

Prevalence of Obesity Based on Self-Reported Weight and Height Among US Adults by Race/Ethnicity, State and Territory, BRFSS, 2020–2022

Definitions

- ❑ Obesity: Body mass index (BMI) of 30 kg/m² or higher.
- ❑ Body mass index (BMI): A calculated measure of weight relative to height, defined as body weight in kilograms divided by height in meters squared.

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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.



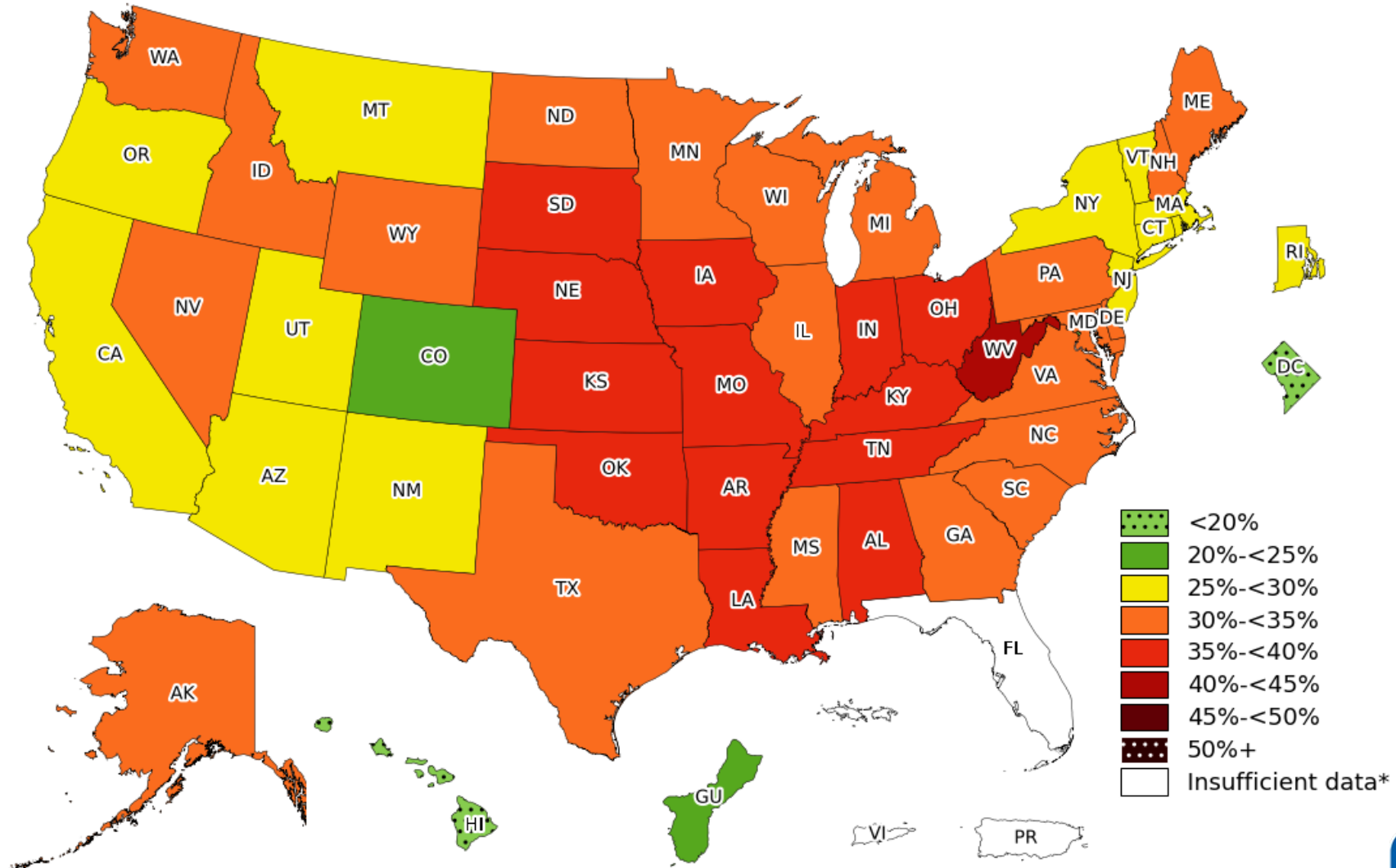
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Exclusion Criteria

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 Obesity Based on Self-Reported Weight and Height Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2020–2022



*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 Obesity Based on Self-Reported Weight and Height Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2020–2022

