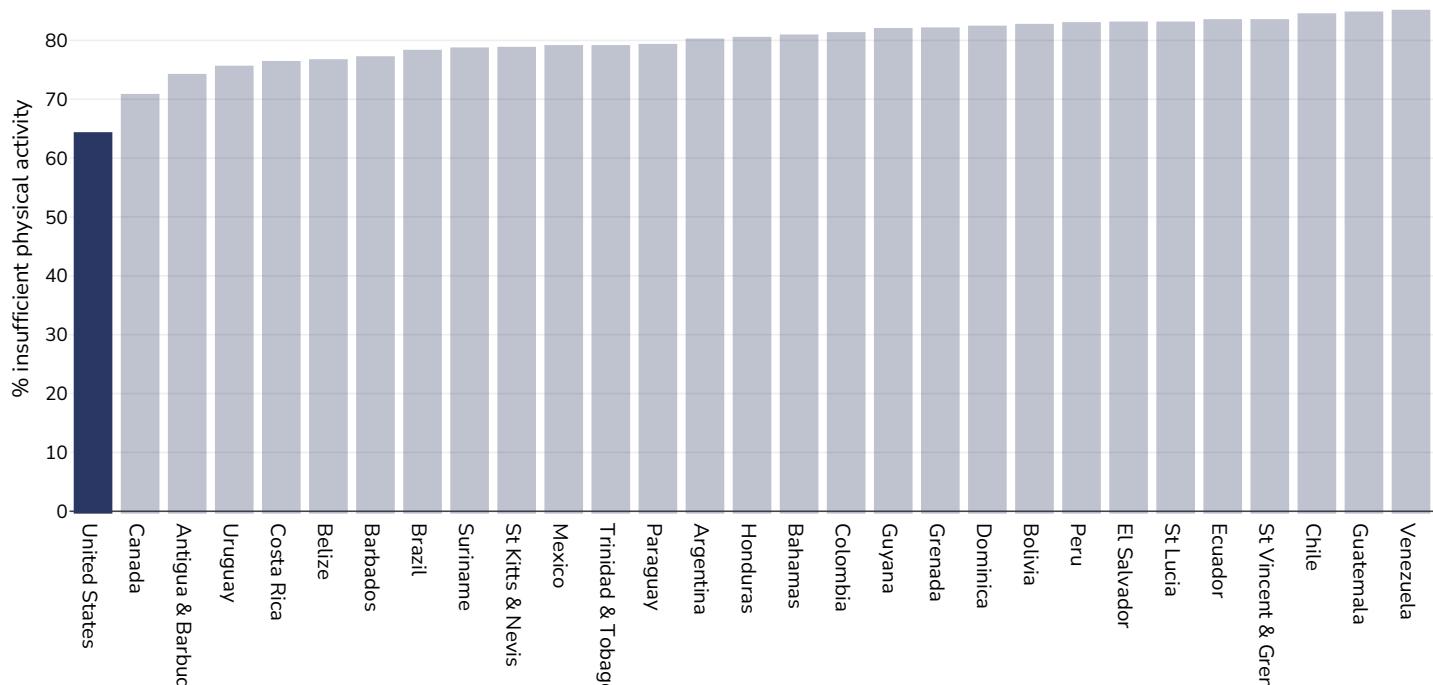
**Survey type:** Self-reported

**Age:** 11-17

**References:** Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en>  
(last accessed 16.03.21)

**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)

