

**Table A-15a. Age-adjusted percent distribution (with standard errors) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2016**

Selected characteristic	All adults aged 18 and over	Underweight <sup>1</sup>	Healthy weight <sup>1</sup>	Overweight <sup>1</sup>	Obese <sup>1</sup>
Total	100.0	1.9 (0.12)	34.0 (0.38)	34.6 (0.35)	29.5 (0.36)
Sex					
Male	100.0	1.2 (0.14)	28.7 (0.54)	40.7 (0.55)	29.4 (0.48)
Female	100.0	2.6 (0.17)	39.1 (0.53)	28.7 (0.47)	29.6 (0.52)
Age (years)					
18–44	100.0	2.4 (0.19)	38.3 (0.59)	31.8 (0.54)	27.5 (0.53)
45–64	100.0	0.9 (0.12)	27.5 (0.59)	36.9 (0.62)	34.7 (0.60)
65–74	100.0	1.2 (0.23)	26.8 (0.86)	40.5 (0.94)	31.5 (0.85)
75 and over	100.0	3.1 (0.39)	37.4 (0.98)	38.3 (1.01)	21.2 (0.84)
Race					
One race <sup>2</sup>	100.0	1.9 (0.12)	34.0 (0.38)	34.7 (0.36)	29.4 (0.36)
White	100.0	1.7 (0.12)	33.5 (0.41)	35.4 (0.40)	29.3 (0.39)
Black or African American	100.0	1.7 (0.33)	28.8 (1.18)	30.4 (1.01)	39.0 (1.16)
American Indian or Alaska Native	100.0	0.6 (0.33)	24.2 (3.59)	36.2 (3.43)	39.1 (3.72)
Asian	100.0	4.9 (0.73)	52.7 (1.70)	32.9 (1.68)	9.5 (0.94)
Native Hawaiian or Other Pacific Islander	100.0	-	24.0 (5.62)	24.4 (5.40)	51.7 (6.97)
Two or more races <sup>3</sup>	100.0	2.2 (0.82)	33.7 (2.51)	32.0 (2.46)	32.1 (2.50)
Black or African American, white	100.0	-	*	32.0 (6.93)	25.1 (5.80)
American Indian or Alaska Native, white	100.0	1.7 (1.05)	31.4 (3.87)	28.7 (4.00)	38.2 (4.10)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	100.0	1.3 (0.25)	27.4 (0.99)	39.9 (1.11)	31.4 (0.97)
Mexican or Mexican American	100.0	1.1 (0.28)	25.1 (1.25)	39.7 (1.48)	34.1 (1.26)
Not Hispanic or Latino	100.0	2.1 (0.13)	35.4 (0.40)	33.5 (0.37)	29.0 (0.38)
White, single race	100.0	1.8 (0.15)	35.2 (0.44)	34.3 (0.43)	28.7 (0.42)
Black or African American, single race	100.0	1.6 (0.32)	28.6 (1.19)	30.3 (1.03)	39.4 (1.18)
Education <sup>5</sup>					
Less than a high school diploma	100.0	1.3 (0.29)	26.1 (1.15)	35.7 (1.31)	36.9 (1.24)
High school diploma or GED <sup>6</sup>	100.0	1.6 (0.19)	27.6 (0.76)	36.6 (0.82)	34.2 (0.83)
Some college	100.0	1.2 (0.16)	27.6 (0.66)	35.4 (0.68)	35.9 (0.74)
Bachelor's degree or higher	100.0	1.6 (0.17)	39.0 (0.64)	36.7 (0.65)	22.7 (0.57)
Current employment status <sup>7</sup>					
Employed	100.0	1.4 (0.12)	33.1 (0.57)	37.1 (0.55)	28.5 (0.49)
Full-time	100.0	1.0 (0.10)	31.6 (0.79)	38.1 (0.79)	29.3 (0.62)
Part-time	100.0	2.3 (0.35)	39.5 (1.17)	33.5 (1.12)	24.7 (1.04)
Not employed but has worked previously	100.0	2.4 (0.30)	34.6 (0.80)	30.7 (0.74)	32.2 (0.78)
Not employed and has never worked	100.0	4.9 (0.83)	40.8 (1.84)	27.4 (1.63)	26.9 (1.71)

