

Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2015-2017

Definitions

- ❑ **Obesity: Body Mass Index (BMI) of 30 kg/m² or higher.**
- ❑ **Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, calculated by using the adult's weight in kilograms divided by the square of his or her height in meters.**

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Method

- ❑ The data were collected through the Behavioral Risk Factor Surveillance System (BRFSS), an ongoing, state-based, telephone interview survey conducted by state health departments with assistance from CDC.
- ❑ Height and weight data used in the BMI calculations were self-reported.
- ❑ Three years of data were combined to ensure sufficient sample size.



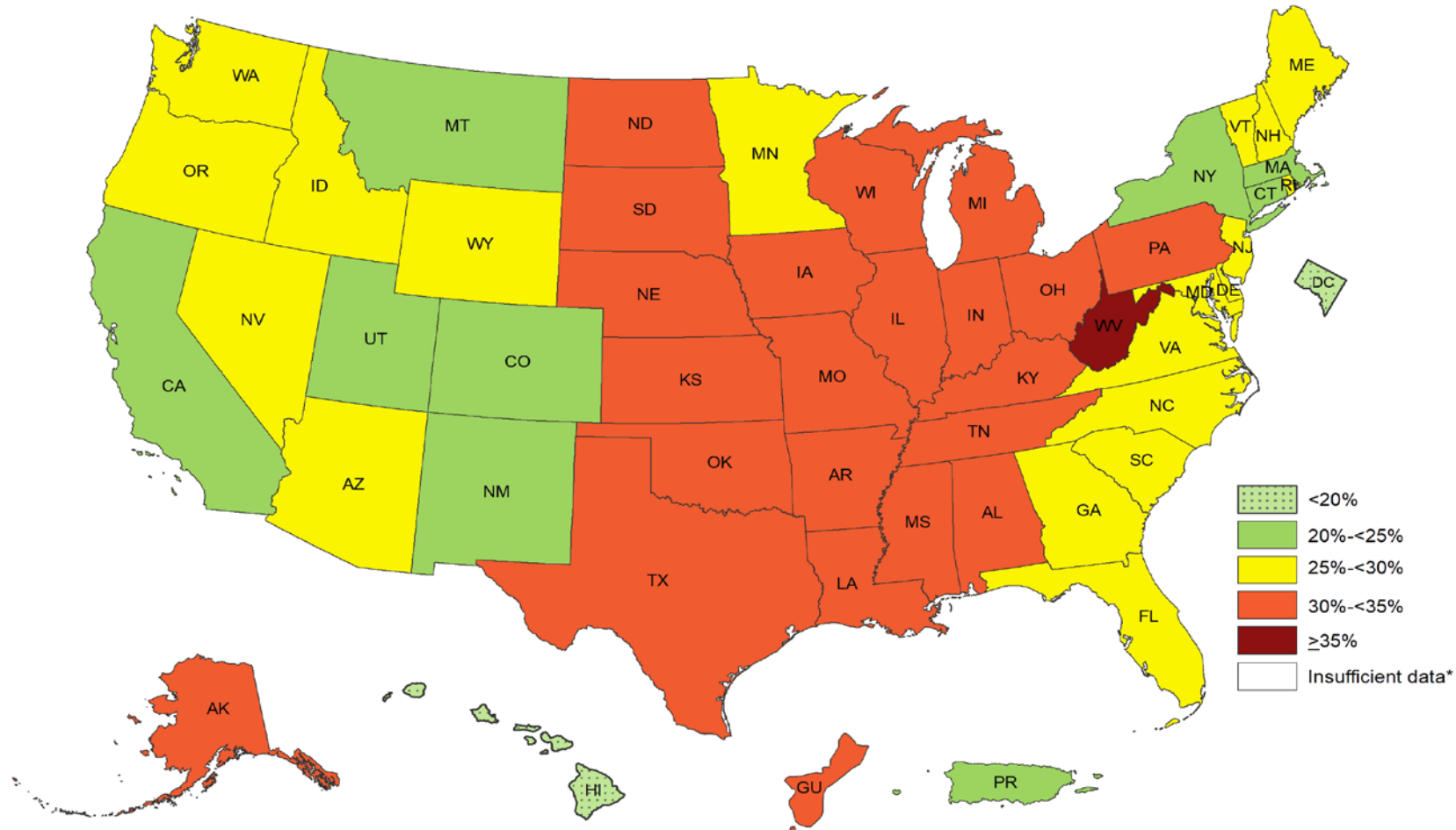
Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2015-2017

