

Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory

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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Source of the Data

- ❑ 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.

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BRFSS Methodological Changes Started in 2011

- ❑ **New sampling frame that included both landline and cell phone households.**
- ❑ **New weighting methodology used to provide a closer match between the sample and the population.**

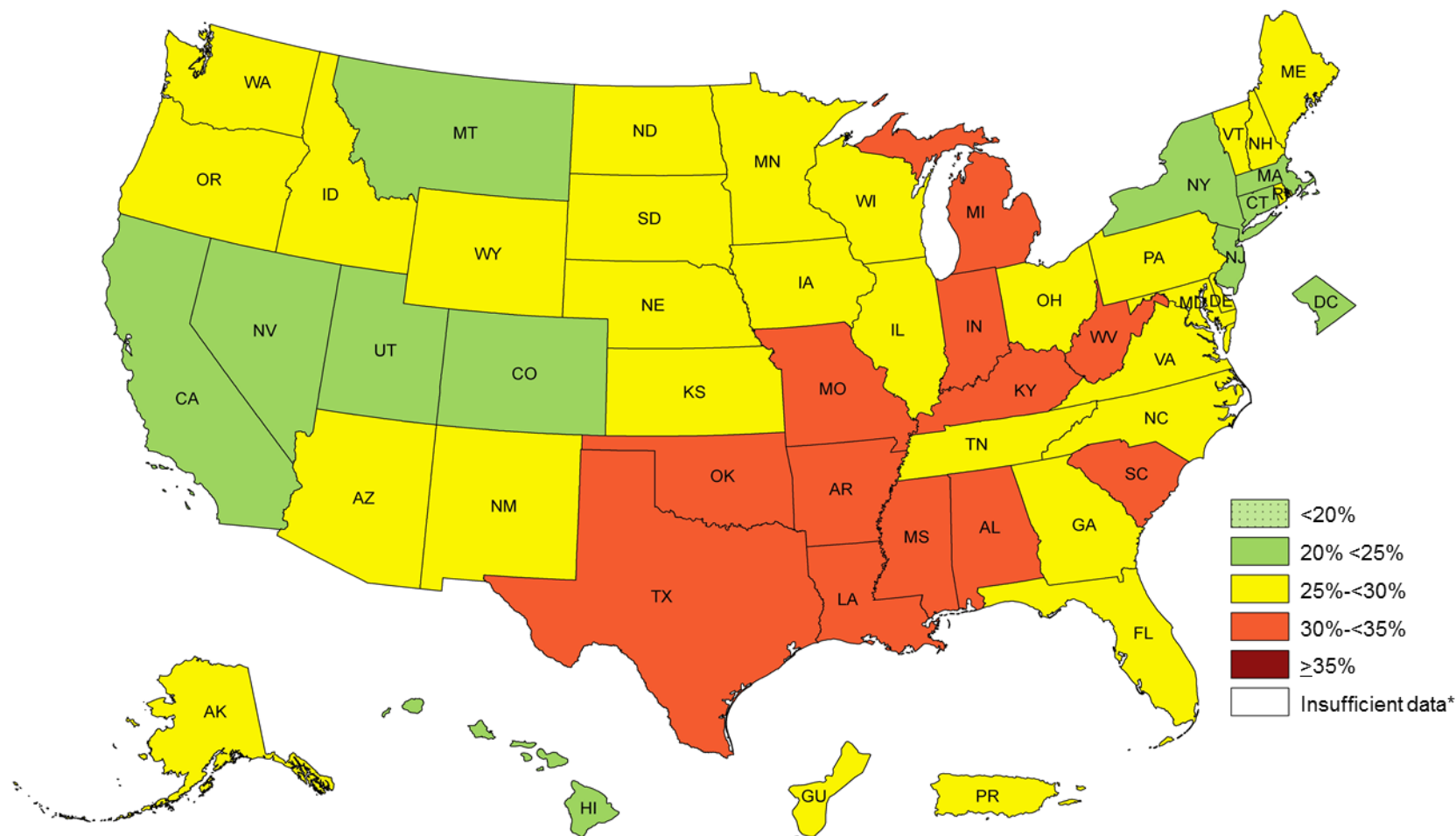
Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory

Exclusion Criteria Used Beginning with 2011 BRFSS Data
Records with the following were excluded:

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

Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

[¶] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

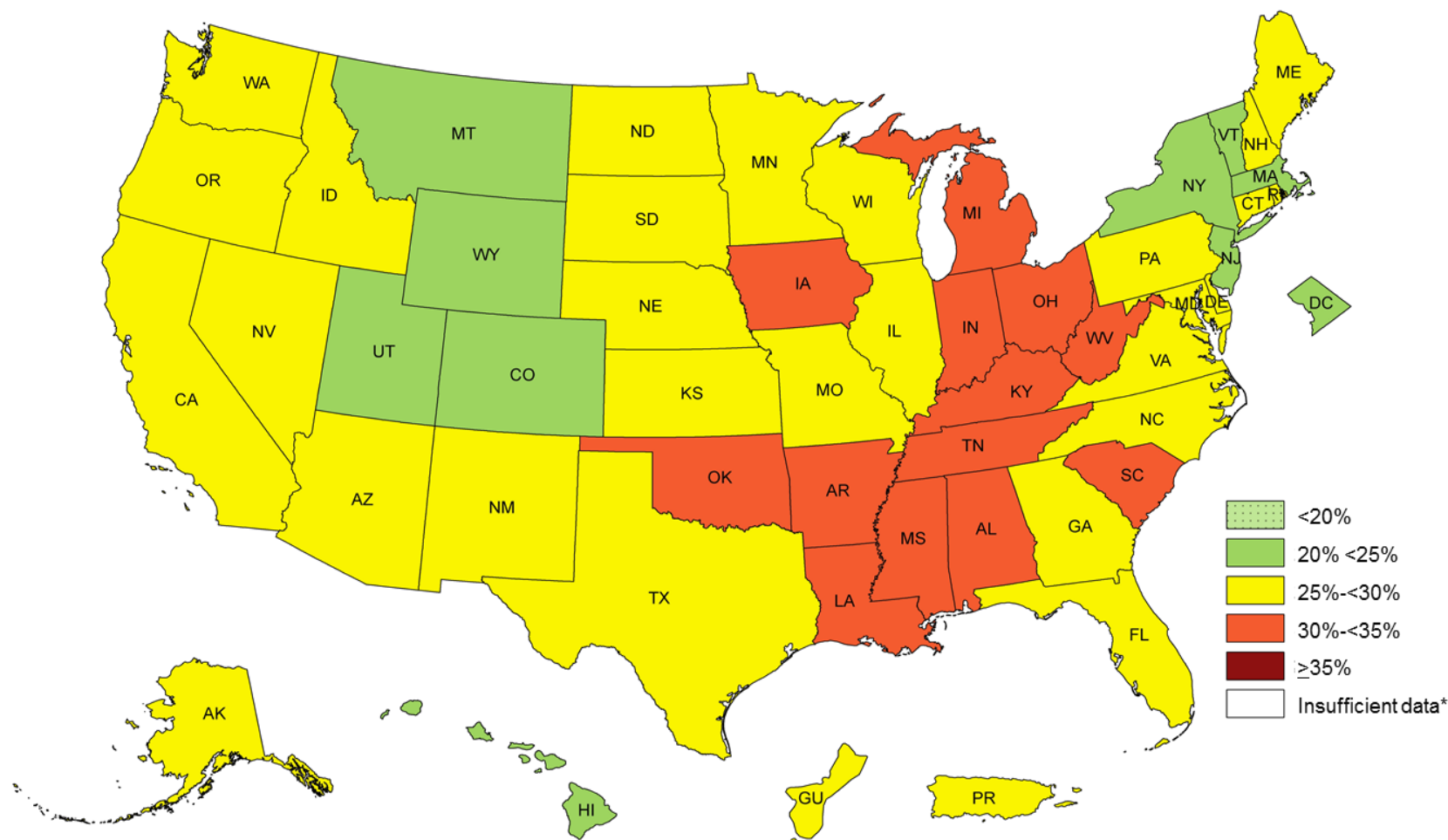


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$.



Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

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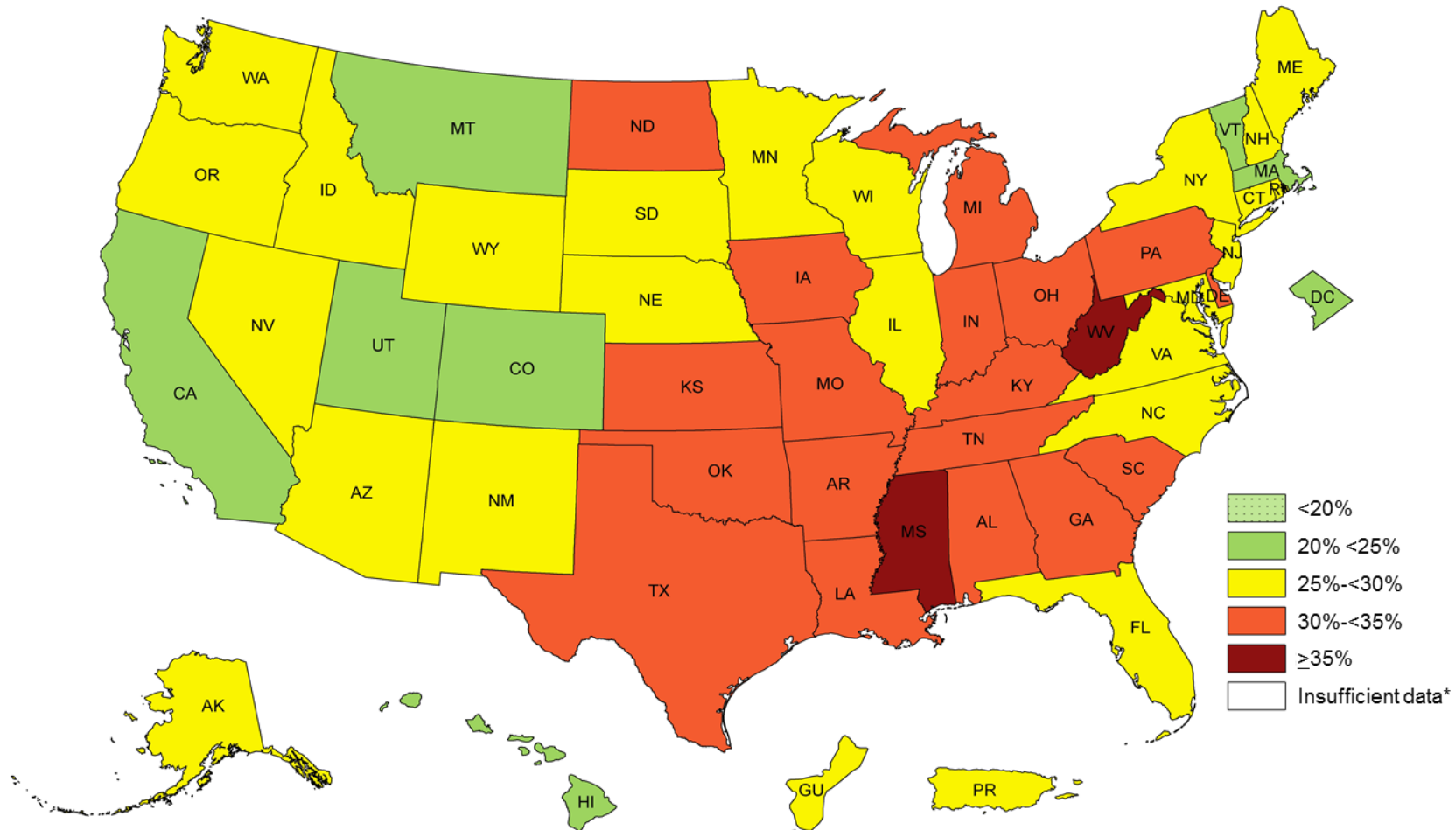


