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## Numbers Show More Obese Americans Than Overweight

(RedOrbit) The amount of obese American adults is larger than those who are simply overweight, states to the newest numbers from the federal government.

Statistics announced by the National Center for Health Statistics indicate that 34 percent of Americans are obese, contrasting the 32.7 percent who are merely overweight. About 6 percent are "extremely" obese.

"More than one-third of adults, or over 72 million people, were obese in 2005-2006," the NCHS stated.

The numbers are from a survey of 4,356 adults 20 and up who participated in a government survey of health, added the NCHS, part of the Centers for Disease Control and Prevention.

"During the physical examination, conducted in mobile examination centers, height and weight were measured as part of a more comprehensive set of body measurements," the NCHS report said.

"Although the prevalence of obesity has more than doubled since 1980, the prevalence of overweight has remained stable over the same time period," it added.

Obesity and overweight are determined using a procedure called the body mass index, or BMI. An individual with a BMI of 25 to 29 is labeled as overweight, 30 to 40 are obese and those with 40 or more are considered morbidly obese.

The U.S. National Institutes of Health has a helpful and simple online BMI calculator at <http://www.nhlbisupport.com/bmi/>.

Those who are overweight or obese have a higher risk of heart disease, diabetes, some cancers, arthritis and other health concerns.

In May, the CDC announced that 32 percent of U.S. was overweight, 16 percent were obese and 11 percent were extremely obese.

Childhood and adult obesity has become a developing problem not merely in the United States but worldwide.