State	Prevalence	95% Confidence Interval
Alabama	36.0	(34.8, 37.3)
Alaska	30.6	(29.3, 32.0)
Arizona	27.9	(27.0, 28.9)
Arkansas	36.6	(35.4, 37.8)
California	25.8	(24.6, 27.1)
Colorado	23.2	(22.5, 24.0)
Connecticut	28.3	(27.2, 29.3)
Delaware	33.5	(32.0, 34.9)
District of Columbia	12.9	(11.6, 14.3)
Florida	Insufficient data*	Insufficient data*
Georgia	32.6	(31.5, 33.8)
Guam	20.1	(15.9, 25.1)
Hawaii	19.7	(18.4, 21.2)
Idaho	31.4	(30.5, 32.4)
Illinois	31.8	(30.4, 33.3)
Indiana	36.7	(35.9, 37.5)
Iowa	37.1	(36.3, 37.9)
Kansas	35.2	(34.5, 35.9)
Kentucky	38.0	(36.8, 39.2)
Louisiana	36.1	(34.9, 37.4)
Maine	31.9	(31.1, 32.7)
Maryland	30.2	(29.4, 31.1)
Massachusetts	26.1	(25.2, 27.0)
Michigan	34.3	(33.4, 35.1)
Minnesota	32.2	(31.6, 32.8)
Mississippi	34.8	(33.5, 36.2)
Missouri	35.5	(34.6, 36.4)

State	Prevalence	95% Confidence Interval
Montana	29.3	(28.4, 30.2)
Nebraska	35.2	(34.4, 36.0)
Nevada	31.3	(29.5, 33.1)
New Hampshire	30.5	(29.5, 31.5)
New Jersey	27.6	(26.6, 28.6)
New Mexico	25.7	(24.3, 27.1)
New York	27.9	(27.2, 28.6)
North Carolina	31.3	(30.1, 32.5)
North Dakota	34.3	(33.2, 35.4)
Ohio	36.7	(36.0, 37.5)
Oklahoma	37.4	(36.2, 38.5)
Oregon	29.3	(28.4, 30.3)
Pennsylvania	32.8	(31.6, 34.1)
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	29.5	(28.3, 30.8)
South Carolina	32.6	(31.6, 33.7)
South Dakota	35.2	(33.4, 37.0)
Tennessee	35.0	(33.8, 36.2)
Texas	32.2	(30.9, 33.4)
Utah	29.6	(28.8, 30.3)
Vermont	27.5	(26.5, 28.4)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	32.8	(31.9, 33.7)
Washington	30.3	(29.7, 31.0)
West Virginia	40.3	(39.3, 41.3)
Wisconsin	33.8	(32.8, 34.8)
Wyoming	31.5	(30.3, 32.7)

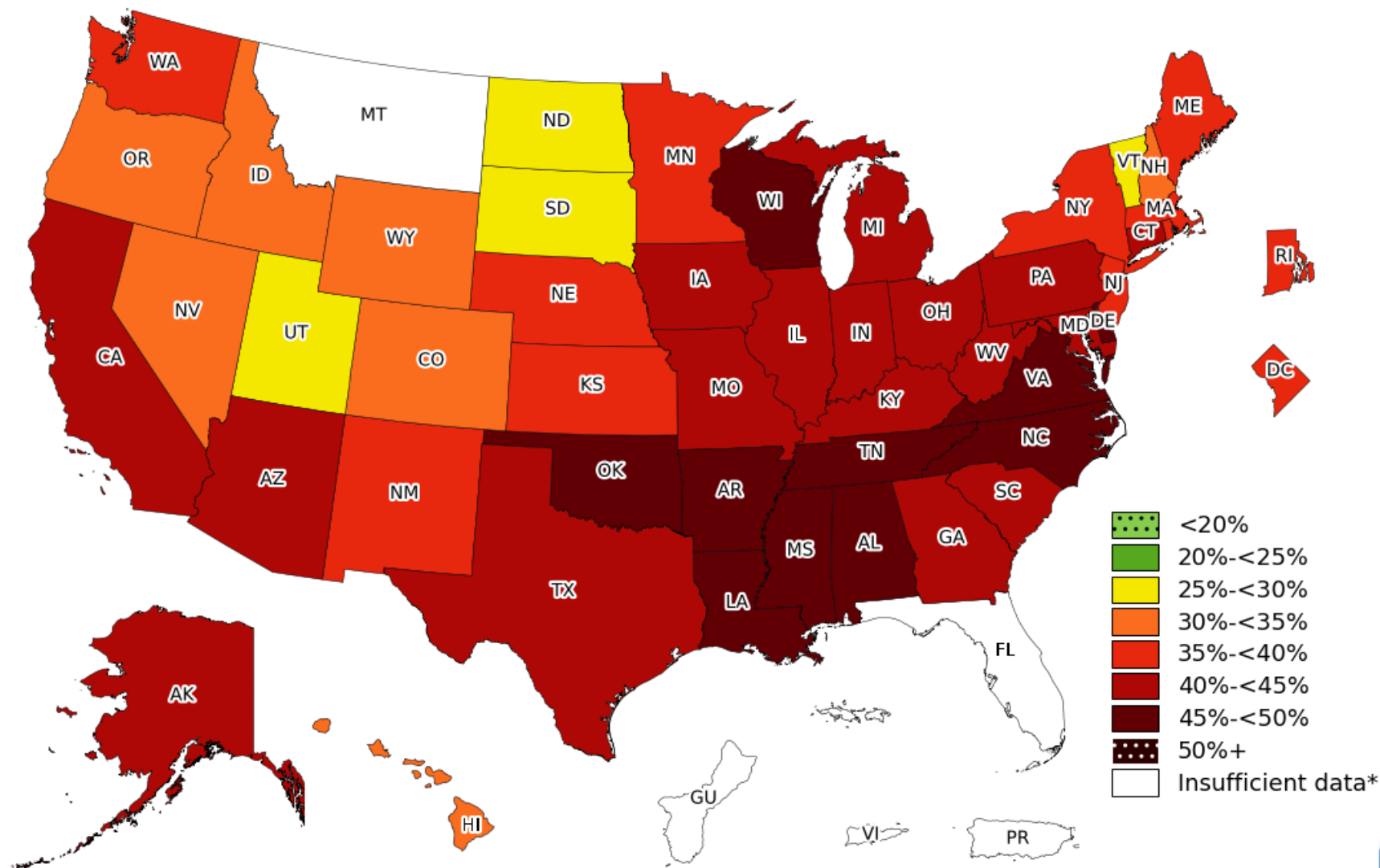
*Sample size <50, the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$, or no data in a specific year.
 Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2020–2022

