

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

## Definitions

- ❑ **Obesity: Body Mass Index (BMI) of 30 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.**

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

## 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.



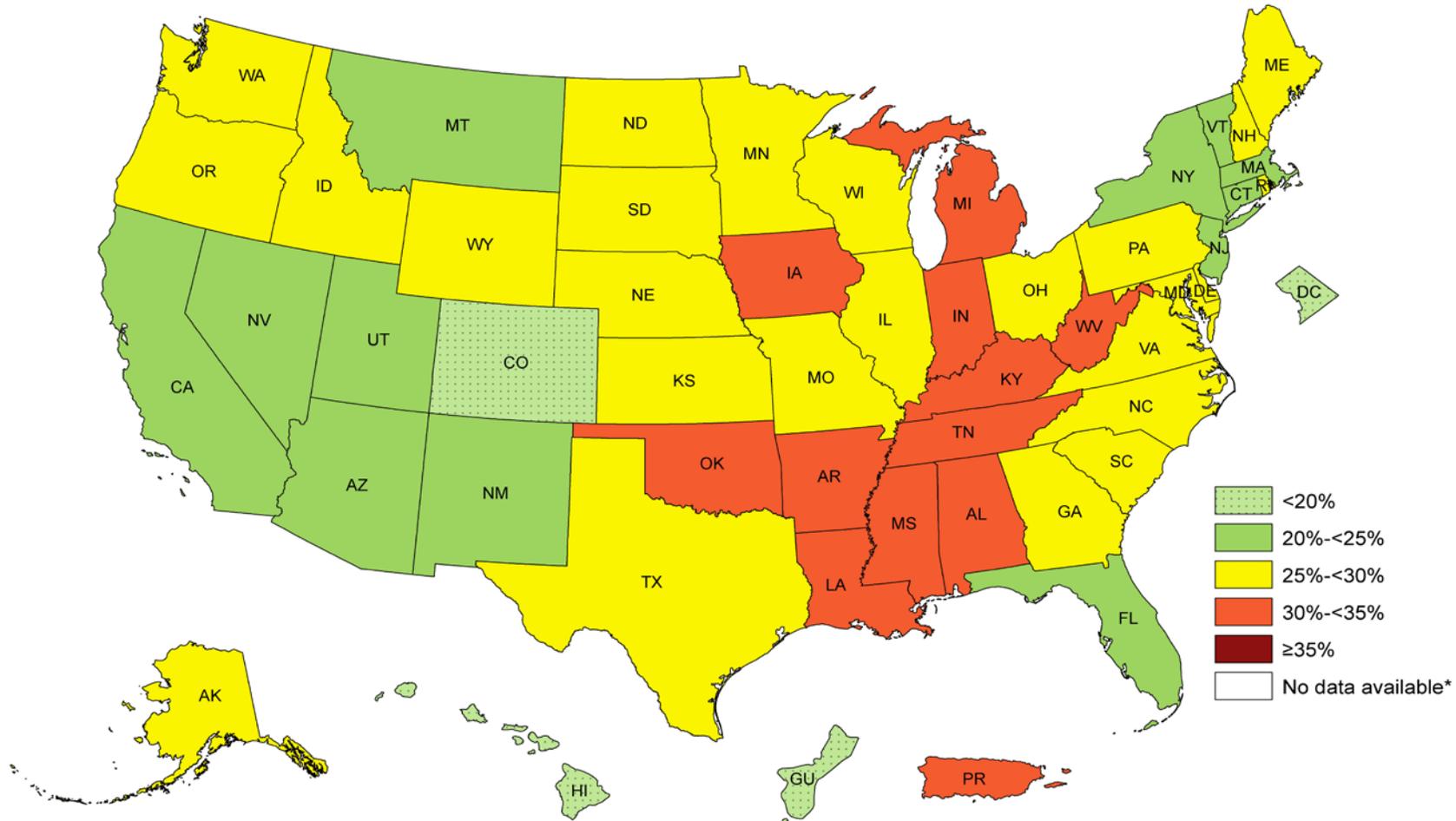
# Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS

## Exclusion Criteria

*Records with the following were excluded:*

- ❑ Height:  $<3$  feet or  $\geq 8$  feet
- ❑ Weight:  $<50$  pounds or  $\geq 650$  pounds
- ❑ BMI:  $<12$  kg/m<sup>2</sup> or  $\geq 100$  kg/m<sup>2</sup>
- ❑ Pregnant women

# Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2011-2013



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



## Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2011-2013

State	Prevalence	Confidence Interval
Alabama	29.8	(28.8, 30.9)
Alaska	26.1	(24.9, 27.4)
Arizona	22.0	(20.8, 23.3)
Arkansas	32.0	(30.7, 33.2)
California	22.4	(21.7, 23.1)
Colorado	18.8	(18.2, 19.4)
Connecticut	23.5	(22.6, 24.4)
Delaware	27.4	(26.3, 28.5)
District of Columbia	10.0	(8.8, 11.3)
Florida	24.5	(23.7, 25.3)
Georgia	26.2	(25.2, 27.2)
Guam	18.8	(15.1, 23.2)
Hawaii	19.3	(17.8, 20.8)
Idaho	26.8	(25.7, 27.9)
Illinois	27.0	(26.0, 28.1)
Indiana	30.1	(29.3, 30.9)
Iowa	30.1	(29.3, 30.9)
Kansas	29.2	(28.6, 29.7)
Kentucky	31.0	(30.2, 31.8)
Louisiana	30.4	(29.3, 31.6)
Maine	28.5	(27.8, 29.2)
Maryland	25.3	(24.5, 26.2)
Massachusetts	22.4	(21.8, 23.1)
Michigan	30.1	(29.3, 30.8)
Minnesota	25.5	(24.8, 26.2)
Mississippi	30.7	(29.6, 31.8)

State	Prevalence	Confidence Interval
Missouri	28.8	(27.8, 29.9)
Montana	23.4	(22.7, 24.2)
Nebraska	28.6	(28.0, 29.2)
Nevada	24.7	(23.4, 26.0)
New Hampshire	27.1	(26.3, 28.0)
New Jersey	24.4	(23.7, 25.2)
New Mexico	22.2	(21.2, 23.1)
New York	23.6	(22.7, 24.5)
North Carolina	26.6	(25.8, 27.5)
North Dakota	29.1	(28.2, 30.0)
Ohio	29.4	(28.7, 30.2)
Oklahoma	31.0	(30.1, 31.9)
Oregon	26.2	(25.3, 27.1)
Pennsylvania	28.7	(28.0, 29.4)
Puerto Rico	32.6	(24.2, 42.2)
Rhode Island	25.9	(24.9, 26.9)
South Carolina	27.5	(26.6, 28.3)
South Dakota	28.1	(27.0, 29.2)
Tennessee	30.2	(28.9, 31.4)
Texas	26.5	(25.5, 27.4)
Utah	24.1	(23.5, 24.7)
Vermont	24.5	(23.7, 25.4)
Virginia	26.3	(25.4, 27.3)
Washington	27.5	(26.8, 28.2)
West Virginia	33.8	(32.9, 34.7)
Wisconsin	28.6	(27.5, 29.7)
Wyoming	25.5	(24.5, 26.5)

Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory , BRFSS, 2011-2013

## Summary

- ❑ 2 states (Colorado and Hawaii), the District of Columbia, and Guam had a prevalence of obesity less than 20%.
- ❑ 12 states had a prevalence of obesity between 20% and <25%.
- ❑ 26 states had a prevalence of obesity between 25% and <30%.
- ❑ 10 states and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ No state had a prevalence of obesity of 35% or greater.



## Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2012-2014

State	Prevalence	95% Confidence Interval
Alabama	30.4	(29.4, 31.4)
Alaska	27.0	(25.8, 28.2)
Arizona	23.7	(22.6, 24.8)
Arkansas	32.9	(31.7, 34.2)
California	22.6	(21.8, 23.4)
Colorado	19.1	(18.6, 19.7)
Connecticut	24.2	(23.3, 25.1)
Delaware	28.2	(27.0, 29.4)
District of Columbia	9.9	(8.7, 11.3)
Florida	24.3	(23.5, 25.2)
Georgia	27.5	(26.5, 28.6)
Guam	18.2	(14.6, 22.6)
Hawaii	18.8	(17.3, 20.3)
Idaho	27.4	(26.3, 28.5)
Illinois	27.5	(26.5, 28.6)
Indiana	31.1	(30.3, 31.9)
Iowa	30.9	(30.1, 31.7)
Kansas	29.6	(29.1, 30.2)
Kentucky	31.6	(30.7, 32.4)
Louisiana	30.5	(29.3, 31.7)
Maine	28.5	(27.8, 29.3)
Maryland	26.0	(25.1, 26.9)
Massachusetts	22.6	(22.0, 23.3)
Michigan	30.2	(29.5, 31.0)
Minnesota	26.1	(25.4, 26.7)
Mississippi	31.3	(30.0, 32.5)

