

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.**

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Exclusion Criteria Used Beginning with 2011 BRFSS Data

Records with the following were excluded:

- ❑ **Height: <3 feet or ≥ 8 feet**

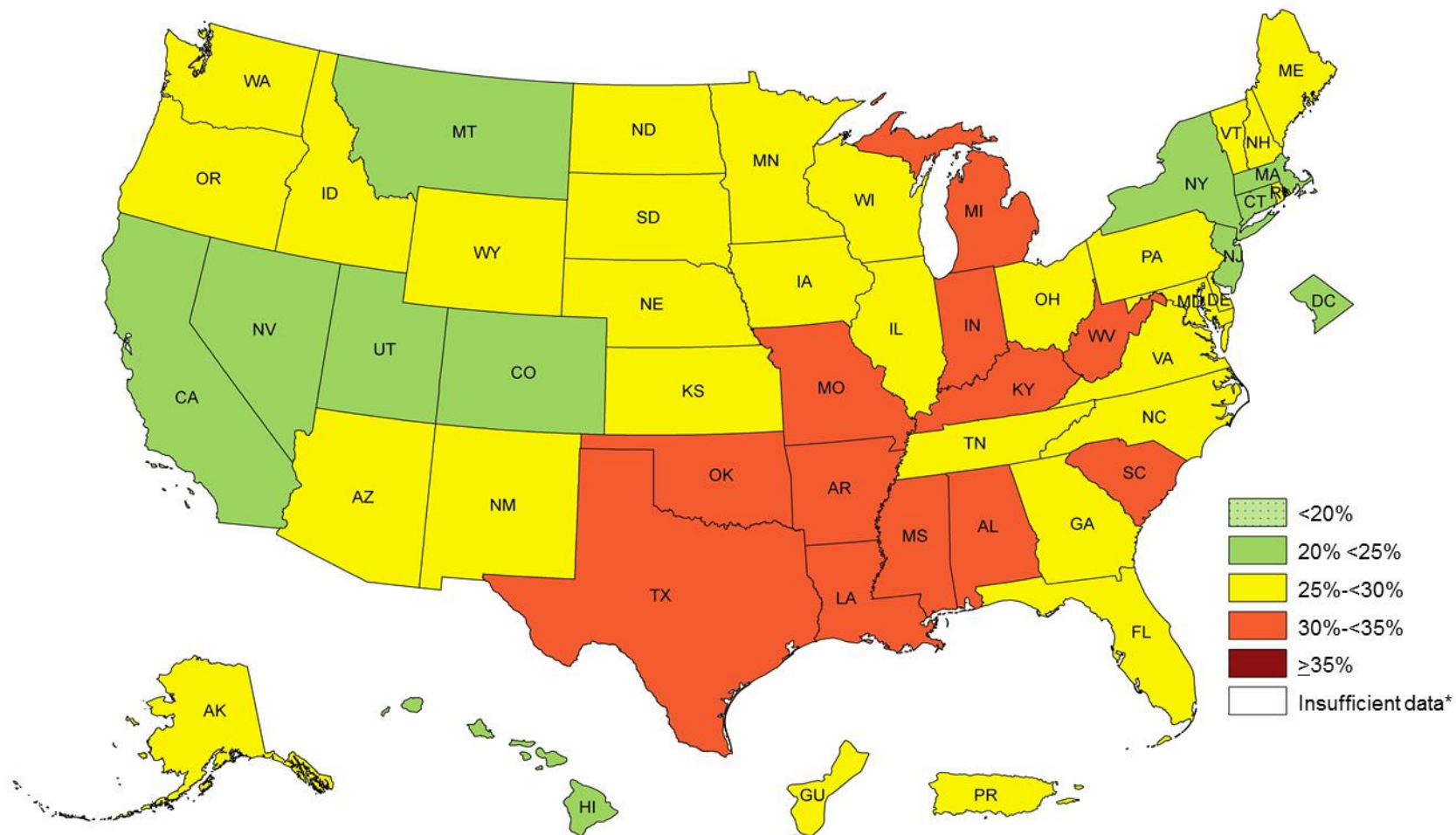
- ❑ **Weight: <50 pounds or ≥ 650 pounds**