Summary

- ❑ The District of Columbia and Hawaii had a prevalence of obesity less than 20%.
- ❑ Colorado and Guam had a prevalence of obesity between 20% and <25%.
- ❑ 12 states had a prevalence of obesity between 25% and <30%.
- ❑ 21 states had a prevalence of obesity between 30% and <35%.
- ❑ 13 states (Alabama, Arkansas, Indiana, Iowa, Kansas, Kentucky, Louisiana, Missouri, Nebraska, Ohio, Oklahoma, South Dakota and Tennessee) had a prevalence of obesity between 35% and <40%.
- ❑ West Virginia had a prevalence of obesity 40% or greater.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2020–2022



*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 Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2020–2022

State	Prevalence	95% Confidence Interval
Alabama	49.3	(47.1, 51.6)
Alaska	41.8	(32.9, 51.4)
Arizona	40.9	(36.3, 45.7)
Arkansas	46.6	(42.8, 50.5)
California	42.5	(38.1, 47.1)
Colorado	31.3	(27.7, 35.3)
Connecticut	41.1	(37.7, 44.6)
Delaware	46.3	(43.0, 49.7)
District of Columbia	38.3	(36.0, 40.5)
Florida	Insufficient data*	Insufficient data*
Georgia	42.8	(40.7, 44.9)
Guam	Insufficient data*	Insufficient data*
Hawaii	31.2	(23.8, 39.6)
Idaho	30.5	(19.6, 44.2)
Illinois	41.0	(37.5, 44.6)
Indiana	44.0	(41.3, 46.8)
Iowa	41.9	(36.8, 47.3)
Kansas	39.6	(36.2, 43.1)
Kentucky	44.7	(39.6, 49.9)
Louisiana	46.5	(44.1, 48.8)
Maine	36.9	(26.8, 48.2)
Maryland	41.6	(40.1, 43.1)
Massachusetts	36.0	(32.3, 39.8)
Michigan	42.1	(39.5, 44.7)
Minnesota	36.0	(33.3, 38.8)
Mississippi	47.5	(45.7, 49.4)
Missouri	42.6	(39.7, 45.5)

State	Prevalence	95% Confidence Interval
Montana	Insufficient data*	Insufficient data*
Nebraska	37.5	(32.9, 42.3)
Nevada	33.4	(28.3, 38.9)
New Hampshire	33.7	(22.9, 46.5)
New Jersey	37.3	(34.8, 39.9)
New Mexico	37.5	(29.2, 46.6)
New York	36.3	(34.5, 38.1)
North Carolina	48.2	(45.7, 50.7)
North Dakota	25.0	(18.6, 32.8)
Ohio	43.9	(41.4, 46.4)
Oklahoma	46.1	(41.9, 50.4)
Oregon	31.0	(24.2, 38.8)
Pennsylvania	40.8	(37.7, 44.1)
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	38.5	(33.5, 43.8)
South Carolina	44.9	(42.6, 47.2)
South Dakota	28.9	(18.4, 42.2)
Tennessee	46.4	(43.0, 49.9)
Texas	43.5	(40.3, 46.8)
Utah	28.1	(20.4, 37.5)
Vermont	28.6	(20.2, 38.9)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	46.7	(44.6, 48.8)
Washington	36.1	(32.5, 39.9)
West Virginia	42.0	(36.0, 48.1)
Wisconsin	49.8	(44.0, 55.6)
Wyoming	30.7	(17.2, 48.7)