Exclusion Criteria

Records with the following were excluded:

- ❑ Height: <3 feet or ≥ 8 feet
- ❑ Weight: <50 pounds or ≥ 650 pounds
- ❑ BMI: <12 kg/m² or ≥ 100 kg/m²
- ❑ Pregnant women

Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2015-2017



*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2015-2017

State	Prevalence	95% Confidence Interval
Alabama	33.1	(32.1, 34.2)
Alaska	30.0	(28.3, 31.7)
Arizona	26.1	(25.3, 27.0)
Arkansas	34.0	(32.5, 35.5)
California	23.1	(22.2, 24.0)
Colorado	20.3	(19.6, 20.9)
Connecticut	24.4	(23.7, 25.2)
Delaware	29.7	(28.3, 31.1)
District of Columbia	10.4	(9.1, 11.9)
Florida	26.2	(25.4, 27.0)
Georgia	29.5	(28.3, 30.8)
Guam	30.2	(24.8, 36.2)
Hawaii	17.5	(16.2, 18.9)
Idaho	27.8	(26.7, 28.9)
Illinois	30.3	(29.3, 31.5)
Indiana	32.1	(31.2, 32.9)
Iowa	33.6	(32.8, 34.5)
Kansas	32.0	(31.4, 32.5)
Kentucky	34.4	(33.4, 35.4)
Louisiana	33.4	(32.1, 34.7)
Maine	29.8	(29.0, 30.7)
Maryland	28.1	(27.1, 29.0)
Massachusetts	24.0	(23.1, 25.0)
Michigan	30.9	(30.2, 31.7)
Minnesota	27.5	(27.0, 28.1)
Mississippi	32.1	(30.8, 33.5)
Missouri	31.6	(30.6, 32.6)

State	Prevalence	95% Confidence Interval
Montana	24.0	(23.0, 25.0)
Nebraska	31.7	(31.0, 32.4)
Nevada	25.7	(24.1, 27.3)
New Hampshire	27.4	(26.5, 28.5)
New Jersey	25.7	(24.6, 26.7)
New Mexico	24.3	(23.1, 25.6)
New York	24.7	(24.0, 25.5)
North Carolina	29.3	(28.3, 30.4)
North Dakota	31.9	(30.9, 32.9)
Ohio	31.2	(30.3, 32.0)
Oklahoma	33.4	(32.3, 34.4)
Oregon	29.3	(28.3, 30.3)
Pennsylvania	30.1	(29.2, 31.1)
Puerto Rico	24.1	(15.1, 36.0)
Rhode Island	26.9	(25.8, 28.0)
South Carolina	29.6	(28.8, 30.5)
South Dakota	30.0	(28.8, 31.3)
Tennessee	31.8	(30.7, 32.9)
Texas	30.1	(28.8, 31.3)
Utah	24.7	(24.1, 25.4)
Vermont	26.7	(25.8, 27.7)
Virginia	27.9	(27.0, 28.8)
Washington	28.3	(27.7, 29.0)
West Virginia	37.0	(36.1, 37.9)
Wisconsin	31.0	(30.0, 32.0)
Wyoming	27.9	(26.8, 29.1)

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.

