Current Overweight, Obese, & Severely Obese Stats

The **Food Research & Action Center** (FRAC) is a private, nonprofit organization that works to improve the health, nutrition, and well-being of people in the United States who are struggling with poverty-related hunger. FRAC uses advocacy, partnerships, and policy solutions to achieve its goals

According to Food Research & Action Center:
https://frac.org/obesity-health/obesity-u-s-2

- 31.6% of US adults (20years & older) are overweight **as of August 2024**.   31.6%
- This is in addition to 39.6% of adults who are obese and   39.6%
- 7.7% of people are severely obese.   7.7%
  That = 78.90% of USA adults are overweight!   **78.90%**

U.S. Census Bureau projected on Jan. 1, 2024, that the U.S. population was 335,893,238.
78.90% would mean that **265,019,764** American Adults are overweight!!

Obesity rates tend to be higher in Black and Hispanic women, & in Hispanic men.
Mostly in the South and Midwest, Nonmetropolitan counties, and in Older people.

Child Obesity in the U.S.
- According to the latest national figures, 18.5 of U.S. children are obese.   18.5%
- Another 16.6 percent are overweight and   16.6%
- 5.6 percent are severely obese.   5.6%
       40.7%

Obesity rates tend to be higher and have increased more rapidly over time among Black and Hispanic children than White children. The prevalence also is higher among children living in rural areas.

Racial-Ethnic Disparities
Based on national data, 13.5 percent of White girls are obese compared to
25.1 percent of Black and
23.6 percent of Hispanic girls.

About 28 percent of Hispanic boys are obese, compared to 19.0 percent of Black and 14.6 percent of White boys.   Rates are substantially lower for Asian boys and girls.

While little national data are available on Native American children, several studies have found much higher obesity rates compared to the national average and other racial-ethnic groups.
For example, one study estimates that 29.7 percent of American Indian and Alaska Native children are obese.