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

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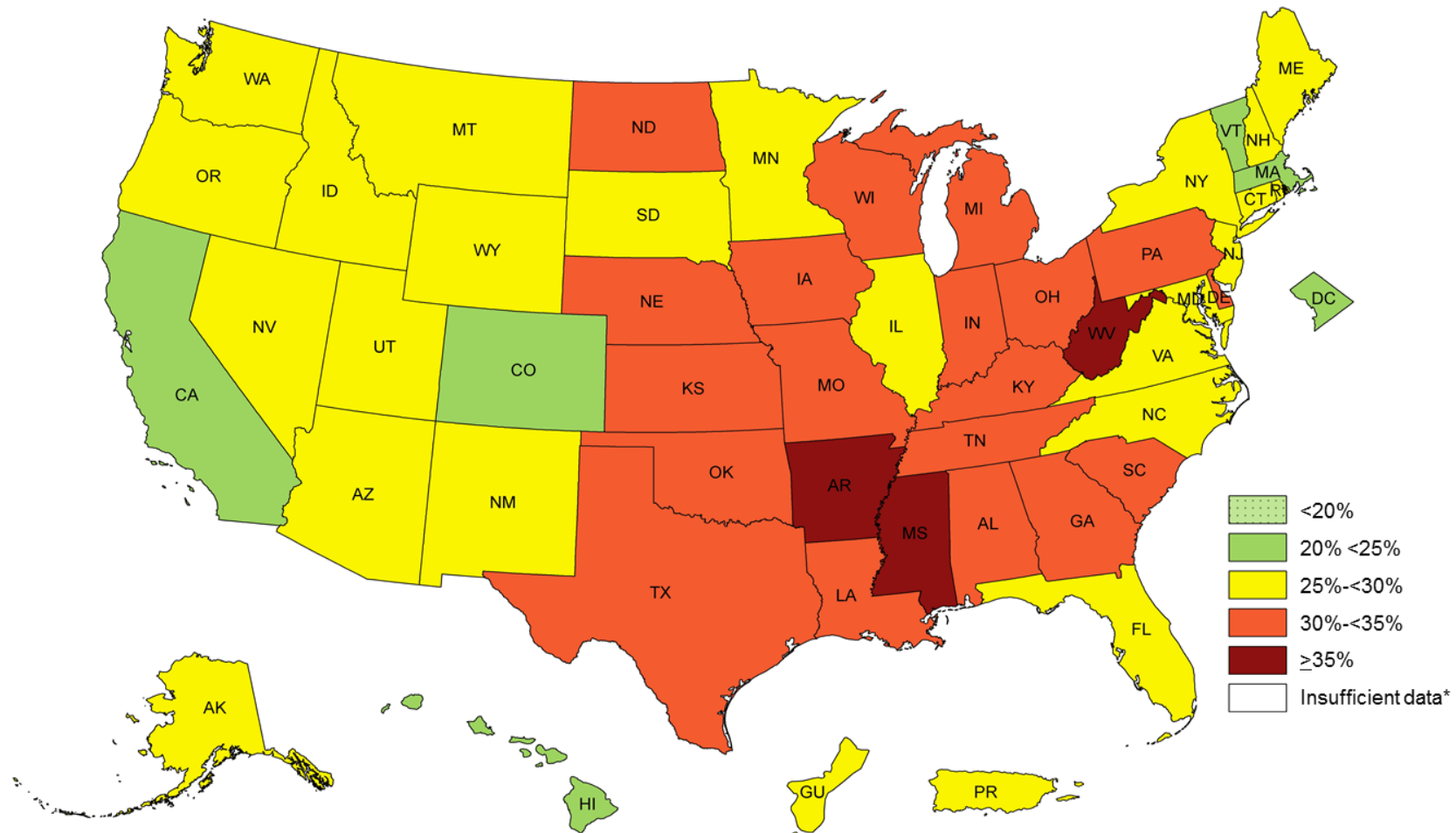


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Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