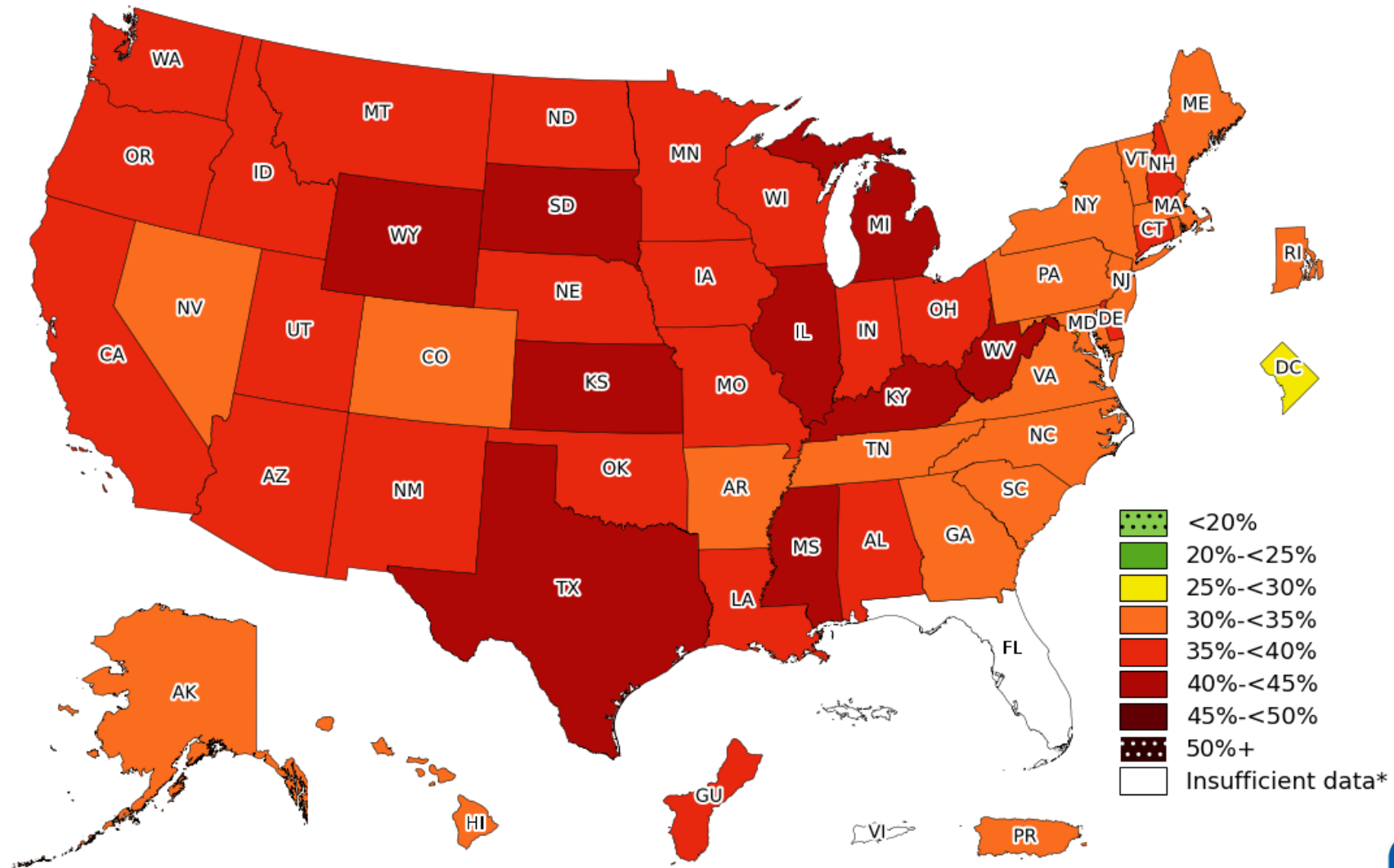
*Sample size <50, the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$, or no data in a specific year.
 Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2020–2022

