# Report card

## United States

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Obesity prevalence

Adults, 2017-2018

Survey type: Measured
Age: 18+
Sample size: 5429
Area covered: National
References: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2017-2018

Survey type: Measured
Age: 5-17
Sample size: 2086
Area covered: National
References: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation
Cutoffs: IOTF
% Adults living with obesity, 1960-2018

Women

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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.
Men

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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.
% Adults living with overweight or obesity, 1960-2018

Women

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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.
Men

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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.
% Adults living with obesity, 1960-1991

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/


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.
% Adults living with obesity, 1999-2003

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/


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, 1999-2012

Survey type: Measured


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, 2003-2018

Boys

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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: For full details of references visit https://data.worldobesity.org/

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.
% Adults living with obesity, selected countries, 1960-2021

Men

References:

For full details of references visit https://data.worldobesity.org/

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.
Women

References: For full details of references visit https://data.worldobesity.org/

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.
% Adults living with obesity, selected countries, 1960-2019

Men

References:

For full details of references visit https://data.worldobesity.org/

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.
Women

References:
For full details of references visit https://data.worldobesity.org/

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

Men, 2017-2018

Survey type: Measured
Age: 18+
Sample size: 5350 (unweighted)
Area covered: National
References: NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes: Weighted

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2017-2018

Survey type: Measured
Age: 18+
Sample size: 5350 (unweighted)
Area covered: National
References: NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes: Weighted

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
## Boys, 2015-2016

- **Survey type:** Measured
- **Age:** 5-17
- **Sample size:** 2315
- **Area covered:** National
- **References:** NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017
- **Notes:** Weighted
- **Cutoffs:** Other

### Chart Description

The chart shows the percentage of boys in different educational attainment levels (Less than 9th grade, 9-12th grade no diploma, High school graduate or GED, College or AA degree, College Graduate or above) categorized by obesity and overweight status.

<table>
<thead>
<tr>
<th>Educational Attainment Level</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 9th grade</td>
<td>20%</td>
<td>30%</td>
</tr>
<tr>
<td>9-12th grade no diploma</td>
<td>20%</td>
<td>30%</td>
</tr>
<tr>
<td>High school graduate or GED</td>
<td>15%</td>
<td>25%</td>
</tr>
<tr>
<td>College or AA degree</td>
<td>10%</td>
<td>20%</td>
</tr>
<tr>
<td>College Graduate or above</td>
<td>5%</td>
<td>10%</td>
</tr>
</tbody>
</table>

### Weighted Notes

Additional details provided in the notes section include the analysis conducted by the World Obesity Federation, with specific researchers mentioned.
Girls, 2015-2016

Survey type: Measured
Age: 5-17
Sample size: 2315
Area covered: National
References: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017
Notes: Weighted
Cutoffs: Other
Overweight/obesity by age

Adults, 2017-2018

Survey type: Measured
Sample size: 5432 (unweighted)
Area covered: National
References: NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes: Weighted

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Survey type: Measured
Sample size: 2086 (unweighted)
Area covered: National
References: NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes: Weighted
Cutoffs: IOTF
Overweight/obesity by region

Adults, 2014

Survey type: Self-reported
Age: 18+
Area covered: National
Notes: NOT NHANES States N-Z (inclusive)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 1999-2006

Survey type: Measured
Age: 2-19
Sample size: 15479
Area covered: National
Notes: Children were considered overweight and obese if their body mass index (BMI) was at or above the 85th percentile for age and gender according to growth charts from the National Center for Health Statistics (NCHS).
Cutoffs: Other
Girls, 1999-2006

Survey type: Measured
Age: 2-19
Sample size: 15479
Area covered: National
Notes: Children were considered overweight and obese if their body mass index (BMI) was at or above the 85th percentile for age and gender according to growth charts from the National Center for Health Statistics (NCHS).
Cutoffs: Other
Overweight/obesity by socio-economic group

Men, 2017-2018

Survey type: Measured
Age: 18+
Sample size: 4638 (unweighted)
Area covered: National
References: NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes: Weighted

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2017-2018

Survey type: Measured
Age: 18+
Sample size: 4638 (unweighted)
Area covered: National
References: NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes: Weighted

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2017-2018

Survey type: Measured
Age: 5-17
Sample size: 1852 (unweighted)
Area covered: National
References: NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes: Weighted
Cutoffs: IOTF
Girls, 2017-2018

Survey type: Measured
Age: 5-17
Sample size: 1852 (unweighted)
Area covered: National
References: NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes: Weighted
Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2016

