

Table BW–1a. Age-adjusted percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Both sexes	100.0	1.8 (0.05)	35.6 (0.21)	34.2 (0.18)	28.3 (0.21)
Age					
18–24 years	100.0	3.9 (0.24)	52.1 (0.69)	25.1 (0.55)	18.9 (0.53)
25–44 years	100.0	1.6 (0.07)	35.8 (0.32)	33.6 (0.30)	29.1 (0.32)
45–64 years	100.0	1.0 (0.06)	28.6 (0.29)	37.1 (0.29)	33.3 (0.31)
65–74 years	100.0	1.3 (0.11)	28.8 (0.46)	39.2 (0.50)	30.7 (0.46)
75 years and over	100.0	3.0 (0.18)	40.0 (0.55)	37.1 (0.54)	19.9 (0.47)
Race					
One race ²	100.0	1.8 (0.05)	35.6 (0.21)	34.2 (0.18)	28.3 (0.21)
White	100.0	1.7 (0.06)	35.6 (0.24)	34.8 (0.21)	27.9 (0.23)
Black or African American	100.0	1.3 (0.13)	27.1 (0.44)	33.5 (0.42)	38.0 (0.49)
American Indian or Alaska Native	100.0	*1.5 (0.50)	24.8 (1.87)	31.2 (1.80)	42.5 (2.45)
Asian	100.0	4.2 (0.27)	56.7 (0.70)	28.9 (0.65)	10.3 (0.45)
Native Hawaiian or Other Pacific Islander	100.0	-	21.7 (3.74)	34.5 (4.86)	43.8 (4.46)
Two or more races ³	100.0	1.9 (0.35)	34.0 (1.24)	33.2 (1.29)	31.0 (1.27)
Black or African American, white	100.0	*1.1 (0.40)	35.7 (3.17)	29.9 (3.33)	33.4 (3.45)
American Indian or Alaska Native, white	100.0	*2.1 (0.66)	31.1 (1.83)	33.5 (1.81)	33.3 (2.02)
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	100.0	1.1 (0.09)	28.6 (0.39)	38.5 (0.41)	31.7 (0.43)
Mexican or Mexican American	100.0	1.0 (0.10)	25.9 (0.49)	38.9 (0.53)	34.3 (0.58)
Not Hispanic or Latino	100.0	2.0 (0.06)	36.9 (0.23)	33.4 (0.20)	27.7 (0.23)
White, single race	100.0	1.9 (0.07)	37.2 (0.27)	33.9 (0.24)	27.0 (0.26)
Black or African American, single race	100.0	1.3 (0.13)	27.0 (0.44)	33.5 (0.43)	38.2 (0.50)
American Indian or Alaska Native, single race	100.0	*1.8 (0.78)	23.9 (2.30)	26.4 (2.34)	47.9 (3.06)
Education ⁵					
Less than high school diploma	100.0	1.6 (0.12)	27.3 (0.44)	36.7 (0.47)	34.5 (0.46)
GED or equivalent ⁶	100.0	1.4 (0.22)	27.2 (1.13)	33.6 (1.03)	37.8 (1.06)
High school graduate	100.0	1.4 (0.10)	28.2 (0.39)	36.2 (0.42)	34.1 (0.42)
Some college, no degree	100.0	1.3 (0.09)	30.0 (0.44)	34.9 (0.45)	33.8 (0.45)
Associate's degree	100.0	1.2 (0.13)	30.9 (0.53)	35.2 (0.56)	32.6 (0.56)
Bachelor's degree	100.0	1.5 (0.11)	39.4 (0.43)	36.2 (0.41)	22.8 (0.38)
Master's, professional, or doctoral degree	100.0	1.5 (0.14)	43.1 (0.56)	35.6 (0.54)	19.8 (0.47)
Poverty status ⁷					
Less than 100% of the poverty threshold	100.0	2.7 (0.15)	34.4 (0.46)	30.7 (0.39)	32.3 (0.47)
100% to less than 200% of the poverty threshold	100.0	2.0 (0.12)	33.3 (0.41)	33.0 (0.37)	31.7 (0.41)
200% to less than 400% of the poverty threshold	100.0	1.6 (0.10)	33.5 (0.34)	34.7 (0.35)	30.1 (0.35)
400% of the poverty threshold or greater	100.0	1.5 (0.09)	39.0 (0.35)	35.8 (0.32)	23.7 (0.30)

Table BW–1a. Age-adjusted percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Both sexes (continued)					
Marital status					
Married	100.0	1.3 (0.06)	32.9 (0.28)	36.8 (0.27)	29.0 (0.27)
Widowed	100.0	1.3 (0.18)	35.8 (2.19)	29.7 (1.86)	33.1 (2.20)
Divorced or separated	100.0	1.6 (0.14)	31.7 (0.50)	33.6 (0.49)	33.1 (0.49)
Never married	100.0	2.5 (0.15)	39.1 (0.44)	30.2 (0.41)	28.2 (0.44)
Living with a partner	100.0	1.8 (0.21)	34.3 (0.74)	35.2 (0.78)	28.7 (0.77)
Region					
Northeast	100.0	1.8 (0.14)	38.5 (0.55)	34.3 (0.42)	25.4 (0.50)
Midwest	100.0	1.7 (0.11)	33.5 (0.43)	34.5 (0.43)	30.3 (0.47)
South	100.0	1.8 (0.08)	33.8 (0.33)	34.0 (0.29)	30.3 (0.34)
West	100.0	1.9 (0.10)	38.5 (0.44)	34.1 (0.34)	25.4 (0.40)
Place of residence ⁸					
Large MSA	100.0	1.9 (0.07)	37.4 (0.29)	34.4 (0.25)	26.3 (0.26)
Small MSA	100.0	1.8 (0.09)	34.7 (0.40)	34.1 (0.32)	29.4 (0.43)
Not in MSA	100.0	1.7 (0.13)	30.8 (0.43)	33.7 (0.50)	33.8 (0.51)