State	Prevalence	95% Confidence Interval
Missouri	28.9	(27.8, 29.9)
Montana	23.9	(23.1, 24.7)
Nebraska	29.0	(28.4, 29.6)
Nevada	26.4	(25.0, 27.8)
New Hampshire	27.5	(26.6, 28.5)
New Jersey	25.4	(24.6, 26.2)
New Mexico	22.5	(21.5, 23.5)
New York	24.5	(23.6, 25.4)
North Carolina	26.8	(26.0, 27.7)
North Dakota	30.7	(29.7, 31.7)
Ohio	30.4	(29.6, 31.1)
Oklahoma	31.9	(31.0, 32.7)
Oregon	27.0	(26.1, 28.0)
Pennsylvania	29.2	(28.5, 29.9)
Puerto Rico	46.7	(35.4, 58.3)
Rhode Island	26.6	(25.6, 27.6)
South Carolina	28.1	(27.2, 28.9)
South Dakota	28.9	(27.8, 30.0)
Tennessee	30.7	(29.6, 31.8)
Texas	26.7	(25.8, 27.7)
Utah	24.5	(24.0, 25.1)
Vermont	24.3	(23.5, 25.1)
Virginia	26.1	(25.2, 26.9)
Washington	27.8	(27.1, 28.5)
West Virginia	34.7	(33.8, 35.6)
Wisconsin	29.6	(28.6, 30.7)
Wyoming	26.8	(25.7, 27.9)

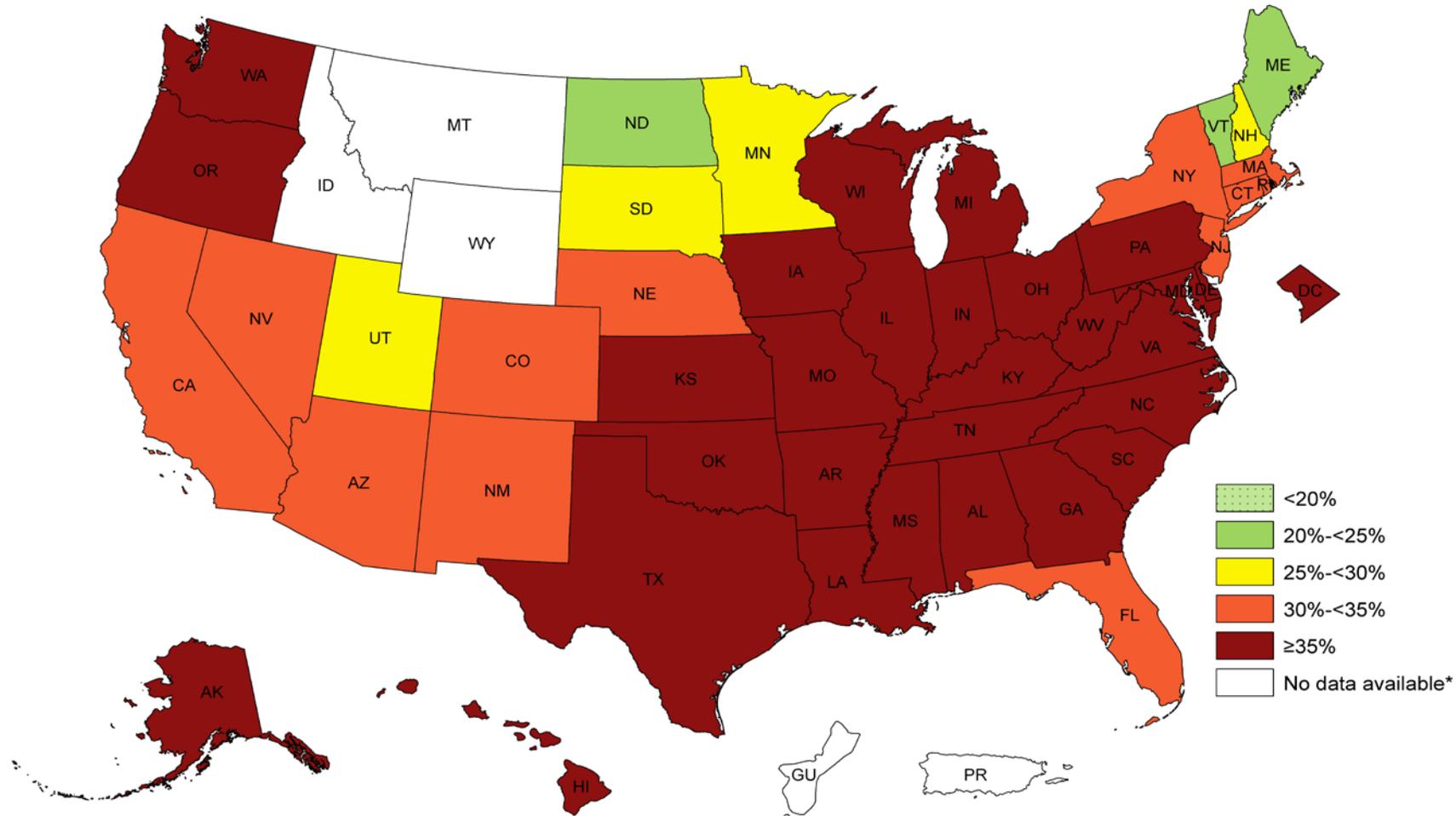
Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2012-2014