**Boys, 2016**

**Survey type:**

Self-reported

**Age:**

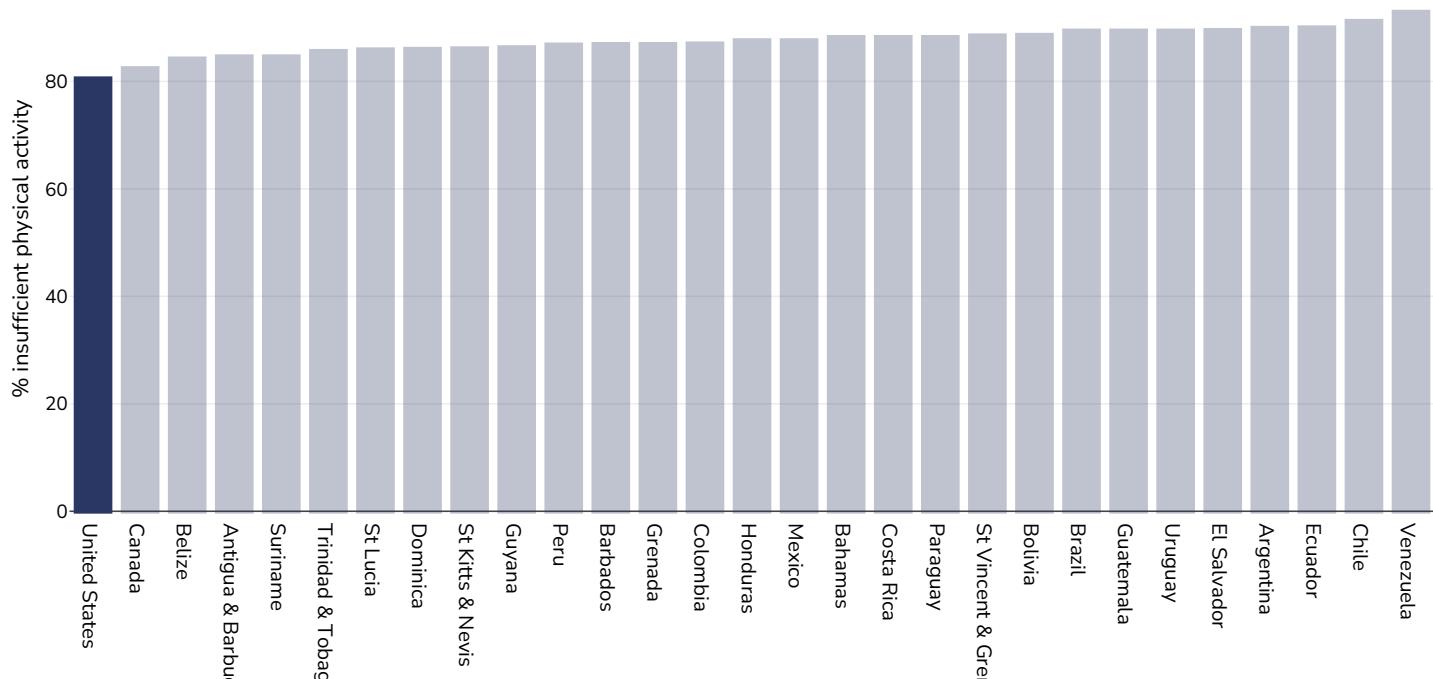
11-17

**References:**

 Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en>  
 (last accessed 16.03.21)