Table BW–1a. Age-adjusted percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Men	100.0	1.0 (0.06)	29.5 (0.27)	41.0 (0.27)	28.6 (0.27)
Age					
18–24 years	100.0	2.9 (0.29)	50.3 (0.88)	29.1 (0.80)	17.7 (0.67)
25–44 years	100.0	0.7 (0.08)	28.4 (0.41)	41.2 (0.46)	29.7 (0.44)
45–64 years	100.0	0.4 (0.05)	21.6 (0.37)	43.8 (0.45)	34.1 (0.45)
65–74 years	100.0	0.6 (0.11)	23.5 (0.63)	46.1 (0.77)	29.8 (0.71)
75 years and over	100.0	1.3 (0.19)	34.8 (0.90)	44.8 (0.93)	19.1 (0.70)
Race					
One race ²	100.0	0.9 (0.06)	29.5 (0.27)	41.0 (0.28)	28.5 (0.28)
White	100.0	0.8 (0.06)	28.4 (0.30)	41.7 (0.31)	29.0 (0.31)
Black or African American	100.0	1.0 (0.17)	28.5 (0.68)	38.2 (0.69)	32.2 (0.73)
American Indian or Alaska Native	100.0	*	21.9 (2.29)	36.5 (2.39)	40.7 (2.44)
Asian	100.0	2.3 (0.31)	49.2 (1.03)	37.7 (1.00)	10.8 (0.68)
Native Hawaiian or Other Pacific Islander	100.0	-	23.6 (5.92)	29.9 (5.02)	46.5 (6.73)
Two or more races ³	100.0	*2.0 (0.66)	30.0 (1.75)	37.6 (1.91)	30.5 (1.84)
Black or African American, white	100.0	*	30.4 (3.70)	41.3 (5.65)	28.1 (5.09)
American Indian or Alaska Native, white	100.0	*	25.4 (2.69)	38.3 (2.87)	33.9 (3.02)
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	100.0	0.7 (0.11)	23.8 (0.54)	44.6 (0.62)	30.8 (0.62)
Mexican or Mexican American	100.0	0.7 (0.12)	21.8 (0.65)	44.8 (0.82)	32.7 (0.81)
Not Hispanic or Latino	100.0	1.0 (0.07)	30.6 (0.30)	40.3 (0.30)	28.1 (0.30)
White, single race	100.0	0.9 (0.08)	29.6 (0.35)	41.1 (0.36)	28.5 (0.34)
Black or African American, single race	100.0	1.0 (0.17)	28.8 (0.70)	38.1 (0.70)	32.1 (0.75)
American Indian or Alaska Native, single race	100.0	*	20.5 (2.86)	30.5 (3.19)	48.3 (3.17)
Education ⁵					
Less than high school diploma	100.0	1.1 (0.14)	24.9 (0.61)	42.0 (0.70)	32.1 (0.64)
GED or equivalent ⁶	100.0	0.8 (0.23)	26.8 (1.69)	37.9 (1.52)	34.5 (1.52)
High school graduate	100.0	0.7 (0.11)	22.9 (0.52)	42.0 (0.58)	34.4 (0.57)
Some college, no degree	100.0	0.4 (0.07)	23.9 (0.60)	41.0 (0.68)	34.8 (0.69)
Associate's degree	100.0	0.6 (0.15)	22.7 (0.70)	43.0 (0.89)	33.8 (0.85)
Bachelor's degree	100.0	0.5 (0.12)	28.8 (0.56)	46.1 (0.62)	24.6 (0.55)
Master's, professional, or doctoral degree	100.0	0.6 (0.13)	33.6 (0.76)	45.4 (0.80)	20.5 (0.68)
Poverty status ⁷					
Less than 100% of the poverty threshold	100.0	1.9 (0.20)	34.5 (0.70)	35.8 (0.68)	27.8 (0.68)
100% to less than 200% of the poverty threshold	100.0	1.3 (0.16)	30.7 (0.58)	38.7 (0.60)	29.3 (0.54)
200% to less than 400% of the poverty threshold	100.0	0.9 (0.12)	27.8 (0.47)	40.5 (0.52)	30.8 (0.50)
400% of the poverty threshold or greater	100.0	0.6 (0.09)	28.8 (0.45)	44.0 (0.46)	26.6 (0.43)

Table BW–1a. Age-adjusted percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Men (continued)					
Marital status					
Married	100.0	0.4 (0.05)	23.7 (0.34)	44.2 (0.40)	31.6 (0.38)
Widowed	100.0	*0.7 (0.23)	33.2 (4.15)	42.4 (4.14)	23.7 (3.09)
Divorced or separated	100.0	0.8 (0.15)	26.4 (0.75)	40.9 (0.83)	31.9 (0.78)
Never married	100.0	1.8 (0.18)	38.7 (0.63)	35.0 (0.61)	24.5 (0.59)
Living with a partner	100.0	1.0 (0.23)	28.8 (0.97)	42.5 (1.10)	27.7 (1.00)
Region					
Northeast	100.0	0.9 (0.17)	31.3 (0.72)	41.6 (0.65)	26.2 (0.64)
Midwest	100.0	1.0 (0.13)	27.8 (0.54)	40.7 (0.62)	30.5 (0.63)
South	100.0	0.9 (0.10)	28.2 (0.44)	40.7 (0.46)	30.1 (0.45)
West	100.0	0.9 (0.10)	31.8 (0.56)	41.2 (0.49)	26.0 (0.52)
Place of residence ⁸					
Large MSA	100.0	0.9 (0.08)	30.7 (0.37)	41.6 (0.37)	26.7 (0.36)
Small MSA	100.0	1.0 (0.11)	28.9 (0.52)	40.5 (0.48)	29.6 (0.53)
Not in MSA	100.0	1.1 (0.16)	26.0 (0.60)	39.6 (0.71)	33.3 (0.66)

