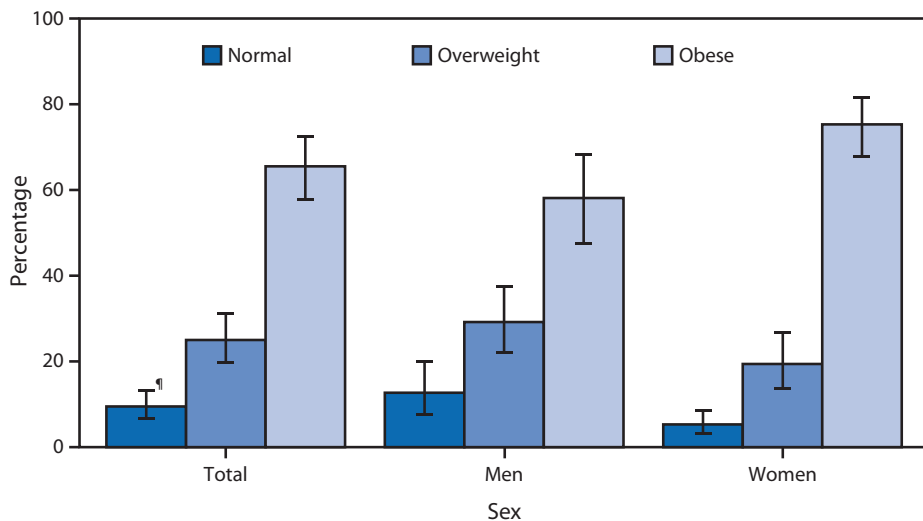


## QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

### Percentage Distribution of Weight Status\* Among Adults Aged $\geq 20$ Years with Diabetes,<sup>†</sup> by Sex — National Health and Nutrition Examination Survey, United States, 2009–2012<sup>§</sup>



\* Weight status is based on body mass index cutoff values for adults ( $\text{kg}/\text{m}^2$ ): normal weight (18.5–24.9), overweight (25.0–29.9), and obese ( $\geq 30.0$ ).

<sup>†</sup> Diabetes is defined as a fasting plasma blood glucose  $\geq 126$  mg/dL, a hemoglobin A1c  $\geq 6.5\%$ , or a self-reported physician diagnosis of diabetes.

<sup>§</sup> Estimates are age-adjusted to year 2000 U.S. Census standard population using age groups 20–39 years, 40–59 years, and  $\geq 60$  years.

<sup>¶</sup> 95% confidence interval.

During 2009–2012, an estimated 65.5% of adults with diabetes were obese, 25.0% were overweight, and 9.5% were normal weight. The prevalence of obesity among women with diabetes (75.3%) was higher than the prevalence of obesity among men with diabetes (58.1%).

**Source:** CDC. National Health and Nutrition Examination Survey Data. Hyattsville, MD: US Department of Health and Human Services, CDC, National Center for Health Statistics; 2009–2012. Available at <http://www.cdc.gov/nchs/nhanes.htm>.

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