

Prevalence of Self-Reported Obesity Among U.S. Adults, by State and Territory

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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Source of the Data

- ❑ 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.**

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BRFSS Methodological Changes Started in 2011

- ❑ New sampling frame that included both landline and cell phone households.**
- ❑ New weighting methodology used to provide a closer match between the sample and the population.**

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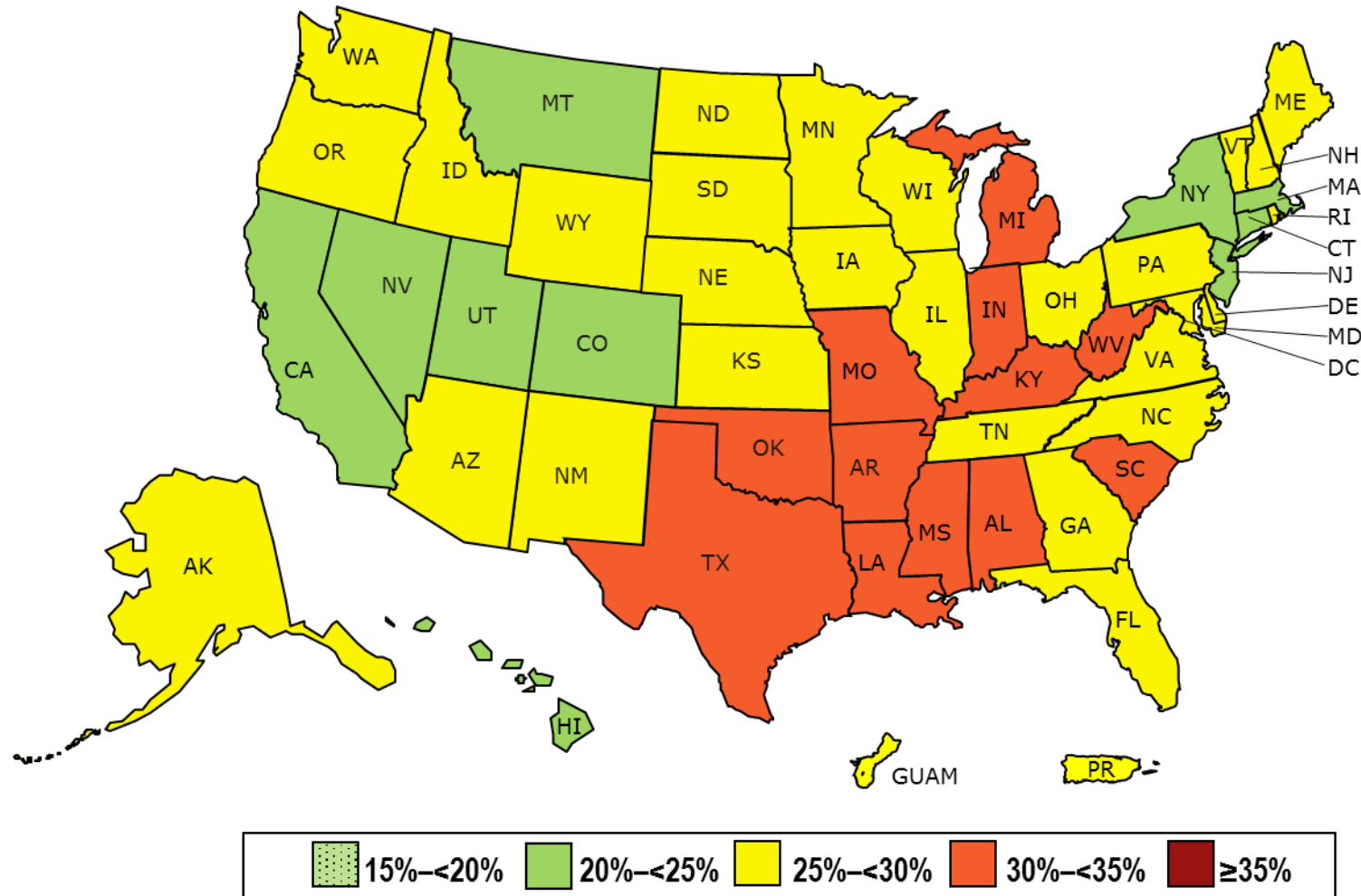
Exclusion Criteria Used Beginning with 2011 BRFSS Data