Table BW–1a. Age-adjusted percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Women	100.0	2.7 (0.08)	41.6 (0.29)	27.7 (0.22)	28.1 (0.26)
Age					
18–24 years	100.0	5.0 (0.37)	53.9 (0.93)	21.0 (0.69)	20.1 (0.74)
25–44 years	100.0	2.5 (0.13)	43.2 (0.44)	25.9 (0.36)	28.4 (0.40)
45–64 years	100.0	1.6 (0.10)	35.5 (0.44)	30.5 (0.40)	32.4 (0.43)
65–74 years	100.0	1.9 (0.18)	33.6 (0.64)	33.0 (0.65)	31.6 (0.60)
75 years and over	100.0	4.2 (0.28)	43.7 (0.71)	31.7 (0.67)	20.5 (0.62)
Race					
One race ²	100.0	2.7 (0.08)	41.6 (0.29)	27.7 (0.22)	28.1 (0.26)
White	100.0	2.6 (0.09)	42.8 (0.33)	27.8 (0.25)	26.8 (0.29)
Black or African American	100.0	1.6 (0.19)	25.9 (0.53)	29.7 (0.52)	42.8 (0.60)
American Indian or Alaska Native	100.0	*2.2 (0.90)	27.7 (2.47)	26.1 (2.44)	44.0 (3.34)
Asian	100.0	5.8 (0.43)	63.6 (0.92)	20.9 (0.78)	9.7 (0.58)
Native Hawaiian or Other Pacific Islander	100.0	-	25.3 (4.50)	32.2 (5.64)	42.5 (5.25)
Two or more races ³	100.0	1.8 (0.34)	37.9 (1.74)	28.8 (1.56)	31.4 (1.65)
Black or African American, white	100.0	*1.6 (0.64)	37.9 (4.13)	24.3 (3.69)	36.2 (4.36)
American Indian or Alaska Native, white	100.0	1.8 (0.46)	37.1 (2.83)	28.3 (2.27)	32.8 (2.52)
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	100.0	1.4 (0.13)	33.5 (0.56)	32.5 (0.53)	32.6 (0.55)
Mexican or Mexican American	100.0	1.3 (0.16)	30.1 (0.69)	32.8 (0.67)	35.9 (0.73)
Not Hispanic or Latino	100.0	2.9 (0.10)	43.0 (0.31)	26.8 (0.24)	27.3 (0.29)
White, single race	100.0	2.8 (0.11)	44.9 (0.37)	26.7 (0.28)	25.6 (0.33)
Black or African American, single race	100.0	1.6 (0.19)	25.5 (0.54)	29.6 (0.52)	43.2 (0.61)
American Indian or Alaska Native, single race	100.0	*	27.0 (2.93)	23.0 (2.98)	47.1 (4.13)
Education ⁵					
Less than high school diploma	100.0	2.1 (0.19)	29.7 (0.64)	31.3 (0.62)	36.9 (0.64)
GED or equivalent ⁶	100.0	2.2 (0.41)	27.6 (1.35)	28.3 (1.37)	41.8 (1.45)
High school graduate	100.0	2.2 (0.17)	33.7 (0.58)	30.3 (0.55)	33.8 (0.58)
Some college, no degree	100.0	2.1 (0.16)	35.4 (0.62)	29.6 (0.55)	32.9 (0.57)
Associate's degree	100.0	1.8 (0.19)	37.9 (0.74)	28.6 (0.70)	31.7 (0.70)
Bachelor's degree	100.0	2.5 (0.18)	49.6 (0.61)	26.7 (0.51)	21.2 (0.48)
Master's, professional, or doctoral degree	100.0	2.5 (0.24)	52.5 (0.76)	25.8 (0.65)	19.2 (0.60)
Poverty status ⁷					
Less than 100% of the poverty threshold	100.0	3.3 (0.21)	34.2 (0.56)	26.9 (0.48)	35.6 (0.58)
100% to less than 200% of the poverty threshold	100.0	2.6 (0.18)	35.5 (0.57)	28.0 (0.48)	33.8 (0.56)
200% to less than 400% of the poverty threshold	100.0	2.4 (0.15)	39.4 (0.51)	28.8 (0.43)	29.4 (0.47)
400% of the poverty threshold or greater	100.0	2.6 (0.15)	50.3 (0.48)	26.7 (0.40)	20.4 (0.38)

Table BW–1a. Age-adjusted percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Women (continued)					
Marital status					
Married	100.0	2.2 (0.11)	42.4 (0.40)	29.1 (0.34)	26.3 (0.35)
Widowed	100.0	1.5 (0.23)	36.6 (2.53)	26.2 (1.98)	35.7 (2.59)
Divorced or separated	100.0	2.2 (0.21)	35.5 (0.67)	28.4 (0.59)	33.9 (0.62)
Never married	100.0	3.3 (0.23)	39.7 (0.59)	24.9 (0.53)	32.1 (0.61)
Living with a partner	100.0	2.7 (0.37)	39.8 (1.08)	27.5 (1.00)	30.0 (1.07)
Region					
Northeast	100.0	2.7 (0.22)	45.5 (0.72)	27.1 (0.57)	24.6 (0.64)
Midwest	100.0	2.4 (0.17)	39.2 (0.60)	28.4 (0.45)	30.0 (0.58)
South	100.0	2.6 (0.14)	39.1 (0.46)	27.8 (0.34)	30.5 (0.42)
West	100.0	2.9 (0.17)	45.2 (0.57)	27.1 (0.44)	24.8 (0.50)
Place of residence ⁸					
Large MSA	100.0	2.8 (0.12)	44.0 (0.39)	27.4 (0.31)	25.8 (0.33)
Small MSA	100.0	2.6 (0.14)	40.2 (0.55)	27.9 (0.37)	29.2 (0.51)
Not in MSA	100.0	2.3 (0.19)	35.3 (0.59)	28.0 (0.55)	34.3 (0.63)

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

¹Body mass index (BMI) is calculated as kilograms/meters², using responses to the survey questions "How tall are you without shoes?" and "How much do you weigh without shoes?" Underweight is a BMI of less than 18.5, healthy weight is a BMI of greater than or equal to 18.5 and less than 25, overweight (but not obese) is a BMI of greater than or equal to 25 and less than 30, and obese is a BMI of greater than or equal to 30. Note that self-reported height and weight may differ from actual measurements.