## Summary

- ❑ 2 states (Colorado and Hawaii) and the District of Columbia and Guam had a prevalence of obesity less than 20%.
- ❑ 10 states had a prevalence of obesity between 20% and <25%.
- ❑ 25 states had a prevalence of obesity between 25% and <30%.
- ❑ 13 states had a prevalence of obesity between 30% and <35%.
- ❑ Puerto Rico had a prevalence of obesity of 35% or greater.

# Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2011-2013



\*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, 2011-2013

State	Prevalence	Confidence Interval
Alabama	41.8	(39.9, 43.8)
Alaska	37.9	(29.1, 47.6)
Arizona	32.5	(25.7, 40.2)
Arkansas	42.2	(38.7, 45.7)
California	34.8	(31.8, 38.0)
Colorado	30.5	(26.6, 34.7)
Connecticut	33.2	(30.1, 36.5)
Delaware	37.3	(34.6, 40.1)
District of Columbia	35.6	(33.7, 37.6)
Florida	34.8	(32.2, 37.5)
Georgia	37.2	(35.3, 39.0)
Guam	No data available*	No data available*
Hawaii	41.1	(30.6, 52.4)
Idaho	No data available*	No data available*
Illinois	38.7	(35.3, 42.3)
Indiana	42.5	(39.4, 45.7)
Iowa	39.5	(32.7, 46.7)
Kansas	39.2	(36.2, 42.2)
Kentucky	42.0	(38.1, 46.0)
Louisiana	41.9	(39.9, 44.0)
Maine	22.6	(13.0, 36.3)
Maryland	37.5	(35.8, 39.2)
Massachusetts	33.6	(30.8, 36.5)
Michigan	39.3	(37.0, 41.7)
Minnesota	29.8	(26.1, 33.7)
Mississippi	42.9	(41.2, 44.5)

State	Prevalence	Confidence Interval
Missouri	40.0	(36.5, 43.5)
Montana	No data available*	No data available*
Nebraska	33.7	(30.0, 37.6)
Nevada	34.9	(29.7, 40.4)
New Hampshire	27.7	(18.7, 39.0)
New Jersey	34.5	(32.6, 36.5)
New Mexico	30.1	(24.1, 36.9)
New York	32.7	(30.1, 35.4)
North Carolina	40.4	(38.6, 42.4)
North Dakota	24.7	(15.5, 36.9)
Ohio	36.0	(33.5, 38.5)
Oklahoma	38.7	(35.2, 42.3)
Oregon	39.5	(29.3, 50.6)
Pennsylvania	35.6	(33.2, 38.0)
Puerto Rico	No data available*	No data available*
Rhode Island	31.4	(26.7, 36.6)
South Carolina	42.6	(41.1, 44.2)
South Dakota	26.1	(15.6, 40.3)
Tennessee	40.4	(37.0, 43.9)
Texas	38.2	(35.4, 41.1)
Utah	26.0	(18.8, 34.7)
Vermont	20.2	(11.2, 33.7)
Virginia	38.5	(36.2, 41.0)
Washington	37.6	(32.8, 42.7)
West Virginia	36.5	(30.4, 43.0)
Wisconsin	38.5	(33.0, 44.3)
Wyoming	No data available*	No data available*