**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)

**Girls, 2016**

**Survey type:**

Self-reported

**Age:**

11-17

**References:**

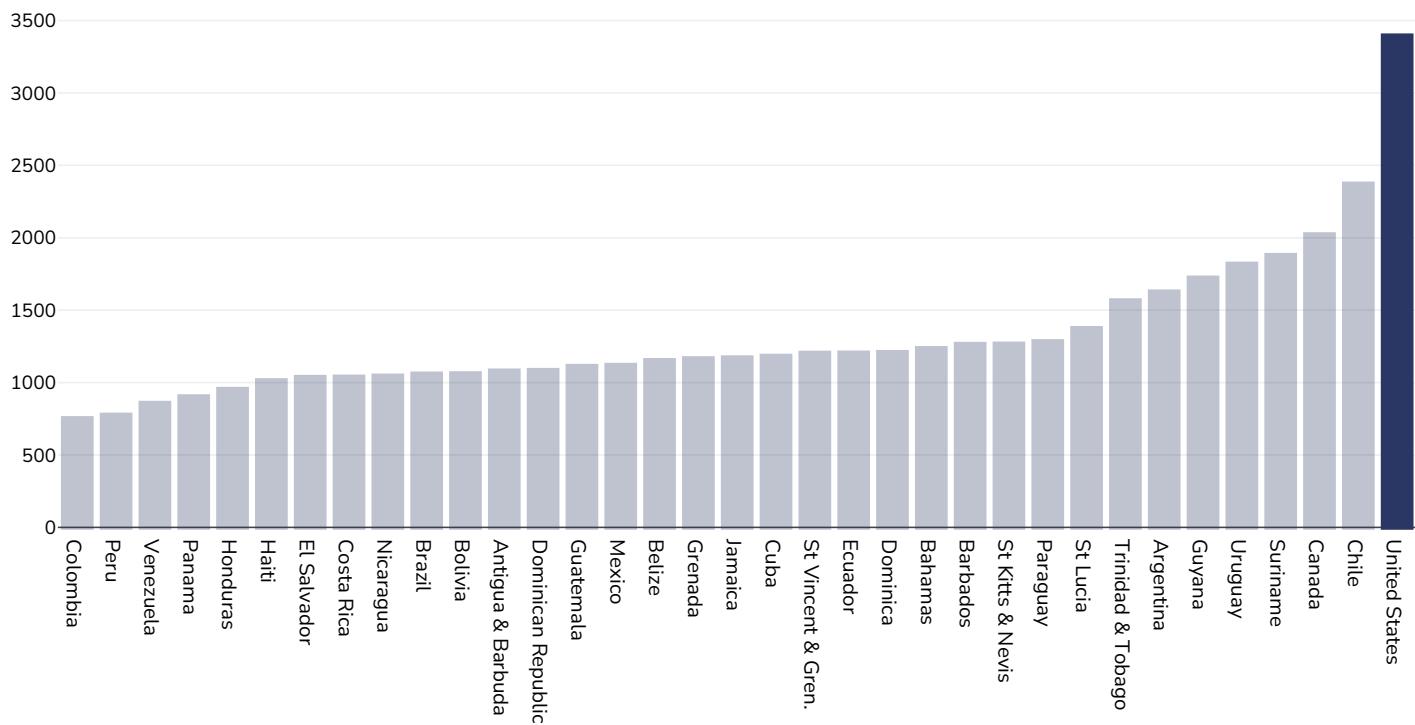
 Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en>  
 (last accessed 16.03.21)

