

Weight Problems Are the Norm for Gen Xers

Most men and women are overweight.

Americans have a weight problem, and Gen Xers are no exception. The average Gen X man weighs nearly 200 pounds. The average Gen X woman weighs more than 160 pounds. Nearly 80 percent of Gen X men and more than 60 percent of Gen X women are overweight, and more than one-third is obese.

Although many people say they exercise, only 20 percent of adults meet federal physical activity guidelines. The percentage who meet the guidelines falls with age to just 12 percent of people aged 65 or older. The guidelines are fairly complex and demanding, however, which might explain why so few can meet them.

■ Most Gen Xers lack the willpower to eat less or exercise more—fueling a diet and weight loss industry that never lacks for customers.

Most Gen Xers weigh more than they should

(percent of people aged 35 to 54 who are overweight, by sex, 2009–12)

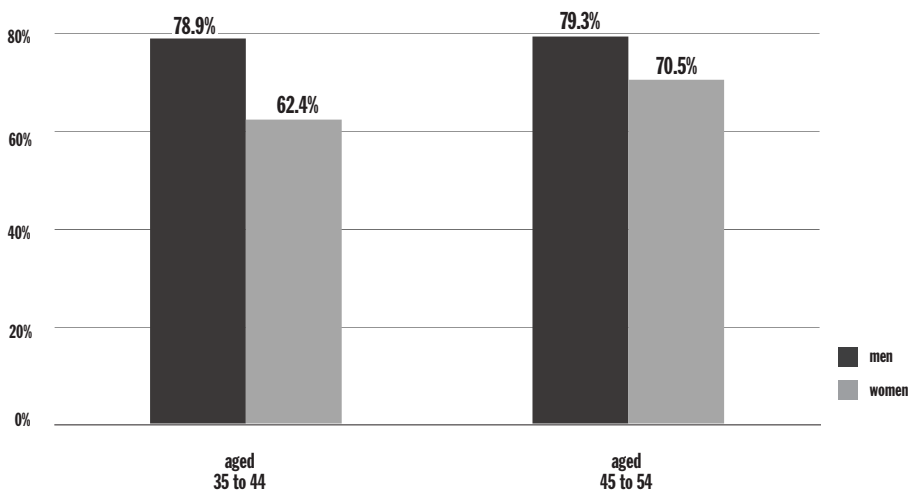


Table 3.2 Average Measured Weight by Age and Sex, 2007–10*(average weight in pounds of people aged 20 or older by age and sex, 2007–10)*

	men	women
Total aged 20 or older	195.5 lbs.	166.2 lbs.
Aged 20 to 29	183.9	161.9
Aged 30 to 39	199.5	169.1
Aged 40 to 49	200.6	168.0
Aged 50 to 59	201.3	170.0
Aged 60 to 69	199.4	170.5
Aged 70 to 79	190.6	164.9
Aged 80 or older	174.9	143.1

*Note: Data are based on measured weight of a sample of the civilian noninstitutionalized population.**Source: National Center for Health Statistics, Anthropometric Reference Data for Children and Adults: United States, 2007–2010, Vital Health Statistics, Series 11, No. 252, 2012, Internet site <http://www.cdc.gov/nchs/products/series/series11.htm>; calculations by New Strategist***Table 3.3 Weight Status by Sex and Age, 2009–12***(percent distribution of people aged 20 or older by weight status, sex, and age, 2009–12)*

	total	healthy weight	overweight	
			total	obese
Total people	100.0%	29.2%	69.1%	35.5%
Total men	100.0	26.2	72.9	34.6
Aged 20 to 34	100.0	37.5	60.9	28.9
Aged 35 to 44	100.0	21.0	78.9	38.1
Aged 45 to 54	100.0	20.0	79.3	38.1
Aged 55 to 64	100.0	21.9	77.4	38.1
Aged 65 to 74	100.0	22.4	76.9	36.4
Aged 75 or older	100.0	28.2	70.4	27.4
Total women	100.0	31.9	65.5	36.4
Aged 20 to 34	100.0	40.8	55.2	30.0
Aged 35 to 44	100.0	35.2	62.4	36.0
Aged 45 to 54	100.0	27.3	70.5	38.3
Aged 55 to 64	100.0	23.8	75.1	42.9
Aged 65 to 74	100.0	23.5	73.8	44.2
Aged 75 or older	100.0	35.3	62.4	29.8

*Note: Data are based on measured height and weight of a sample of the civilian noninstitutionalized population. "Overweight" is defined as a body mass index of 25 or higher. "Obese" is defined as a body mass index of 30 or higher. Body mass index is calculated by dividing weight in kilograms by height in meters squared. Percentages do not add to 100 because "underweight" is not shown.**Source: National Center for Health Statistics, Health, United States, 2013, Internet site <http://www.cdc.gov/nchs/hus.htm>*

Half of Gen X Women Work Full-Time

Asian and Non-Hispanic White women have the highest incomes.