- ❑ **BMI: <12 kg/m² or ≥ 100 kg/m²**

- ❑ **Pregnant women**

Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

¹ Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

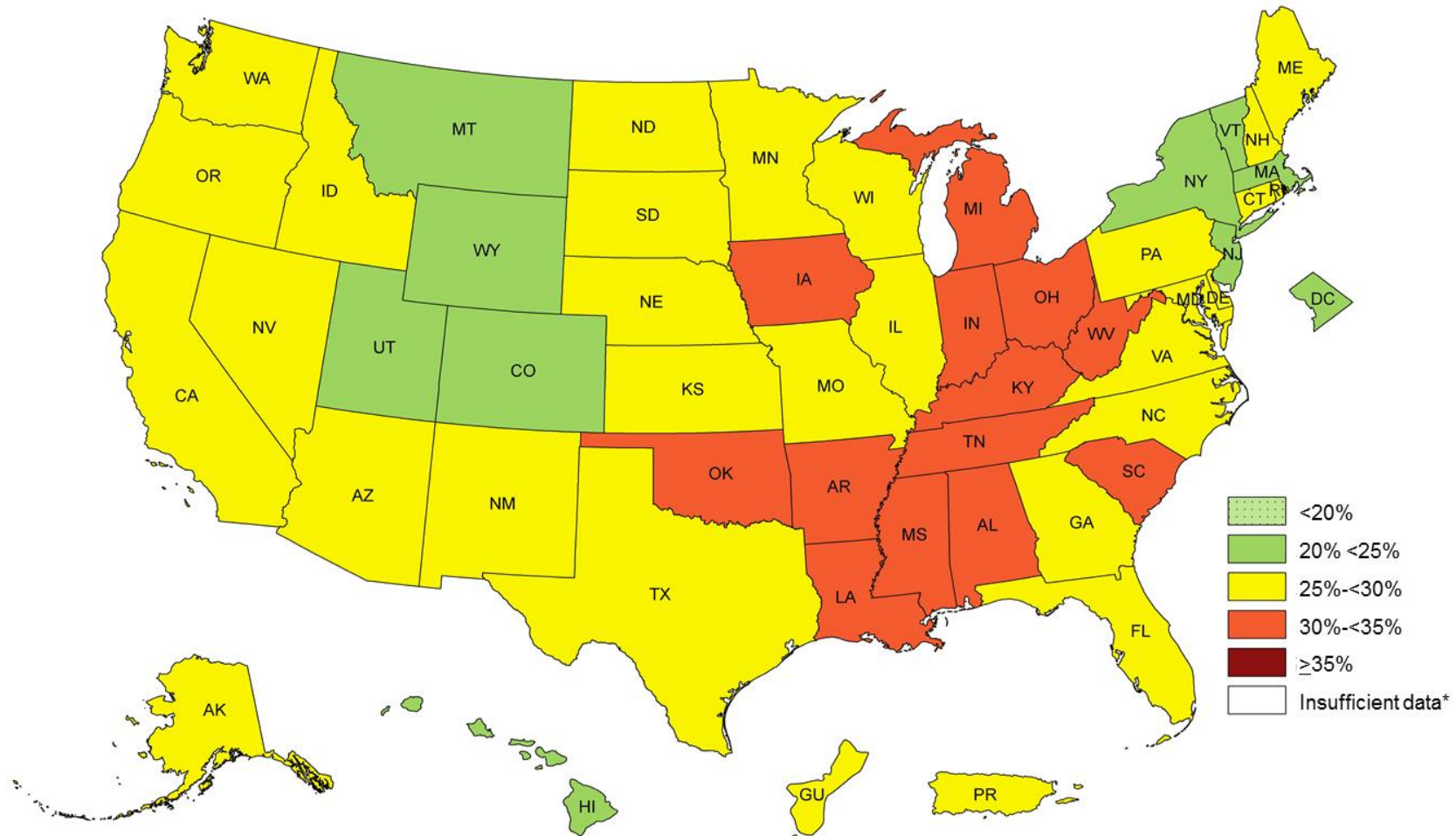


*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.



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

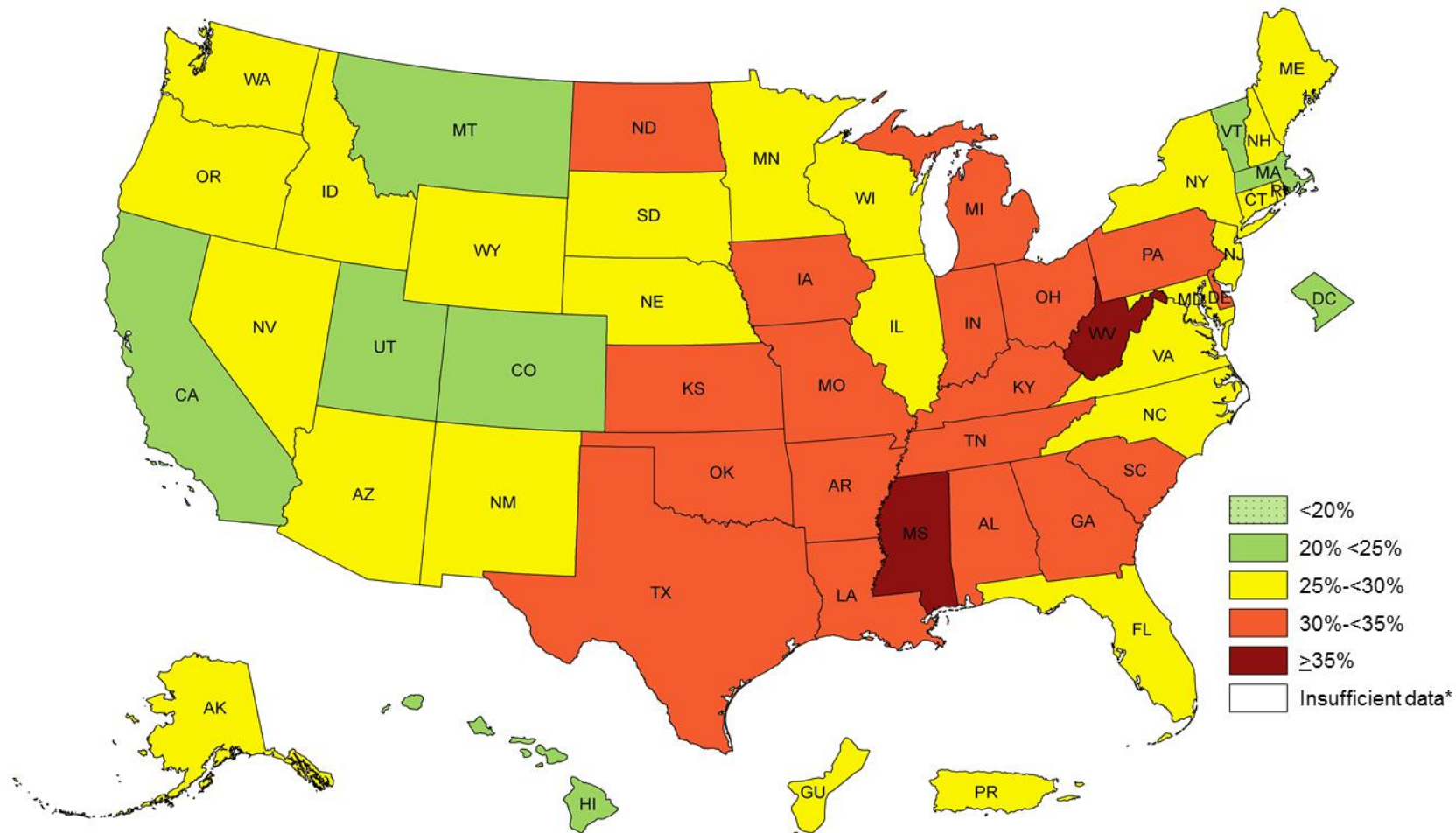
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*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.

Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

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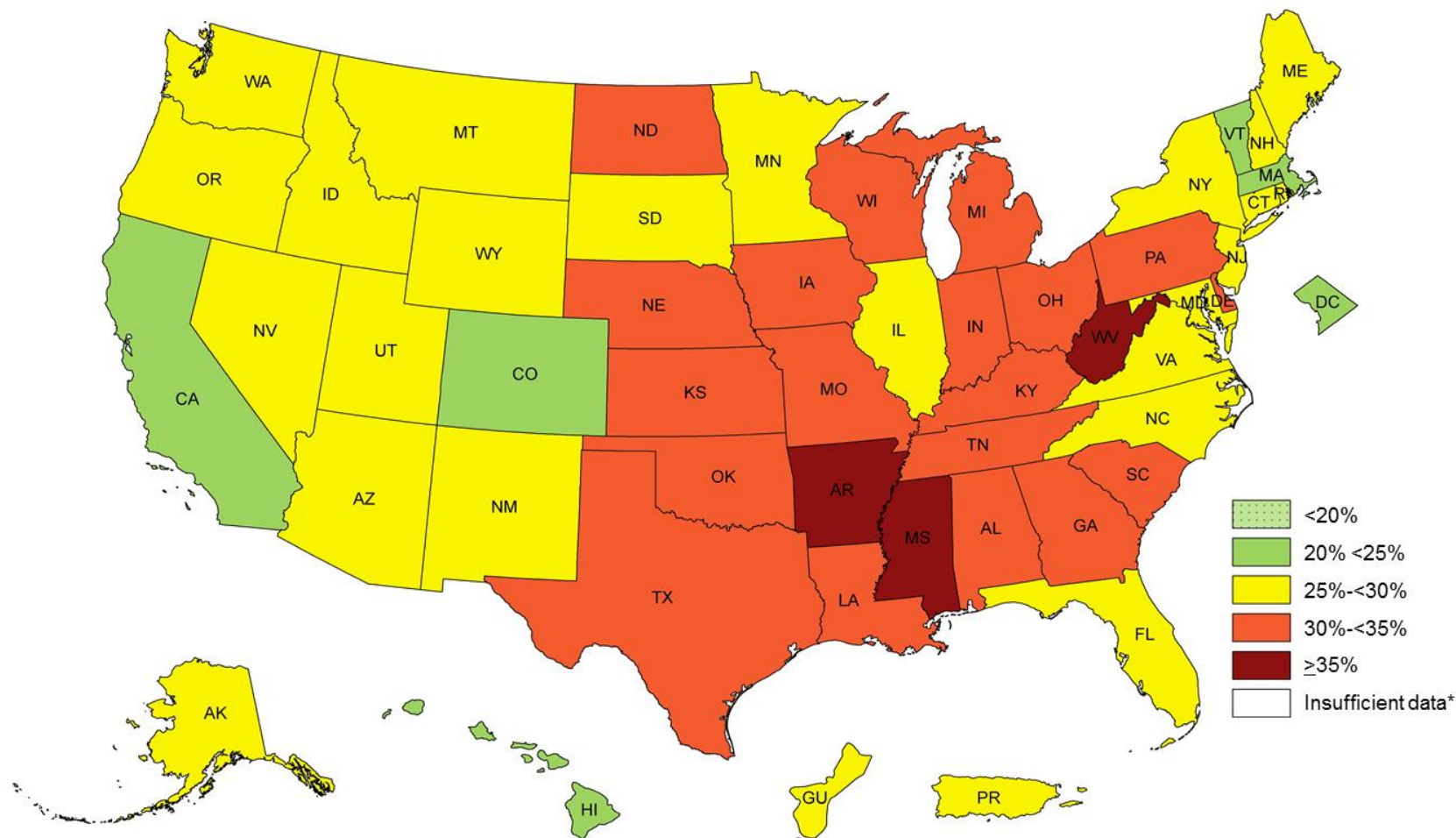