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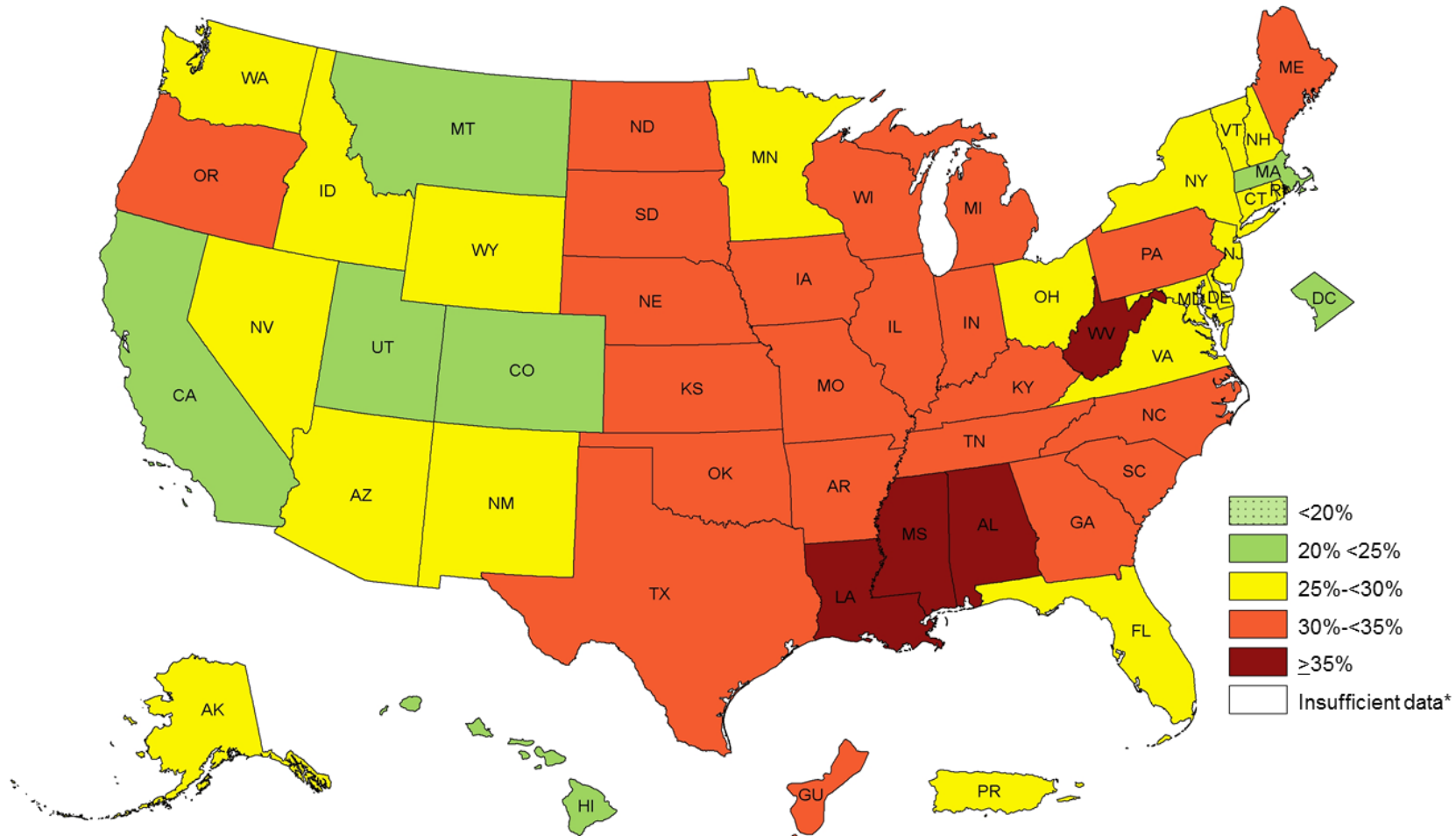


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

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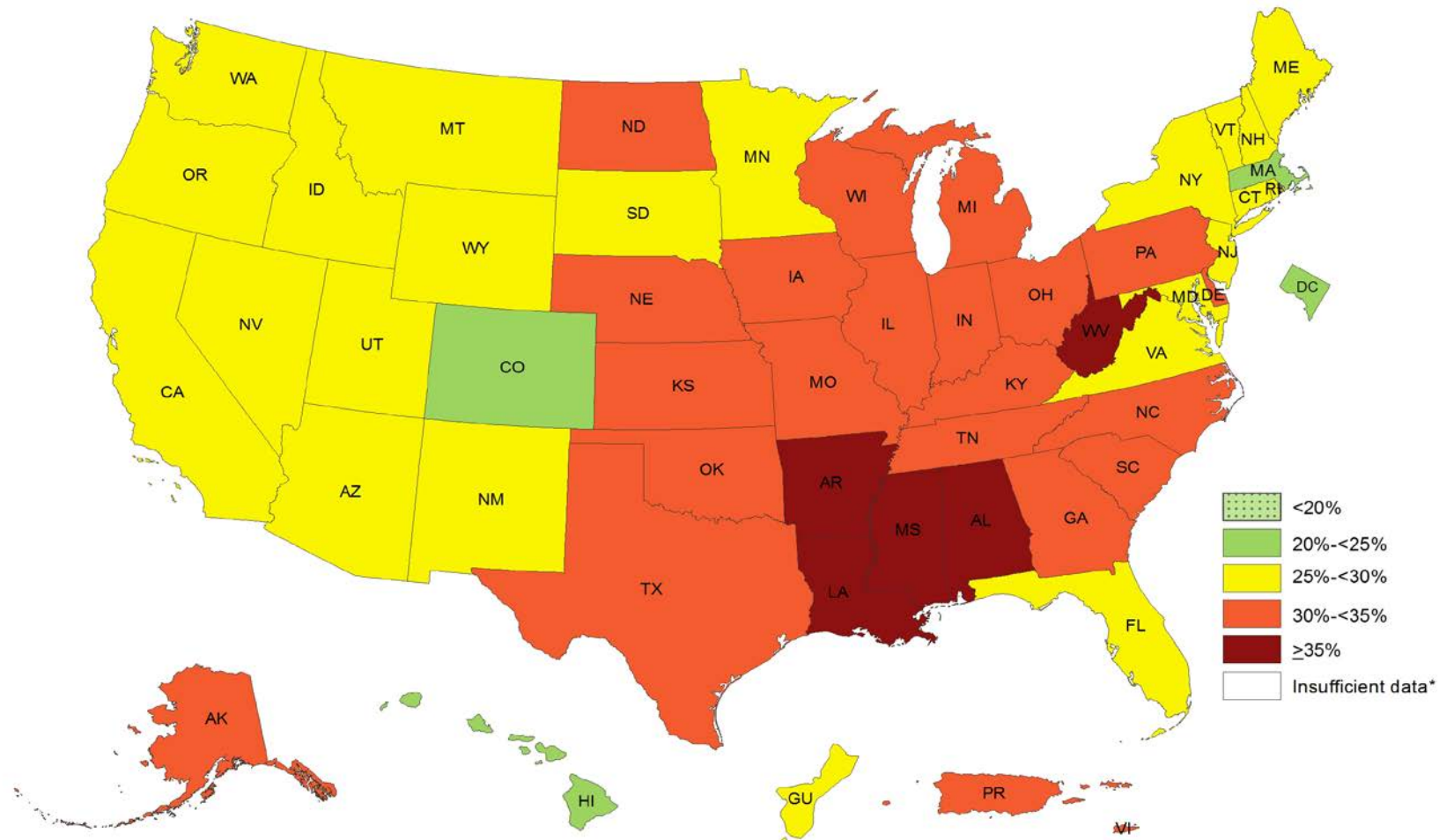


