

Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2017-2019

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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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.**

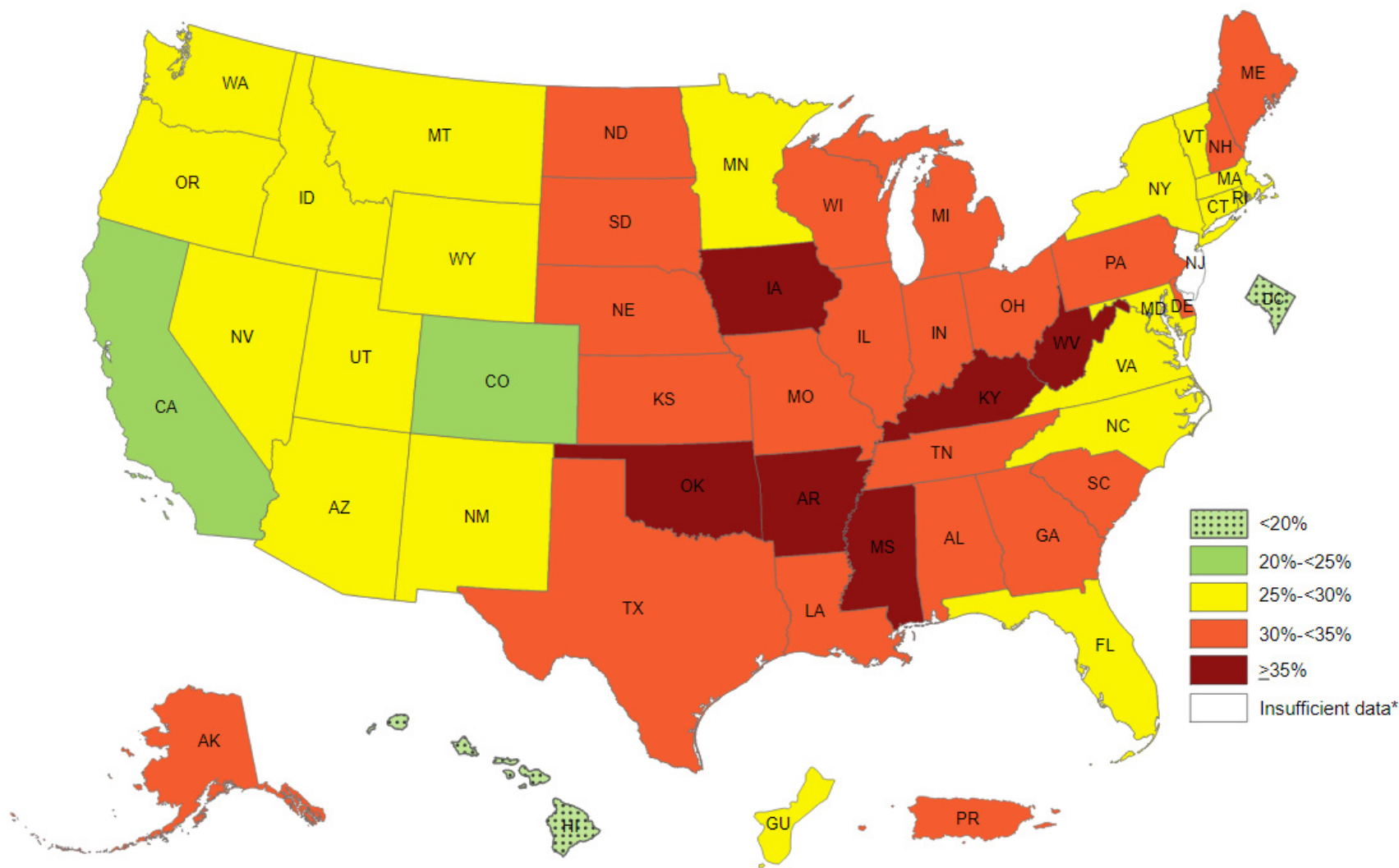
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Exclusion Criteria

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, 2017-2019



*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 Non-Hispanic White Adults, by State and Territory, BRFSS, 2017-2019