The incomes of women aged 35 to 49 are well above average (Gen Xers were aged 37 to 48 in 2013). In 2013, women aged 35 to 44 had a median income of \$30,571. Among the 50 percent with a full-time job, median income was a higher \$42,441. For the 53 percent of women aged 45 to 49 who work full-time, median income was about the same at \$41,877.

By race and Hispanic origin, women's incomes do not vary as much as men's. Among women aged 35 to 44 who work full-time, Asians have the highest median income—\$48,100 in 2013. Non-Hispanic Whites are not far behind, with a median of \$46,658. Black women in the age group who work full-time had a median income of \$39,099. Among Hispanics, median income was just \$32,939. In the 45-to-49 age group, the median income of non-Hispanic White women who work full-time is slightly greater than the Asian median (\$46,108 versus \$44,475), while the Hispanic median is the lowest (\$31,857).

■ Hispanic women have the lowest incomes because they are the least educated.

Among women aged 35 to 44, Hispanics have the lowest incomes

(median income of women aged 35 to 44 who work full-time, by race and Hispanic origin, 2013)

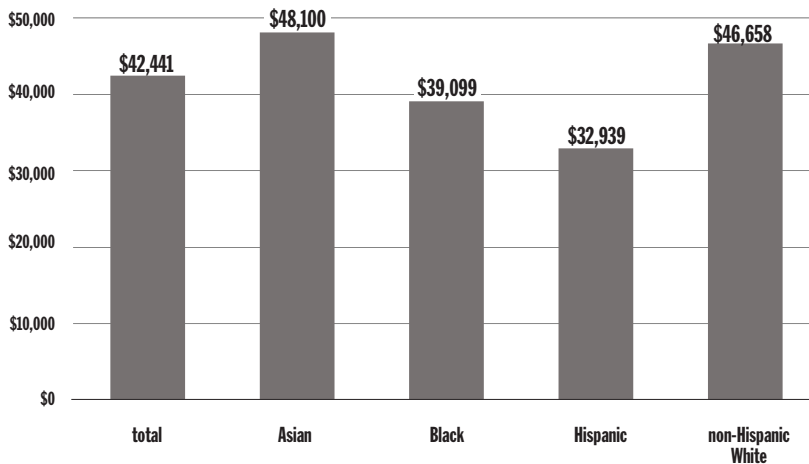


Table 5.19 Income of Women Aged 35 to 49, 2013: Total Women

(number and percent distribution of women aged 15 or older and aged 35 to 49 by income and age, 2013; median income of women with income and of women working full-time, year-round; percent working full-time, year-round; women in thousands as of 2014)