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Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2016

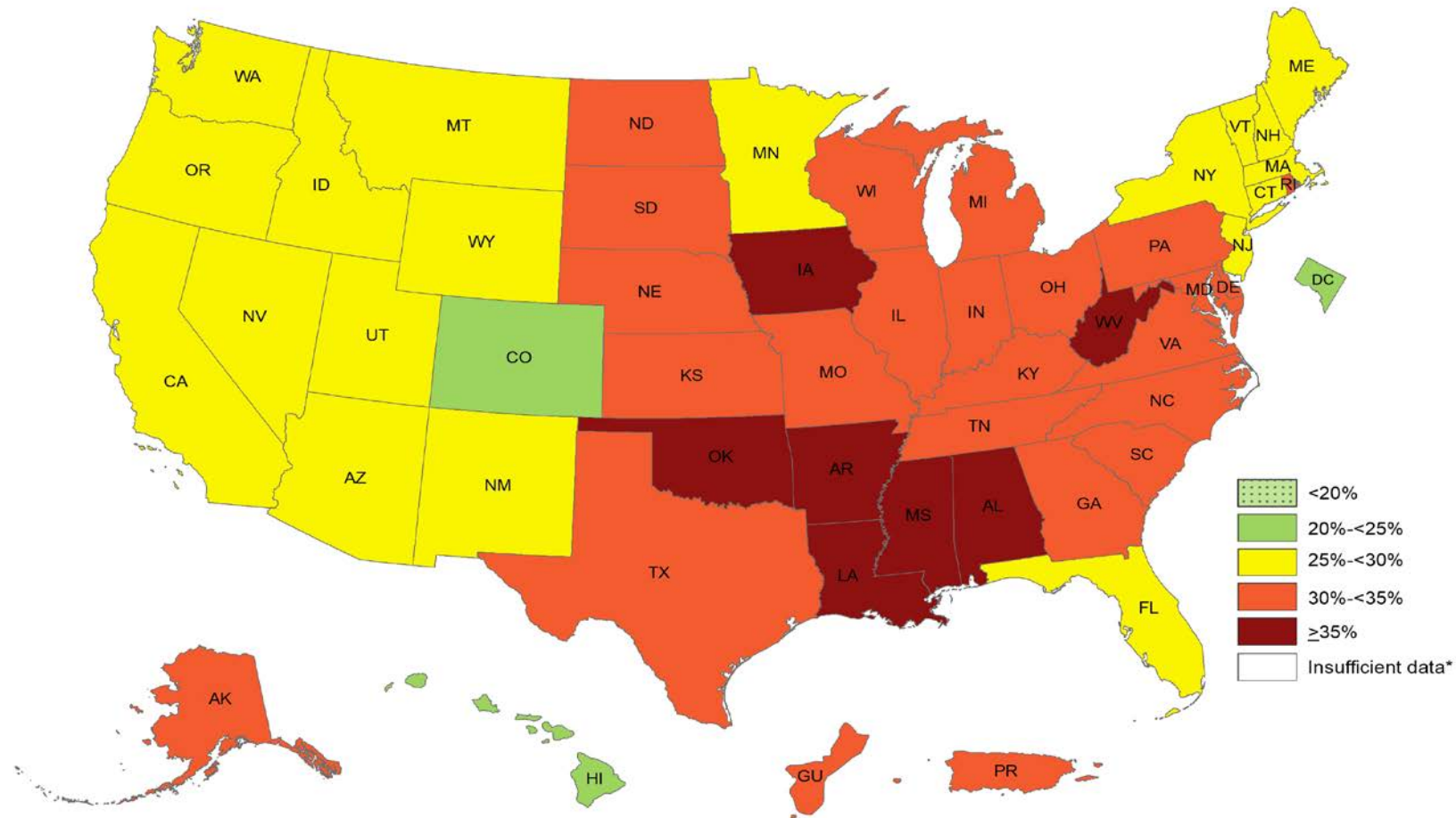
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Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2017



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

Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

State	Prevalence	95% Confidence Interval
Alabama	32.0	(30.5, 33.5)
Alaska	27.4	(25.3, 29.7)
Arizona	25.1	(23.0, 27.3)
Arkansas	30.9	(28.8, 33.1)
California	23.8	(22.9, 24.7)
Colorado	20.7	(19.7, 21.8)
Connecticut	24.5	(23.0, 26.0)
Delaware	28.8	(26.9, 30.7)
District of Columbia	23.7	(21.9, 25.7)
Florida	26.6	(25.4, 27.9)
Georgia	28.0	(26.6, 29.4)
Guam	27.4	(24.8, 30.2)
Hawaii	21.8	(20.4, 23.4)
Idaho	27.0	(25.3, 28.9)
Illinois	27.1	(25.4, 28.9)
Indiana	30.8	(29.5, 32.3)
Iowa	29.0	(27.6, 30.3)
Kansas	29.6	(28.7, 30.4)
Kentucky	30.4	(28.9, 31.9)
Louisiana	33.4	(32.0, 34.9)
Maine	27.8	(26.8, 28.9)
Maryland	28.3	(26.9, 29.7)
Massachusetts	22.7	(21.8, 23.7)
Michigan	31.3	(30.0, 32.6)
Minnesota	25.7	(24.6, 26.8)
Mississippi	34.9	(33.5, 36.3)

