

Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2013-2015

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.**

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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.

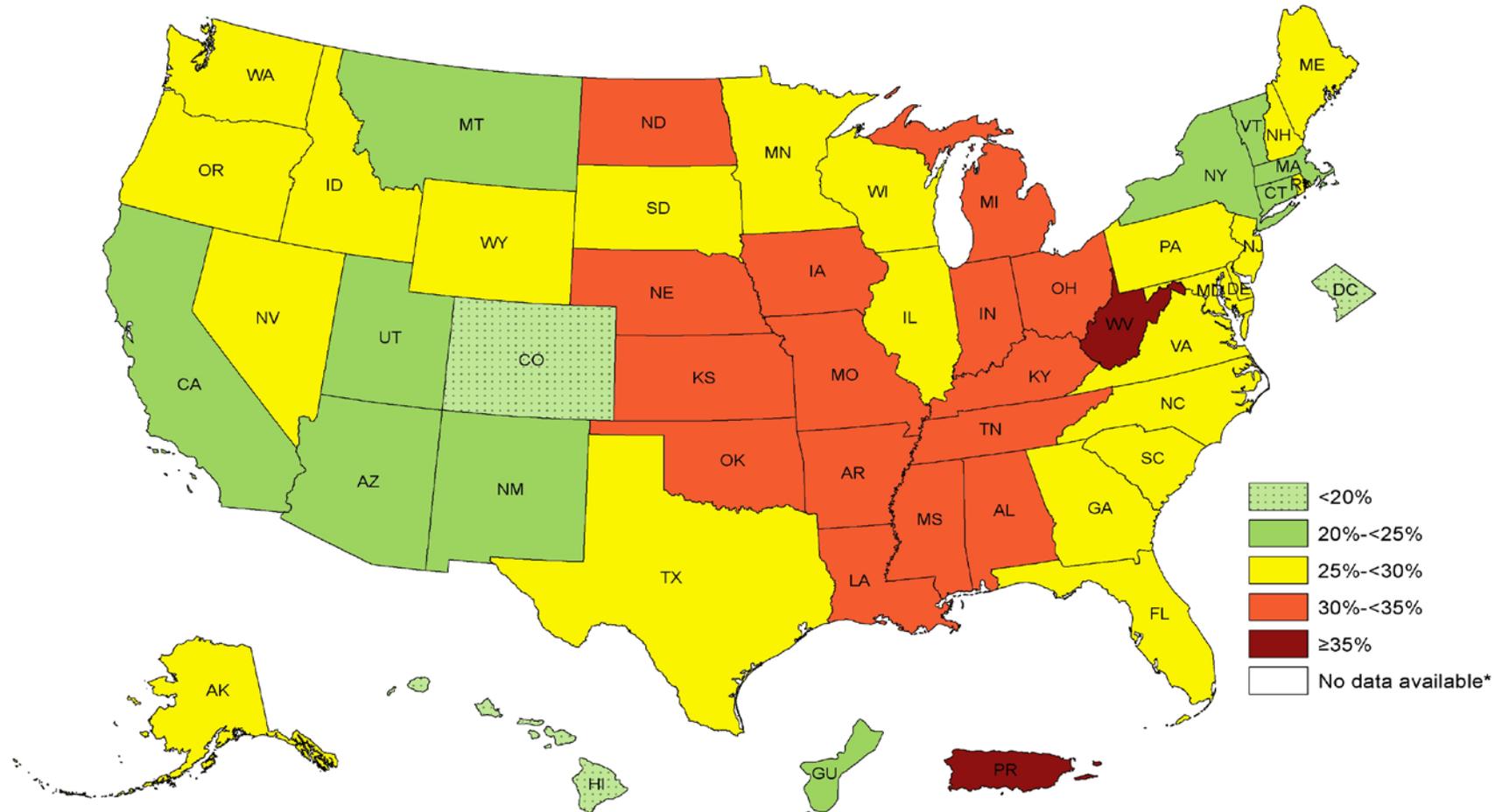
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Exclusion Criteria

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 Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2013-2015