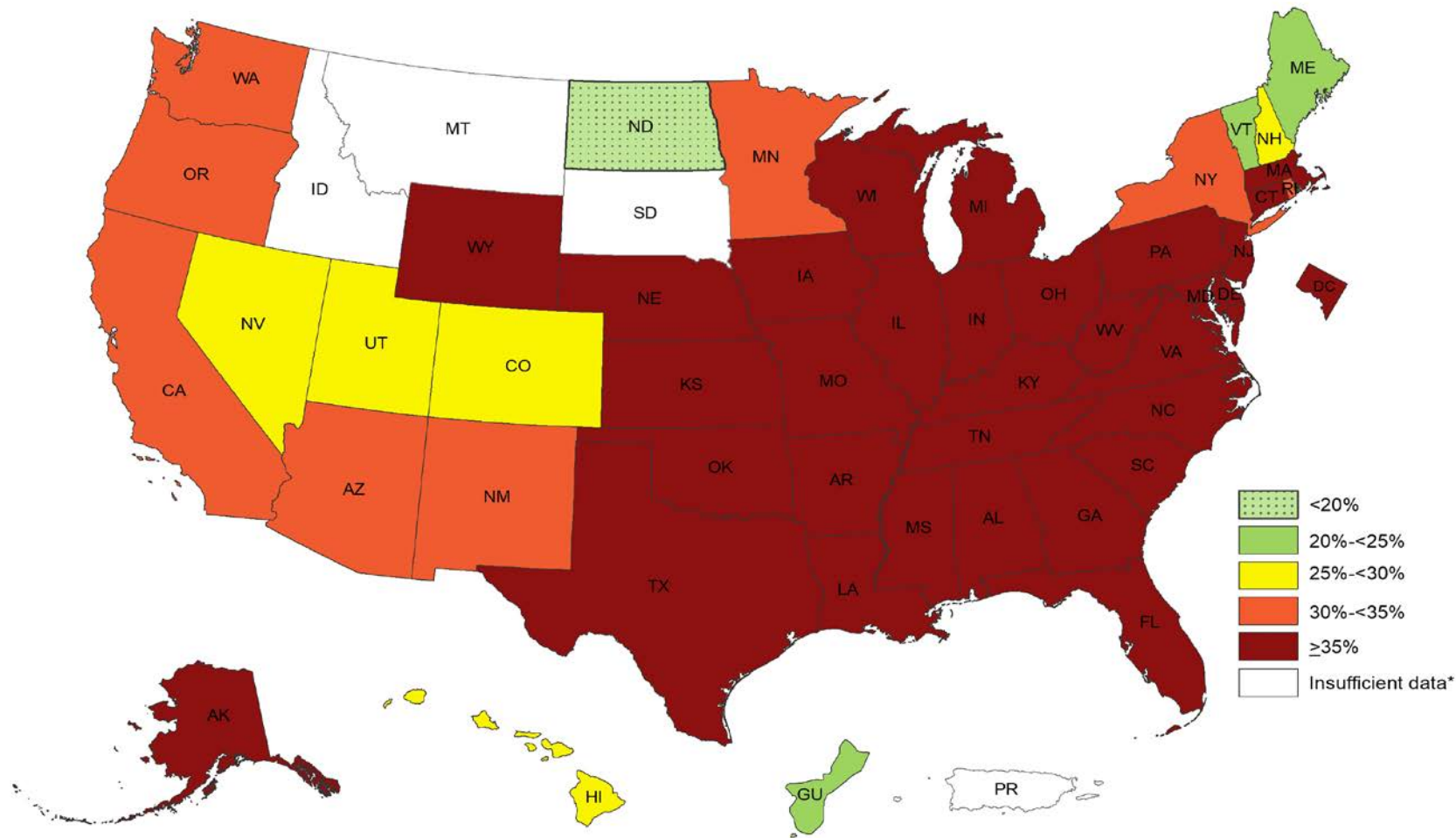
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2015-2017

Summary

- ❑ 1 state (Hawaii) and the District of Columbia had a prevalence of obesity less than 20%.
- ❑ 8 states and Puerto Rico had a prevalence of obesity between 20% and <25%.
- ❑ 19 states had a prevalence of obesity between 25% and <30%.
- ❑ 21 states and Guam had a prevalence of obesity between 30% and <35%.
- ❑ West Virginia had a prevalence of obesity of 35% or greater.

Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2015-2017



*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2015-2017

State	Prevalence	95% Confidence Interval
Alabama	45.0	(43.1, 46.9)
Alaska	44.7	(33.3, 56.8)
Arizona	32.4	(28.1, 36.9)
Arkansas	44.2	(39.9, 48.5)
California	31.4	(28.3, 34.7)
Colorado	28.9	(25.1, 33.1)
Connecticut	37.1	(34.3, 40.0)
Delaware	37.4	(34.2, 40.7)
District of Columbia	36.2	(34.3, 38.0)
Florida	35.4	(33.0, 37.8)
Georgia	37.1	(35.1, 39.2)
Guam	22.8	(12.3, 38.4)
Hawaii	29.8	(21.0, 40.6)
Idaho	Insufficient data*	Insufficient data*
Illinois	39.5	(36.6, 42.5)
Indiana	42.2	(38.8, 45.7)
Iowa	36.3	(30.1, 43.0)
Kansas	41.2	(38.3, 44.2)
Kentucky	40.2	(36.2, 44.3)
Louisiana	42.6	(40.1, 45.0)
Maine	24.8	(16.2, 36.0)
Maryland	39.1	(37.4, 40.9)
Massachusetts	35.1	(30.8, 39.6)
Michigan	39.9	(37.7, 42.1)
Minnesota	30.4	(27.5, 33.5)
Mississippi	45.4	(43.4, 47.4)
Missouri	39.1	(35.8, 42.5)