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

³Refers 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.

⁴Refers 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.

⁵Shown only for adults aged 25 and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using three age groups: 25–44, 45–64, and 65 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

⁸MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population 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 estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages, but they were included in the "All adults aged 18 and over" column. Percentages may not add to totals due to rounding. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, and unknown marital status. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44, 45–64, and 65 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: Nugent CN, Black LI, Adams PF. Tables of adult health behaviors, body weight: National Health Interview Survey, 2011–2014. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2011–2014.

Table BW–1b. Frequency distribution (number in thousands) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Both sexes	235,845	4,014	79,696	78,658	65,261
Age					
18–24 years	30,153	1,161	15,338	7,385	5,565
25–44 years	81,276	1,232	28,155	26,405	22,855
45–64 years	81,945	804	22,477	29,217	26,189
65–74 years	24,278	296	6,708	9,141	7,161
75 years and over	18,194	521	7,018	6,510	3,491
Race					
One race ²	232,068	3,938	78,395	77,485	64,143
White	188,610	3,048	63,453	64,028	51,393
Black or African American	28,367	355	7,343	9,175	10,492
American Indian or Alaska Native	1,954	*26	453	572	799
Asian	12,745	510	7,064	3,579	1,286
Native Hawaiian or Other Pacific Islander	393	-	83	130	173
Two or more races ³	3,776	76	1,300	1,173	1,118
Black or African American, white	753	*9	292	199	229
American Indian or Alaska Native, white	1,557	*29	460	517	503
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	34,996	390	9,859	12,765	10,643
Mexican or Mexican American	21,611	222	5,556	7,851	7,003
Not Hispanic or Latino	200,849	3,624	69,837	65,893	54,619
White, single race	156,720	2,684	54,492	52,350	41,738
Black or African American, single race	27,201	339	7,004	8,785	10,099
American Indian or Alaska Native, single race	1,230	*20	270	307	569
Education ⁵					
Less than high school diploma	27,998	451	7,365	9,816	9,143
GED or equivalent ⁶	6,018	80	1,580	1,952	2,224
High school graduate	46,650	670	12,611	16,418	15,046
Some college, no degree	35,745	434	10,213	12,118	11,724
Associate's degree	23,771	265	6,992	8,076	7,555
Bachelor's degree	40,524	586	15,447	14,209	9,079
Master's, professional, or doctoral degree	23,877	344	9,836	8,347	4,678
Poverty status ⁷					
Less than 100% of the poverty threshold	32,666	852	10,927	9,434	10,020
100% to less than 200% of the poverty threshold	45,025	894	14,508	14,348	13,588
200% to less than 400% of the poverty threshold	70,656	1,111	22,640	23,958	20,663
400% of the poverty threshold or greater	87,498	1,158	31,621	30,916	20,990

Table BW–1b. Frequency distribution (number in thousands) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Both sexes (continued)					
Marital status					
Married	124,885	1,454	38,535	45,112	35,476
Widowed	14,165	403	4,949	4,554	3,637
Divorced or separated	26,937	402	7,983	8,865	8,688
Never married	52,245	1,432	22,080	14,372	12,684
Living with a partner	17,226	314	6,031	5,643	4,695
Region					
Northeast	41,864	691	14,906	13,966	10,409
Midwest	53,927	860	17,226	18,137	15,999
South	86,250	1,473	27,668	28,667	25,513
West	53,805	990	19,896	17,888	13,340
Place of residence ⁸					
Large MSA	126,734	2,189	45,230	42,372	32,520
Small MSA	72,525	1,254	23,896	24,190	20,811
Not in MSA	36,586	572	10,569	12,096	11,930

Table BW–1b. Frequency distribution (number in thousands) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Men	113,760	1,029	32,299	46,127	32,409
Age					
18–24 years	15,174	431	7,512	4,343	2,651
25–44 years	40,089	262	11,175	16,232	11,689
45–64 years	39,742	174	8,465	17,172	13,371
65–74 years	11,317	67	2,611	5,117	3,311
75 years and over	7,437	94	2,537	3,263	1,388
Race					
One race ²	111,961	992	31,738	45,476	31,875
White	92,063	727	25,064	38,078	26,651
Black or African American	12,796	124	3,559	4,780	4,102
American Indian or Alaska Native	938	*	202	329	378
Asian	5,969	133	2,881	2,222	652
Native Hawaiian or Other Pacific Islander	195	-	*32	68	92
Two or more races ³	1,799	*37	561	651	534
Black or African American, white	304	*	127	90	78
American Indian or Alaska Native, white	757	*	181	304	255
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	17,639	145	4,227	7,487	5,314
Mexican or Mexican American	11,070	87	2,473	4,667	3,504
Not Hispanic or Latino	96,121	884	28,071	38,640	27,094
White, single race	75,967	595	21,216	31,217	21,838
Black or African American, single race	12,261	114	3,435	4,570	3,920
American Indian or Alaska Native, single race	549	*	109	164	262
Education ⁵					
Less than high school diploma	13,693	144	3,322	5,573	4,264
GED or equivalent ⁶	3,268	25	858	1,211	1,119
High school graduate	22,609	155	4,999	9,366	7,677
Some college, no degree	16,464	66	3,806	6,672	5,719
Associate's degree	10,637	56	2,329	4,532	3,583
Bachelor's degree	19,491	85	5,453	8,883	4,801
Master's, professional, or doctoral degree	11,883	66	3,858	5,367	2,453
Poverty status ⁷					
Less than 100% of the poverty threshold	13,870	253	4,725	4,725	3,762
100% to less than 200% of the poverty threshold	20,335	265	6,145	7,701	5,792
200% to less than 400% of the poverty threshold	34,669	303	9,449	13,923	10,551
400% of the poverty threshold or greater	44,886	209	11,980	19,778	12,303

