

# Obesity and People with Disabilities

## A Tip Sheet for Public Health Professionals

Did you know that obesity is a national epidemic that disproportionately affects people with disabilities? You can help improve the health and wellness of people with disabilities by requesting that your state's public health surveillance activities include disability as a demographic (similar to age, sex, race, etc.) and that health promotion activities include people with disabilities.

In all states, there is a difference in obesity rates by disability status, suggesting a disparity in access to effective health promotion strategies for people with disabilities. Interested in your state? Use the table below to determine the prevalence of obesity among people with disabilities compared to those without.

**Encourage your state to:**

- **Include disability in public health surveillance activities**
- **Include people with disabilities in health promotion activities**

**The Prevalence of Obesity in Adults with and without Disabilities, BRFSS 2009.<sup>1</sup>**

State, District or Territory	Disability			No Disability			Total			Difference
	Weighted Population	Percent <sup>2</sup>	95% CI <sup>3</sup> (±)	Weighted Population	Percent	95% CI (±)	Weighted Population	Percent	95% CI (±)	Percentage Points
Alabama	329,054	37.0	4.0	712,033	28.4	2.1	1,041,087	30.8	1.9	8.6
Alaska	31,699	25.8	4.9	88,073	24.4	3.1	119,772	25.0	2.6	1.4
Arizona	305,238	34.7	6.7	855,992	23.4	2.9	1,161,231	25.6	2.6	11.3
Arkansas	204,658	42.9	6.3	421,670	27.5	2.6	626,329	31.0	2.4	15.4
California	1,699,911	37.0	3.1	4,592,301	22.1	1.0	6,292,211	24.7	1.0	14.9
Colorado	165,906	23.3	2.6	459,623	17.0	1.2	625,529	18.5	1.1	6.3
Connecticut	158,281	36.2	5.2	363,105	17.3	1.5	521,386	20.3	1.5	18.9
Delaware	50,070	37.6	5.5	125,226	24.1	2.3	175,296	26.8	2.1	13.5
District of Columbia	28,671	35.8	6.8	59,651	16.7	1.8	88,322	20.0	1.7	19.1
Florida	1,067,768	34.4	4.5	2,459,389	23.5	2.0	3,527,156	26.0	1.8	10.9
Georgia	456,365	40.4	5.8	1,387,252	24.8	2.0	1,843,617	27.3	1.9	15.6
Hawaii	51,388	34.7	5.4	166,369	20.5	1.7	217,757	22.7	1.6	14.2
Idaho	80,542	35.4	5.0	180,400	21.2	1.8	260,942	24.1	1.7	14.2
Illinois	647,295	38.2	4.8	1,853,614	23.6	1.6	2,500,910	26.3	1.6	14.6
Indiana	410,392	38.0	3.6	929,830	26.2	1.6	1,340,222	29.2	1.4	11.8
Iowa	147,409	39.2	5.2	445,381	25.4	1.8	592,790	27.6	1.7	13.8
Kansas	162,786	40.7	2.9	403,325	25.1	1.0	566,111	28.0	0.9	15.6
Kentucky	353,818	42.3	4.3	612,162	27.1	2.0	965,979	31.1	1.8	15.2
Louisiana	303,525	43.7	4.2	750,684	29.9	1.6	1,054,209	32.8	1.5	13.8
Maine	85,890	36.9	3.9	171,172	22.1	1.5	257,062	25.4	1.4	14.8
Maryland	286,664	34.8	4.2	762,870	23.5	1.6	1,049,533	26.0	1.5	11.3