**Table A-15a. Age-adjusted percent distribution (with standard errors) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2016**

Selected characteristic	All adults aged 18 and over	Underweight <sup>1</sup>	Healthy weight <sup>1</sup>	Overweight <sup>1</sup>	Obese <sup>1</sup>
<b>Family income<sup>8</sup></b>					
Less than \$35,000	100.0	2.3 (0.23)	33.6 (0.67)	31.5 (0.64)	32.6 (0.68)
\$35,000 or more	100.0	1.7 (0.15)	34.0 (0.48)	36.0 (0.47)	28.4 (0.44)
\$35,000–\$49,999	100.0	1.7 (0.30)	30.3 (1.15)	34.8 (1.11)	33.2 (1.18)
\$50,000–\$74,999	100.0	2.0 (0.28)	30.5 (0.93)	35.8 (0.95)	31.8 (0.93)
\$75,000–\$99,999	100.0	1.1 (0.26)	33.4 (1.12)	33.8 (1.07)	31.7 (1.07)
\$100,000 or more	100.0	1.7 (0.26)	38.0 (0.82)	37.4 (0.86)	22.9 (0.65)
<b>Poverty status<sup>9</sup></b>					
Poor	100.0	2.2 (0.30)	33.7 (1.01)	30.8 (0.98)	33.2 (1.05)
Near poor	100.0	2.4 (0.28)	30.7 (0.88)	33.2 (0.94)	33.7 (0.95)
Not poor	100.0	1.7 (0.15)	34.7 (0.47)	35.7 (0.44)	27.9 (0.43)
<b>Health insurance coverage<sup>10</sup></b>					
Under 65:					
Private	100.0	1.6 (0.15)	35.5 (0.53)	34.7 (0.51)	28.2 (0.50)
Medicaid	100.0	3.2 (0.48)	31.3 (1.15)	28.5 (1.03)	37.0 (1.13)
Other coverage	100.0	1.1 (0.33)	33.9 (2.38)	32.6 (2.12)	32.4 (2.09)
Uninsured	100.0	1.9 (0.37)	31.9 (1.28)	34.6 (1.25)	31.6 (1.25)
65 and over:					
Private	100.0	1.4 (0.22)	30.9 (0.98)	40.6 (1.01)	27.1 (0.95)
Medicare and Medicaid	100.0	2.5 (0.75)	32.0 (2.40)	32.6 (2.31)	33.0 (2.51)
Medicare Advantage	100.0	3.0 (0.60)	31.6 (1.41)	40.2 (1.57)	25.2 (1.27)
Medicare only	100.0	2.4 (0.54)	34.4 (1.67)	38.0 (1.75)	25.2 (1.47)
Other coverage	100.0	1.9 (0.78)	33.3 (2.46)	39.5 (2.41)	25.4 (2.01)
Uninsured	100.0	*	*	*	*
<b>Marital status</b>					
Married	100.0	1.3 (0.14)	31.3 (0.53)	37.7 (0.56)	29.7 (0.55)
Widowed	100.0	*	25.4 (4.20)	26.1 (3.92)	44.9 (5.05)
Divorced or separated	100.0	1.5 (0.32)	31.8 (1.13)	33.6 (1.19)	33.1 (1.18)
Never married	100.0	2.9 (0.36)	36.2 (0.81)	30.9 (0.81)	30.1 (0.86)
Living with a partner	100.0	1.7 (0.37)	35.3 (1.44)	33.8 (1.41)	29.2 (1.25)
<b>Place of residence<sup>11</sup></b>					
Large MSA	100.0	2.0 (0.17)	35.6 (0.55)	35.3 (0.50)	27.1 (0.51)
Small MSA	100.0	1.8 (0.19)	32.3 (0.60)	34.6 (0.59)	31.3 (0.60)
Not in MSA	100.0	1.8 (0.27)	30.4 (0.86)	31.8 (0.77)	36.0 (0.92)
<b>Region</b>					
Northeast	100.0	2.1 (0.32)	36.2 (0.96)	35.8 (0.91)	25.9 (0.88)
Midwest	100.0	1.6 (0.21)	31.9 (0.76)	33.1 (0.75)	33.4 (0.73)
South	100.0	1.6 (0.17)	32.1 (0.64)	34.2 (0.57)	32.1 (0.62)
West	100.0	2.5 (0.27)	37.0 (0.73)	35.8 (0.71)	24.6 (0.66)