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Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

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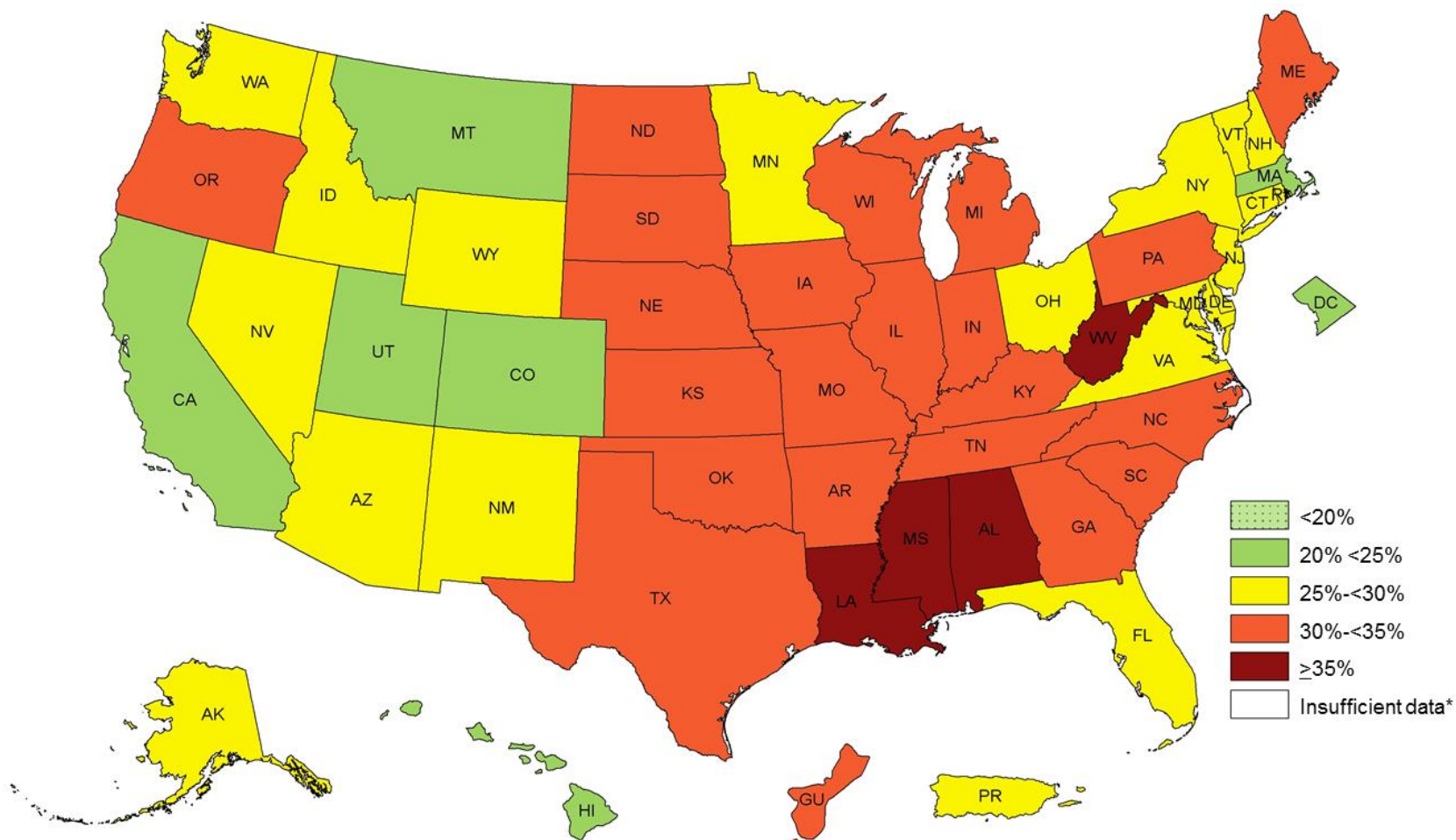


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Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

