Obesity and overweight rates among VA patients

- **Obese (BMI ≥30)**: 41%
- **Overweight (BMI 25 – 29.9)**: 37%

Demographic breakdown of obesity:
- Women (overall): 44%
- Men: 41%
- Women (ages 18 – 44): 40%
- Men (ages 18 – 44): 46%
- Women (ages 45 – 64): 49%
- Men (ages 45 – 64): 48%

Groups with especially high prevalence of obesity:
- Black women: 51%
- Women with schizophrenia: 56%
- Women with diabetes: 68%
- Men with diabetes: 56%

Source: “The Obesity Epidemic in the Veterans Health Administration: Prevalence Among Key Populations of Women and Men Veterans.” Based on data on nearly 5 million Veterans Health Administration patients in 2014. JGIM, online March 7, 2017. Infograph by VA Research Communications, March 2017 (Photo ©iStock/FredFroese)