State	Prevalence	95% Confidence Interval
Montana	Insufficient data*	Insufficient data*
Nebraska	39.9	(35.3, 44.7)
Nevada	29.2	(24.5, 34.5)
New Hampshire	25.9	(15.7, 39.7)
New Jersey	36.4	(33.8, 39.1)
New Mexico	31.2	(22.9, 40.8)
New York	33.4	(31.5, 35.4)
North Carolina	41.1	(38.9, 43.3)
North Dakota	19.6	(13.3, 28.1)
Ohio	37.5	(34.9, 40.3)
Oklahoma	37.6	(33.8, 41.6)
Oregon	30.8	(22.7, 40.4)
Pennsylvania	36.8	(33.7, 40.0)
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	31.8	(27.0, 37.1)
South Carolina	42.0	(40.5, 43.6)
South Dakota	Insufficient data*	Insufficient data*
Tennessee	46.4	(43.1, 49.8)
Texas	39.8	(36.4, 43.3)
Utah	26.3	(18.9, 35.4)
Vermont	22.8	(13.4, 36.1)
Virginia	41.0	(39.0, 43.0)
Washington	33.7	(29.8, 37.9)
West Virginia	43.6	(38.2, 49.3)
Wisconsin	38.1	(32.2, 44.4)
Wyoming	44.8	(30.8, 59.7)

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.

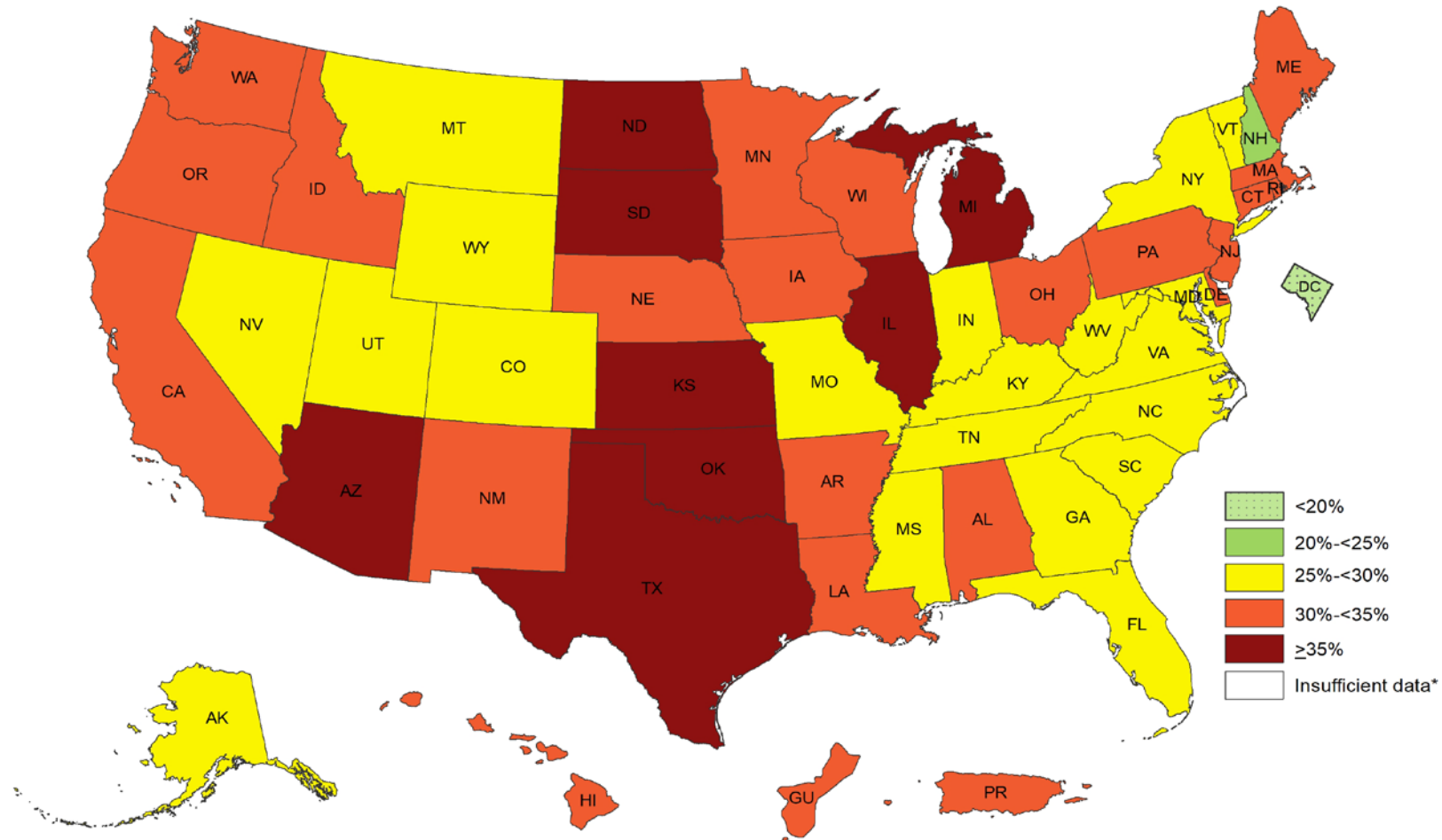
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2015-2017