**Table A-15a. Age-adjusted percent distribution (with standard errors) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2016**

Selected characteristic	All adults aged 18 and over	Underweight <sup>1</sup>	Healthy weight <sup>1</sup>	Overweight <sup>1</sup>	Obese <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex					
Hispanic or Latino, male	100.0	0.9 (0.29)	20.8 (1.26)	47.7 (1.57)	30.7 (1.39)
Hispanic or Latina, female	100.0	1.7 (0.38)	34.1 (1.40)	32.3 (1.34)	31.9 (1.37)
Not Hispanic or Latino:					
White, single race, male	100.0	1.0 (0.17)	28.5 (0.62)	40.8 (0.66)	29.7 (0.58)
White, single race, female	100.0	2.6 (0.23)	41.8 (0.65)	27.9 (0.59)	27.6 (0.63)
Black or African American, single race, male	100.0	2.2 (0.62)	32.3 (1.92)	33.4 (1.66)	32.1 (1.86)
Black or African American, single race, female	100.0	1.3 (0.33)	25.7 (1.35)	27.8 (1.32)	45.3 (1.47)

\* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf)), and is not shown.

\*\* Complement of the estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf)).

- Quantity zero.

<sup>1</sup>Calculated from information that respondents supplied in response to survey questions regarding height and weight. For both men and women, underweight is indicated by body mass index (BMI) under 18.5; healthy weight is indicated by BMI of 18.5 up to 25.0; overweight is indicated by BMI of 25.0 up to 30.0; and obesity is indicated by BMI of 30.0 or higher. Note that self-reported height and weight may differ from actual measurements. The weighted percentage of unknown with respect to BMI among adults aged 18 and over was 3.6%.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using four age groups: 25-44, 45-64, 65-74, and 75 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

<sup>8</sup>Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

<sup>9</sup>"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

<sup>10</sup>Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

<sup>11</sup>MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18-44, 45-64, 65-74, and 75 and over. Estimates for age groups are not age-adjusted. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarroel MA. Tables of Summary Health Statistics for U.S. Adults: 2016 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2016.