State	Prevalence	95% Confidence Interval
Alabama	33.5	(32.4, 34.5)
Alaska	30.1	(28.5, 31.9)
Arizona	27.6	(26.6, 28.6)
Arkansas	35.6	(34.2, 36.9)
California	23.9	(23.0, 24.9)
Colorado	21.6	(20.9, 22.3)
Connecticut	26.1	(25.2, 26.9)
Delaware	32.3	(31.0, 33.7)
District of Columbia	11.4	(10.1, 12.8)
Florida	26.5	(25.6, 27.3)
Georgia	30.1	(29.0, 31.2)
Guam	27.7	(23.1, 32.9)
Hawaii	18.3	(17.1, 19.6)
Idaho	28.4	(27.2, 29.6)
Illinois	30.9	(29.8, 32.0)
Indiana	33.9	(33.1, 34.7)
Iowa	35.3	(34.5, 36.0)
Kansas	33.7	(33.0, 34.3)
Kentucky	35.8	(34.8, 36.9)
Louisiana	33.0	(31.8, 34.3)
Maine	30.4	(29.5, 31.2)
Maryland	28.9	(28.1, 29.7)
Massachusetts	25.8	(24.8, 26.9)
Michigan	32.8	(32.0, 33.5)
Minnesota	29.5	(29.0, 30.0)
Mississippi	35.7	(34.4, 37.0)
Missouri	33.1	(32.0, 34.1)

State	Prevalence	95% Confidence Interval
Montana	25.8	(24.9, 26.8)
Nebraska	33.3	(32.6, 34.0)
Nevada	26.9	(25.3, 28.6)
New Hampshire	30.2	(29.1, 31.3)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	25.1	(23.9, 26.4)
New York	26.4	(25.6, 27.1)
North Carolina	29.9	(28.7, 31.2)
North Dakota	34.1	(33.0, 35.1)
Ohio	33.6	(32.8, 34.5)
Oklahoma	35.3	(34.3, 36.4)
Oregon	29.0	(28.1, 30.0)
Pennsylvania	31.3	(30.3, 32.3)
Puerto Rico	31.3	(18.9, 47.0)
Rhode Island	28.2	(27.1, 29.4)
South Carolina	31.7	(30.8, 32.7)
South Dakota	30.2	(29.0, 31.6)
Tennessee	33.0	(31.9, 34.1)
Texas	31.5	(30.2, 32.9)
Utah	27.0	(26.3, 27.6)
Vermont	27.6	(26.7, 28.6)
Virginia	29.4	(28.5, 30.2)
Washington	29.0	(28.3, 29.7)
West Virginia	39.0	(38.0, 40.0)
Wisconsin	31.9	(30.8, 32.9)
Wyoming	28.9	(27.9, 30.1)