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 U.S. Adults by State and Territory, BRFSS, 2011

*Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

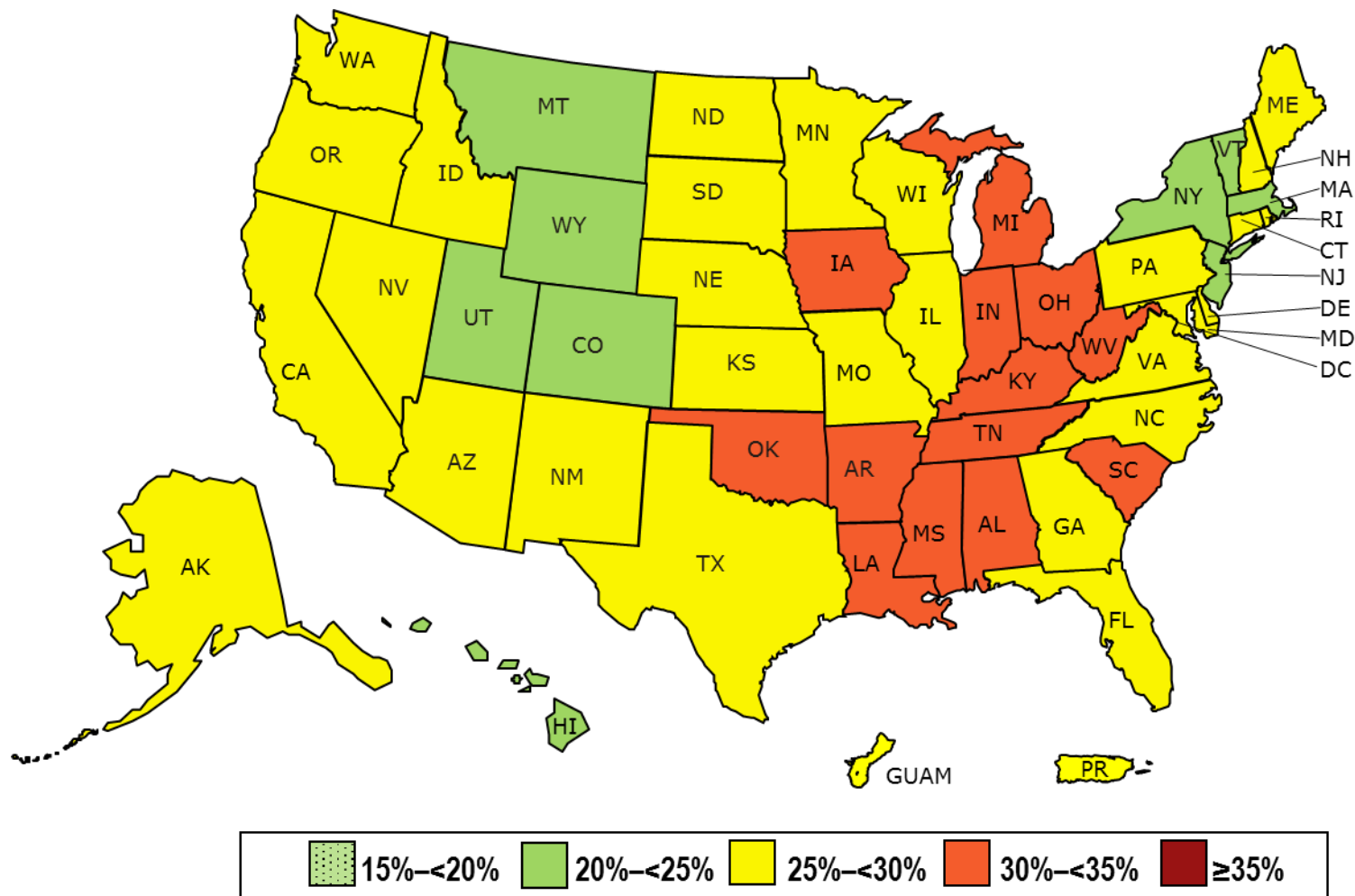


Source: Behavioral Risk Factor Surveillance System, CDC.