Table BW–1b. Frequency distribution (number in thousands) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Men (continued)					
Marital status					
Married	63,247	257	14,396	27,830	19,895
Widowed	3,037	40	964	1,203	750
Divorced or separated	11,148	85	2,846	4,585	3,438
Never married	27,722	559	11,592	9,022	5,958
Living with a partner	8,467	85	2,468	3,440	2,327
Region					
Northeast	20,132	166	5,933	8,324	5,303
Midwest	26,300	260	7,053	10,557	8,013
South	40,974	365	11,111	16,503	12,277
West	26,354	238	8,202	10,744	6,816
Place of residence ⁸					
Large MSA	61,372	524	18,298	25,190	16,348
Small MSA	34,977	334	9,699	14,050	10,320
Not in MSA	17,411	171	4,301	6,888	5,741

Table BW–1b. Frequency distribution (number in thousands) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Women	122,085	2,985	47,397	32,530	32,852
Age					
18–24 years	14,979	730	7,826	3,042	2,914
25–44 years	41,187	970	16,980	10,173	11,166
45–64 years	42,203	629	14,012	12,045	12,818
65–74 years	12,960	229	4,097	4,024	3,851
75 years and over	10,757	427	4,481	3,247	2,104
Race					
One race ²	120,107	2,947	46,658	32,008	32,268
White	96,547	2,321	38,389	25,951	24,742
Black or African American	15,570	230	3,784	4,395	6,391
American Indian or Alaska Native	1,015	*20	251	244	421
Asian	6,776	376	4,183	1,356	634
Native Hawaiian or Other Pacific Islander	198	-	52	63	81
Two or more races ³	1,978	38	739	522	584
Black or African American, white	449	*8	165	109	151
American Indian or Alaska Native, white	800	13	279	213	248
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	17,357	246	5,632	5,278	5,328
Mexican or Mexican American	10,541	136	3,083	3,184	3,499
Not Hispanic or Latino	104,728	2,740	41,765	27,252	27,524
White, single race	80,752	2,089	33,277	21,134	19,900
Black or African American, single race	14,940	225	3,569	4,215	6,179
American Indian or Alaska Native, single race	681	*	161	143	307
Education ⁵					
Less than high school diploma	14,305	307	4,044	4,243	4,879
GED or equivalent ⁶	2,750	55	721	741	1,105
High school graduate	24,041	515	7,612	7,053	7,369
Some college, no degree	19,281	368	6,407	5,447	6,005
Associate's degree	13,134	208	4,663	3,544	3,972
Bachelor's degree	21,032	501	9,994	5,326	4,278
Master's, professional, or doctoral degree	11,994	278	5,978	2,980	2,225
Poverty status ⁷					
Less than 100% of the poverty threshold	18,796	598	6,202	4,709	6,258
100% to less than 200% of the poverty threshold	24,690	629	8,363	6,648	7,796
200% to less than 400% of the poverty threshold	35,988	808	13,191	10,035	10,112
400% of the poverty threshold or greater	42,612	949	19,641	11,138	8,687

Table BW–1b. Frequency distribution (number in thousands) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Women (continued)					
Marital status					
Married	61,638	1,197	24,139	17,282	15,580
Widowed	11,128	363	3,985	3,351	2,887
Divorced or separated	15,788	317	5,137	4,281	5,250
Never married	24,523	873	10,487	5,351	6,726
Living with a partner	8,759	229	3,562	2,203	2,368
Region					
Northeast	21,732	525	8,973	5,642	5,106
Midwest	27,626	600	10,173	7,580	7,986
South	45,276	1,108	16,557	12,164	13,236
West	27,451	752	11,694	7,144	6,525
Place of residence ⁸					
Large MSA	65,362	1,664	26,932	17,182	16,171
Small MSA	37,548	920	14,197	10,140	10,492
Not in MSA	19,175	401	6,268	5,208	6,189

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.
 - Quantity zero.

¹Body mass index (BMI) is calculated as kilograms/meters², using responses to the survey questions "How tall are you without shoes?" and "How much do you weigh without shoes?" Underweight is a BMI of less than 18.5, healthy weight is a BMI of greater than or equal to 18.5 and less than 25, overweight (but not obese) is a BMI of greater than or equal to 25 and less than 30, and obese is a BMI of greater than or equal to 30. Note that self-reported height and weight may differ from actual measurements.

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

³Refers 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.

⁴Refers 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.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

⁸MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population 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 estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the frequencies, but they were included in the "All adults aged 18 and over" column. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, and unknown marital status. 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: Nugent CN, Black LI, Adams PF. Tables of adult health behaviors, body weight: National Health Interview Survey, 2011–2014. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2011–2014.