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

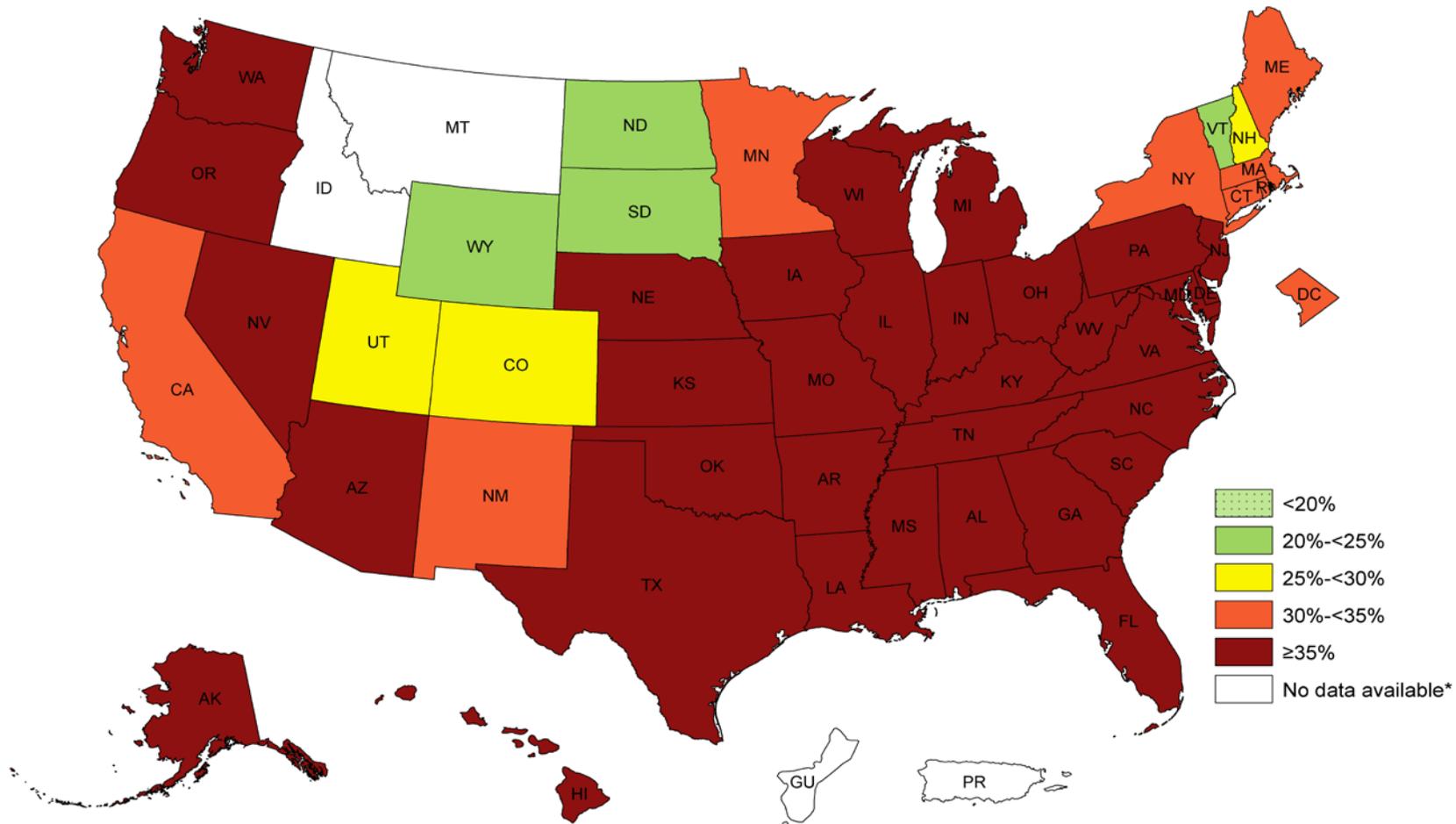
Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2011-2013

## Summary

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ 3 states (Maine, North Dakota, and Vermont) had a prevalence of obesity between 20% and <25%.
- ❑ 4 states had a prevalence of obesity between 25% and <30%.
- ❑ 12 states had a prevalence of obesity between 30% and <35%.
- ❑ 28 states and the District of Columbia had a prevalence of obesity of 35% or greater.

# Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2012-2014



\*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, 2012-2014

State	Prevalence	95% Confidence Interval
Alabama	42.4	(40.5, 44.3)
Alaska	40.4	(32.0, 49.4)
Arizona	35.5	(29.3, 42.2)
Arkansas	44.4	(41.2, 47.8)
California	34.7	(31.6, 38.0)
Colorado	29.3	(25.7, 33.2)
Connecticut	34.7	(31.7, 37.8)
Delaware	37.2	(34.4, 40.1)
District of Columbia	34.7	(32.7, 36.7)
Florida	35.0	(32.4, 37.6)
Georgia	37.5	(35.6, 39.4)
Guam	No data available*	No data available*
Hawaii	36.0	(26.5, 46.7)
Idaho	No data available*	No data available*
Illinois	40.2	(36.8, 43.7)
Indiana	42.5	(39.4, 45.6)
Iowa	40.0	(33.2, 47.3)
Kansas	39.5	(36.5, 42.7)
Kentucky	41.9	(38.0, 45.9)
Louisiana	43.2	(41.1, 45.3)
Maine	32.2	(21.1, 45.7)
Maryland	37.9	(36.2, 39.7)
Massachusetts	34.6	(31.6, 37.7)
Michigan	36.9	(34.6, 39.2)
Minnesota	31.2	(27.7, 35.0)
Mississippi	43.0	(41.2, 44.9)

State	Prevalence	95% Confidence Interval
Missouri	39.9	(36.5, 43.5)
Montana	No data available*	No data available*
Nebraska	35.2	(31.2, 39.4)
Nevada	37.1	(31.7, 42.8)
New Hampshire	25.3	(16.0, 37.7)
New Jersey	36.7	(34.7, 38.8)
New Mexico	34.9	(28.1, 42.5)
New York	32.5	(29.9, 35.1)
North Carolina	40.0	(38.2, 41.8)
North Dakota	24.9	(16.0, 36.7)
Ohio	38.6	(35.9, 41.4)
Oklahoma	38.3	(34.9, 41.7)
Oregon	35.3	(25.9, 46.1)
Pennsylvania	36.0	(33.6, 38.4)
Puerto Rico	No data available*	No data available*
Rhode Island	31.3	(26.8, 36.2)
South Carolina	42.7	(41.2, 44.2)
South Dakota	24.3	(14.4, 37.9)
Tennessee	40.6	(37.6, 43.6)
Texas	40.7	(37.8, 43.6)
Utah	25.6	(18.7, 34.0)
Vermont	23.2	(13.5, 37.0)
Virginia	38.9	(36.8, 41.0)
Washington	35.7	(31.1, 40.6)
West Virginia	40.9	(34.8, 47.3)
Wisconsin	38.8	(33.2, 44.7)
Wyoming	24.3	(14.3, 38.2)