Prevalence* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

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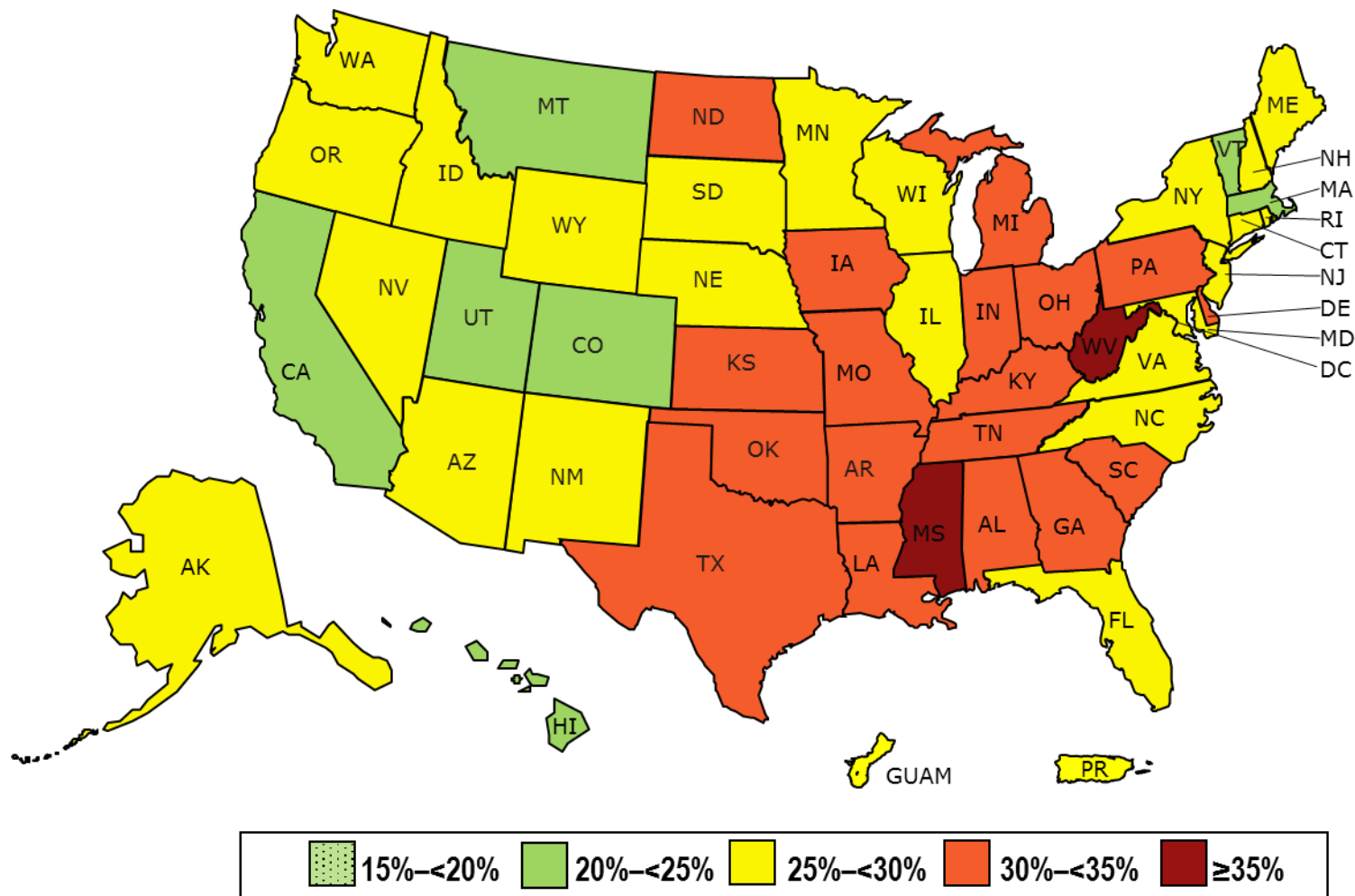


Source: Behavioral Risk Factor Surveillance System, CDC.