Table BW–1c. Crude percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Both sexes	100.0	1.8 (0.05)	35.0 (0.21)	34.6 (0.18)	28.7 (0.21)
Age					
18–24 years	100.0	3.9 (0.24)	52.1 (0.69)	25.1 (0.55)	18.9 (0.53)
25–44 years	100.0	1.6 (0.07)	35.8 (0.32)	33.6 (0.30)	29.1 (0.32)
45–64 years	100.0	1.0 (0.06)	28.6 (0.29)	37.1 (0.29)	33.3 (0.31)
65–74 years	100.0	1.3 (0.11)	28.8 (0.46)	39.2 (0.50)	30.7 (0.46)
75 years and over	100.0	3.0 (0.18)	40.0 (0.55)	37.1 (0.54)	19.9 (0.47)
Race					
One race ²	100.0	1.8 (0.05)	35.0 (0.21)	34.6 (0.18)	28.6 (0.21)
White	100.0	1.7 (0.05)	34.9 (0.23)	35.2 (0.20)	28.2 (0.23)
Black or African American	100.0	1.3 (0.13)	26.8 (0.44)	33.5 (0.42)	38.3 (0.49)
American Indian or Alaska Native	100.0	*1.4 (0.51)	24.5 (1.88)	30.9 (1.79)	43.2 (2.50)
Asian	100.0	4.1 (0.26)	56.8 (0.71)	28.8 (0.64)	10.3 (0.46)
Native Hawaiian or Other Pacific Islander	100.0	-	21.5 (3.57)	33.7 (4.55)	44.8 (4.37)
Two or more races ³	100.0	2.1 (0.41)	35.5 (1.31)	32.0 (1.27)	30.5 (1.26)
Black or African American, white	100.0	*1.2 (0.46)	40.1 (3.13)	27.3 (2.61)	31.4 (3.04)
American Indian or Alaska Native, white	100.0	*1.9 (0.61)	30.5 (1.81)	34.2 (1.91)	33.3 (1.98)
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	100.0	1.2 (0.09)	29.3 (0.40)	37.9 (0.41)	31.6 (0.44)
Mexican or Mexican American	100.0	1.1 (0.11)	26.9 (0.49)	38.1 (0.53)	33.9 (0.58)
Not Hispanic or Latino	100.0	1.9 (0.06)	36.0 (0.23)	34.0 (0.20)	28.2 (0.23)
White, single race	100.0	1.8 (0.06)	36.0 (0.25)	34.6 (0.23)	27.6 (0.25)
Black or African American, single race	100.0	1.3 (0.13)	26.7 (0.45)	33.5 (0.43)	38.5 (0.50)
American Indian or Alaska Native, single race	100.0	*1.7 (0.74)	23.2 (2.32)	26.3 (2.31)	48.8 (3.16)
Education ⁵					
Less than high school diploma	100.0	1.7 (0.12)	27.5 (0.42)	36.7 (0.45)	34.1 (0.44)
GED or equivalent ⁶	100.0	1.4 (0.22)	27.1 (1.13)	33.4 (1.05)	38.1 (1.07)
High school graduate	100.0	1.5 (0.10)	28.2 (0.37)	36.7 (0.39)	33.6 (0.39)
Some college, no degree	100.0	1.3 (0.09)	29.6 (0.44)	35.1 (0.44)	34.0 (0.45)
Associate's degree	100.0	1.2 (0.12)	30.5 (0.54)	35.3 (0.56)	33.0 (0.57)
Bachelor's degree	100.0	1.5 (0.11)	39.3 (0.43)	36.1 (0.41)	23.1 (0.38)
Master's, professional, or doctoral degree	100.0	1.5 (0.13)	42.4 (0.55)	36.0 (0.54)	20.2 (0.47)
Poverty status ⁷					
Less than 100% of the poverty threshold	100.0	2.7 (0.15)	35.0 (0.51)	30.2 (0.39)	32.1 (0.50)
100% to less than 200% of the poverty threshold	100.0	2.1 (0.12)	33.5 (0.41)	33.1 (0.37)	31.4 (0.40)
200% to less than 400% of the poverty threshold	100.0	1.6 (0.09)	33.1 (0.33)	35.0 (0.35)	30.2 (0.34)
400% of the poverty threshold or greater	100.0	1.4 (0.08)	37.3 (0.34)	36.5 (0.31)	24.8 (0.30)

Table BW–1c. Crude percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Both sexes (continued)					
Marital status					
Married	100.0	1.2 (0.05)	32.0 (0.27)	37.4 (0.26)	29.4 (0.27)
Widowed	100.0	3.0 (0.20)	36.5 (0.55)	33.6 (0.54)	26.9 (0.54)
Divorced or separated	100.0	1.6 (0.11)	30.8 (0.42)	34.2 (0.42)	33.5 (0.43)
Never married	100.0	2.8 (0.15)	43.7 (0.46)	28.4 (0.36)	25.1 (0.40)
Living with a partner	100.0	1.9 (0.17)	36.1 (0.71)	33.8 (0.68)	28.1 (0.67)
Region					
Northeast	100.0	1.7 (0.13)	37.3 (0.53)	34.9 (0.41)	26.0 (0.49)
Midwest	100.0	1.6 (0.10)	33.0 (0.42)	34.7 (0.43)	30.6 (0.46)
South	100.0	1.8 (0.08)	33.2 (0.32)	34.4 (0.28)	30.6 (0.34)
West	100.0	1.9 (0.10)	38.2 (0.44)	34.3 (0.35)	25.6 (0.41)
Place of residence ⁸					
Large MSA	100.0	1.8 (0.07)	37.0 (0.29)	34.6 (0.25)	26.6 (0.26)
Small MSA	100.0	1.8 (0.09)	34.1 (0.40)	34.5 (0.32)	29.7 (0.42)
Not in MSA	100.0	1.6 (0.11)	30.1 (0.40)	34.4 (0.47)	33.9 (0.48)