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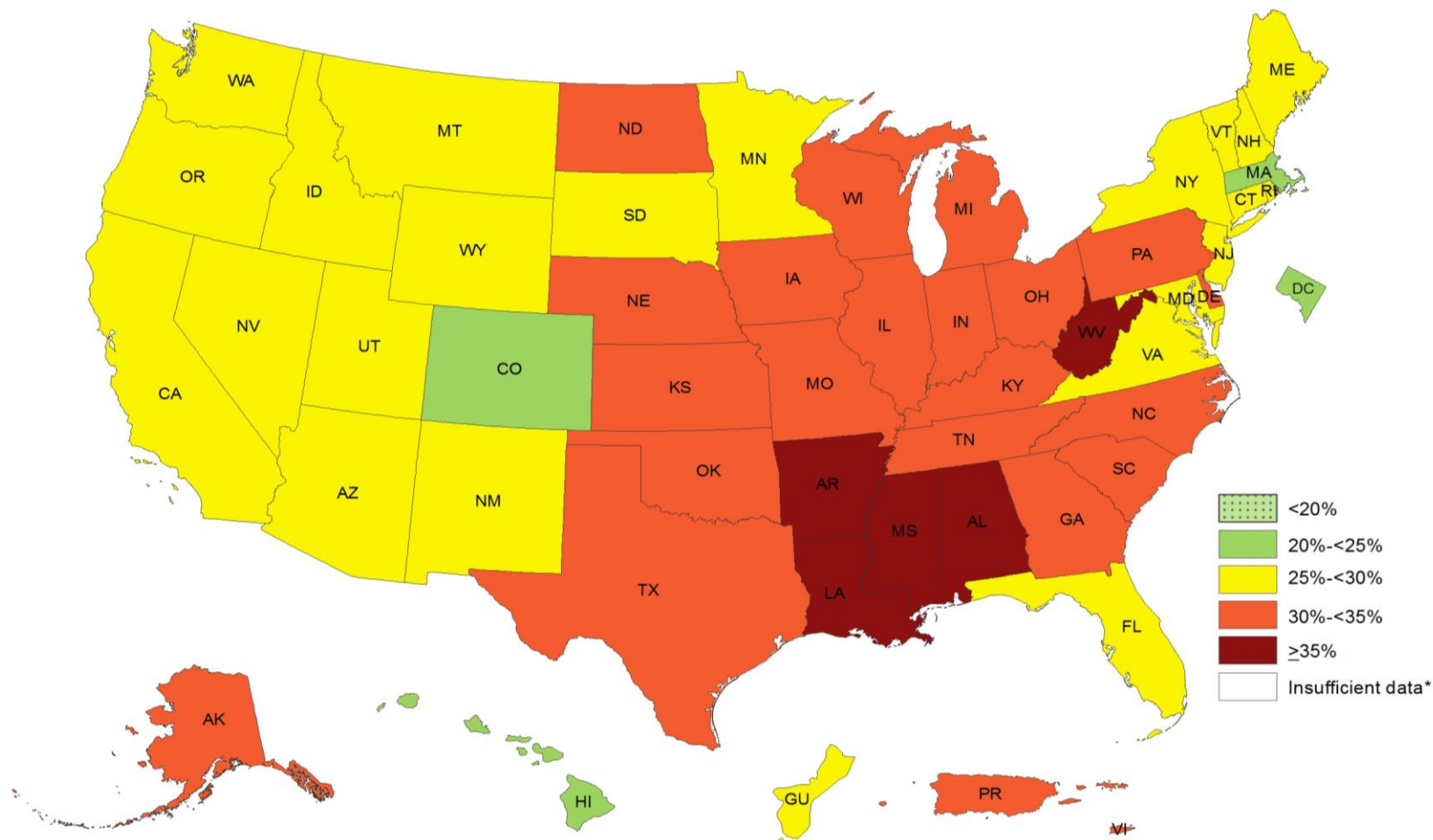


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Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2016

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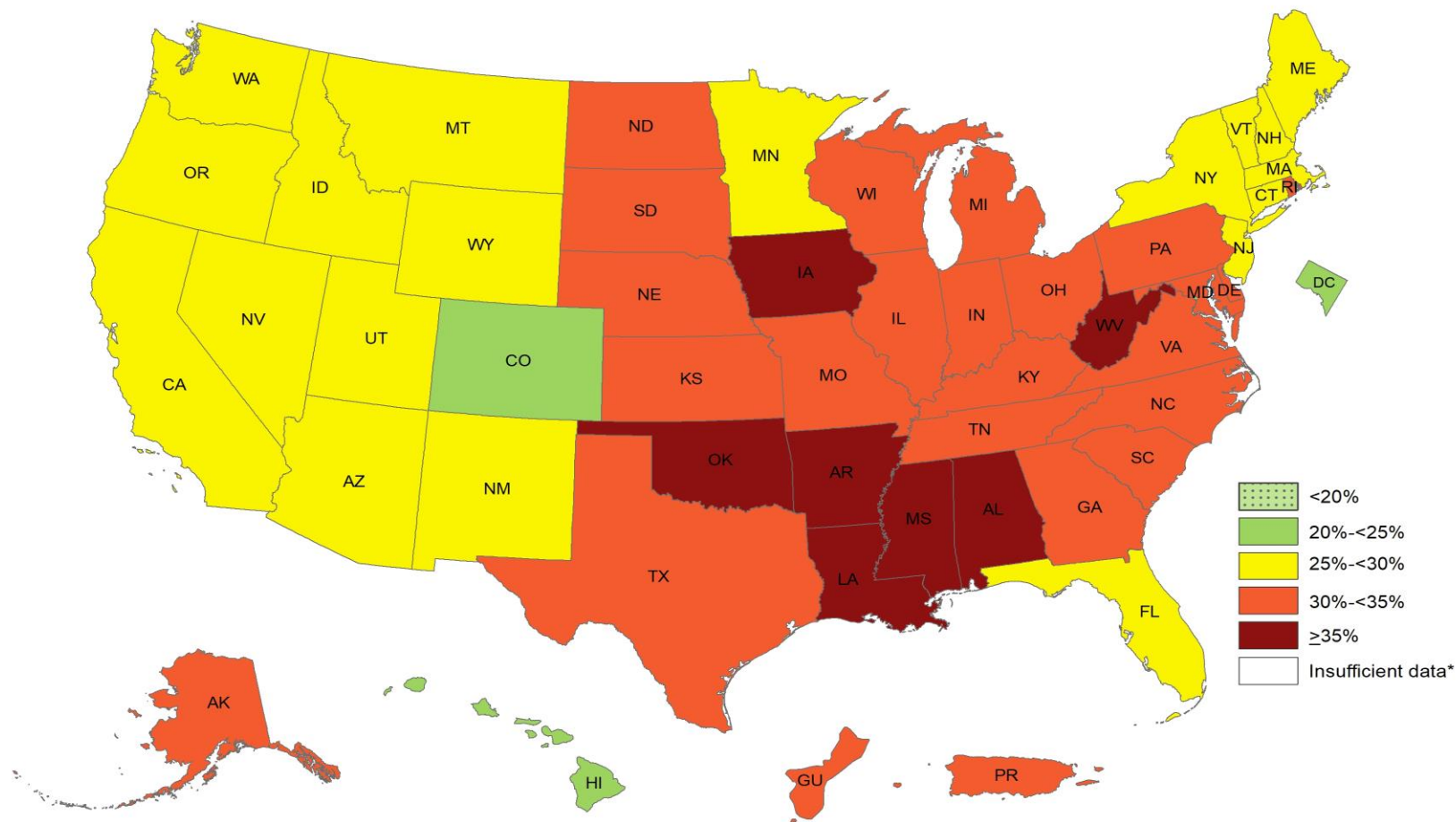