**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)

## Mental health - depression disorders

### Children, 2021


**Area covered:**

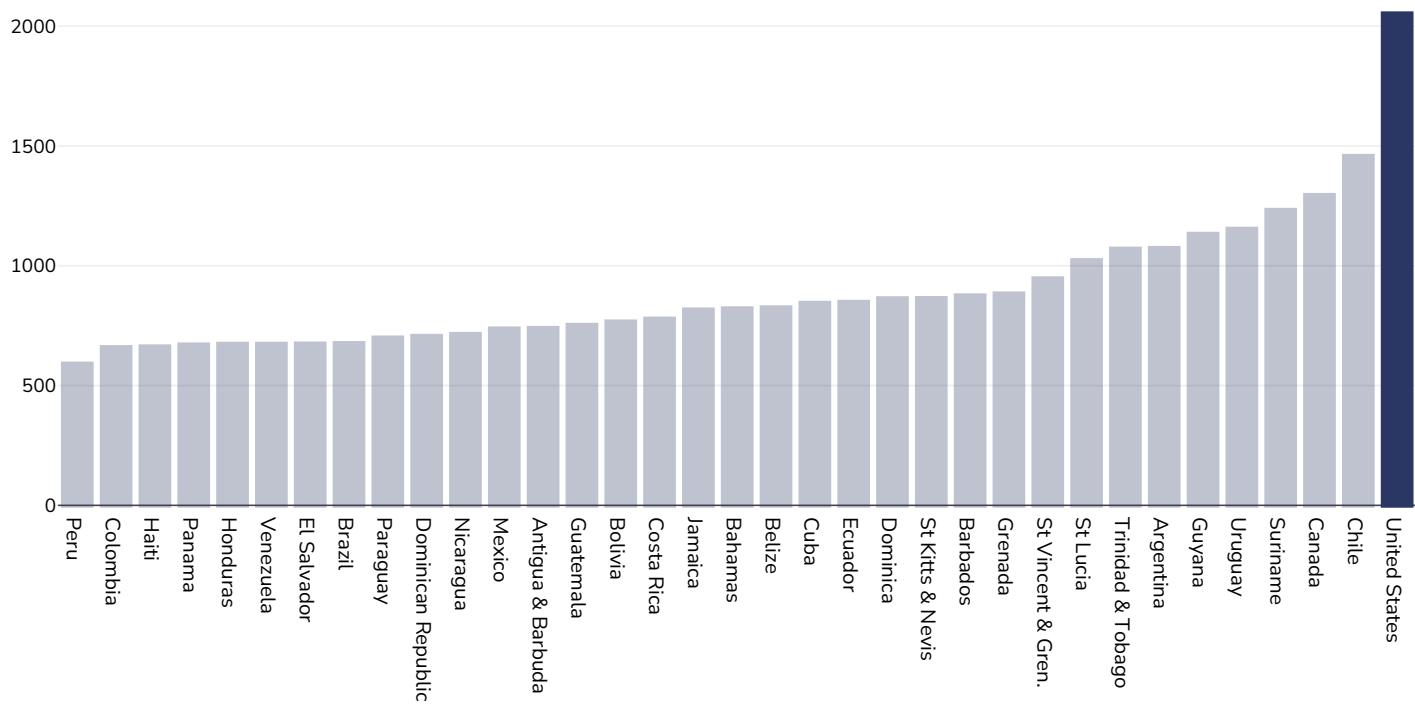
National

**References:**

 Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitions:**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