	total	aged 35 to 44			
		total	35 to 39	40 to 44	45 to 49
TOTAL WOMEN	129,930	20,196	9,848	10,348	10,520
Without income	19,975	2,841	1,487	1,354	1,154
With income	109,956	17,356	8,361	8,995	9,366
Under \$5,000	11,888	1,681	822	859	857
\$5,000 to \$9,999	13,431	1,241	589	652	726
\$10,000 to \$14,999	13,771	1,536	759	777	803
\$15,000 to \$19,999	11,145	1,406	685	721	769
\$20,000 to \$24,999	9,350	1,400	691	709	796
\$25,000 to \$29,999	7,492	1,220	564	656	584
\$30,000 to \$34,999	6,989	1,181	590	591	692
\$35,000 to \$39,999	5,478	1,017	548	469	613
\$40,000 to \$44,999	5,150	1,011	485	525	546
\$45,000 to \$49,999	3,947	819	382	437	433
\$50,000 to \$54,999	3,800	853	446	407	465
\$55,000 to \$59,999	2,267	483	237	247	215
\$60,000 to \$64,999	2,643	646	316	330	260
\$65,000 to \$69,999	1,737	344	137	208	164
\$70,000 to \$74,999	1,810	477	207	269	251
\$75,000 to \$79,999	1,441	344	167	177	176
\$80,000 to \$84,999	1,301	262	88	174	245
\$85,000 to \$89,999	740	175	77	99	80
\$90,000 to \$94,999	664	134	64	69	99
\$95,000 to \$99,999	468	99	42	57	51
\$100,000 or more	4,442	1,027	464	564	543
MEDIAN INCOME					
Women with income	\$22,063	\$30,571	\$30,411	\$30,729	\$30,749
Working full-time	40,597	42,441	41,931	43,732	41,877
Percent full-time	34.7%	50.1%	49.0%	51.1%	52.9%
PERCENT DISTRIBUTION					
TOTAL WOMEN	100.0%	100.0%	100.0%	100.0%	100.0%
Without income	15.4	14.1	15.1	13.1	11.0
With income	84.6	85.9	84.9	86.9	89.0
Under \$15,000	30.1	22.1	22.0	22.1	22.7
\$15,000 to \$24,999	15.8	13.9	14.0	13.8	14.9
\$25,000 to \$34,999	11.1	11.9	11.7	12.0	12.1
\$35,000 to \$49,999	11.2	14.1	14.4	13.8	15.1
\$50,000 to \$74,999	9.4	13.9	13.6	14.1	12.9
\$75,000 to \$99,999	3.6	5.0	4.4	5.6	6.2
\$100,000 or more	3.4	5.1	4.7	5.4	5.2

Source: Bureau of the Census, 2014 Current Population Survey, Internet site <http://www.census.gov/hhes/www/income/data/index.html>; calculations by New Strategist

Nearly Half of Gen Xers Live in Their State of Birth

Among 35-to-44-year-olds, more than one in five is foreign-born.

According to the 2012 American Community Survey, most Americans live in the state in which they were born. In the Gen X age groups (Gen Xers were aged 36 to 47 in 2012), the share who live in their state of birth is just under 50 percent. Slightly fewer than one-third were born in the United States but live in a state other than the one in which they were born. A substantial 22 percent of 35-to-44-year-olds were born in another country.

In 2013, nearly 1 million legal immigrants were admitted to the United States. A substantial 25 percent were aged 35 to 49, adding to the Gen X population.

Sixty-two million residents of the United States speak a language other than English at home, according to the Census Bureau's 2012 American Community Survey—21 percent of the population aged 5 or older. Among working-age adults (aged 18 to 64), 22 percent do not speak English at home. Most of those who do not speak English at home speak Spanish.

- Among people aged 18 to 64 who speak Spanish at home, most also speak English “very well.”

Many Gen Xers were born in another country

(percent distribution of people aged 35 to 44 or older by place of birth, 2012)

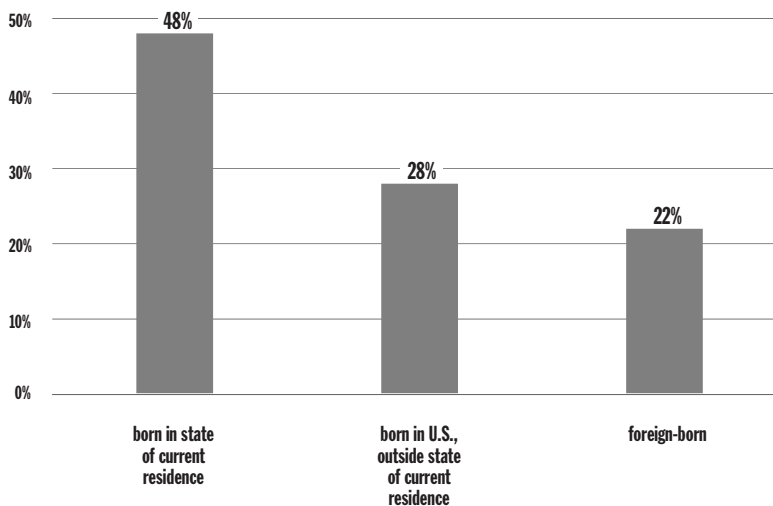


Table 8.14 Population by Age and Place of Birth, 2012

(number and percent distribution of people by age and place of birth, 2012; numbers in thousands)

