

The major objective of this study is to investigate the relation between overweight/obesity and socio-economic status (e.g., education, employment, income) among female adult in the United States, and then to find out the solutions for that. I used a nationally representative repeated cross-sectional data National Health and Nutrition Examination Survey (NHANES) for five times, including 15,570 respondents from 2005 to 2014. This study utilizes three surveys for demographic characteristics, Body Mass Index (BMI) and occupation status. I conducted 8 types of logistic regressions on both $BMI \geq 25$ (overweight) and $BMI \geq 30$ (obesity) for different samples, such as total variables without interactive variables, total variables with interactive variables, males, and females. Weights of both males and females have been heavier for recent years, and an increase rate for females seems to be higher than males, in average. Females whose race are Other Hispanic have the highest prevalence to become obesity than all other races. Higher education and income would have a greater impact on females than males in both overweight and obesity. The reasons for that are education and income will help females with more decent jobs, so that they pay more attention on their appearance and body shape. When it turns to employment status, retired female is much slimmer compared to the same retired male. Marriage status would have larger impact on males than females, such that unmarried men tend to gain more weights than married men. Based on the results of this study, the inequality of educational achievement and income might cause overweight/obesity issues, so I proposed balancing gender income gap, giving all races females an equal chance for school and reduce or free public institution tuition costs.