Table BW–1c. Crude percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Men	100.0	0.9 (0.06)	28.9 (0.27)	41.2 (0.27)	29.0 (0.28)
Age					
18–24 years	100.0	2.9 (0.29)	50.3 (0.88)	29.1 (0.80)	17.7 (0.67)
25–44 years	100.0	0.7 (0.08)	28.4 (0.41)	41.2 (0.46)	29.7 (0.44)
45–64 years	100.0	0.4 (0.05)	21.6 (0.37)	43.8 (0.45)	34.1 (0.45)
65–74 years	100.0	0.6 (0.11)	23.5 (0.63)	46.1 (0.77)	29.8 (0.71)
75 years and over	100.0	1.3 (0.19)	34.8 (0.90)	44.8 (0.93)	19.1 (0.70)
Race					
One race ²	100.0	0.9 (0.06)	28.8 (0.27)	41.3 (0.28)	29.0 (0.28)
White	100.0	0.8 (0.06)	27.7 (0.30)	42.1 (0.31)	29.4 (0.31)
Black or African American	100.0	1.0 (0.17)	28.3 (0.69)	38.0 (0.70)	32.6 (0.75)
American Indian or Alaska Native	100.0	*	22.1 (2.30)	35.9 (2.39)	41.3 (2.50)
Asian	100.0	2.3 (0.30)	48.9 (1.04)	37.7 (1.01)	11.1 (0.70)
Native Hawaiian or Other Pacific Islander	100.0	-	16.6 (4.72)	35.3 (6.71)	48.1 (6.80)
Two or more races ³	100.0	*2.1 (0.75)	31.5 (1.91)	36.5 (1.93)	29.9 (1.81)
Black or African American, white	100.0	*	42.8 (4.84)	30.3 (3.93)	26.4 (3.89)
American Indian or Alaska Native, white	100.0	*	24.0 (2.56)	40.1 (3.13)	33.7 (2.95)
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	100.0	0.8 (0.13)	24.6 (0.56)	43.6 (0.62)	30.9 (0.63)
Mexican or Mexican American	100.0	0.8 (0.15)	23.0 (0.67)	43.5 (0.81)	32.7 (0.81)
Not Hispanic or Latino	100.0	0.9 (0.06)	29.6 (0.29)	40.8 (0.30)	28.6 (0.30)
White, single race	100.0	0.8 (0.07)	28.3 (0.33)	41.7 (0.35)	29.2 (0.34)
Black or African American, single race	100.0	1.0 (0.17)	28.5 (0.71)	38.0 (0.71)	32.6 (0.77)
American Indian or Alaska Native, single race	100.0	*	20.2 (2.80)	30.5 (3.14)	48.6 (3.20)
Education ⁵					
Less than high school diploma	100.0	1.1 (0.14)	25.0 (0.60)	41.9 (0.69)	32.1 (0.62)
GED or equivalent ⁶	100.0	0.8 (0.22)	26.7 (1.72)	37.7 (1.54)	34.8 (1.54)
High school graduate	100.0	0.7 (0.10)	22.5 (0.50)	42.2 (0.57)	34.6 (0.56)
Some college, no degree	100.0	0.4 (0.07)	23.4 (0.59)	41.0 (0.67)	35.2 (0.69)
Associate's degree	100.0	0.5 (0.14)	22.2 (0.69)	43.2 (0.90)	34.1 (0.86)
Bachelor's degree	100.0	0.4 (0.11)	28.4 (0.56)	46.2 (0.63)	25.0 (0.56)
Master's, professional, or doctoral degree	100.0	0.6 (0.12)	32.8 (0.74)	45.7 (0.79)	20.9 (0.68)
Poverty status ⁷					
Less than 100% of the poverty threshold	100.0	1.9 (0.20)	35.1 (0.75)	35.1 (0.68)	27.9 (0.70)
100% to less than 200% of the poverty threshold	100.0	1.3 (0.16)	30.9 (0.59)	38.7 (0.60)	29.1 (0.54)
200% to less than 400% of the poverty threshold	100.0	0.9 (0.11)	27.6 (0.47)	40.7 (0.52)	30.8 (0.50)
400% of the poverty threshold or greater	100.0	0.5 (0.08)	27.1 (0.42)	44.7 (0.44)	27.8 (0.42)

Table BW–1c. Crude percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Men (continued)					
Marital status					
Married	100.0	0.4 (0.05)	23.1 (0.31)	44.6 (0.38)	31.9 (0.37)
Widowed	100.0	1.3 (0.29)	32.6 (1.07)	40.7 (1.17)	25.4 (1.11)
Divorced or separated	100.0	0.8 (0.13)	26.0 (0.60)	41.9 (0.68)	31.4 (0.63)
Never married	100.0	2.1 (0.19)	42.7 (0.60)	33.3 (0.53)	22.0 (0.48)
Living with a partner	100.0	1.0 (0.20)	29.7 (0.92)	41.3 (1.01)	28.0 (0.91)
Region					
Northeast	100.0	0.8 (0.15)	30.1 (0.68)	42.2 (0.65)	26.9 (0.64)
Midwest	100.0	1.0 (0.13)	27.2 (0.54)	40.8 (0.61)	31.0 (0.63)
South	100.0	0.9 (0.09)	27.6 (0.43)	41.0 (0.45)	30.5 (0.45)
West	100.0	0.9 (0.10)	31.5 (0.57)	41.3 (0.50)	26.2 (0.52)
Place of residence ⁸					
Large MSA	100.0	0.9 (0.08)	30.3 (0.37)	41.7 (0.37)	27.1 (0.36)
Small MSA	100.0	1.0 (0.10)	28.2 (0.51)	40.8 (0.48)	30.0 (0.54)
Not in MSA	100.0	1.0 (0.14)	25.2 (0.54)	40.3 (0.66)	33.6 (0.64)