	total	born in United States		citizen born outside United States	foreign-born
		in state of current residence	outside state of current residence		
Total people	313,914	184,556	84,147	4,386	40,825
Under age 5	19,910	17,835	1,711	129	236
Aged 5 to 17	53,800	42,565	8,315	592	2,328
Aged 18 to 24	31,472	20,472	7,335	459	3,207
Aged 25 to 34	42,101	22,560	11,080	693	7,769
Aged 35 to 44	40,698	19,467	11,571	720	8,939
Aged 45 to 54	44,205	21,881	14,039	755	7,529
Aged 55 to 59	20,622	10,371	7,014	308	2,930
Aged 60 to 61	7,539	3,756	2,673	93	1,018
Aged 62 to 64	10,426	5,103	3,805	140	1,378
Aged 65 to 74	24,005	11,260	9,297	296	3,151
Aged 75 or older	19,136	9,287	7,308	200	2,340
PERCENT DISTRIBUTION BY PLACE OF BIRTH					
Total people	100.0%	58.8%	26.8%	1.4%	13.0%
Under age 5	100.0	89.6	8.6	0.6	1.2
Aged 5 to 17	100.0	79.1	15.5	1.1	4.3
Aged 18 to 24	100.0	65.0	23.3	1.5	10.2
Aged 25 to 34	100.0	53.6	26.3	1.6	18.5
Aged 35 to 44	100.0	47.8	28.4	1.8	22.0
Aged 45 to 54	100.0	49.5	31.8	1.7	17.0
Aged 55 to 59	100.0	50.3	34.0	1.5	14.2
Aged 60 to 61	100.0	49.8	35.5	1.2	13.5
Aged 62 to 64	100.0	48.9	36.5	1.3	13.2
Aged 65 to 74	100.0	46.9	38.7	1.2	13.1
Aged 75 or older	100.0	48.5	38.2	1.0	12.2

Source: Bureau of the Census, 2012 American Community Survey, Internet site <http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml>; calculations by New Strategist

Gen X Spends More Time at Work than at Play

People aged 35 to 44 spend 40 percent more time at work than the average person.

Time use varies sharply by age. The middle aged are the ones who spend the most time at work and the least time at play, according to the Bureau of Labor Statistics' American Time Use Survey. On an average day (including weekdays and weekends), men aged 35 to 44 spend 5.43 hours at work versus the 3.88 hours spent at work or in work-related activities by the average man. Women aged 35 to 44 spend 37 percent more time at work than the average woman. They spend twice as much time as the average woman caring for household children.

People aged 35 to 44 have the least amount of leisure time because most are juggling both work and family responsibilities. Women aged 35 to 44 have 21 percent less leisure time than the average woman. Men in the age group have 22 percent less leisure time than the average man.

■ As their children grow up, Gen Xers will have more leisure time.

Time at work peaks in middle age

(average number of hours per day men spend working or in work-related activities, by age, 2013)

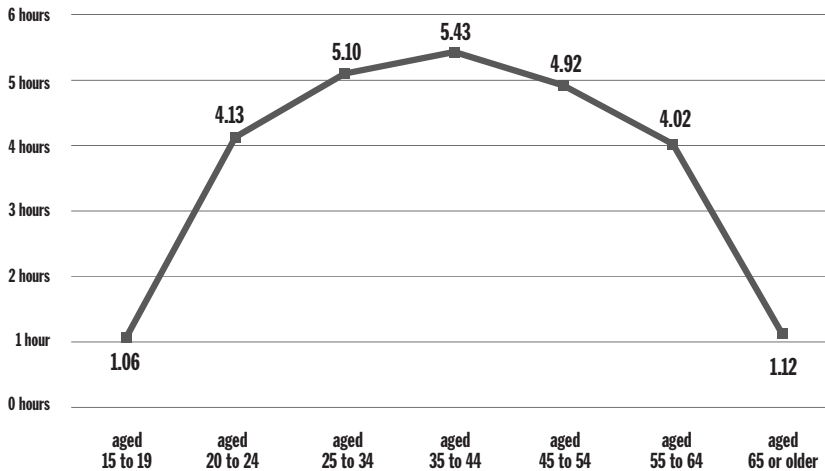


Table 10.1 Detailed Time Use of People Aged 35 to 44, 2013

(hours per day spent in primary activities by total people aged 15 or older and people aged 35 to 44, index of age group to total, and number and percent of people aged 35 to 44 participating in activity on an average day, 2013)