Survey type: Self-reported
Age: 11-17
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


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


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)
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 1998-2019

Area covered: National


Definitions: % exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2020

Incidence per 100,000

Age:

20+

Area covered:

National

References:


Definitions:

Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000

Incidence per 100,000
Breast cancer

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Colorectal cancer

Men, 2020

Age: 20+

Area covered: National

References:

Definitions: Age-standardized incidence rates per 100 000
Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Pancreatic cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
**Gallbladder cancer**

**Men, 2020**

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbados</td>
<td>0</td>
</tr>
<tr>
<td>Belize</td>
<td>2</td>
</tr>
<tr>
<td>Guyana</td>
<td>4</td>
</tr>
<tr>
<td>St Lucia</td>
<td>6</td>
</tr>
<tr>
<td>Guatemala</td>
<td>8</td>
</tr>
<tr>
<td>Cuba</td>
<td>10</td>
</tr>
<tr>
<td>Paraguay</td>
<td>12</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>12</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>12</td>
</tr>
<tr>
<td>Haiti</td>
<td>12</td>
</tr>
<tr>
<td>Jamaica</td>
<td>12</td>
</tr>
<tr>
<td>Venezuela</td>
<td>12</td>
</tr>
<tr>
<td>Dominican Republic</td>
<td>12</td>
</tr>
<tr>
<td>United States</td>
<td>12</td>
</tr>
<tr>
<td>Panama</td>
<td>12</td>
</tr>
<tr>
<td>Brazil</td>
<td>12</td>
</tr>
<tr>
<td>Canada</td>
<td>12</td>
</tr>
<tr>
<td>El Salvador</td>
<td>12</td>
</tr>
<tr>
<td>Colombia</td>
<td>12</td>
</tr>
<tr>
<td>Honduras</td>
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<tr>
<td>Argentina</td>
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<tr>
<td>Bahamas</td>
<td>12</td>
</tr>
<tr>
<td>Ecuador</td>
<td>12</td>
</tr>
<tr>
<td>Suriname</td>
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<tr>
<td>Nicaragua</td>
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<tr>
<td>Peru</td>
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<tr>
<td>Uruguay</td>
<td>12</td>
</tr>
<tr>
<td>Chile</td>
<td>12</td>
</tr>
<tr>
<td>Bolivia</td>
<td>12</td>
</tr>
</tbody>
</table>

**Age:** 20+

**Area covered:** National


**Definitions:** Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Kidney cancer

Men, 2020

Incidence per 100,000

Age:

20+

Area covered:

National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Cancer of the uterus

Women, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Raised blood pressure

Adults, 2015

References:

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015

% raised blood pressure

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
**Women, 2015**

![Graph showing the percentage of raised blood pressure among women in various countries.](image)

**References:**

**Definitions:**
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008

% raised cholesterol

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014

References:

Definitions:
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

% raised fasting blood glucose

Canada
Bolivia
Peru
United States
Colombia
Dominica
Honduras
Paraguay
Guyana
Panama
Uruguay
Nicaragua
El Salvador
Jamaica
St Vincent & Gren.
Antigua & Barbuda
Argentina
Venezuela
Belize
Chile
Trinidad & Tobago
Mexico
Suriname
Bahamas
St Kitts & Nevis
St Lucia


Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
**Contextual factors**

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

### Labelling

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✔</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✔</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✗</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✗</td>
</tr>
<tr>
<td>Regulation and marketing</td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td></td>
</tr>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✓</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✓</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✓</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✓</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✓</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✓</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✓</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✓</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✓</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✓</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✗</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✓</td>
</tr>
</tbody>
</table>
### Political will and support

| National obesity strategy or nutrition and physical activity national strategy? | ✓✓ |
| National obesity strategy? | ✓✓ |
| National childhood obesity strategy? | ✓✓ |
| Comprehensive nutrition strategy? | ✓✓ |
| Comprehensive physical activity strategy? | ✓✓ |
| Evidence-based dietary guidelines and/or RDAs? | ✓✓ |
| National target(s) on reducing obesity? | ✓✓ |
| Guidelines/policy on obesity treatment? | ✓✓ |
| Promotion of breastfeeding? | ✓✓ |

### Monitoring and surveillance

| Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? | ✓✓ |
| Within 5 years? | ✓✓ |

### Governance and resource

| Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? | ✓✓ |

### Key

| ✓ Present | ✓✓ Present (voluntary) | ✓✓ Incoming | ❌ Absent | ❨ Unknown |

Last updated September 13, 2022