Data Report: U.S. Health Insurance and Obesity Statistics (2020 Data)

U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION

Table of Contents

right-align the page numbers, see
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Introduction

This report presents key health statistics from 2020, focusing on two major public health indicators in the United States: **health insurance coverage** and **obesity rates**. It is intended for students, educators, policy analysts, and public health professionals seeking a concise, evidence-based summary of national health data.

The data were collected from official sources, including the U.S. Census Bureau and the Centers for Disease Control and Prevention (CDC). The report includes tables and charts illustrating trends in coverage and obesity, as well as interpretive commentary. These trends provide context for understanding disparities in access and outcomes—particularly relevant in the wake of the COVID-19 pandemic.

Data Sources

- **Health Insurance Data:** U.S. Census Bureau's *Current Population Survey (CPS)* – Annual Social and Economic Supplement, 2018–2020
- **Obesity Data:** Centers for Disease Control and Prevention (CDC), *Data Brief 392: Increases in Prepregnancy Obesity*, 2016–2019

Note: CDC data on obesity is prepregnancy.

Table 1. Health Insurance Coverage (2018 - 2020)

Coverage Type	2018 (%)	2019 (%)	2020 (%)
Any Health Plan	91.5	92.0	91.4
Any Private Plan	67.3	68.0	66.5
Uninsured	8.5	8.0	8.6

As shown in Table 1**.** U.S. population with health insurance coverage, 2018–2020 (percent of people). The table shows that coverage dipped slightly in 2020, with uninsured rising from 8.0% in 2019 to 8.6% in 2020

Figure 1. U.S. Health Insurance Coverage by Type (2020)

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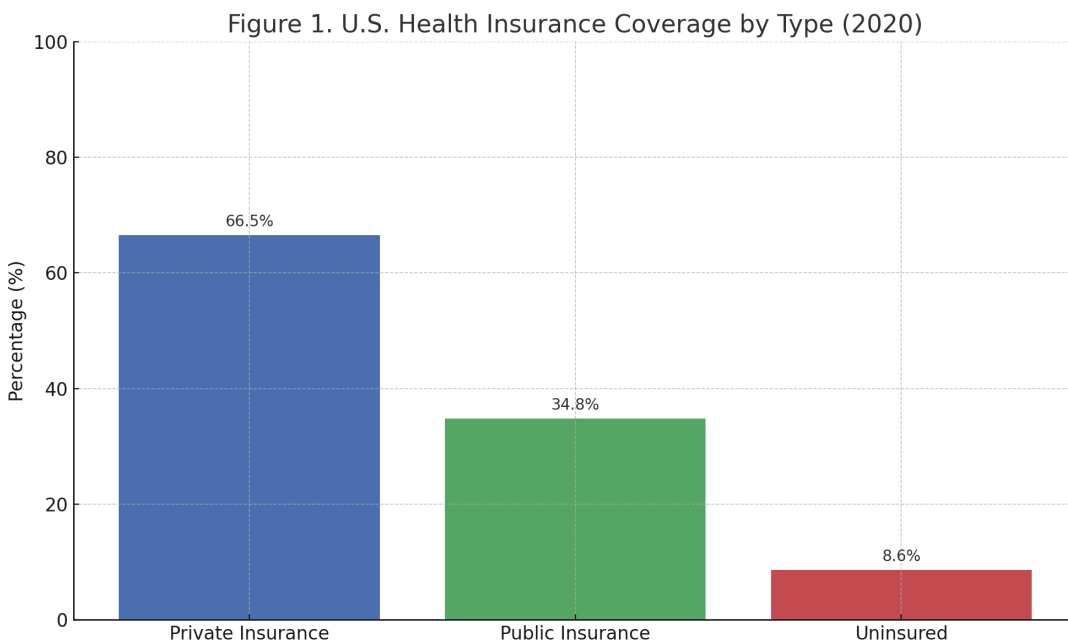
As shown in Figure 1, most Americans in 2020 were covered by private insurance (66.5%), while public insurance covered 34.8%. Around 8.6% of the population remained uninsured, up slightly from the year before.

