

Table 21. Selected health conditions and risk factors, by age: United States, selected years 1988–1994 through 2015–2016

Excel version (with more data years and standard errors when available): https://www.cdc.gov/nchs/hus/contents2018.htm#Table_021.

[Data are based on interviews, physical examinations, and laboratory data of a sample of the civilian noninstitutionalized population]

Health condition	1988–1994	1999–2000	2001–2002	2003–2004	2005–2006	2007–2008	2009–2010	2011–2012	2013–2014	2015–2016
Diabetes ¹										
Percent of adults aged 20 and over										
Total, age-adjusted ²	8.8	10.0	11.6	11.8	11.5	12.6	12.5	12.7	13.1	14.7
Total, crude	8.3	9.6	11.2	11.8	11.9	13.0	13.2	13.4	14.0	16.0
Hypercholesterolemia ³										
Total, age-adjusted ⁴	22.8	25.5	24.6	27.9	27.4	27.6	27.2	28.2	27.4	26.9
Total, crude	21.5	24.5	24.2	27.9	28.1	28.8	28.6	30.4	29.3	29.6
High total cholesterol ⁵										
Total, age-adjusted ⁴	20.8	18.3	16.5	16.9	15.6	14.2	13.2	12.7	11.1	12.2
Total, crude	19.6	17.7	16.4	17.0	15.9	14.6	13.6	13.1	11.1	12.5
Hypertension ⁶										
Total, age-adjusted ⁴	25.5	30.0	29.7	32.1	30.5	31.2	30.0	30.0	30.8	30.2
Total, crude	24.1	28.9	28.9	32.5	31.7	32.6	31.9	32.5	33.5	33.2
Uncontrolled high blood pressure among persons with hypertension ⁷										
Total, age-adjusted ⁴	77.2	71.9	68.3	63.8	63.0	56.2	55.7	54.6	51.3	59.7
Total, crude	73.9	69.1	65.4	60.8	56.6	51.8	46.7	48.0	46.1	51.5
Overweight or obesity ⁸										
Total, age-adjusted ⁴	56.0	64.5	65.6	66.4	66.9	68.1	68.8	68.6	70.4	71.3
Total, crude	54.9	64.1	65.6	66.5	67.3	68.3	69.2	69.0	70.7	71.6
Obesity ⁹										
Total, age-adjusted ⁴	22.9	30.5	30.5	32.3	34.4	33.7	35.7	34.9	37.8	39.7
Total, crude	22.3	30.3	30.6	32.3	34.7	33.9	35.9	35.1	37.9	39.8
Untreated dental caries ¹⁰										
Total, age-adjusted ⁴	27.7	24.4	21.3	29.8	24.4	21.7	---	25.5	31.5	26.1
Total, crude	28.2	25.0	21.7	30.2	24.5	21.8	---	25.5	31.3	25.9
Obesity ¹¹										
Percent of persons under age 20										
2–5 years	7.2	10.3	10.6	14.0	11.0	10.1	12.1	8.4	9.4	13.9
6–11 years	11.3	15.1	16.3	18.8	15.1	19.6	18.0	17.7	17.4	18.4
12–19 years	10.5	14.8	16.7	17.4	17.8	18.1	18.4	20.5	20.6	20.6
Untreated dental caries ¹⁰										
5–19 years	24.3	23.6	21.2	25.6	16.2	16.9	14.6	17.5	19.6	14.3

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--- Data not available.

¹Includes physician-diagnosed and undiagnosed diabetes. Estimates were obtained using fasting weights. Physician-diagnosed diabetes was obtained by self-report and excludes women who reported having diabetes only during pregnancy. Undiagnosed diabetes is defined as a fasting plasma glucose (FPG) of at least 126 mg/dL or a hemoglobin A1c of at least 6.5% among those with no reported physician diagnosis. Pregnant women were excluded. Periodically, laboratories and instruments changed from previous years. In these instances, the National Health and Nutrition Examination Survey (NHANES) conducted crossover studies to evaluate their impact on laboratory measurements. Based on their studies, NHANES recommended adjustments to the FPG data. The forward adjustment method was incorporated into the data presented here. For more information, see the 2015–2016 documentation (https://www.cdc.gov/Nchs/Nhanes/2015-2016/GLU_I.htm), the 2007–2008 documentation (https://www.cdc.gov/Nchs/Nhanes/2007-2008/GLU_E.htm), and the 2005–2006 documentation (https://www.cdc.gov/nchs/nhanes/2005-2006/GLU_D.htm). See Appendix II, Diabetes. See related Table 14 in this report.