Summary

- ❑ No state or territory had a prevalence of obesity less than 25%.
- ❑ 4 states had a prevalence of obesity between 25% and <30%.
- ❑ 7 states had a prevalence of obesity between 30% and <35%.
- ❑ 10 states and the District of Columbia had a prevalence of obesity between 35% and <40%.
- ❑ 17 states had a prevalence of obesity between 40% and <45%.
- ❑ 10 states had a prevalence of obesity between 45% and <50%.
- ❑ No state or territory had a prevalence of obesity 50% or greater.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Hispanic Adults, by State and Territory, BRFSS, 2020–2022



*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 Obesity Based on Self-Reported Weight and Height Among Hispanic Adults, by State and Territory, BRFSS, 2020–2022

State	Prevalence	95% Confidence Interval
Alabama	36.8	(29.0, 45.3)
Alaska	33.4	(27.8, 39.4)
Arizona	38.2	(36.4, 40.1)
Arkansas	33.5	(28.0, 39.4)
California	37.8	(36.1, 39.6)
Colorado	31.0	(29.4, 32.6)
Connecticut	36.0	(33.5, 38.5)
Delaware	35.9	(31.4, 40.6)
District of Columbia	27.0	(22.5, 32.1)
Florida	Insufficient data*	Insufficient data*
Georgia	33.4	(29.7, 37.2)
Guam	38.5	(30.4, 47.4)
Hawaii	31.4	(28.4, 34.5)
Idaho	36.7	(33.3, 40.2)
Illinois	40.5	(36.4, 44.7)
Indiana	39.2	(35.9, 42.7)
Iowa	37.1	(34.0, 40.2)
Kansas	40.6	(37.6, 43.6)
Kentucky	40.2	(32.4, 48.4)
Louisiana	35.4	(29.6, 41.6)
Maine	34.6	(28.2, 41.7)
Maryland	33.5	(31.1, 36.0)
Massachusetts	33.0	(30.4, 35.7)
Michigan	40.3	(35.6, 45.3)
Minnesota	35.5	(32.8, 38.3)
Mississippi	44.7	(34.5, 55.4)
Missouri	36.5	(31.8, 41.5)

State	Prevalence	95% Confidence Interval
Montana	36.5	(30.9, 42.5)
Nebraska	36.9	(34.2, 39.8)
Nevada	34.8	(31.6, 38.2)
New Hampshire	36.7	(30.1, 43.9)
New Jersey	33.4	(31.4, 35.4)
New Mexico	36.4	(34.6, 38.1)
New York	33.0	(31.5, 34.5)
North Carolina	32.9	(29.6, 36.3)
North Dakota	35.0	(28.4, 42.3)
Ohio	36.3	(32.3, 40.4)
Oklahoma	39.7	(36.0, 43.6)
Oregon	36.9	(33.9, 40.1)
Pennsylvania	33.9	(29.3, 38.8)
Puerto Rico	33.9	(32.8, 35.1)
Rhode Island	33.9	(31.0, 36.9)
South Carolina	32.7	(27.4, 38.4)
South Dakota	41.2	(31.5, 51.5)
Tennessee	34.8	(28.8, 41.4)
Texas	40.8	(38.9, 42.8)
Utah	35.5	(33.3, 37.8)
Vermont	31.5	(24.1, 40.0)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	32.5	(29.3, 35.9)
Washington	35.8	(33.7, 37.9)
West Virginia	41.1	(32.5, 50.2)
Wisconsin	35.5	(30.8, 40.5)
Wyoming	40.2	(35.3, 45.3)