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



Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2013-2015

State	Prevalence	95% Confidence Interval
Alabama	31.1	(30.1, 32.1)
Alaska	27.7	(26.4, 29.0)
Arizona	24.4	(23.4, 25.5)
Arkansas	33.2	(31.9, 34.6)
California	22.2	(21.4, 23.1)
Colorado	19.1	(18.5, 19.7)
Connecticut	24.0	(23.2, 24.9)
Delaware	29.4	(28.1, 30.8)
District of Columbia	9.9	(8.6, 11.4)
Florida	25.2	(24.4, 26.0)
Georgia	28.0	(27.0, 29.2)
Guam	21.1	(16.7, 26.2)
Hawaii	17.9	(16.6, 19.4)
Idaho	28.1	(27.0, 29.2)
Illinois	28.3	(27.2, 29.3)
Indiana	31.3	(30.4, 32.2)
Iowa	31.6	(30.8, 32.5)
Kansas	31.0	(30.5, 31.6)
Kentucky	32.9	(32.0, 33.8)
Louisiana	31.9	(30.7, 33.2)
Maine	29.2	(28.4, 30.0)
Maryland	26.7	(25.8, 27.8)
Massachusetts	23.0	(22.3, 23.8)
Michigan	30.2	(29.5, 31.0)
Minnesota	26.5	(25.8, 27.1)
Mississippi	31.5	(30.2, 32.8)

State	Prevalence	95% Confidence Interval
Missouri	30.4	(29.4, 31.4)
Montana	23.8	(22.9, 24.6)
Nebraska	30.0	(29.3, 30.6)
Nevada	26.3	(24.7, 27.9)
New Hampshire	27.3	(26.4, 28.2)
New Jersey	25.6	(24.8, 26.5)
New Mexico	22.8	(21.7, 24.0)
New York	24.9	(24.1, 25.8)
North Carolina	27.2	(26.3, 28.1)
North Dakota	31.3	(30.4, 32.3)
Ohio	30.5	(29.7, 31.4)
Oklahoma	32.5	(31.5, 33.4)
Oregon	28.1	(27.1, 29.1)
Pennsylvania	29.5	(28.6, 30.3)
Puerto Rico	45.4	(33.4, 58.0)
Rhode Island	26.4	(25.4, 27.4)
South Carolina	28.3	(27.5, 29.2)
South Dakota	29.6	(28.5, 30.8)
Tennessee	31.5	(30.3, 32.6)
Texas	27.9	(26.9, 28.9)
Utah	24.5	(23.9, 25.1)
Vermont	24.8	(24.0, 25.6)
Virginia	26.7	(25.9, 27.5)
Washington	27.7	(27.0, 28.5)
West Virginia	35.2	(34.3, 36.1)
Wisconsin	29.8	(28.9, 30.8)
Wyoming	28.0	(26.9, 29.1)