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2017

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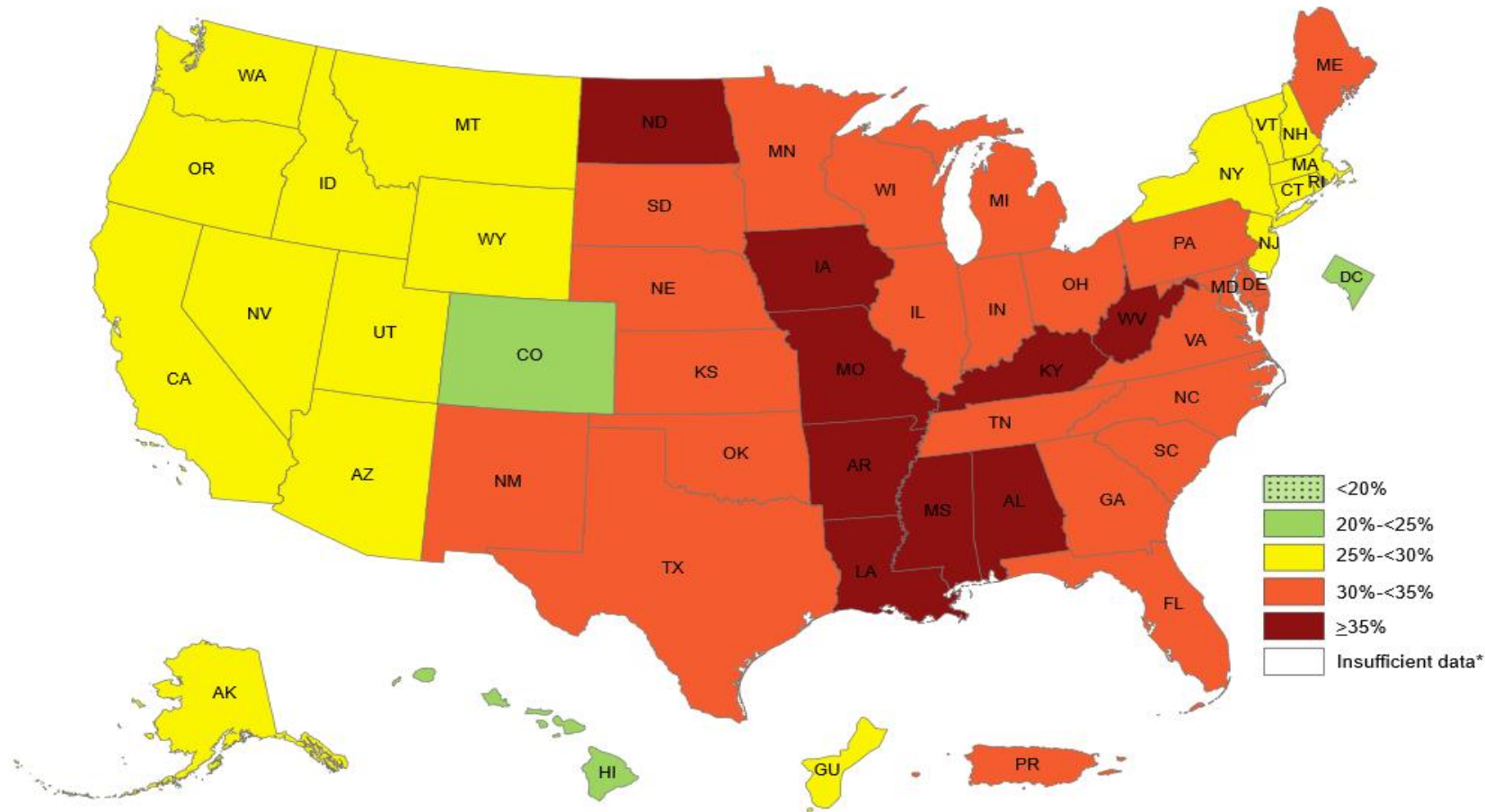


*Sample size <50, the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$, or no data in a specific year.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2018