²Estimates are age-adjusted to the year 2000 standard population using three age groups: 20–44 years, 45–64 years, and 65 years and over. Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data presented elsewhere if different age groups are used in the adjustment procedure. See Appendix II, Age adjustment.

³Hypercholesterolemia is defined as measured serum total cholesterol greater than or equal to 240 mg/dL (6.20 mmol/L) or reporting taking cholesterol-lowering medication. Respondents were asked, "Are you now following this advice [from a doctor or health professional] to take prescribed medicine [to lower your cholesterol]?" See Appendix II, Cholesterol. See related Table 23 in this report.

⁴Estimates are age-adjusted to the year 2000 standard population using five age groups: 20–34 years, 35–44 years, 45–54 years, 55–64 years, and 65 years and over. Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data and presented elsewhere if different age groups are used in the adjustment procedure. See Appendix II, Age adjustment.

⁵High total cholesterol is defined as measured serum total cholesterol greater than or equal to 240 mg/dL (6.20 mmol/L), regardless of whether the respondent reported taking cholesterol-lowering medications. See Appendix II, Cholesterol. See related Table 23 in this report.

⁶Hypertension is defined as having measured high blood pressure or taking antihypertensive medication. High blood pressure is defined as having measured systolic pressure of at least 140 mm Hg or diastolic pressure of at least 90 mm Hg. Those with high blood pressure may also be taking prescribed medicine for high blood pressure. For antihypertensive medication use, respondents were asked, "Are you now taking prescribed medicine for your high blood pressure?" Pregnant women were excluded. In 2017, a revised set of practice guidelines for defining high blood pressure was released but has not been widely adopted. Therefore, the high blood pressure cutoffs used to define hypertension and uncontrolled high blood pressure in *Health, United States* continue to use the original definition of 140 mm Hg/90 mm Hg. For more information, including a comparison of high blood pressure estimates based on the current and revised definitions, see Appendix II, Hypertension; Table VI. See related Table 22 in this report.

⁷Uncontrolled high blood pressure among persons with hypertension is defined as having measured high blood pressure among those with measured high blood pressure or reporting taking antihypertensive medication. High blood pressure is defined as having measured systolic pressure of at least 140 mm Hg or diastolic pressure of at least 90 mm Hg. Pregnant women were excluded. In 2017, a revised set of practice guidelines for defining high blood pressure was released but has not been widely adopted. Therefore, the high blood pressure cutoffs used to define hypertension and uncontrolled high blood pressure in *Health, United States* continue to use the original definition of 140 mm Hg/90 mm Hg. For more information, including a comparison of high blood pressure estimates based on the current and revised definitions, see Appendix II, Hypertension; Table VI. See related Table 22 in this report.

⁸Overweight or obesity in adults is defined as body mass index (BMI) greater than or equal to 25.0 based on the NHANES variable Body Mass Index. Pregnant women were excluded. See Appendix II, Body mass index (BMI). See related Table 26 in this report.

⁹Obesity in adults is defined as BMI greater than or equal to 30.0, based on the NHANES variable Body Mass Index. Pregnant women were excluded. See Appendix II, Body mass index (BMI). See related Table 26 in this report.

¹⁰Untreated dental caries refers to decay on the crown or enamel surface of a tooth (i.e., coronal caries) that has not been treated or filled. The presence of caries was evaluated in primary and permanent teeth for persons aged 5 and over. The third molars were not included. Persons without at least one natural tooth (primary or permanent) were excluded. Over time, there have been changes in the NHANES oral health examination process, ages examined, and methodology. For more information, see Appendix II, Dental caries. See related Table 28 in this report.

¹¹Obesity in youth is defined as BMI at or above the sex- and age-specific 95th percentile of the 2000 CDC growth charts. See: Kuczmarski RJ, Ogden CL, Guo SS, Grummer-Strawn LM, Flegal KM, Mei Z, et al. 2000 CDC growth charts for the United States: Methods and development. National Center for Health Statistics. Vital Health Stat 11(246). 2002. Available from: https://www.cdc.gov/nchs/data/series/sr_11/sr11_246.pdf. Pregnant girls were excluded. See related Table 27 in this report.

NOTES: Standard errors are available in the spreadsheet version of this table. Available from: <https://www.cdc.gov/nchs/hus.htm>.

SOURCE: NCHS, National Health and Nutrition Examination Survey. See Appendix I, National Health and Nutrition Examination Survey (NHANES).