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

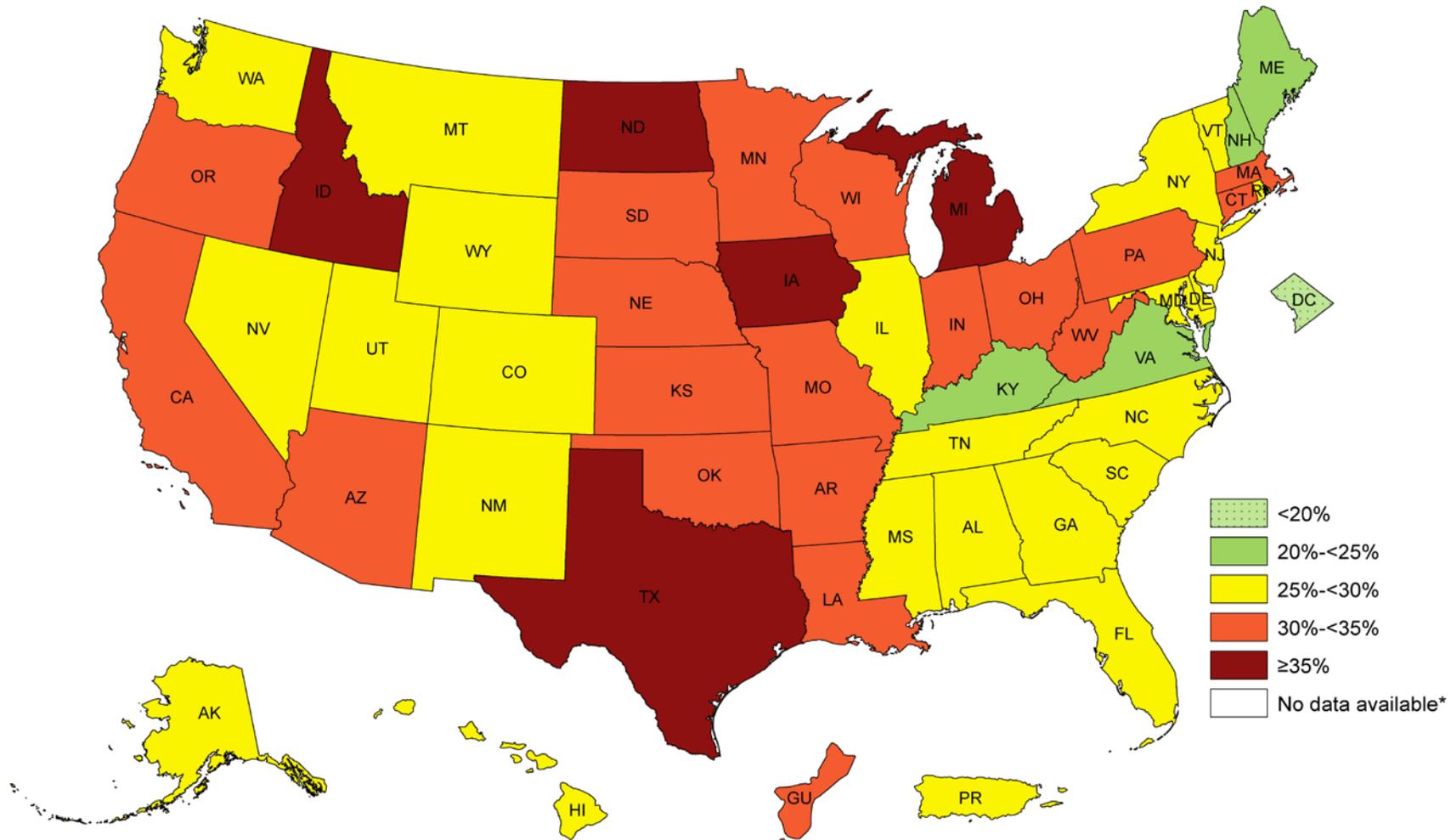
Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2012-2014

## Summary

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ 4 states had a prevalence of obesity between 20% and <25%.
- ❑ 3 states had a prevalence of obesity between 25% and <30%.
- ❑ 8 states and the District of Columbia had a prevalence of obesity between 30% and <35%.
- ❑ 33 states had a prevalence of obesity of 35% or greater.

# Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2011-2013



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



# Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2011-2013

State	Prevalence	Confidence Interval
Alabama	27.3	(19.6, 36.6)
Alaska	28.4	(22.1, 35.5)
Arizona	33.8	(30.5, 37.3)
Arkansas	34.3	(28.3, 40.9)
California	30.7	(29.5, 31.9)
Colorado	28.0	(26.2, 29.8)
Connecticut	32.5	(29.5, 35.7)
Delaware	29.2	(24.2, 34.8)
District of Columbia	18.5	(14.1, 24.0)
Florida	26.4	(24.4, 28.5)
Georgia	28.1	(24.3, 32.3)
Guam	31.7	(25.7, 38.5)
Hawaii	29.4	(26.0, 33.1)
Idaho	35.3	(30.5, 40.3)
Illinois	29.9	(26.3, 33.7)
Indiana	33.2	(29.1, 37.6)
Iowa	37.6	(32.5, 42.9)
Kansas	33.5	(30.8, 36.2)
Kentucky	24.5	(18.5, 31.6)
Louisiana	32.6	(26.0, 40.0)
Maine	24.2	(18.1, 31.6)
Maryland	25.9	(22.2, 29.9)
Massachusetts	31.0	(28.8, 33.3)
Michigan	35.4	(30.9, 40.3)
Minnesota	30.5	(26.1, 35.3)
Mississippi	28.2	(21.8, 35.6)

