

PROVIDER HEALTH EDUCATION & RESOURCES

SEPTEMBER 2025

September National Childhood Obesity Awareness Month

Childhood Obesity Facts

- Approximately 1 in 5 U.S. children and adolescents have obesity.
- Obesity affects some groups more than others, including adolescents, Hispanic and non-Hispanic Black children, and children in families with lower incomes.
- Health care for obesity is expensive for patients and the health care system.

Obesity affects some groups more than others

- The prevalence of obesity increased with age. From 2017 to March 2020, obesity prevalence was 12.7% among U.S. children 2–5 years old, 20.7% among those 6–11, and 22.2% among adolescents 12–19
- Overall, obesity prevalence was highest in Hispanic children (26.2%) and non-Hispanic Black children (24.8%) followed by non-Hispanic white (16.6%) and non-Hispanic Asian (9.0%) children.
- Among U.S. girls, obesity prevalence was highest among non-Hispanic Black girls (30.8%). Among U.S. boys, obesity prevalence was highest among Hispanic boys (29.3%).
- Obesity prevalence increased as family income decreased. Obesity prevalence was:
 - 11.5% among U.S. children with family income more than 350% of the Federal Poverty Level (FPL).
 - 21.2% among children with family income 130% to 350% of FPL.
 - 25.8% among children with family income 130% or less of FPL.



Education links:

<https://www.cdc.gov/healthy-weight-growth>

[Child and Teen BMI Calculator](#) | [BMI](#) | [CDC](#)