Prevalence* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

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Prevalence* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

State	Prevalence	Confidence Interval
Alabama	32.4	(30.8, 34.1)
Alaska	28.4	(26.5, 30.4)
Arizona	26.8	(24.3, 29.4)
Arkansas	34.6	(32.7, 36.6)
California	24.1	(23.0, 25.3)
Colorado	21.3	(20.4, 22.2)
Connecticut	25.0	(23.5, 26.4)
Delaware	31.1	(29.3, 32.8)
District of Columbia	22.9	(21.0, 24.8)
Florida	26.4	(25.3, 27.4)
Georgia	30.3	(28.9, 31.8)
Guam	27.0	(24.4, 29.8)
Hawaii	21.8	(20.4, 23.2)
Idaho	29.6	(27.8, 31.4)
Illinois	29.4	(27.7, 31.2)
Indiana	31.8	(30.6, 33.1)
Iowa	31.3	(29.9, 32.7)
Kansas	30.0	(29.2, 30.7)
Kentucky	33.2	(31.8, 34.6)
Louisiana	33.1	(31.1, 35.2)
Maine	28.9	(27.5, 30.2)
Maryland	28.3	(27.0, 29.5)
Massachusetts	23.6	(22.5, 24.8)
Michigan	31.5	(30.4, 32.6)
Minnesota	25.5	(24.1, 26.8)
Mississippi	35.1	(33.5, 36.8)

State	Prevalence	Confidence Interval
Missouri	30.4	(28.8, 32.1)
Montana	24.6	(23.4, 25.8)
Nebraska	29.6	(28.4, 30.7)
Nevada	26.2	(24.0, 28.6)
New Hampshire	26.7	(25.3, 28.3)
New Jersey	26.3	(25.1, 27.5)
New Mexico	26.4	(25.1, 27.7)
New York	25.4	(24.2, 26.6)
North Carolina	29.4	(28.1, 30.7)
North Dakota	31.0	(29.5, 32.5)
Ohio	30.4	(29.2, 31.6)
Oklahoma	32.5	(31.2, 33.9)
Oregon	26.5	(24.9, 28.1)
Pennsylvania	30.0	(28.9, 31.2)
Puerto Rico	27.9	(26.4, 29.5)
Rhode Island	27.3	(25.8, 28.8)
South Carolina	31.7	(30.5, 33.1)
South Dakota	29.9	(28.0, 31.8)
Tennessee	33.7	(31.9, 35.5)
Texas	30.9	(29.5, 32.3)
Utah	24.1	(23.2, 25.1)
Vermont	24.7	(23.4, 26.1)
Virginia	27.2	(25.9, 28.5)
Washington	27.2	(26.0, 28.3)
West Virginia	35.1	(33.6, 36.6)
Wisconsin	29.8	(28.0, 31.6)
Wyoming	27.8	(26.2, 29.5)

Source: Behavioral Risk Factor Surveillance System, CDC.

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Summary

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ 7 states and the District of Columbia had a prevalence of obesity between 20% and <25%.
- ❑ 23 states had a prevalence of obesity between 25% and <30%.
- ❑ 18 states had a prevalence of obesity between 30% and <35%.
- ❑ 2 states (Mississippi and West Virginia) had a prevalence of obesity of 35% or greater.
- ❑ The prevalence of obesity was 27.0% in Guam and 27.9% in Puerto Rico.+

<http://www.cdc.gov/obesity/data/prevalence-maps.html>

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+ Guam and Puerto Rico were the only US territories with obesity data available on the 2013 BRFSS.