State	Prevalence	Confidence Interval
Missouri	33.6	(26.7, 41.2)
Montana	29.6	(23.9, 36.0)
Nebraska	30.4	(27.7, 33.1)
Nevada	27.3	(24.3, 30.6)
New Hampshire	24.7	(17.4, 33.6)
New Jersey	27.5	(25.7, 29.3)
New Mexico	29.8	(28.5, 31.0)
New York	27.3	(25.1, 29.6)
North Carolina	27.0	(24.0, 30.2)
North Dakota	36.2	(27.8, 45.5)
Ohio	30.9	(25.7, 36.6)
Oklahoma	31.3	(27.9, 34.9)
Oregon	31.2	(26.8, 36.0)
Pennsylvania	34.8	(31.0, 38.8)
Puerto Rico	27.5	(26.7, 28.3)
Rhode Island	27.5	(24.5, 30.9)
South Carolina	29.7	(24.7, 35.1)
South Dakota	31.5	(24.4, 39.6)
Tennessee	25.6	(17.5, 36.0)
Texas	35.4	(33.8, 37.0)
Utah	26.1	(23.9, 28.4)
Vermont	27.1	(19.6, 36.3)
Virginia	24.1	(20.3, 28.3)
Washington	29.7	(27.0, 32.6)
West Virginia	32.1	(24.3, 41.1)
Wisconsin	32.4	(24.9, 40.9)
Wyoming	29.2	(24.9, 33.9)

Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2011-2013

## Summary

- ❑ The District of Columbia had a prevalence of obesity less than 20%.
- ❑ 4 states had a prevalence of obesity between 20% and <25%.
- ❑ 23 states and Puerto Rico had a prevalence of obesity between 25% and <30%.
- ❑ 18 states and Guam had a prevalence of obesity between 30% and <35%.
- ❑ 5 states had a prevalence of obesity of 35% or greater.



## Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2012-2014

State	Prevalence	95% Confidence Interval
Alabama	25.4	(18.2, 34.3)
Alaska	27.7	(22.0, 34.2)
Arizona	33.9	(30.9, 36.9)
Arkansas	39.5	(33.1, 46.3)
California	31.3	(30.0, 32.6)
Colorado	28.1	(26.4, 29.8)
Connecticut	30.9	(28.0, 33.8)
Delaware	31.9	(27.1, 37.1)
District of Columbia	20.5	(15.5, 26.7)
Florida	26.2	(24.3, 28.3)
Georgia	27.0	(23.1, 31.2)
Guam	34.8	(28.8, 41.3)
Hawaii	31.3	(28.0, 34.8)
Idaho	35.9	(31.2, 40.9)
Illinois	33.0	(29.5, 36.7)
Indiana	32.0	(28.3, 35.9)
Iowa	35.5	(30.6, 40.8)
Kansas	34.2	(31.5, 37.0)
Kentucky	23.2	(17.2, 30.5)
Louisiana	31.3	(24.9, 38.6)
Maine	24.2	(17.6, 32.4)
Maryland	26.0	(22.4, 29.9)
Massachusetts	31.4	(29.1, 33.9)
Michigan	35.5	(30.7, 40.6)
Minnesota	31.7	(27.6, 36.0)
Mississippi	21.1	(14.8, 29.2)

State	Prevalence	95% Confidence Interval
Missouri	35.5	(28.5, 43.1)
Montana	30.1	(24.4, 36.5)
Nebraska	31.0	(28.2, 33.8)
Nevada	27.8	(24.7, 31.1)
New Hampshire	29.3	(21.7, 38.3)
New Jersey	28.8	(26.9, 30.7)
New Mexico	30.1	(28.8, 31.5)
New York	29.3	(27.0, 31.6)
North Carolina	29.7	(26.9, 32.7)
North Dakota	37.9	(29.1, 47.7)
Ohio	29.1	(24.2, 34.4)
Oklahoma	33.4	(30.0, 37.0)
Oregon	30.2	(26.0, 34.8)
Pennsylvania	36.7	(32.6, 40.9)
Puerto Rico	28.1	(27.3, 28.9)
Rhode Island	28.0	(24.9, 31.3)
South Carolina	32.2	(27.3, 37.5)
South Dakota	27.1	(19.0, 37.1)
Tennessee	31.7	(23.4, 41.2)
Texas	35.8	(34.3, 37.3)
Utah	27.5	(25.4, 29.7)
Vermont	25.5	(17.9, 35.0)
Virginia	24.5	(21.2, 28.2)
Washington	31.8	(29.0, 34.9)
West Virginia	37.1	(28.8, 46.3)
Wisconsin	33.9	(27.5, 41.0)
Wyoming	32.7	(27.7, 38.0)

Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2012-2014

## Summary

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ 4 states and the District of Columbia had a prevalence of obesity between 20% and <25%.
- ❑ 16 states and Puerto Rico had a prevalence of obesity between 25% and <30%.
- ❑ 21 states and Guam had a prevalence of obesity between 30% and <35%.
- ❑ 9 states had a prevalence of obesity of 35% or greater.