

**BREITBART**

Get News Alerts by Email

www.RocaLabs.com/ Ads by Go

ALL U.S. WORLD POLITICS BUSINESS SPORTS ENTERTAINMENT SCI/TECH HEALTH ODD VIDEO IMAGES

AFP: Breaking | World | US | Politics | Business | Entertainment | Life | Science | Odd | Sports

# One in three US adults is obese: study

Jan 17 12:44 PM US/Eastern



Email to a friend Share on Facebook Tweet this SHARE



One in three American adults is obese, a national level that has stayed the...

One in three American adults is obese, a national level that has stayed the same in recent years, said US data released on Tuesday.

About one in six children and teenagers are also obese, according to the Journal of the American Medical Association report which showed that obesity remains a significant problem in US society despite efforts to combat it.

"Obesity prevalence shows little change over the past 12 years, although the data are consistent with the possibility of slight increases," said the article.

Obesity is defined as a body mass index, or a formula based on height and weight, that is 30 or higher.

Examples would include a six-foot tall man weighing more than 222 pounds (1.82 meters and 100 kilograms) or a five-foot-seven-inch tall woman weighing 192 pounds (1.70 meters and 87 kilograms).

According to the JAMA report, 35.7 percent of US adults are obese and so are 16.9 percent of children and teenagers age two to 19.

When overweight people are added to the adult tally, the prevalence of overweight and obese people jumps to 68.8 percent of the US population.

"The good news from the report is that rate of obesity in US adults from 2003-2008 and 2009-2010 has not increased significantly," said Nancy Copperman, director of public health at North Shore-Long Island Jewish Health System in New York.

"This is a change from previous reports where obesity rates continued to rise. Public health efforts to address obesity may be having a positive effect," added Copperman, who was not involved in the JAMA study.

However, more needs to be done to target such efforts in minority groups who tend to have higher rates of obesity than whites, she said.

For instance, obesity rates among white men were 36.2 percent in 2009-2010 compared to 38.8 percent among black men.

The obesity prevalence in white women was 32.2 percent compared to 58.5 percent in black women.

The data came from the National Health and Nutrition Examination Survey which included measured height and weight for about 6,000 adult men and women and 4,000 children and teens in 2009-2010.

Copyright AFP 2008, AFP stories and photos shall not be published, broadcast, rewritten for broadcast or publication or redistributed directly or indirectly in any medium

**Groupon™ Official Site**  
1 ridiculously huge coupon a day. Like doing your city at...  
www.Groupon.com

**5 Foods to Never Eat:**  
Cut down a bit of stubborn flab every week, never eating these foods.  
www.fatburningfurnace.com

www.UNJURY.com Ads by Go

**BIGGOVERNMENT**

- Brett Healy: Public Employee Sets Record Straight, Thanks Taxpayers
- Wynton Hall: Harry Reid: 'Tea Party Is Dying Out'
- Education Action Group: St. Paul Union Using Class Size Smokescreen to Preserve Teaching Jobs and the Flow of Dues Dollars
- Media Trackers: Soros Funds Union Effort in Indiana
- Wynton Hall: EXCLUSIVE: 1980 Memo Shows Gingrich Urged Reagan to Reach Out to Black Voters

**U.S. VETERAN & MILITARY KNIVES, COLLECTIBLES & MORE.**  
[CLICK HERE](#)

Ads by Go

## 57-Year-Old Mom Looks 27

Mom Reveals \$5 Wrinkle Trick That Has Angered Doctors!

ConsumerLifestyles.org

[Click here to buy text ads on Breitbart](#)

[Show Comments / Post Comments](#)

# BREITBART

Get news to your email



Subscribe

[About Us](#)

[Contact Us](#)

[Privacy Policy](#)

[Advertising](#)

[Terms of Use](#)

[Home](#)