State, District or Territory	Disability			No Disability			Total			Difference
	Weighted Population	Percent	95% CI (±)	Weighted Population	Percent	95% CI (±)	Weighted Population	Percent	95% CI (±)	Percentage Points
Massachusetts	298,062	32.7	3.3	675,325	18.4	1.2	973,388	21.3	1.2	14.3
Michigan	648,098	41.4	3.8	1,500,701	26.3	1.5	2,148,799	29.3	1.4	15.1
Minnesota	281,194	36.8	4.9	680,652	21.4	1.8	961,847	24.4	1.7	15.4
Mississippi	224,368	42.4	3.8	489,597	31.5	1.6	713,965	34.4	1.5	10.9
Missouri	444,041	44.9	5.8	846,023	25.6	2.2	1,290,064	29.7	2.1	19.3
Montana	48,906	28.8	4.3	117,364	20.7	1.7	166,270	22.7	1.6	8.1
Nebraska	102,079	42.1	5.3	250,575	24.2	1.6	352,654	27.3	1.6	17.9
Nevada	120,939	30.6	6.2	366,389	24.3	2.9	487,329	25.9	2.7	6.3
New Hampshire	71,080	36.2	5.8	180,984	22.9	1.9	252,064	25.4	1.8	13.3
New Jersey	372,422	35.7	3.8	1,034,825	20.3	1.3	1,407,247	22.8	1.2	15.4
New Mexico	109,659	35.5	4.2	249,285	22.3	1.6	358,944	25.2	1.5	13.2
New York	1,026,948	34.9	4.3	2,348,167	21.2	1.6	3,375,115	24.0	1.5	13.7
North Carolina	574,068	38.4	3.8	1,376,532	26.4	1.7	1,950,600	29.3	1.6	12.0
North Dakota	32,256	35.6	5.6	99,612	26.0	2.0	131,869	27.9	1.9	9.6
Ohio	763,391	39.2	4.0	1,632,098	25.2	1.6	2,395,488	28.5	1.5	14.0
Oklahoma	275,932	39.0	3.5	553,825	28.3	1.7	829,757	31.2	1.5	10.7
Oregon	220,505	33.9	5.3	418,028	19.6	2.1	638,533	22.8	1.9	14.3
Pennsylvania	775,171	40.8	4.4	1,741,622	24.1	1.6	2,516,793	27.3	1.5	16.7
Rhode Island	52,755	34.6	4.7	140,929	22.1	1.9	193,684	24.5	1.7	12.5
South Carolina	295,959	39.4	4.4	648,014	26.4	1.9	943,973	29.4	1.7	13.0
South Dakota	40,941	41.4	5.9	128,821	27.2	2.1	169,762	29.4	1.9	14.2
Tennessee	423,893	38.8	4.7	1,020,526	29.6	2.4	1,444,419	32.2	2.1	9.2
Texas	1,290,448	41.7	4.4	3,446,039	25.3	1.7	4,736,487	28.5	1.5	16.4
Utah	128,505	34.7	3.3	295,341	20.7	1.2	423,846	23.8	1.1	14.0
Vermont	32,497	31.4	4.0	75,261	20.1	1.7	107,758	22.6	1.5	11.3
Virginia	400,600	37.1	8.0	945,206	20.8	1.9	1,345,807	24.1	2.0	16.3
Washington	417,245	35.8	2.4	825,948	22.8	1.1	1,243,193	26.1	1.0	13.0
West Virginia	154,399	38.5	3.9	271,162	27.6	2.0	425,560	30.9	1.8	10.9
Wisconsin	319,460	39.7	6.9	829,059	25.8	2.4	1,148,519	28.7	2.2	13.9
Wyoming	28,839	37.1	5.7	66,293	21.4	1.8	95,131	24.5	1.8	15.7
Guam	4,268	37.8	10.5	22,007	22.4	3.0	26,274	24.7	2.9	15.4
Puerto Rico	185,726	32.7	5.3	556,899	25.1	1.9	742,625	27.0	1.8	7.6
Virgin Islands	2,744	34.5	8.3	16,457	26.6	2.5	19,201	27.6	2.4	7.9
Total	17,194,727	37.6	0.9	41,649,691	23.8	0.3	58,844,418	26.6	0.3	13.8

**Notes:**

1. BRFSS refers to the Behavioral Risk Factor Surveillance System.
2. Estimates are age-adjusted to the 2000 U.S. standard population.
3. CI denotes confidence interval.

**NCBDDD Atlanta:**

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