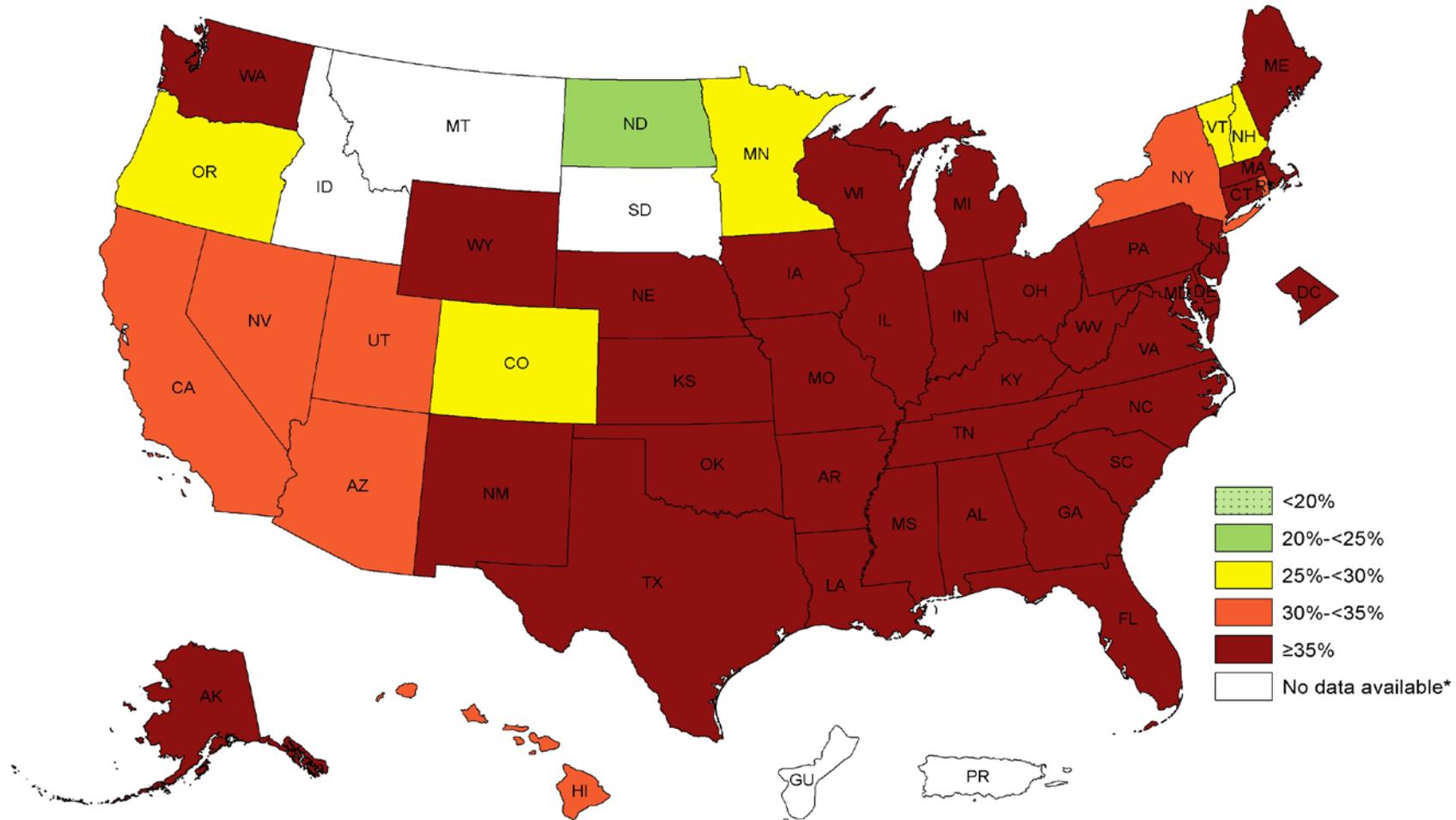
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2013-2015

Summary

- ❑ 2 states (Colorado and Hawaii) and the District of Columbia had a prevalence of obesity less than 20%.
- ❑ 9 states and Guam had a prevalence of obesity between 20% and <25%.
- ❑ 23 states had a prevalence of obesity between 25% and <30%.
- ❑ 15 states had a prevalence of obesity between 30% and <35%.
- ❑ West Virginia and 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, 2013-2015



*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, 2013-2015

State	Prevalence	95% Confidence Interval
Alabama	43.2	(41.3, 45.2)
Alaska	40.5	(31.7, 49.9)
Arizona	34.2	(28.4, 40.5)
Arkansas	43.9	(40.4, 47.6)
California	32.8	(29.7, 36.0)
Colorado	27.7	(24.1, 31.6)
Connecticut	35.5	(32.5, 38.6)
Delaware	36.6	(33.7, 39.7)
District of Columbia	35.2	(33.1, 37.4)
Florida	35.3	(32.9, 37.7)
Georgia	37.8	(35.8, 39.8)
Guam	No data available*	No data available*
Hawaii	33.6	(23.7, 45.1)
Idaho	No data available*	No data available*
Illinois	40.7	(37.5, 44.0)
Indiana	41.5	(38.0, 45.2)
Iowa	35.4	(28.8, 42.6)
Kansas	42.7	(39.9, 45.5)
Kentucky	42.7	(38.6, 46.9)
Louisiana	42.5	(40.3, 44.7)
Maine	35.9	(24.2, 49.6)
Maryland	38.0	(36.1, 40.0)
Massachusetts	35.9	(32.5, 39.4)
Michigan	37.6	(35.3, 40.0)
Minnesota	29.9	(26.6, 33.5)
Mississippi	43.2	(41.3, 45.2)