State	Prevalence	95% Confidence Interval
Missouri	30.3	(28.6, 32.0)
Montana	24.6	(23.3, 26.0)
Nebraska	28.4	(27.6, 29.2)
Nevada	24.5	(22.5, 26.6)
New Hampshire	26.2	(24.7, 27.7)
New Jersey	23.7	(22.7, 24.8)
New Mexico	26.3	(25.1, 27.6)
New York	24.5	(23.2, 25.9)
North Carolina	29.1	(27.7, 30.6)
North Dakota	27.8	(26.3, 29.4)
Ohio	29.6	(28.3, 31.0)
Oklahoma	31.1	(29.7, 32.5)
Oregon	26.7	(25.2, 28.3)
Pennsylvania	28.6	(27.3, 29.8)
Puerto Rico	26.3	(25.0, 27.7)
Rhode Island	25.4	(23.9, 27.0)
South Carolina	30.8	(29.6, 32.1)
South Dakota	28.1	(26.3, 30.1)
Tennessee	29.2	(26.8, 31.7)
Texas	30.4	(29.1, 31.8)
Utah	24.4	(23.4, 25.5)
Vermont	25.4	(24.1, 26.8)
Virginia	29.2	(27.5, 30.9)
Washington	26.5	(25.3, 27.7)
West Virginia	32.4	(30.9, 34.0)
Wisconsin	27.7	(25.8, 29.7)
Wyoming	25.0	(23.5, 26.6)

[¶]Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011. *Source:* Behavioral Risk Factor Surveillance System, CDC.

Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

State	Prevalence	95% Confidence Interval
Alabama	33.0	(31.5, 34.4)
Alaska	25.7	(23.9, 27.5)
Arizona	26.0	(24.3, 27.8)
Arkansas	34.5	(32.7, 36.4)
California	25.0	(23.9, 26.0)
Colorado	20.5	(19.5, 21.4)
Connecticut	25.6	(24.3, 26.9)
Delaware	26.9	(25.2, 28.6)
District of Columbia	21.9	(19.8, 24.0)
Florida	25.2	(23.6, 26.7)
Georgia	29.1	(27.4, 30.8)
Guam	29.1	(26.3, 31.9)
Hawaii	23.6	(22.0, 25.1)
Idaho	26.8	(24.8, 28.8)
Illinois	28.1	(26.4, 29.9)
Indiana	31.4	(30.1, 32.7)
Iowa	30.4	(29.1, 31.8)
Kansas	29.9	(28.7, 31.0)
Kentucky	31.3	(29.9, 32.6)
Louisiana	34.7	(33.1, 36.4)
Maine	28.4	(27.2, 29.5)
Maryland	27.6	(26.3, 28.9)
Massachusetts	22.9	(22.0, 23.8)
Michigan	31.1	(29.8, 32.3)
Minnesota	25.7	(24.7, 26.8)
Mississippi	34.6	(33.0, 36.2)

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Missouri	29.6	(28.0, 31.2)
Montana	24.3	(23.1, 25.5)
Nebraska	28.6	(27.7, 29.6)
Nevada	26.2	(24.3, 28.1)
New Hampshire	27.3	(25.8, 28.8)
New Jersey	24.6	(23.6, 25.6)
New Mexico	27.1	(25.9, 28.3)
New York	23.6	(22.0, 25.1)
North Carolina	29.6	(28.5, 30.7)
North Dakota	29.7	(27.9, 31.4)
Ohio	30.1	(29.0, 31.2)
Oklahoma	32.2	(30.8, 33.6)
Oregon	27.3	(25.7, 29.0)
Pennsylvania	29.1	(28.1, 30.1)
Puerto Rico	28.4	(27.0, 29.7)
Rhode Island	25.7	(24.1, 27.4)
South Carolina	31.6	(30.4, 32.8)
South Dakota	28.1	(26.5, 29.8)
Tennessee	31.1	(29.6, 32.7)
Texas	29.2	(27.8, 30.5)
Utah	24.3	(23.3, 25.3)
Vermont	23.7	(22.3, 25.1)
Virginia	27.4	(26.0, 28.7)
Washington	26.8	(25.8, 27.8)
West Virginia	33.8	(32.2, 35.4)
Wisconsin	29.7	(27.8, 31.6)
Wyoming	24.6	(22.8, 26.4)

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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

State	Prevalence	95% Confidence Interval
Alabama	32.4	(30.8, 34.1)
Alaska	28.4	(26.5, 30.4)
Arizona	26.8	(24.3, 29.4)
Arkansas	34.6	(32.7, 36.6)
California	24.1	(23.0, 25.3)
Colorado	21.3	(20.4, 22.2)
Connecticut	25.0	(23.5, 26.4)
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District of Columbia	22.9	(21.0, 24.8)
Florida	26.4	(25.3, 27.4)
Georgia	30.3	(28.9, 31.8)
Guam	27.0	(24.4, 29.8)
Hawaii	21.8	(20.4, 23.2)
Idaho	29.6	(27.8, 31.4)
Illinois	29.4	(27.7, 31.2)
Indiana	31.8	(30.6, 33.1)
Iowa	31.3	(29.9, 32.7)
Kansas	30.0	(29.2, 30.7)
Kentucky	33.2	(31.8, 34.6)
Louisiana	33.1	(31.1, 35.2)
Maine	28.9	(27.5, 30.2)
Maryland	28.3	(27.0, 29.5)
Massachusetts	23.6	(22.5, 24.8)
Michigan	31.5	(30.4, 32.6)
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Nevada	26.2	(24.0, 28.6)
New Hampshire	26.7	(25.3, 28.3)
New Jersey	26.3	(25.1, 27.5)
New Mexico	26.4	(25.1, 27.7)
New York	25.4	(24.2, 26.6)
North Carolina	29.4	(28.1, 30.7)
North Dakota	31.0	(29.5, 32.5)
Ohio	30.4	(29.2, 31.6)
Oklahoma	32.5	(31.2, 33.9)
Oregon	26.5	(24.9, 28.1)
Pennsylvania	30.0	(28.9, 31.2)
Puerto Rico	27.9	(26.4, 29.5)
Rhode Island	27.3	(25.8, 28.8)
South Carolina	31.7	(30.5, 33.1)
South Dakota	29.9	(28.0, 31.8)
Tennessee	33.7	(31.9, 35.5)
Texas	30.9	(29.5, 32.3)
Utah	24.1	(23.2, 25.1)
Vermont	24.7	(23.4, 26.1)
Virginia	27.2	(25.9, 28.5)
Washington	27.2	(26.0, 28.3)
West Virginia	35.1	(33.6, 36.6)
Wisconsin	29.8	(28.0, 31.6)
Wyoming	27.8	(26.2, 29.5)