**Boys, 2021**

**Area covered:**

National

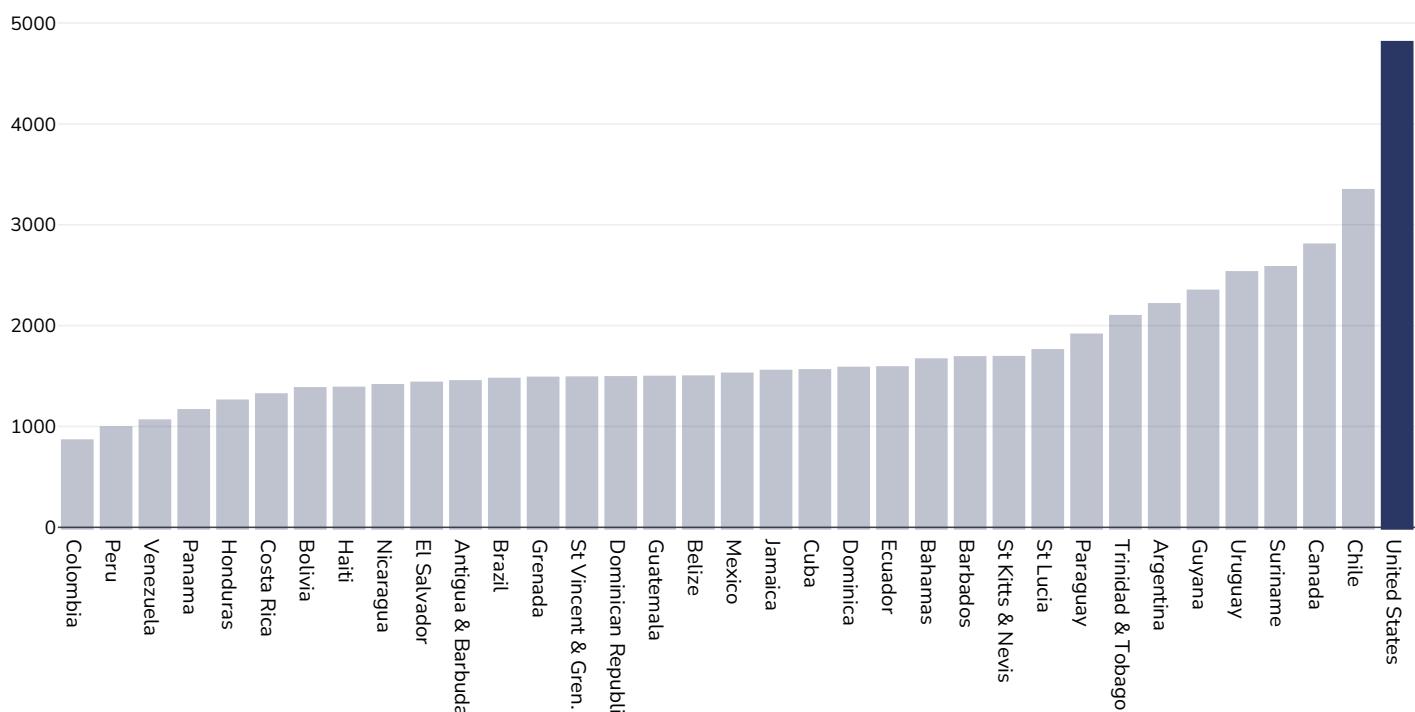
**References:**

 Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitions:**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Girls, 2021



Area covered:

National

References:

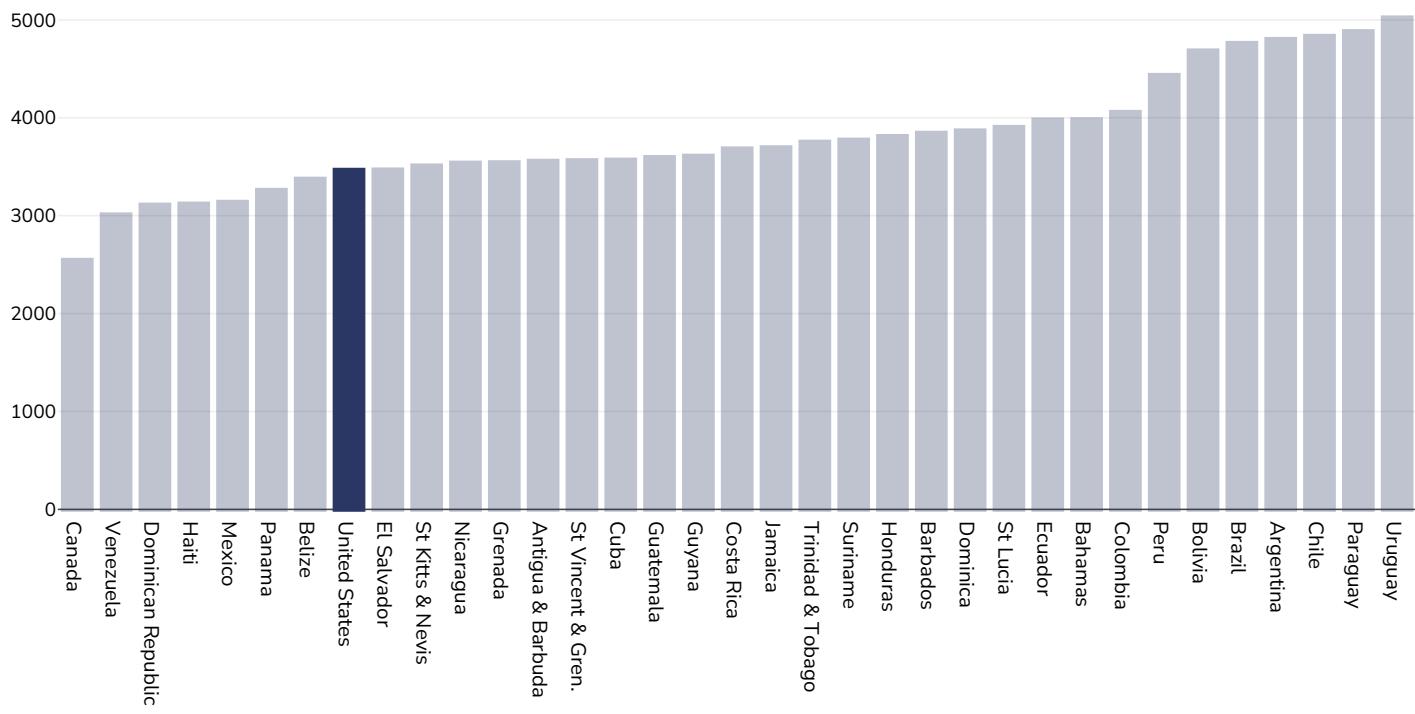
 Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