Table BW–1c. Crude percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Women	100.0	2.6 (0.08)	40.9 (0.28)	28.1 (0.21)	28.4 (0.26)
Age					
18–24 years	100.0	5.0 (0.37)	53.9 (0.93)	21.0 (0.69)	20.1 (0.74)
25–44 years	100.0	2.5 (0.13)	43.2 (0.44)	25.9 (0.36)	28.4 (0.40)
45–64 years	100.0	1.6 (0.10)	35.5 (0.44)	30.5 (0.40)	32.4 (0.43)
65–74 years	100.0	1.9 (0.18)	33.6 (0.64)	33.0 (0.65)	31.6 (0.60)
75 years and over	100.0	4.2 (0.28)	43.7 (0.71)	31.7 (0.67)	20.5 (0.62)
Race					
One race ²	100.0	2.6 (0.08)	41.0 (0.29)	28.1 (0.22)	28.3 (0.26)
White	100.0	2.5 (0.09)	42.0 (0.32)	28.4 (0.25)	27.1 (0.28)
Black or African American	100.0	1.6 (0.18)	25.6 (0.54)	29.7 (0.52)	43.2 (0.60)
American Indian or Alaska Native	100.0	*2.1 (0.92)	26.8 (2.52)	26.1 (2.46)	45.0 (3.57)
Asian	100.0	5.7 (0.42)	63.9 (0.93)	20.7 (0.77)	9.7 (0.58)
Native Hawaiian or Other Pacific Islander	100.0	-	26.4 (4.84)	32.1 (5.49)	41.5 (5.15)
Two or more races ³	100.0	2.0 (0.39)	39.2 (1.81)	27.7 (1.55)	31.0 (1.65)
Black or African American, white	100.0	*1.8 (0.72)	38.2 (4.02)	25.2 (3.50)	34.9 (4.22)
American Indian or Alaska Native, white	100.0	1.7 (0.43)	37.0 (2.84)	28.3 (2.25)	32.9 (2.50)
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	100.0	1.5 (0.14)	34.2 (0.57)	32.0 (0.53)	32.3 (0.55)
Mexican or Mexican American	100.0	1.4 (0.17)	31.1 (0.69)	32.2 (0.65)	35.3 (0.72)
Not Hispanic or Latino	100.0	2.8 (0.09)	42.1 (0.30)	27.4 (0.24)	27.7 (0.29)
White, single race	100.0	2.7 (0.10)	43.6 (0.35)	27.7 (0.28)	26.0 (0.32)
Black or African American, single race	100.0	1.6 (0.19)	25.2 (0.54)	29.7 (0.53)	43.5 (0.61)
American Indian or Alaska Native, single race	100.0	*	25.7 (2.97)	22.8 (3.02)	48.9 (4.56)
Education ⁵					
Less than high school diploma	100.0	2.3 (0.20)	30.0 (0.60)	31.5 (0.58)	36.2 (0.61)
GED or equivalent ⁶	100.0	2.1 (0.39)	27.5 (1.37)	28.3 (1.40)	42.1 (1.47)
High school graduate	100.0	2.3 (0.17)	33.8 (0.52)	31.3 (0.51)	32.7 (0.53)
Some college, no degree	100.0	2.0 (0.16)	35.1 (0.61)	29.9 (0.54)	32.9 (0.57)
Associate's degree	100.0	1.7 (0.18)	37.6 (0.75)	28.6 (0.70)	32.1 (0.71)
Bachelor's degree	100.0	2.5 (0.18)	49.7 (0.61)	26.5 (0.51)	21.3 (0.48)
Master's, professional, or doctoral degree	100.0	2.4 (0.23)	52.2 (0.76)	26.0 (0.66)	19.4 (0.60)
Poverty status ⁷					
Less than 100% of the poverty threshold	100.0	3.4 (0.22)	34.9 (0.60)	26.5 (0.48)	35.2 (0.60)
100% to less than 200% of the poverty threshold	100.0	2.7 (0.18)	35.7 (0.55)	28.4 (0.48)	33.3 (0.55)
200% to less than 400% of the poverty threshold	100.0	2.4 (0.15)	38.6 (0.49)	29.4 (0.43)	29.6 (0.46)
400% of the poverty threshold or greater	100.0	2.3 (0.14)	48.6 (0.48)	27.6 (0.39)	21.5 (0.38)

Table BW–1c. Crude percent distribution (with standard errors) of body mass index for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Underweight ¹	Healthy weight ¹	Overweight (but not obese) ¹	Obese ¹
Women (continued)					
Marital status					
Married	100.0	2.1 (0.10)	41.5 (0.40)	29.7 (0.34)	26.8 (0.35)
Widowed	100.0	3.4 (0.24)	37.6 (0.63)	31.7 (0.59)	27.3 (0.61)
Divorced or separated	100.0	2.1 (0.17)	34.3 (0.55)	28.6 (0.51)	35.0 (0.55)
Never married	100.0	3.7 (0.24)	44.7 (0.61)	22.8 (0.47)	28.7 (0.57)
Living with a partner	100.0	2.7 (0.29)	42.6 (1.03)	26.3 (0.81)	28.3 (0.89)
Region					
Northeast	100.0	2.6 (0.21)	44.3 (0.71)	27.9 (0.57)	25.2 (0.63)
Midwest	100.0	2.3 (0.16)	38.6 (0.58)	28.8 (0.45)	30.3 (0.56)
South	100.0	2.6 (0.13)	38.4 (0.46)	28.2 (0.34)	30.7 (0.42)
West	100.0	2.9 (0.17)	44.8 (0.57)	27.4 (0.44)	25.0 (0.51)
Place of residence ⁸					
Large MSA	100.0	2.7 (0.12)	43.5 (0.39)	27.7 (0.31)	26.1 (0.33)
Small MSA	100.0	2.6 (0.14)	39.7 (0.53)	28.4 (0.37)	29.3 (0.50)
Not in MSA	100.0	2.2 (0.16)	34.7 (0.55)	28.8 (0.51)	34.3 (0.59)

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.
 - Quantity zero.

¹Body mass index (BMI) is calculated as kilograms/meters², using responses to the survey questions "How tall are you without shoes?" and "How much do you weigh without shoes?" Underweight is a BMI of less than 18.5, healthy weight is a BMI of greater than or equal to 18.5 and less than 25, overweight (but not obese) is a BMI of greater than or equal to 25 and less than 30, and obese is a BMI of greater than or equal to 30. Note that self-reported height and weight may differ from actual measurements.

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

³Refers 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.

⁴Refers 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.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

⁸MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population 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 estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages, but they were included in the "All adults aged 18 and over" column. Percentages may not add to totals due to rounding. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, and unknown marital status. 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: Nugent CN, Black LI, Adams PF. Tables of adult health behaviors, body weight: National Health Interview Survey, 2011–2014. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2011–2014.