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

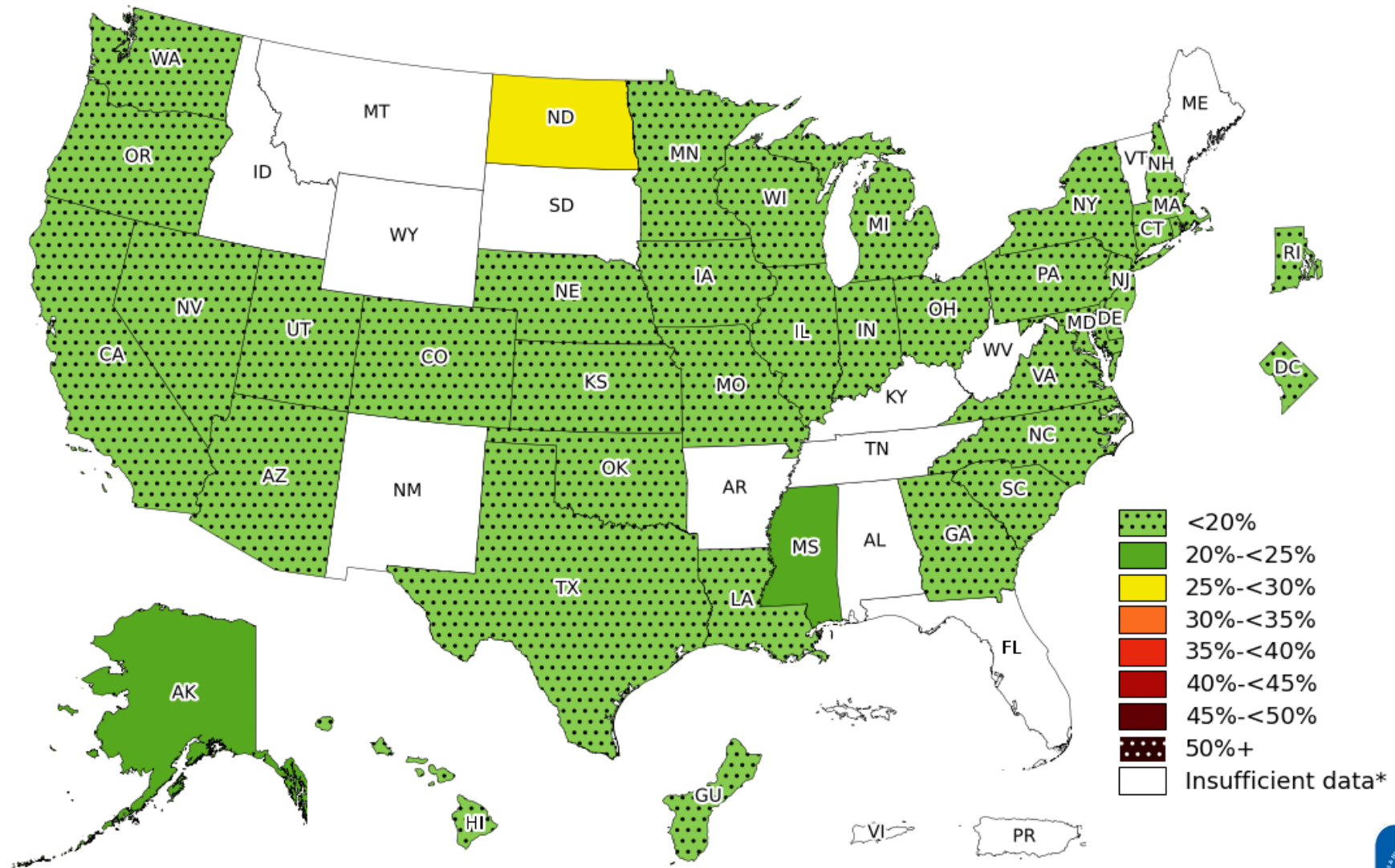
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Hispanic Adults, by State and Territory, BRFSS, 2020–2022

Summary

- ❑ No state or territory had a prevalence of obesity less than 25%.
- ❑ The District of Columbia had a prevalence of obesity between 25% and <30%.
- ❑ 18 states and Puerto Rico, had a prevalence of obesity between 30% and <35%.
- ❑ 22 states and Guam had a prevalence of obesity between 35% and <40%.
- ❑ 9 states had a prevalence of obesity between 40% and <45%.
- ❑ No state or territory had a prevalence of obesity 45% or greater.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2020–2022



*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 Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2020–2022

State	Prevalence	95% Confidence Interval
Alabama	Insufficient data*	Insufficient data*
Alaska	24.8	(18.4, 32.7)
Arizona	13.5	(9.7, 18.4)
Arkansas	Insufficient data*	Insufficient data*
California	11.1	(9.2, 13.3)
Colorado	10.0	(7.1, 13.9)
Connecticut	13.2	(9.9, 17.6)
Delaware	18.3	(11.9, 27.1)
District of Columbia	10.2	(6.5, 15.5)
Florida	Insufficient data*	Insufficient data*
Georgia	14.7	(10.2, 20.6)
Guam	18.1	(15.2, 21.3)
Hawaii	17.3	(16.1, 18.6)
Idaho	Insufficient data*	Insufficient data*
Illinois	11.6	(8.5, 15.7)
Indiana	8.2	(4.9, 13.2)
Iowa	11.8	(8.1, 16.8)
Kansas	10.2	(7.5, 13.9)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	19.9	(12.9, 29.4)
Maine	Insufficient data*	Insufficient data*
Maryland	13.4	(11.0, 16.2)
Massachusetts	10.6	(8.3, 13.5)
Michigan	9.2	(6.6, 12.7)
Minnesota	18.8	(16.3, 21.6)
Mississippi	23.3	(13.7, 36.8)
Missouri	12.4	(8.2, 18.3)