**Table A-15b. Frequency distribution (in thousands) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2016**

Selected characteristic	All adults aged 18 and over	Underweight <sup>1</sup>	Healthy weight <sup>1</sup>	Overweight <sup>1</sup>	Obese <sup>1</sup>
Total	245,142	4,298	78,557	82,870	70,723
Sex					
Male	118,223	1,303	32,262	47,696	34,743
Female	126,920	2,995	46,295	35,174	35,980
Age (years)					
18–44	113,401	2,618	42,060	34,936	30,256
45–64	83,703	754	22,058	29,586	27,817
65–74	28,532	338	7,359	11,109	8,643
75 and over	19,507	588	7,081	7,238	4,007
Race					
One race <sup>2</sup>	240,410	4,181	77,010	81,488	69,272
White	192,455	3,007	60,480	66,827	55,248
Black or African American	30,105	458	8,170	8,797	11,432
American Indian or Alaska Native	2,460	13	582	867	931
Asian	14,853	703	7,663	4,869	1,386
Native Hawaiian or Other Pacific Islander	538	-	114	128	275
Two or more races <sup>3</sup>	4,732	117	1,548	1,382	1,451
Black or African American, white	816	-	330	245	231
American Indian or Alaska Native, white	1,763	29	529	493	654
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	38,782	469	10,364	14,865	11,923
Mexican or Mexican American	23,240	275	5,730	8,817	7,634
Not Hispanic or Latino	206,360	3,829	68,193	68,004	58,800
White, single race	157,505	2,590	51,121	53,475	44,464
Black or African American, single race	28,757	416	7,757	8,381	11,023
Education <sup>5</sup>					
Less than a high school diploma	26,459	385	6,695	9,061	9,333
High school diploma or GED <sup>6</sup>	51,932	803	13,688	18,341	17,049
Some college	61,937	666	16,169	21,247	21,515
Bachelor's degree or higher	74,100	1,089	27,554	26,521	16,684
Current employment status <sup>7</sup>					
Employed	150,236	1,970	47,769	52,580	42,862
Full-time	120,071	1,281	36,127	43,046	35,588
Part-time	27,966	635	10,739	8,918	6,737
Not employed but has worked previously	81,641	1,669	25,485	27,015	24,748
Not employed and has never worked	13,099	658	5,219	3,251	3,088

**Table A-15b. Frequency distribution (in thousands) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2016**

Selected characteristic	All adults aged 18 and over	Underweight <sup>1</sup>	Healthy weight <sup>1</sup>	Overweight <sup>1</sup>	Obese <sup>1</sup>
Family income <sup>8</sup>					
Less than \$35,000	66,236	1,493	21,313	20,532	20,711
\$35,000 or more	153,049	2,300	49,214	54,061	43,333
\$35,000–\$49,999	24,929	388	7,288	8,501	7,972
\$50,000–\$74,999	38,167	694	11,177	13,437	11,989
\$75,000–\$99,999	27,484	290	8,698	9,161	8,673
\$100,000 or more	62,469	927	22,051	22,962	14,698
Poverty status <sup>9</sup>					
Poor	28,852	639	9,658	8,403	9,156
Near poor	40,911	975	12,190	13,231	13,171
Not poor	162,870	2,486	52,999	57,260	45,279
Health insurance coverage <sup>10</sup>					
Under 65:					
Private	136,020	1,978	45,431	46,005	37,745
Medicaid	28,037	866	8,487	7,729	10,026
Other coverage	8,873	85	2,566	2,826	3,109
Uninsured	22,734	419	7,098	7,522	6,857
65 and over:					
Private	20,020	253	5,756	7,822	5,399
Medicare and Medicaid	3,360	79	1,034	1,057	1,073
Medicare Advantage	12,135	342	3,690	4,758	3,045
Medicare only	8,167	178	2,643	3,003	2,011
Other coverage	3,891	57	1,196	1,531	1,020
Uninsured	336	*	*	*	*
Marital status					
Married	130,447	1,499	38,161	48,164	38,111
Widowed	14,066	421	4,505	4,612	3,883
Divorced or separated	27,343	378	7,790	9,037	9,039
Never married	54,432	1,683	21,616	15,028	14,215
Living with a partner	18,527	317	6,401	5,904	5,391
Place of residence <sup>11</sup>					
Large MSA	137,266	2,529	46,372	47,157	36,360
Small MSA	73,222	1,228	22,242	24,775	22,459
Not in MSA	34,654	541	9,943	10,938	11,904
Region					
Northeast	44,851	827	14,954	15,572	11,588
Midwest	54,359	780	16,435	17,609	17,641
South	87,402	1,291	26,385	29,153	27,346
West	58,531	1,401	20,783	20,536	14,149

**Table A-15b. Frequency distribution (in thousands) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2016**

Selected characteristic	All adults aged 18 and over	Underweight <sup>1</sup>	Healthy weight <sup>1</sup>	Overweight <sup>1</sup>	Obese <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex					
Hispanic or Latino, male	19,292	176	3,920	8,904	5,987
Hispanic or Latina, female	19,489	293	6,444	5,962	5,936
Not Hispanic or Latino:					
White, single race, male	76,525	672	20,175	31,338	23,070
White, single race, female	80,980	1,919	30,946	22,138	21,393
Black or African American, single race, male	12,928	236	3,961	4,223	4,149
Black or African American, single race, female	15,829	180	3,796	4,158	6,874

\* Corresponding crude percentage for the frequency is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf)), so the frequency is not shown.