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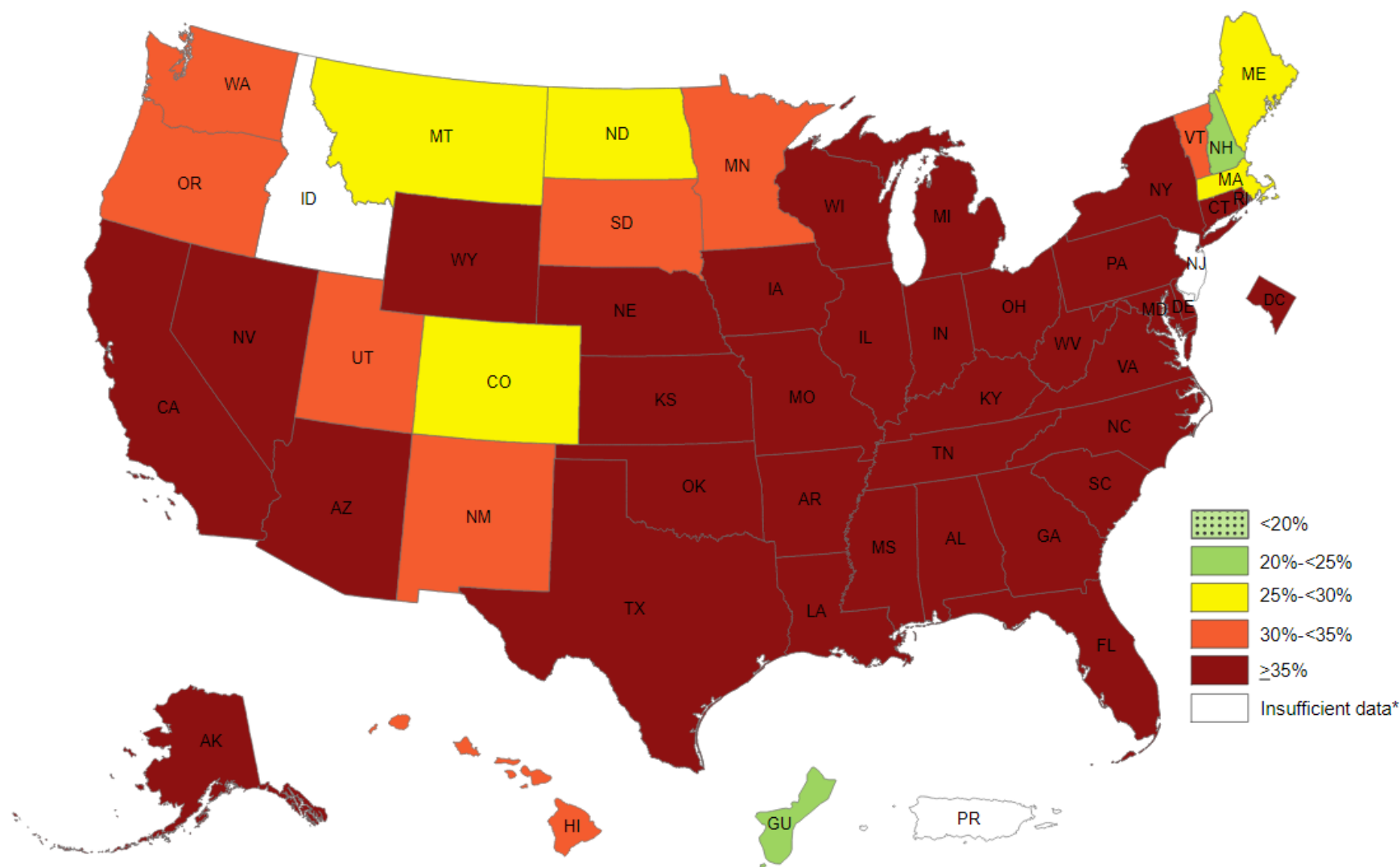
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2017-2019

Summary

- ❑ 1 state (Hawaii) and the District of Columbia had a prevalence of obesity less than 20%.**
- ❑ 2 states (California and Colorado) had a prevalence of obesity between 20% and <25%.**
- ❑ 19 states and Guam had a prevalence of obesity between 25% and <30%.**
- ❑ 21 states and Puerto Rico had a prevalence of obesity between 30% and <35%.**
- ❑ 6 states (Arkansas, Iowa, Oklahoma, Kentucky, Mississippi, and West Virginia) had a prevalence of obesity of 35% or greater.**

Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2017-2019



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Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2017-2019

State	Prevalence	95% Confidence Interval
Alabama	45.0	(43.0, 46.9)
Alaska	39.8	(29.1, 51.5)
Arizona	35.0	(30.3, 40.0)
Arkansas	44.7	(40.9, 48.5)
California	35.6	(32.4, 39.0)
Colorado	29.4	(25.3, 33.9)
Connecticut	38.6	(35.9, 41.5)
Delaware	39.8	(36.6, 43.1)
District of Columbia	38.0	(36.3, 39.8)
Florida	36.6	(34.0, 39.4)
Georgia	39.2	(37.2, 41.2)
Guam	22.8	(13.2, 36.4)
Hawaii	31.5	(23.2, 41.1)
Idaho	Insufficient data*	Insufficient data*
Illinois	40.5	(37.8, 43.4)
Indiana	39.9	(37.0, 42.8)
Iowa	43.4	(38.0, 48.9)
Kansas	41.0	(37.9, 44.2)
Kentucky	39.9	(35.4, 44.5)
Louisiana	43.6	(41.4, 45.9)
Maine	29.0	(18.1, 42.9)
Maryland	41.0	(39.5, 42.5)
Massachusetts	29.7	(25.8, 33.9)
Michigan	41.8	(39.5, 44.1)
Minnesota	32.9	(30.0, 35.9)
Mississippi	46.0	(44.0, 48.0)
Missouri	42.0	(38.7, 45.4)