State	Prevalence	95% Confidence Interval
Montana	Insufficient data*	Insufficient data*
Nebraska	12.6	(8.2, 19.0)
Nevada	15.8	(10.4, 23.3)
New Hampshire	10.9	(6.9, 16.7)
New Jersey	11.2	(9.1, 13.6)
New Mexico	Insufficient data*	Insufficient data*
New York	12.6	(10.9, 14.6)
North Carolina	15.5	(10.7, 21.8)
North Dakota	27.6	(18.3, 39.3)
Ohio	12.8	(9.4, 17.2)
Oklahoma	13.7	(7.9, 22.5)
Oregon	15.2	(11.3, 20.1)
Pennsylvania	10.7	(7.3, 15.3)
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	12.0	(8.0, 17.7)
South Carolina	17.5	(10.0, 28.7)
South Dakota	Insufficient data*	Insufficient data*
Tennessee	Insufficient data*	Insufficient data*
Texas	13.5	(9.8, 18.2)
Utah	8.2	(5.5, 12.1)
Vermont	Insufficient data*	Insufficient data*
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	12.6	(9.9, 15.9)
Washington	10.2	(8.8, 11.9)
West Virginia	Insufficient data*	Insufficient data*
Wisconsin	17.7	(11.9, 25.5)
Wyoming	Insufficient data*	Insufficient data*

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

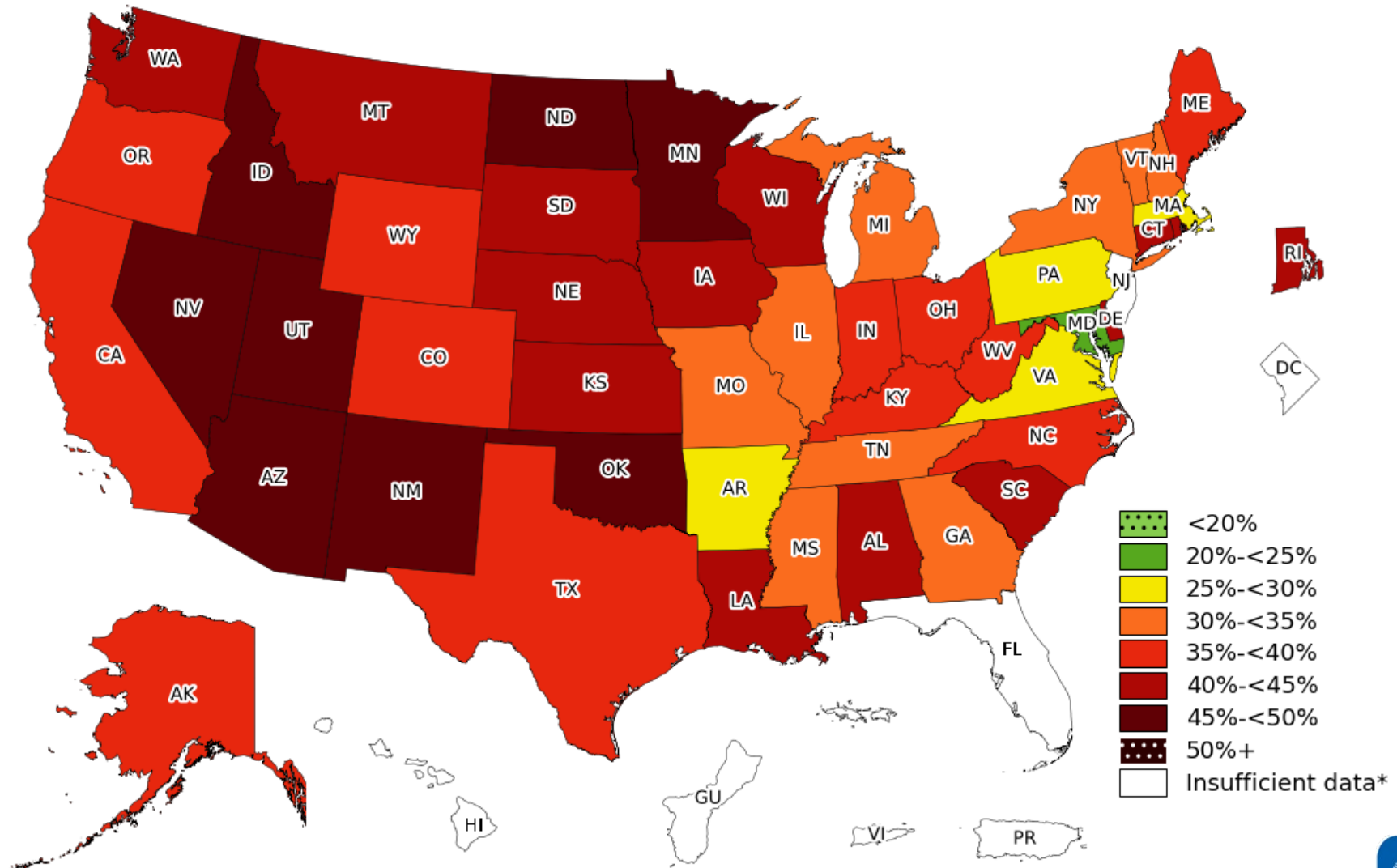
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2020–2022