\*\* Complement of the corresponding crude percentage for the frequency is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf)).

- Quantity zero.

<sup>1</sup>Calculated from information that respondents supplied in response to survey questions regarding height and weight. For both men and women, underweight is indicated by body mass index (BMI) under 18.5; healthy weight is indicated by BMI of 18.5 up to 25.0; overweight is indicated by BMI of 25.0 up to 30.0; and obesity is indicated by BMI of 30.0 or higher. Note that self-reported height and weight may differ from actual measurements. The weighted percentage of unknown with respect to BMI among adults aged 18 and over was 3.6%.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

<sup>8</sup>Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

<sup>9</sup>"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

<sup>10</sup>Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy.

"Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

<sup>11</sup>MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the frequencies, but they are included in the "All adults aged 18 and over" column.

Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics

Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarroel MA. Tables of Summary Health Statistics for U.S. Adults: 2016 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2016.

**Table A-15c. Crude percent distribution (with standard errors) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2016**

Selected characteristic	All adults aged 18 and over	Underweight <sup>1</sup>	Healthy weight <sup>1</sup>	Overweight <sup>1</sup>	Obese <sup>1</sup>
Total	100.0	1.8 (0.11)	33.2 (0.37)	35.0 (0.35)	29.9 (0.35)
Sex					
Male	100.0	1.1 (0.13)	27.8 (0.52)	41.1 (0.54)	29.9 (0.47)
Female	100.0	2.5 (0.16)	38.4 (0.52)	29.2 (0.47)	29.9 (0.51)
Age (years)					
18–44	100.0	2.4 (0.19)	38.3 (0.59)	31.8 (0.54)	27.5 (0.53)
45–64	100.0	0.9 (0.12)	27.5 (0.59)	36.9 (0.62)	34.7 (0.60)
65–74	100.0	1.2 (0.23)	26.8 (0.86)	40.5 (0.94)	31.5 (0.85)
75 and over	100.0	3.1 (0.39)	37.4 (0.98)	38.3 (1.01)	21.2 (0.84)
Race					
One race <sup>2</sup>	100.0	1.8 (0.11)	33.2 (0.37)	35.1 (0.35)	29.9 (0.35)
White	100.0	1.6 (0.11)	32.6 (0.39)	36.0 (0.39)	29.8 (0.38)
Black or African American	100.0	1.6 (0.30)	28.3 (1.21)	30.5 (1.02)	39.6 (1.19)
American Indian or Alaska Native	100.0	0.5 (0.35)	24.3 (3.70)	36.2 (3.46)	38.9 (3.79)
Asian	100.0	4.8 (0.72)	52.4 (1.72)	33.3 (1.72)	9.5 (0.92)
Native Hawaiian or Other Pacific Islander	100.0	-	22.1 (5.68)	24.8 (5.66)	53.1 (7.30)
Two or more races <sup>3</sup>	100.0	2.6 (1.02)	34.4 (2.62)	30.7 (2.58)	32.3 (2.62)
Black or African American, white	100.0	-	41.0 (6.82)	30.4 (6.30)	28.7 (6.37)
American Indian or Alaska Native, white	100.0	1.7 (1.02)	31.0 (3.83)	28.9 (3.95)	38.4 (4.06)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	100.0	1.2 (0.24)	27.5 (1.03)	39.5 (1.10)	31.7 (0.99)
Mexican or Mexican American	100.0	1.2 (0.32)	25.5 (1.28)	39.3 (1.39)	34.0 (1.30)
Not Hispanic or Latino	100.0	1.9 (0.12)	34.3 (0.38)	34.2 (0.37)	29.6 (0.36)
White, single race	100.0	1.7 (0.12)	33.7 (0.41)	35.3 (0.42)	29.3 (0.40)
Black or African American, single race	100.0	1.5 (0.30)	28.1 (1.21)	30.4 (1.04)	40.0 (1.21)
Education <sup>5</sup>					
Less than a high school diploma	100.0	1.5 (0.28)	26.3 (1.05)	35.6 (1.15)	36.6 (1.13)
High school diploma or GED <sup>6</sup>	100.0	1.6 (0.19)	27.4 (0.70)	36.8 (0.75)	34.2 (0.76)
Some college	100.0	1.1 (0.14)	27.1 (0.65)	35.7 (0.68)	36.1 (0.72)
Bachelor's degree or higher	100.0	1.5 (0.16)	38.4 (0.64)	36.9 (0.65)	23.2 (0.58)
Current employment status <sup>7</sup>					
Employed	100.0	1.4 (0.11)	32.9 (0.49)	36.2 (0.47)	29.5 (0.45)
Full-time	100.0	1.1 (0.11)	31.1 (0.52)	37.1 (0.52)	30.7 (0.52)
Part-time	100.0	2.4 (0.36)	39.7 (1.16)	33.0 (1.12)	24.9 (1.06)
Not employed but has worked previously	100.0	2.1 (0.19)	32.3 (0.58)	34.2 (0.59)	31.4 (0.58)
Not employed and has never worked	100.0	5.4 (0.91)	42.7 (1.82)	26.6 (1.59)	25.3 (1.61)