State	Prevalence	95% Confidence Interval
Montana	25.0	(13.6, 41.3)
Nebraska	42.6	(38.3, 47.1)
Nevada	38.3	(33.2, 43.7)
New Hampshire	24.7	(14.9, 38.2)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	33.5	(25.2, 43.1)
New York	35.0	(33.1, 36.9)
North Carolina	44.8	(42.3, 47.3)
North Dakota	27.7	(20.5, 36.2)
Ohio	40.1	(37.4, 42.8)
Oklahoma	41.7	(37.8, 45.8)
Oregon	30.8	(23.4, 39.3)
Pennsylvania	41.5	(38.5, 44.5)
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	36.2	(31.3, 41.5)
South Carolina	43.7	(41.8, 45.5)
South Dakota	30.8	(17.3, 48.7)
Tennessee	45.0	(41.8, 48.2)
Texas	38.3	(34.9, 41.8)
Utah	32.2	(24.8, 40.7)
Vermont	34.5	(22.0, 49.7)
Virginia	42.8	(40.7, 44.8)
Washington	32.4	(28.3, 36.7)
West Virginia	47.4	(40.2, 54.6)
Wisconsin	42.9	(36.7, 49.3)
Wyoming	35.0	(20.7, 52.6)

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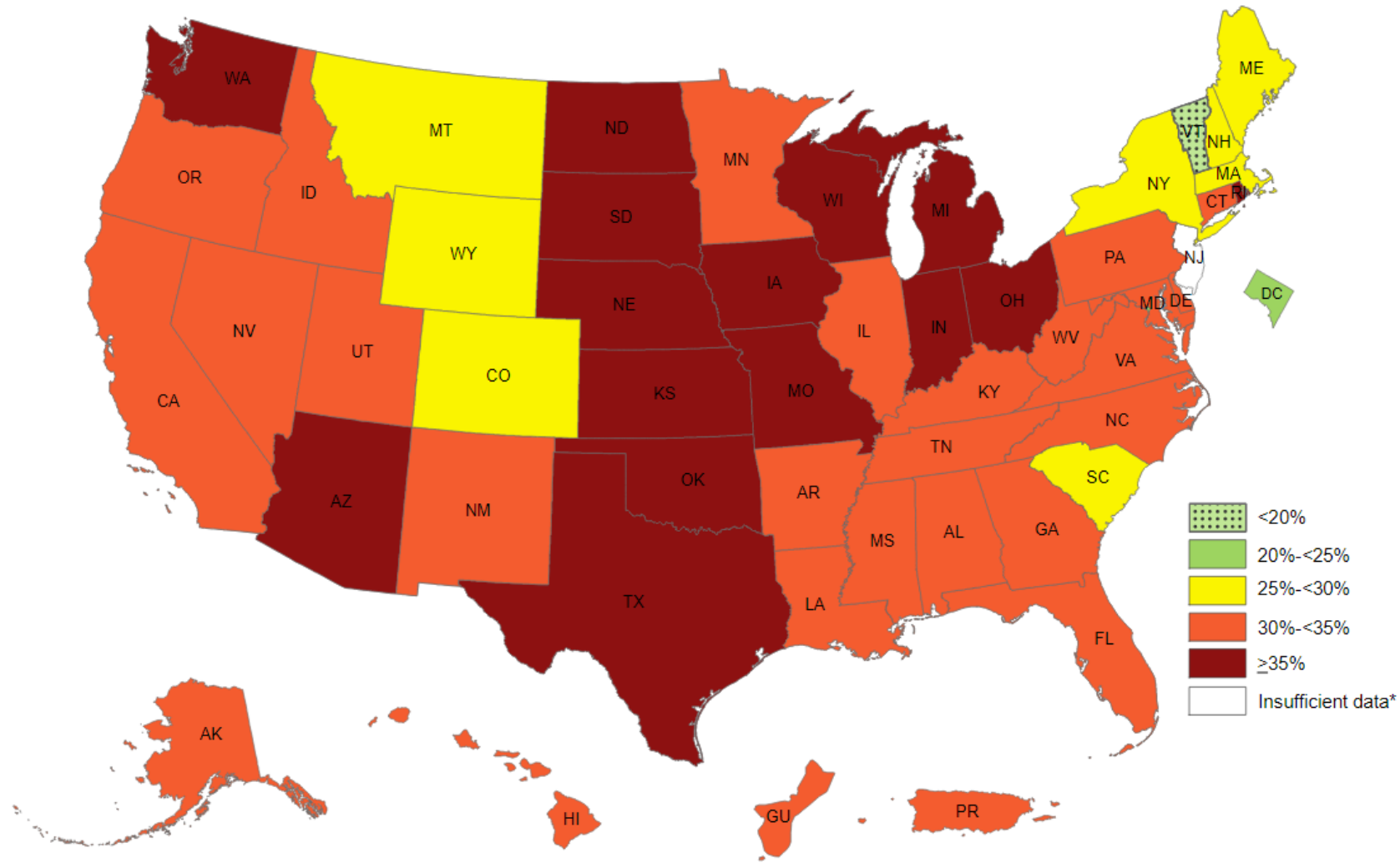
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2017-2019