Summary

- ❑ 1 state (North Dakota) had a prevalence of obesity less than 20%.
- ❑ 2 states (Maine and Vermont) and Guam had a prevalence of obesity between 20% and <25%.
- ❑ 5 states had a prevalence of obesity between 25% and <30%.
- ❑ 8 states had a prevalence of obesity between 30% and <35%.
- ❑ 31 states and the District of Columbia had a prevalence of obesity of 35% or greater.

Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2015-2017



*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2015-2017

State	Prevalence	95% Confidence Interval
Alabama	31.9	(25.1, 39.6)
Alaska	28.8	(21.7, 37.1)
Arizona	35.5	(33.5, 37.5)
Arkansas	30.1	(22.6, 38.8)
California	32.1	(30.9, 33.3)
Colorado	27.4	(25.7, 29.1)
Connecticut	31.8	(29.5, 34.1)
Delaware	31.9	(27.4, 36.8)
District of Columbia	19.7	(15.3, 25.1)
Florida	28.1	(26.1, 30.2)
Georgia	29.9	(25.6, 34.7)
Guam	33.0	(27.3, 39.3)
Hawaii	31.9	(28.9, 35.1)
Idaho	33.7	(29.5, 38.1)
Illinois	35.9	(33.0, 38.9)
Indiana	28.2	(24.6, 32.1)
Iowa	33.4	(28.5, 38.8)
Kansas	36.8	(34.5, 39.2)
Kentucky	28.5	(21.6, 36.6)
Louisiana	32.3	(25.8, 39.6)
Maine	32.2	(23.4, 42.5)
Maryland	27.6	(23.8, 31.8)
Massachusetts	31.0	(28.2, 34.0)
Michigan	38.6	(34.4, 43.0)
Minnesota	33.3	(30.2, 36.5)
Mississippi	29.2	(20.1, 40.4)
Missouri	29.9	(23.8, 36.8)

State	Prevalence	95% Confidence Interval
Montana	26.0	(20.0, 33.2)
Nebraska	32.8	(30.0, 35.7)
Nevada	29.2	(26.1, 32.4)
New Hampshire	24.1	(16.7, 33.4)
New Jersey	31.9	(29.4, 34.5)
New Mexico	31.2	(29.6, 33.0)
New York	28.7	(27.1, 30.4)
North Carolina	28.3	(25.0, 31.8)
North Dakota	36.5	(28.6, 45.1)
Ohio	31.9	(26.7, 37.6)
Oklahoma	36.8	(32.6, 41.3)
Oregon	34.9	(31.1, 38.9)
Pennsylvania	34.7	(29.9, 39.9)
Puerto Rico	31.0	(30.0, 32.1)
Rhode Island	33.1	(29.6, 36.9)
South Carolina	27.8	(23.6, 32.4)
South Dakota	35.0	(25.0, 46.5)
Tennessee	29.6	(22.6, 37.6)
Texas	37.9	(36.1, 39.8)
Utah	27.9	(25.6, 30.4)
Vermont	26.4	(18.7, 35.9)
Virginia	29.9	(26.3, 33.7)
Washington	33.9	(31.6, 36.2)
West Virginia	29.0	(21.0, 38.6)
Wisconsin	31.5	(26.0, 37.5)
Wyoming	28.8	(24.2, 33.9)

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) \geq 30%.

Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2015-2017

Summary

- ❑ The District of Columbia had a prevalence of obesity less than 20%.
- ❑ 1 state (New Hampshire) had a prevalence of obesity between 20% and <25%.
- ❑ 20 states had a prevalence of obesity between 25% and <30%.
- ❑ 21 states, Guam, and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ 8 states had a prevalence of obesity of 35% or greater.