State	Prevalence	95% Confidence Interval
Missouri	38.4	(35.0, 41.9)
Montana	No data available*	No data available*
Nebraska	36.3	(32.0, 40.8)
Nevada	34.5	(28.9, 40.6)
New Hampshire	27.6	(17.6, 40.5)
New Jersey	36.6	(34.4, 38.8)
New Mexico	37.5	(30.0, 45.6)
New York	32.3	(30.1, 34.6)
North Carolina	39.9	(37.9, 41.8)
North Dakota	20.0	(12.4, 30.6)
Ohio	37.1	(34.3, 40.1)
Oklahoma	35.4	(32.1, 38.8)
Oregon	29.4	(20.4, 40.4)
Pennsylvania	35.7	(33.0, 38.5)
Puerto Rico	No data available*	No data available*
Rhode Island	34.5	(29.8, 39.4)
South Carolina	42.2	(40.7, 43.7)
South Dakota	No data available*	No data available*
Tennessee	43.0	(39.8, 46.4)
Texas	41.5	(38.5, 44.6)
Utah	30.9	(23.2, 39.8)
Vermont	29.0	(17.7, 43.7)
Virginia	39.2	(37.1, 41.3)
Washington	35.4	(30.8, 40.2)
West Virginia	41.5	(35.8, 47.4)
Wisconsin	41.6	(35.5, 48.0)
Wyoming	43.0	(28.7, 58.5)

*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, 2013-2015

Summary

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ 1 state (North Dakota) had a prevalence of obesity between 20% and <25%.
- ❑ 5 states had a prevalence of obesity between 25% and <30%.
- ❑ 7 states had a prevalence of obesity between 30% and <35%.
- ❑ 34 states and the District of Columbia had a prevalence of obesity of 35% or greater.

Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2013-2015

State	Prevalence	95% Confidence Interval
Alabama	27.6	(20.5, 36.0)
Alaska	28.3	(22.3, 35.1)
Arizona	35.5	(32.6, 38.4)
Arkansas	36.9	(30.1, 44.4)
California	31.3	(30.1, 32.6)
Colorado	28.3	(26.6, 30.1)
Connecticut	30.3	(27.6, 33.0)
Delaware	35.3	(30.5, 40.3)
District of Columbia	18.5	(13.2, 25.1)
Florida	26.5	(24.7, 28.4)
Georgia	27.1	(23.0, 31.8)
Guam	32.9	(27.3, 38.9)
Hawaii	31.8	(28.6, 35.1)
Idaho	36.3	(31.8, 41.0)
Illinois	36.0	(32.6, 39.6)
Indiana	31.4	(27.4, 35.7)
Iowa	34.0	(28.6, 39.8)
Kansas	35.4	(33.3, 37.5)
Kentucky	24.3	(17.9, 32.2)
Louisiana	29.9	(23.5, 37.3)
Maine	25.3	(18.5, 33.5)
Maryland	25.1	(21.2, 29.4)
Massachusetts	32.4	(29.9, 35.1)
Michigan	36.9	(32.2, 41.8)
Minnesota	31.2	(27.5, 35.2)
Mississippi	25.4	(16.7, 36.6)

State	Prevalence	95% Confidence Interval
Missouri	31.5	(25.0, 38.8)
Montana	26.8	(21.2, 33.2)
Nebraska	30.8	(27.9, 33.8)
Nevada	30.5	(26.9, 34.3)
New Hampshire	27.8	(20.2, 36.8)
New Jersey	28.8	(26.8, 30.9)
New Mexico	31.2	(29.7, 32.8)
New York	30.6	(28.6, 32.7)
North Carolina	28.1	(25.2, 31.2)
North Dakota	35.1	(26.7, 44.6)
Ohio	26.3	(21.4, 31.8)
Oklahoma	33.9	(30.2, 37.8)
Oregon	31.4	(27.1, 36.1)
Pennsylvania	39.1	(34.1, 44.3)
Puerto Rico	28.5	(27.6, 29.4)
Rhode Island	28.9	(25.7, 32.3)
South Carolina	32.1	(27.3, 37.3)
South Dakota	28.8	(20.0, 39.5)
Tennessee	27.6	(19.7, 37.3)
Texas	36.9	(35.4, 38.5)
Utah	27.7	(25.7, 29.9)
Vermont	22.4	(15.4, 31.5)
Virginia	27.9	(24.3, 31.7)
Washington	31.5	(28.7, 34.5)
West Virginia	40.2	(31.4, 49.6)
Wisconsin	33.4	(27.6, 39.8)
Wyoming	33.4	(28.4, 38.8)

Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2013-2015

Summary

- ❑ The District of Columbia had a prevalence of obesity less than 20%.
- ❑ 2 states had a prevalence of obesity between 20% and <25%.
- ❑ 19 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%.
- ❑ 11 states had a prevalence of obesity of 35% or greater.