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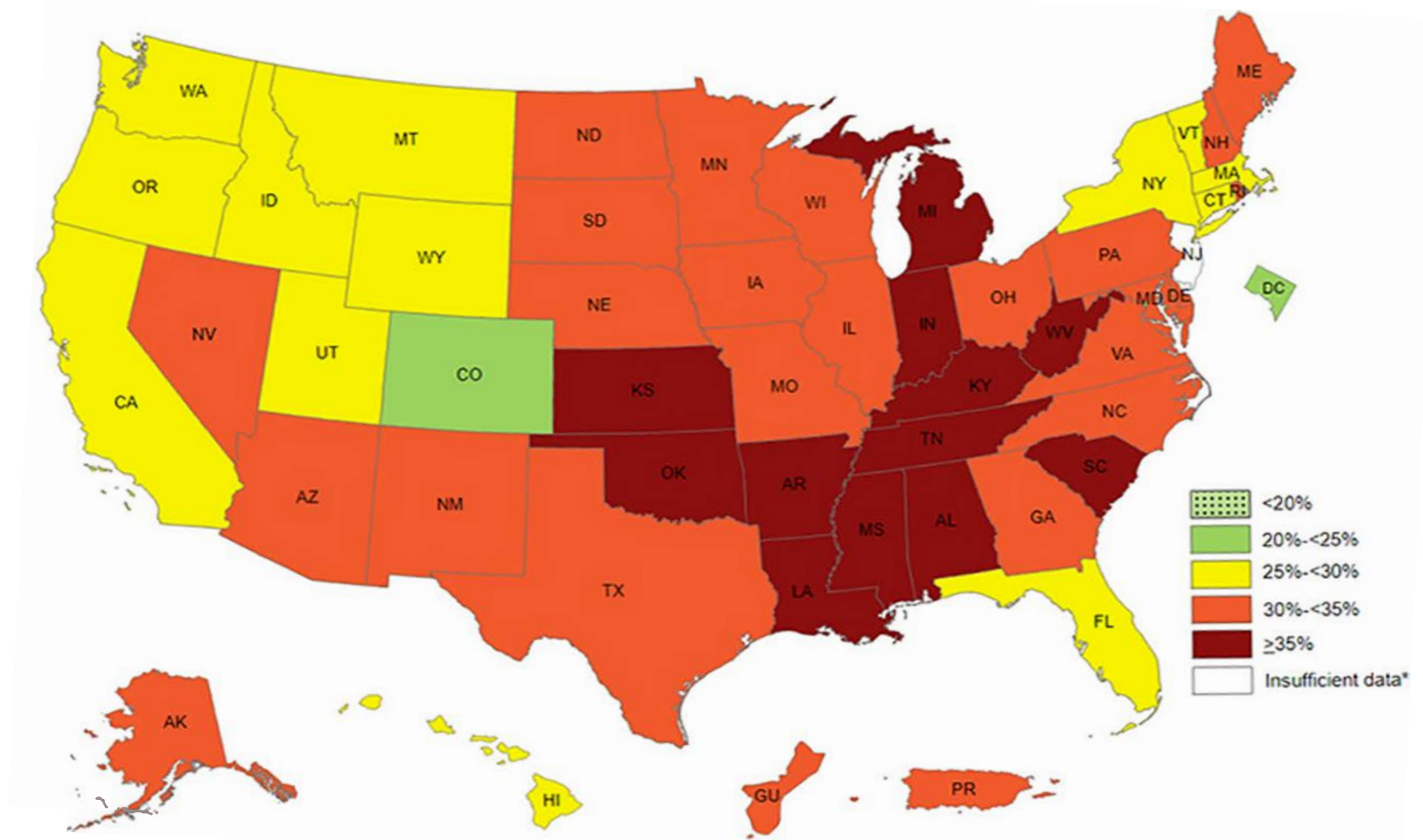


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2019

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0%,



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)

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

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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)
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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)
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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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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)
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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)
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Tennessee	33.7	(31.9, 35.5)
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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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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)
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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)
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Wisconsin	31.2	(29.6, 32.8)
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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)
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New Mexico	28.8	(27.1, 30.6)
New York	25.0	(24.0, 26.1)
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Georgia	31.4	(29.7, 33.2)
Guam	28.3	(25.1, 31.7)
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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	22.9	(21.1, 24.7)
Florida	28.4	(27.0, 29.9)
Georgia	31.6	(30.0, 33.3)
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, 2018

State	Prevalence	95% Confidence Interval
Alabama	36.2	(34.6, 37.9)
Alaska	29.5	(27.0, 32.2)
Arizona	29.5	(27.8, 31.3)
Arkansas	37.1	(35.1, 39.1)
California	25.8	(24.8, 26.9)
Colorado	23.0	(21.9, 24.0)
Connecticut	27.4	(26.2, 28.7)
Delaware	33.5	(31.7, 35.4)
District of Columbia	24.7	(22.9, 26.5)
Florida	30.7	(29.1, 32.3)
Georgia	32.5	(31.2, 33.8)
Guam	29.8	(26.6, 33.3)
Hawaii	24.9	(23.6, 26.3)
Idaho	28.4	(26.3, 30.5)
Illinois	31.8	(30.2, 33.4)
Indiana	34.1	(32.6, 35.6)
Iowa	35.3	(34.2, 36.5)
Kansas	34.4	(33.2, 35.6)
Kentucky	36.6	(34.9, 38.4)
Louisiana	36.8	(34.9, 38.7)
Maine	30.4	(28.9, 31.9)
Maryland	30.9	(29.8, 32.1)
Massachusetts	25.7	(24.3, 27.2)
Michigan	33.0	(31.8, 34.2)
Minnesota	30.1	(29.2, 30.9)
Mississippi	39.5	(37.8, 41.2)
Missouri	35.0	(33.3, 36.8)

