

Disparities in Overweight and Obesity Rates in the United States



Rates of overweight and obesity differ by race and ethnicity:

- Overall, **Hispanic (81.7 percent) and African American (75.1 percent) adults** have higher rates of overweight and obesity than non-Hispanic white adults (69.8 percent). These differences are most pronounced among women.
- In 2017-2018, **nearly 57 percent of African American adult women and 44 percent of Hispanic adult women** were obese compared with 40 percent of non-Hispanic white adult women.

Similar differences are seen among (ages 2 to 19):

- **25.8 percent of Hispanic and 22.0 percent of African American youth** are obese compared with 14.1 percent of non-Hispanic white youth.