Figure 2. Health Coverage Distribution (2020)

Figure 2. Pie Chart – Health Coverage Distribution in 2020
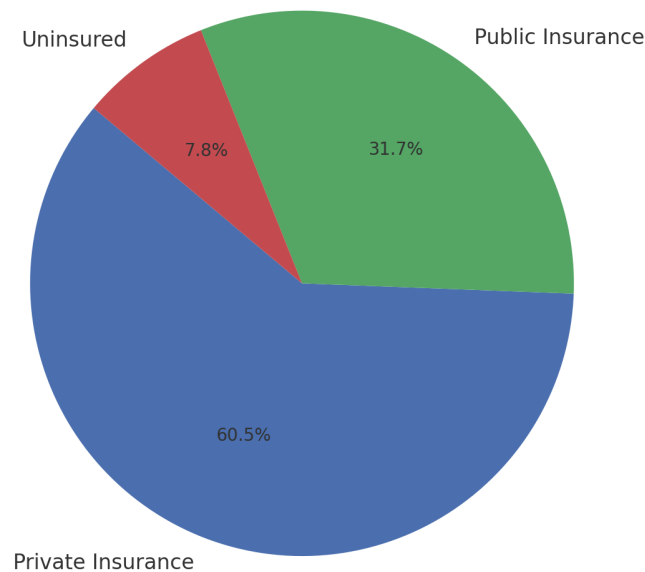

Figure 2 illustrates the overall breakdown of health coverage types in 2020. Many people had overlapping plans, with a large majority relying on private coverage. Public plans still played a significant role, and a meaningful minority remained uninsured.
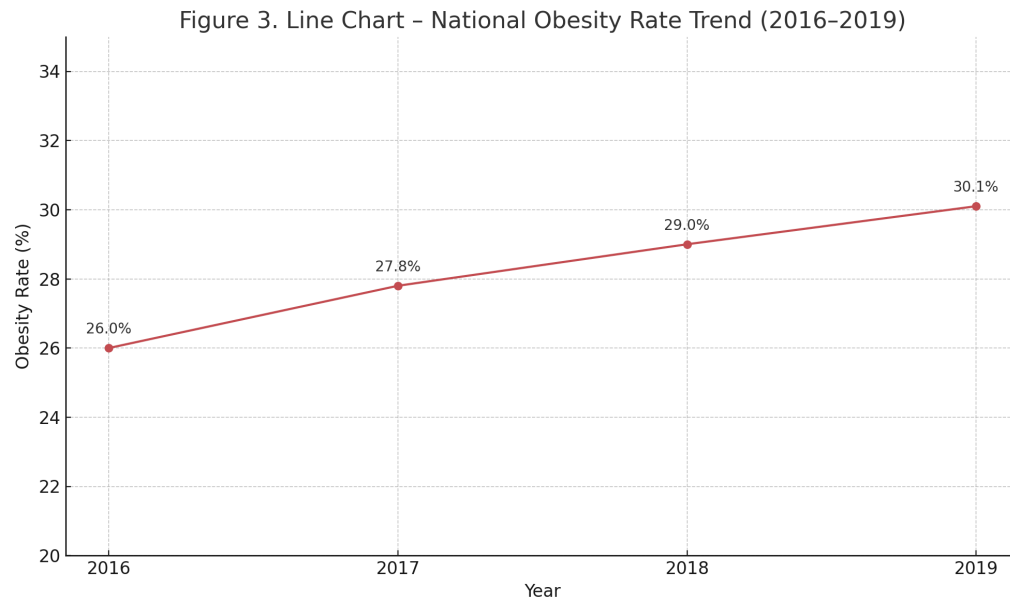
Obesity Trends

Table 2. Prepregnancy Obesity Rates by State (2019)

State	Obesity Rate (%)
Mississippi	37.6
West Virginia	36.3
Arkansas	34.5
Colorado	23.0
District of Columbia	22.6

These Table 2 numbers show big differences in prepregnancy obesity rates depending on the state. Southern states like Mississippi and West Virginia have the highest rates, while places like Colorado and D.C. are much lower—highlighting how obesity levels can vary a lot across the country.

Figure 3. National Obesity Rate Trend (2016–2019)

Figure 3. Line Chart – National Obesity Rate Trend (2016–2019)

As shown in Figure 3, national prepregnancy obesity rates increased steadily from 26.0% in 2016 to 30.1% in 2019. This trend reflects increasing health concerns and stark disparities among different states, especially in the South.

Conclusion

This report highlights two persistent public health issues: health insurance coverage and obesity. In 2020, the uninsured rate rose slightly to 8.6%, with over two-thirds of Americans relying on private insurance. Meanwhile, obesity rates continued their upward trajectory, reaching over 30% nationally in 2019. These trends reveal the continued importance of access to healthcare and the need for targeted interventions to reduce health disparities.

References

- [Number and Percentage of People by Health Insurance Coverage Status and Type: 2018 to 2020](#)
- [Trends in Health Insurance Coverage by Poverty Status Among Persons Under 65 Years of Age: United States, 1997-2002](#)
- [Increases in Prepregnancy Obesity: United States, 2016–2019](#)

really nice work, A. However, when you say "obesity rates" at the top, you give the impression that you'll be showing o. rates for the general population, not just for prepregnancy. Dawns on me just now to ask what do you mean by prepregnancy? Just anybody who is not pregnant male or female? and what age group are we talking about? But I'm not expecting you to be a data analyst!