State	Prevalence	95% Confidence Interval
Montana	26.9	(25.2, 28.5)
Nebraska	34.1	(32.9, 35.3)
Nevada	29.5	(27.1, 32.0)
New Hampshire	29.6	(27.9, 31.4)
New Jersey	25.7	(23.3, 28.2)
New Mexico	32.3	(30.7, 34.0)
New York	27.6	(26.7, 28.6)
North Carolina	33.0	(31.2, 34.8)
North Dakota	35.1	(33.3, 37.0)
Ohio	34.0	(32.7, 35.3)
Oklahoma	34.8	(33.1, 36.6)
Oregon	29.9	(28.4, 31.4)
Pennsylvania	30.9	(29.4, 32.5)
Puerto Rico	32.9	(31.2, 34.7)
Rhode Island	27.7	(26.0, 29.5)
South Carolina	34.3	(33.0, 35.6)
South Dakota	30.1	(28.1, 32.1)
Tennessee	34.4	(32.5, 36.3)
Texas	34.8	(32.8, 36.8)
Utah	27.8	(26.7, 28.9)
Vermont	27.5	(25.9, 29.2)
Virginia	30.4	(29.1, 31.6)
Washington	28.7	(27.6, 29.8)
West Virginia	39.5	(37.8, 41.3)
Wisconsin	32.0	(30.2, 33.8)
Wyoming	29.0	(27.3, 30.8)

[†] 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, 2019

State	Prevalence	95% Confidence Interval
Alabama	36.1	(34.6, 37.7)
Alaska	30.5	(27.8, 33.4)
Arizona	31.4	(29.7, 33.2)
Arkansas	37.4	(35.5, 39.4)
California	26.2	(25.1, 27.2)
Colorado	23.8	(22.7, 24.9)
Connecticut	29.1	(27.8, 30.5)
Delaware	34.4	(32.1, 36.6)
District of Columbia	23.8	(21.7, 25.9)
Florida	27.0	(25.6, 28.5)
Georgia	33.1	(31.3, 35.0)
Guam	33.6	(30.5, 37.0)
Hawaii	25.0	(23.7, 26.3)
Idaho	29.5	(27.6, 31.4)
Illinois	31.6	(30.1, 33.1)
Indiana	35.3	(34.0, 36.7)
Iowa	33.9	(32.8, 35.1)
Kansas	35.2	(34.1, 36.4)
Kentucky	36.5	(34.7, 38.2)
Louisiana	35.9	(34.1, 37.7)
Maine	31.7	(30.3, 33.1)
Maryland	32.3	(31.1, 33.4)
Massachusetts	25.2	(23.9, 26.5)
Michigan	36.0	(34.7, 37.3)
Minnesota	30.1	(29.2, 31.1)
Mississippi	40.8	(39.0, 42.7)
Missouri	34.8	(33.2, 36.4)

State	Prevalence	95% Confidence Interval
Montana	28.3	(27.0, 29.7)
Nebraska	34.1	(33.0, 35.2)
Nevada	30.6	(28.2, 33.1)
New Hampshire	31.8	(30.0, 33.6)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	31.7	(30.0, 33.5)
New York	27.1	(26.0, 28.2)
North Carolina	34.0	(32.2, 35.8)
North Dakota	34.8	(33.0, 36.7)
Ohio	34.8	(33.5, 36.1)
Oklahoma	36.8	(35.2, 38.4)
Oregon	29.0	(27.5, 30.4)
Pennsylvania	33.2	(31.7, 34.7)
Puerto Rico	32.5	(31.0, 34.0)
Rhode Island	30.0	(28.2, 31.9)
South Carolina	35.4	(33.8, 36.9)
South Dakota	33.0	(30.6, 35.5)
Tennessee	36.5	(34.8, 38.3)
Texas	34.0	(32.2, 35.7)
Utah	29.2	(28.2, 30.3)
Vermont	26.6	(25.0, 28.3)
Virginia	31.9	(30.6, 33.2)
Washington	28.3	(27.3, 29.4)
West Virginia	39.7	(38.0, 41.5)
Wisconsin	34.2	(32.4, 36.1)
Wyoming	29.7	(27.7, 31.7)

[†] 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.

*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.

Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2019

Summary

- ❑ No state or territory had a prevalence of obesity less than 20%.
- ❑ 1 state (Colorado) and the District of Columbia had a prevalence of obesity between 20% and <25%.
- ❑ 13 states had a prevalence of obesity between 25% and <30%.
- ❑ 23 states, Guam, and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ 12 states (Alabama, Arkansas, Indiana, Kansas, Kentucky, Louisiana, Michigan, Mississippi, Oklahoma, South Carolina, Tennessee, and West Virginia) had a prevalence of obesity of 35% or greater.

¹ 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>