	average hours per day for total people	average hours per day for people aged 35 to 44	index, 35 to 44 to total	people aged 35 to 44 participating in activity	
				number (in 000s)	percent
Total, all activities	24.00 hrs.	24.00 hrs.	100	39,613	100.0%
Personal care activities	9.53	9.26	97	39,613	100.0
Sleeping	8.74	8.52	97	39,613	100.0
Grooming	0.70	0.68	97	32,904	83.1
Health-related self-care	0.09	0.06	67	1,545	3.9
Household activities	1.78	1.85	104	30,985	78.2
Housework	0.57	0.67	118	15,266	38.5
Food preparation and cleanup	0.57	0.69	121	24,893	62.8
Lawn, garden, and houseplants	0.18	0.12	67	2,672	6.7
Animals and pets	0.10	0.07	70	5,481	13.8
Vehicles	0.04	0.04	100	757	1.9
Household management	0.18	0.14	78	9,569	24.2
Financial management	0.03	0.02	67	1,131	2.9
Household and personal organization and planning	0.10	0.08	80	5,658	14.3
Household and personal mail and messages (except email)	0.01	0.01	100	1,396	3.5
Household and personal email and messages	0.03	0.03	100	2,639	6.7
Caring for and helping household members	0.44	0.97	220	20,290	51.2
Caring for and helping household children	0.36	0.82	228	18,724	47.3
Caring for household adults	0.02	0.01	50	640	1.6
Helping household adults	0.01	0.01	100	1,539	3.9
Caring for and helping people in other households	0.14	0.08	57	3,877	9.8
Caring for and helping children in other households	0.07	0.02	29	1,321	3.3
Caring for adults in other households	0.01	–	–	128	0.3
Helping adults in other households	0.05	0.05	100	2,582	6.5
Working and work-related activities	3.20	4.45	139	23,073	58.2
Working	3.14	4.39	140	22,415	56.6
Job search and interviewing	0.04	0.05	125	654	1.7
Educational activities	0.45	0.09	20	886	2.2
Taking class	0.26	0.03	12	364	0.9
Homework and research	0.18	0.06	33	579	1.5
Consumer purchases	0.37	0.39	105	16,515	41.7
Grocery shopping	0.11	0.13	118	6,393	16.1
Shopping (except groceries, food, and gas)	0.24	0.23	96	8,498	21.5
Professional and personal care services	0.08	0.07	88	2,659	6.7
Medical and care services	0.05	0.04	80	1,196	3.0

	average hours per day for total people	average hours per day for people aged 35 to 44	index, 35 to 44 to total	people aged 35 to 44 participating in activity	
				number (in 000s)	percent
Eating and drinking	1.11 hrs.	1.06 hrs.	95	38,108	96.2%
Socializing, relaxing, and leisure	4.71	3.69	78	36,523	92.2
Socializing and communicating	0.65	0.60	92	13,208	33.3
Attending or hosting social events	0.07	0.07	100	777	2.0
Relaxing and leisure	3.91	2.94	75	34,581	87.3
Television and movies	2.77	2.24	81	30,376	76.7
Playing games	0.22	0.12	55	2,512	6.3
Computer use for leisure (except games)	0.21	0.16	76	5,479	13.8
Reading for personal interest	0.32	0.16	50	5,170	13.1
Arts and entertainment (other than sports)	0.08	0.08	100	1,134	2.9
Attending movies	0.03	0.03	100	463	1.2
Sports, exercise, and recreation	0.32	0.25	78	6,292	15.9
Participating in sports, exercise, and recreation	0.30	0.23	77	6,049	15.3
Attending sporting or recreational events	0.03	0.02	67	292	0.7
Religious and spiritual activities	0.14	0.12	86	3,201	8.1
Volunteer activities	0.14	0.11	79	2,400	6.1
Telephone calls	0.10	0.06	60	4,164	10.5
Traveling	1.18	1.31	111	36,197	91.4

Note: Primary activities are those respondents identified as their main activity. Other activities done simultaneously are not included. Travel related to activities is reported separately. Numbers do not sum to total because not all activities are shown. The index is calculated by dividing time spent by age group by time spent by the average person and multiplying by 100. “—” means sample is too small to make a reliable estimate.

Source: Bureau of Labor Statistics, unpublished tables from the 2013 American Time Use Survey; Internet site <http://www.bls.gov/tus/home.htm>; calculations by New Strategist