### Table III.A.2.b: Selected Studies Describing the Prevalence of Overweight in Native Americans, 1981-1993

<table>
<thead>
<tr>
<th>Population</th>
<th>Definition of Overweight</th>
<th>Source</th>
<th>Age</th>
<th>Year</th>
<th>Percentage Males</th>
<th>Percentage Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
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<tr>
<td>Native Americans, national</td>
<td></td>
<td>Self-report</td>
<td>18+</td>
<td>1987</td>
<td>33.7</td>
<td>40.3</td>
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<tr>
<td>Native Americans by region</td>
<td></td>
<td>Self-report</td>
<td>18+</td>
<td>1985-1988</td>
<td>30.0</td>
<td>28.5</td>
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<td>Southwest</td>
<td></td>
<td>Measured</td>
<td>18+</td>
<td>1987-1988</td>
<td>34.0</td>
<td>30.0</td>
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<td>Plains</td>
<td></td>
<td>Measured</td>
<td>18+</td>
<td>1982</td>
<td>27.8</td>
<td>35.7</td>
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<tr>
<td>West</td>
<td></td>
<td>Measured</td>
<td>18+</td>
<td>1986-1987</td>
<td>22.7</td>
<td>22.7</td>
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<td>Other regions</td>
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<td>Measured</td>
<td>18+</td>
<td>1981</td>
<td>22.7</td>
<td>23.9</td>
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<td>Alaskan Yup'ik Eskimos</td>
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<td>1987-1988</td>
<td>34.0</td>
<td>56.0</td>
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<td>29.0</td>
<td>55.1</td>
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<td>Measured</td>
<td>18+</td>
<td>1986-1987</td>
<td>59.1</td>
<td>59.1</td>
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<td>1981</td>
<td>43.7</td>
<td>42.1</td>
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<td>Measured</td>
<td>20-39</td>
<td>1987-1988</td>
<td>53.8</td>
<td>54.7</td>
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<td>18+</td>
<td>1981-1988</td>
<td>35.0</td>
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<td>20-39</td>
<td>1987</td>
<td>40.0</td>
<td>33.8</td>
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<td>40-59</td>
<td>1987</td>
<td>70.7</td>
<td>55.6</td>
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</tbody>
</table>

* Definition of overweight and obesity used by NHANES/NCHS:  
  a = BMI > 25th % NHANES II reference population  
  b = Weight-for-age > 95th NCHS reference population  
  c = BMI > 27 kg/m² for males, BMI > 26 kg/m² for females  