Summary

- ❑ 34 states, the District of Columbia and Guam had a prevalence of obesity less than 20%.
- ❑ 2 states (Alaska and Mississippi) had a prevalence of obesity between 20% and <25%.
- ❑ 1 state (North Dakota) had a prevalence of obesity between 25% and <30%.
- ❑ No state had a prevalence of obesity 30% or greater.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic American Indian or Alaska Native Adults, by State and Territory, BRFSS, 2020–2022



*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 Obesity Based on Self-Reported Weight and Height Among Non-Hispanic American Indian or Alaska Native Adults, by State and Territory, BRFSS, 2020–2022

State	Prevalence	95% Confidence Interval
Alabama	42.6	(31.8, 54.1)
Alaska	37.1	(33.7, 40.5)
Arizona	47.0	(42.8, 51.2)
Arkansas	28.4	(21.3, 36.9)
California	37.0	(27.2, 47.9)
Colorado	37.1	(30.1, 44.7)
Connecticut	42.1	(29.4, 56.0)
Delaware	40.1	(25.5, 56.7)
District of Columbia	Insufficient data*	Insufficient data*
Florida	Insufficient data*	Insufficient data*
Georgia	32.9	(21.8, 46.2)
Guam	Insufficient data*	Insufficient data*
Hawaii	Insufficient data*	Insufficient data*
Idaho	45.2	(36.2, 54.5)
Illinois	32.0	(19.0, 48.4)
Indiana	36.6	(28.0, 46.2)
Iowa	44.8	(34.2, 55.9)
Kansas	42.9	(36.3, 49.7)
Kentucky	37.6	(25.2, 51.9)
Louisiana	43.7	(34.1, 53.7)
Maine	36.1	(28.4, 44.6)
Maryland	24.8	(17.7, 33.7)
Massachusetts	25.2	(15.1, 38.9)
Michigan	30.1	(21.6, 40.2)
Minnesota	45.9	(40.1, 51.8)
Mississippi	30.5	(19.3, 44.6)
Missouri	33.6	(25.1, 43.2)

State	Prevalence	95% Confidence Interval
Montana	41.8	(37.7, 45.9)
Nebraska	43.3	(35.7, 51.2)
Nevada	45.4	(31.3, 60.4)
New Hampshire	34.9	(22.8, 49.2)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	45.5	(41.6, 49.5)
New York	30.9	(21.4, 42.4)
North Carolina	38.3	(31.7, 45.3)
North Dakota	49.5	(43.9, 55.1)
Ohio	35.1	(26.5, 44.7)
Oklahoma	45.9	(42.4, 49.5)
Oregon	37.2	(28.6, 46.7)
Pennsylvania	28.3	(15.5, 45.9)
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	42.2	(30.7, 54.5)
South Carolina	40.3	(30.1, 51.5)
South Dakota	44.1	(37.1, 51.4)
Tennessee	31.6	(22.6, 42.2)
Texas	36.6	(23.7, 51.7)
Utah	46.7	(38.6, 55.1)
Vermont	31.6	(22.6, 42.1)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	28.0	(18.8, 39.4)
Washington	42.7	(37.0, 48.6)
West Virginia	37.1	(26.3, 49.5)
Wisconsin	42.3	(33.6, 51.4)
Wyoming	37.2	(28.0, 47.5)

*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic American Indian or Alaska Native Adults, by State and Territory, BRFSS, 2020–2022

Summary

- ❑ No state or territory had a prevalence of obesity less than 20%.
- ❑ 1 state (Maryland) had a prevalence of obesity between 20% and <25%.
- ❑ 4 states had a prevalence of obesity between 25% and <30%.
- ❑ 9 states had a prevalence of obesity between 30% and <35%.
- ❑ 12 states had a prevalence of obesity between 35% and <40%.
- ❑ 13 states had a prevalence of obesity between 40% and <45%.
- ❑ 8 states had a prevalence of obesity between 45% and <50%.
- ❑ No state or territory had a prevalence of obesity 50% or greater.