Summary

- ❑ No state or territory had a prevalence of obesity less than 20%.
- ❑ 1 state (New Hampshire) and Guam had a prevalence of obesity between 20% and <25%.
- ❑ 5 states (Colorado, Maine, Massachusetts, Montana, North Dakota) had a prevalence of obesity between 25% and <30%.
- ❑ 8 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, 2017-2019



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Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2017-2019

State	Prevalence	95% Confidence Interval
Alabama	33.6	(26.2, 41.8)
Alaska	33.6	(26.0, 42.3)
Arizona	35.2	(33.0, 37.4)
Arkansas	32.5	(25.7, 40.2)
California	32.9	(31.8, 34.1)
Colorado	29.8	(28.1, 31.5)
Connecticut	32.9	(30.4, 35.3)
Delaware	33.6	(29.1, 38.5)
District of Columbia	24.6	(20.1, 29.7)
Florida	31.0	(28.5, 33.6)
Georgia	32.9	(29.3, 36.8)
Guam	34.0	(28.2, 40.4)
Hawaii	34.0	(31.0, 37.0)
Idaho	32.8	(28.6, 37.4)
Illinois	34.6	(32.2, 37.1)
Indiana	38.3	(34.5, 42.2)
Iowa	37.1	(33.6, 40.7)
Kansas	36.7	(34.0, 39.4)
Kentucky	31.6	(24.3, 39.8)
Louisiana	32.7	(26.9, 39.1)
Maine	28.6	(21.2, 37.4)
Maryland	30.8	(27.8, 34.1)
Massachusetts	29.8	(26.8, 32.9)
Michigan	40.0	(35.8, 44.4)
Minnesota	33.5	(30.5, 36.5)
Mississippi	30.8	(22.1, 41.2)
Missouri	38.8	(32.4, 45.7)

State	Prevalence	95% Confidence Interval
Montana	28.2	(22.4, 34.9)
Nebraska	35.1	(32.7, 37.7)
Nevada	31.6	(28.7, 34.6)
New Hampshire	27.5	(19.7, 37.0)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	34.4	(32.8, 36.1)
New York	29.3	(27.7, 30.9)
North Carolina	30.1	(26.5, 33.9)
North Dakota	39.5	(31.5, 48.0)
Ohio	40.2	(34.9, 45.8)
Oklahoma	36.8	(32.9, 40.9)
Oregon	34.4	(31.3, 37.7)
Pennsylvania	30.9	(27.0, 35.1)
Puerto Rico	32.8	(31.8, 33.8)
Rhode Island	35.1	(31.6, 38.8)
South Carolina	29.6	(25.2, 34.5)
South Dakota	38.6	(28.9, 49.2)
Tennessee	33.0	(26.3, 40.4)
Texas	38.7	(36.6, 40.9)
Utah	30.5	(28.3, 32.8)
Vermont	16.7	(10.5, 25.6)
Virginia	31.0	(27.4, 34.7)
Washington	35.2	(32.9, 37.6)
West Virginia	33.5	(24.6, 43.8)
Wisconsin	39.9	(34.2, 46.0)
Wyoming	29.0	(25.0, 33.4)

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Summary

- ❑ 1 state (Vermont) had a prevalence of obesity less than 20%.**
- ❑ The District of Columbia had a prevalence of obesity between 20% and <25%.**
- ❑ 8 states had a prevalence of obesity between 25% and <30%.**
- ❑ 25 states, Guam, and Puerto Rico had a prevalence of obesity between 30% and <35%.**
- ❑ 15 states had a prevalence of obesity of 35% or greater.**