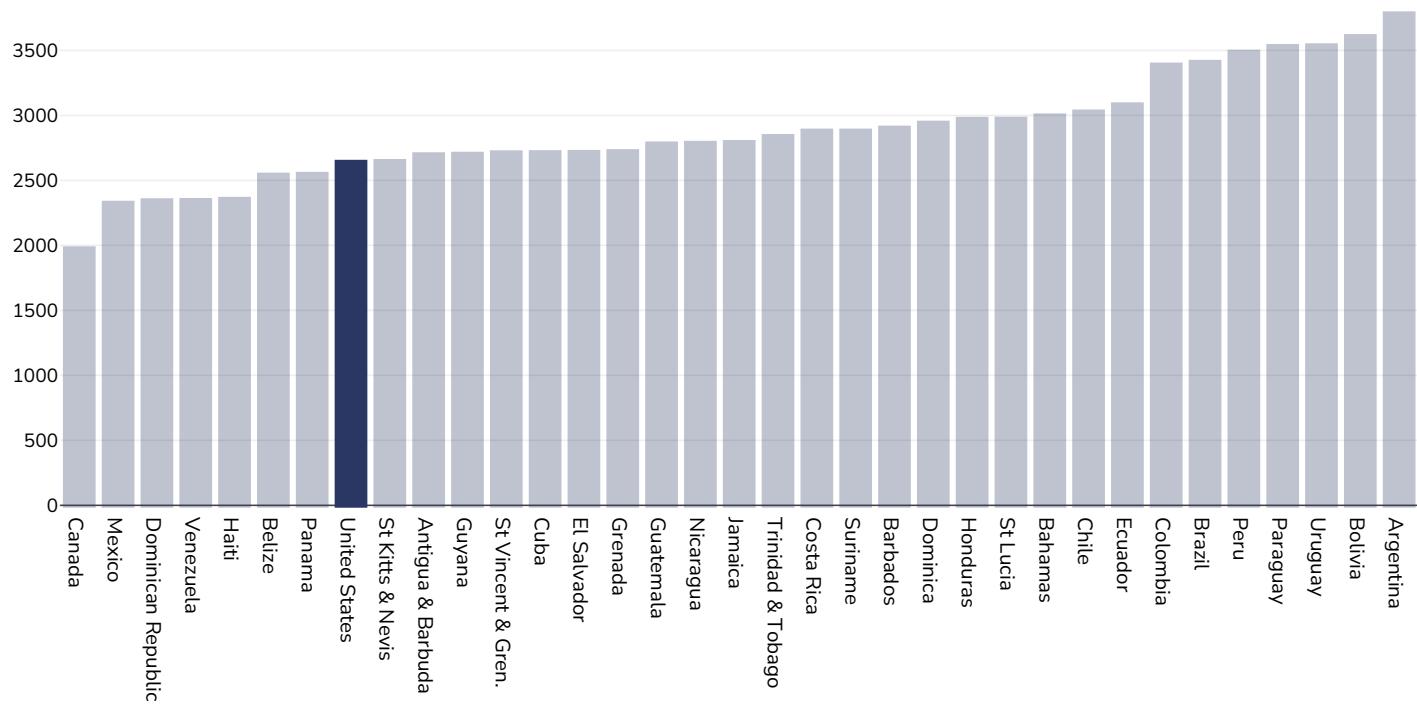
## Mental health - anxiety disorders

Children, 2021

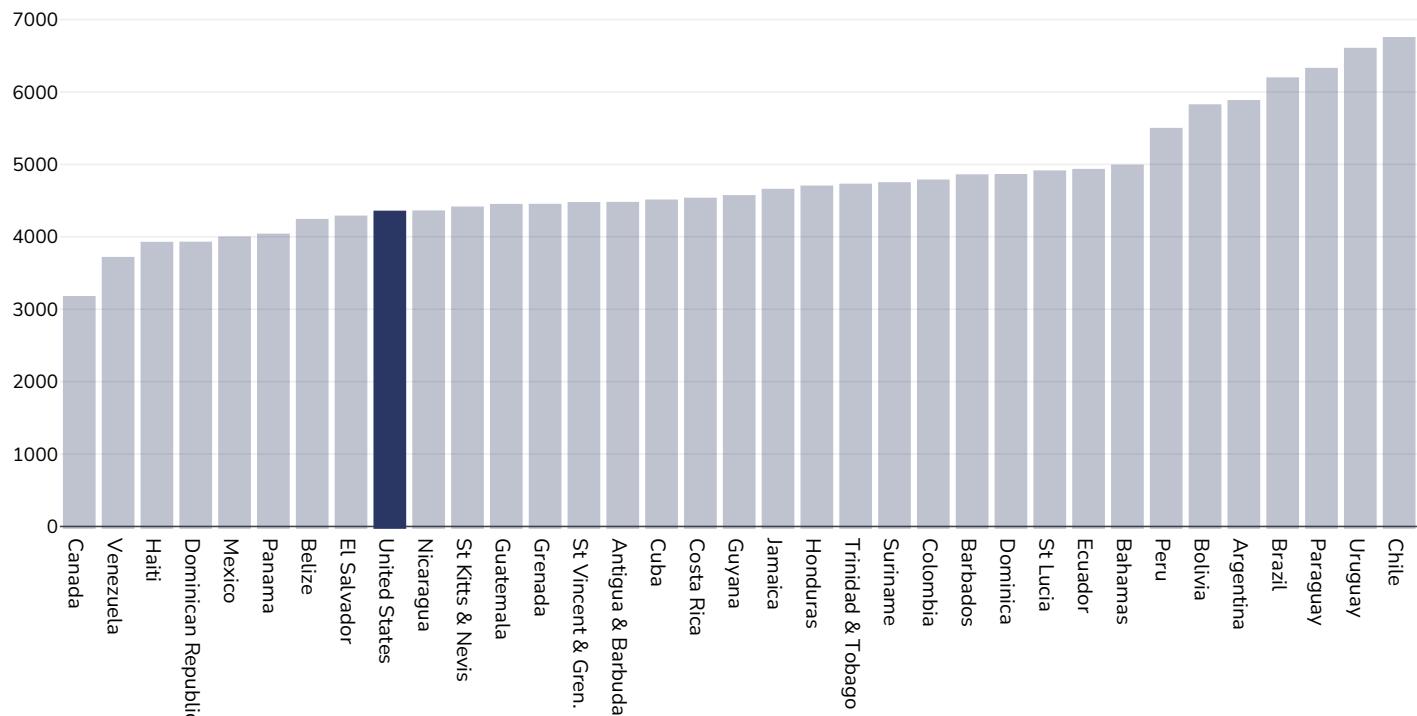


References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Boys, 2021**


**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Girls, 2021**


**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

*PDF created on January 20, 2026*