**Table A-15c. Crude percent distribution (with standard errors) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2016**

Selected characteristic	All adults aged 18 and over	Underweight <sup>1</sup>	Healthy weight <sup>1</sup>	Overweight <sup>1</sup>	Obese <sup>1</sup>
<b>Family income<sup>8</sup></b>					
Less than \$35,000	100.0	2.3 (0.22)	33.3 (0.66)	32.1 (0.63)	32.3 (0.66)
\$35,000 or more	100.0	1.5 (0.13)	33.1 (0.47)	36.3 (0.47)	29.1 (0.44)
\$35,000–\$49,999	100.0	1.6 (0.29)	30.2 (1.12)	35.2 (1.09)	33.0 (1.17)
\$50,000–\$74,999	100.0	1.9 (0.26)	30.0 (0.92)	36.0 (0.94)	32.1 (0.92)
\$75,000–\$99,999	100.0	1.1 (0.24)	32.4 (1.11)	34.2 (1.07)	32.3 (1.07)
\$100,000 or more	100.0	1.5 (0.24)	36.4 (0.75)	37.9 (0.80)	24.2 (0.65)
<b>Poverty status<sup>9</sup></b>					
Poor	100.0	2.3 (0.32)	34.7 (1.08)	30.2 (0.99)	32.9 (1.07)
Near poor	100.0	2.5 (0.28)	30.8 (0.86)	33.4 (0.91)	33.3 (0.92)
Not poor	100.0	1.6 (0.13)	33.5 (0.44)	36.2 (0.44)	28.7 (0.42)
<b>Health insurance coverage<sup>10</sup></b>					
Under 65:					
Private	100.0	1.5 (0.13)	34.6 (0.51)	35.1 (0.51)	28.8 (0.49)
Medicaid	100.0	3.2 (0.48)	31.3 (1.17)	28.5 (1.03)	37.0 (1.13)
Other coverage	100.0	1.0 (0.28)	29.9 (1.80)	32.9 (1.72)	36.2 (1.79)
Uninsured	100.0	1.9 (0.37)	32.4 (1.31)	34.4 (1.28)	31.3 (1.27)
65 and over:					
Private	100.0	1.3 (0.21)	29.9 (0.95)	40.7 (1.01)	28.1 (0.98)
Medicare and Medicaid	100.0	2.4 (0.74)	31.9 (2.42)	32.6 (2.31)	33.1 (2.53)
Medicare Advantage	100.0	2.9 (0.59)	31.2 (1.41)	40.2 (1.58)	25.7 (1.29)
Medicare only	100.0	2.3 (0.50)	33.7 (1.66)	38.3 (1.76)	25.7 (1.49)
Other coverage	100.0	1.5 (0.61)	31.4 (2.41)	40.3 (2.48)	26.8 (2.07)
Uninsured	100.0	*	*	*	*
<b>Marital status</b>					
Married	100.0	1.2 (0.12)	30.3 (0.50)	38.2 (0.51)	30.3 (0.51)
Widowed	100.0	3.1 (0.47)	33.6 (1.14)	34.4 (1.18)	28.9 (1.08)
Divorced or separated	100.0	1.4 (0.23)	29.7 (0.84)	34.4 (0.91)	34.4 (0.94)
Never married	100.0	3.2 (0.33)	41.1 (0.86)	28.6 (0.73)	27.1 (0.77)
Living with a partner	100.0	1.8 (0.33)	35.5 (1.36)	32.8 (1.33)	29.9 (1.31)
<b>Place of residence<sup>11</sup></b>					
Large MSA	100.0	1.9 (0.16)	35.0 (0.55)	35.6 (0.50)	27.5 (0.51)
Small MSA	100.0	1.7 (0.17)	31.5 (0.58)	35.0 (0.59)	31.8 (0.58)
Not in MSA	100.0	1.6 (0.22)	29.8 (0.80)	32.8 (0.73)	35.7 (0.86)
<b>Region</b>					
Northeast	100.0	1.9 (0.29)	34.8 (0.91)	36.3 (0.87)	27.0 (0.87)
Midwest	100.0	1.5 (0.19)	31.3 (0.76)	33.6 (0.73)	33.6 (0.69)
South	100.0	1.5 (0.16)	31.3 (0.62)	34.6 (0.57)	32.5 (0.62)
West	100.0	2.5 (0.26)	36.5 (0.73)	36.1 (0.72)	24.9 (0.66)