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Source: Behavioral Risk Factor Surveillance System, CDC.

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State	Prevalence	95% Confidence Interval
Alabama	33.5	(32.1, 35.0)
Alaska	29.7	(27.8, 31.7)
Arizona	28.9	(27.7, 30.2)
Arkansas	35.9	(33.8, 38.0)
California	24.7	(23.5, 25.9)
Colorado	21.3	(20.4, 22.2)
Connecticut	26.3	(24.9, 27.7)
Delaware	30.7	(28.6, 32.8)
District of Columbia	21.7	(19.5, 24.0)
Florida	26.2	(25.0, 27.5)
Georgia	30.5	(28.9, 32.1)
Guam	28.0	(25.6, 30.5)
Hawaii	22.1	(20.7, 23.5)
Idaho	28.9	(27.1, 30.8)
Illinois	29.3	(27.6, 31.1)
Indiana	32.7	(31.6, 34.0)
Iowa	30.9	(29.6, 32.3)
Kansas	31.3	(30.3, 32.2)
Kentucky	31.6	(30.2, 33.1)
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Maryland	29.6	(28.1, 31.1)
Massachusetts	23.3	(22.3, 24.4)
Michigan	30.7	(29.4, 32.0)
Minnesota	27.6	(26.8, 28.5)
Mississippi	35.5	(33.4, 37.6)

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Missouri	30.2	(28.6, 31.9)
Montana	26.4	(24.9, 27.9)
Nebraska	30.2	(29.2, 31.3)
Nevada	27.7	(25.4, 30.1)
New Hampshire	27.4	(25.8, 29.1)
New Jersey	26.9	(25.7, 28.1)
New Mexico	28.4	(27.0, 30.0)
New York	27.0	(25.6, 28.5)
North Carolina	29.7	(28.4, 31.0)
North Dakota	32.2	(30.5, 34.0)
Ohio	32.6	(31.2, 34.1)
Oklahoma	33.0	(31.7, 34.3)
Oregon	27.9	(26.3, 29.6)
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Rhode Island	27.0	(25.4, 28.6)
South Carolina	32.1	(30.9, 33.3)
South Dakota	29.8	(27.9, 31.8)
Tennessee	31.2	(29.3, 33.2)
Texas	31.9	(30.6, 33.3)
Utah	25.7	(24.9, 26.6)
Vermont	24.8	(23.5, 26.1)
Virginia	28.5	(27.2, 29.7)
Washington	27.3	(26.0, 28.5)
West Virginia	35.7	(34.2, 37.2)
Wisconsin	31.2	(29.6, 32.8)
Wyoming	29.5	(27.5, 31.5)

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 Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

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Alaska	29.8	(27.5, 32.3)
Arizona	28.4	(26.9, 30.0)
Arkansas	34.5	(32.2, 36.9)
California	24.2	(23.2, 25.2)
Colorado	20.2	(19.1, 21.3)
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Indiana	31.3	(29.5, 33.1)
Iowa	32.1	(30.5, 33.8)
Kansas	34.2	(33.4, 35.0)
Kentucky	34.6	(32.9, 36.3)
Louisiana	36.2	(34.3, 38.1)
Maine	30.0	(28.6, 31.4)
Maryland	28.9	(27.2, 30.7)
Massachusetts	24.3	(23.0, 25.6)
Michigan	31.2	(29.9, 32.4)
Minnesota	26.1	(25.3, 27.0)
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New Mexico	28.8	(27.1, 30.6)
New York	25.0	(24.0, 26.1)
North Carolina	30.1	(28.7, 31.5)
North Dakota	31.0	(29.3, 32.8)
Ohio	29.8	(28.4, 31.2)
Oklahoma	33.9	(32.2, 35.6)
Oregon	30.1	(28.4, 31.8)
Pennsylvania	30.0	(28.4, 31.6)
Puerto Rico	29.5	(28.0, 31.1)
Rhode Island	26.0	(24.3, 27.7)
South Carolina	31.7	(30.5, 33.0)
South Dakota	30.4	(28.5, 32.3)
Tennessee	33.8	(31.9, 35.7)
Texas	32.4	(30.9, 33.9)
Utah	24.5	(23.5, 25.5)
Vermont	25.1	(23.8, 26.6)
Virginia	29.2	(27.9, 30.6)
Washington	26.4	(25.5, 27.4)
West Virginia	35.6	(34.1, 37.1)
Wisconsin	30.7	(29.0, 32.4)
Wyoming	29.0	(27.0, 31.1)

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Arizona	29.0	(27.5, 30.6)
Arkansas	35.7	(33.3, 38.1)
California	25.0	(23.9, 26.1)
Colorado	22.3	(21.4, 23.2)
Connecticut	26.0	(24.8, 27.2)
Delaware	30.7	(28.7, 32.8)
District of Columbia	22.6	(20.9, 24.3)
Florida	27.4	(26.4, 28.5)
Georgia	31.4	(29.7, 33.2)
Guam	28.3	(25.1, 31.7)
Hawaii	23.8	(22.5, 25.2)
Idaho	27.4	(25.6, 29.3)
Illinois	31.6	(29.9, 33.3)
Indiana	32.5	(31.2, 33.8)
Iowa	32.0	(30.5, 33.4)
Kansas	31.2	(30.1, 32.3)
Kentucky	34.2	(32.7, 35.6)
Louisiana	35.5	(33.4, 37.7)
Maine	29.9	(28.5, 31.3)
Maryland	29.9	(28.9, 31.0)
Massachusetts	23.6	(22.3, 24.9)
Michigan	32.5	(31.4, 33.6)
Minnesota	27.8	(26.9, 28.6)
Mississippi	37.3	(35.4, 39.1)
Missouri	31.7	(30.0, 33.4)

State	Prevalence	95% Confidence Interval
Montana	25.5	(23.9, 27.2)
Nebraska	32.0	(30.8, 33.2)
Nevada	25.8	(23.9, 27.8)
New Hampshire	26.6	(25.0, 28.2)
New Jersey	27.4	(25.7, 29.1)
New Mexico	28.3	(26.6, 30.1)
New York	25.5	(24.6, 26.5)
North Carolina	31.8	(30.4, 33.3)
North Dakota	31.9	(30.3, 33.6)
Ohio	31.5	(30.2, 32.8)
Oklahoma	32.8	(31.2, 34.3)
Oregon	28.7	(27.3, 30.3)
Pennsylvania	30.3	(28.8, 31.8)
Puerto Rico	30.7	(29.0, 32.5)
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South Carolina	32.3	(31.0, 33.6)
South Dakota	29.6	(27.6, 31.7)
Tennessee	34.8	(33.0, 36.7)
Texas	33.7	(31.9, 35.4)
Utah	25.4	(24.2, 26.5)
Vermont	27.1	(25.5, 28.7)
Virgin Islands	32.5	(28.6, 36.6)
Virginia	29.0	(27.7, 30.3)
Washington	28.6	(27.6, 29.6)
West Virginia	37.7	(36.3, 39.0)
Wisconsin	30.7	(29.0, 32.5)
Wyoming	27.7	(25.7, 29.8)

[¶]Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2017

State	Prevalence	95% Confidence Interval
Alabama	36.3	(34.7, 38.0)
Alaska	34.2	(31.4, 37.1)
Arizona	29.5	(28.5, 30.5)
Arkansas	35.0	(32.6, 37.5)
California	25.1	(23.8, 26.4)
Colorado	22.6	(21.6, 23.7)
Connecticut	26.9	(25.6, 28.1)
Delaware	31.8	(29.7, 34.0)
District of Columbia	23.0	(21.4, 24.7)
Florida	28.4	(27.0, 29.9)
Georgia	31.6	(30.0, 33.2)
Guam	34.3	(31.2, 37.6)
Hawaii	23.8	(22.4, 25.2)
Idaho	29.3	(27.5, 31.2)
Illinois	31.1	(29.5, 32.7)
Indiana	33.6	(32.5, 34.7)
Iowa	36.4	(35.1, 37.7)
Kansas	32.4	(31.5, 33.2)
Kentucky	34.3	(32.6, 36.0)
Louisiana	36.2	(34.4, 38.1)
Maine	29.1	(27.7, 30.6)
Maryland	31.3	(30.0, 32.6)
Massachusetts	25.9	(24.1, 27.7)
Michigan	32.3	(31.1, 33.4)
Minnesota	28.4	(27.5, 29.4)
Mississippi	37.3	(35.3, 39.3)
Missouri	32.5	(30.9, 34.0)

State	Prevalence	95% Confidence Interval
Montana	25.3	(23.8, 26.9)
Nebraska	32.8	(31.6, 34.0)
Nevada	26.7	(24.5, 29.0)
New Hampshire	28.1	(26.3, 29.9)
New Jersey	27.3	(25.8, 28.7)
New Mexico	28.4	(26.8, 30.0)
New York	25.7	(24.6, 26.9)
North Carolina	32.1	(30.4, 34.0)
North Dakota	33.2	(31.6, 34.7)
Ohio	33.8	(32.5, 35.1)
Oklahoma	36.5	(34.9, 38.1)
Oregon	29.4	(27.9, 30.9)
Pennsylvania	31.6	(30.0, 33.2)
Puerto Rico	32.9	(31.0, 34.9)
Rhode Island	30.0	(28.1, 31.9)
South Carolina	34.1	(32.8, 35.4)
South Dakota	31.9	(29.8, 34.1)
Tennessee	32.8	(31.1, 34.6)
Texas	33.0	(31.2, 34.9)
Utah	25.3	(24.2, 26.4)
Vermont	27.6	(26.0, 29.2)
Virginia	30.1	(28.7, 31.4)
Washington	27.7	(26.6, 28.7)
West Virginia	38.1	(36.4, 39.7)
Wisconsin	32.0	(30.3, 33.8)
Wyoming	28.8	(27.1, 30.6)

[¶]Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2017

Summary

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ 2 states and the District of Columbia had a prevalence of obesity between 20% and <25%.
- ❑ 19 states had a prevalence of obesity between 25% and <30%.
- ❑ 22 states, Guam, and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ 7 states (Alabama, Arkansas, Iowa, Louisiana, Mississippi, Oklahoma, and West Virginia) had a prevalence of obesity of 35% or greater.

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

<http://www.cdc.gov/obesity/data/prevalence-maps.html>