**Table A-15c. Crude percent distribution (with standard errors) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2016**

Selected characteristic	All adults aged 18 and over	Underweight <sup>1</sup>	Healthy weight <sup>1</sup>	Overweight <sup>1</sup>	Obese <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex					
Hispanic or Latino, male	100.0	0.9 (0.33)	20.6 (1.26)	46.9 (1.57)	31.5 (1.44)
Hispanic or Latina, female	100.0	1.6 (0.35)	34.6 (1.46)	32.0 (1.34)	31.9 (1.39)
Not Hispanic or Latino:					
White, single race, male	100.0	0.9 (0.14)	26.8 (0.57)	41.6 (0.62)	30.7 (0.56)
White, single race, female	100.0	2.5 (0.20)	40.5 (0.62)	29.0 (0.58)	28.0 (0.59)
Black or African American, single race, male	100.0	1.9 (0.53)	31.5 (1.97)	33.6 (1.71)	33.0 (1.88)
Black or African American, single race, female	100.0	1.2 (0.32)	25.3 (1.36)	27.7 (1.31)	45.8 (1.49)

\* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf)), and is not shown.

\*\* Complement of the estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_175.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf)).

- Quantity zero.

<sup>1</sup>Calculated from information that respondents supplied in response to survey questions regarding height and weight. For both men and women, underweight is indicated by body mass index (BMI) under 18.5; healthy weight is indicated by BMI of 18.5 up to 25.0; overweight is indicated by BMI of 25.0 up to 30.0; and obesity is indicated by BMI of 30.0 or higher. Note that self-reported height and weight may differ from actual measurements. The weighted percentage of unknown with respect to BMI among adults aged 18 and over was 3.6%.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

<sup>8</sup>Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

<sup>9</sup>"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

<sup>10</sup>Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy.

"Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

<sup>11</sup>MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarroel MA. Tables of Summary Health Statistics for U.S. Adults: 2016 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2016.