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 using the adult's weight in kilograms divided by the square of his or her height in meters.



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 CDC and state health departments. Height and weight data are self-reported.

Prevalence estimates used for the map are the same as those generated for the states by BRFSS.



BRFSS Methodology Changes Starting in 2011
Use of a new sampling frame that includes both landline and cell phone households

 Use of a weighting process called raking (iterative proportional fitting)



Exclusion Criteria Used in 2011 *Records with the following are excluded:* □ Height: <3 feet or ≥8 feet

□ Weight: <50 pounds or ≥650 pounds</p>

□ BMI: <12 kg/m² or ≥100 kg/m²

Pregnant women



□ No state had a prevalence of obesity less than 20%.

Eleven states and the District of Columbia had a prevalence between 20–<25%.</p>

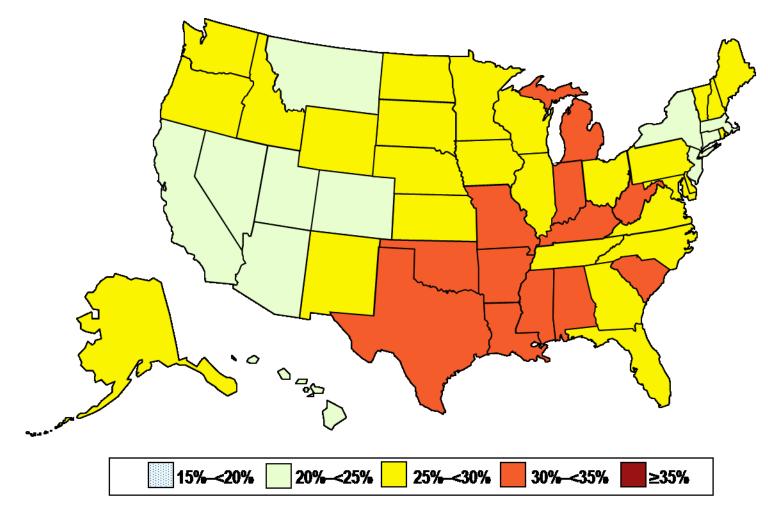
Twelve states (Alabama, Arkansas, Indiana, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Texas, and West Virginia) had a prevalence equal to or greater than 30%.



http://www.cdc.gov/obesity/data/adult.html

Prevalence* of Self-Reported Obesity Among U.S. Adults BRFSS, 2011

*Prevalence reflects BRFSS methodological changes in 2011, and these estimates should not be compared to previous years.





Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Self-Reported Obesity Among U.S. Adults BRFSS, 2011

State	Prevalence	Confidence Interval	State	Prevalence	Confidence Interval
Alabama	32.0	(30.5, 33.5)	Missouri	30.3	(28.6, 32.0)
Alaska	27.4	(25.3, 29.7)	Montana	24.6	(23.3, 26.0)
Arizona	24.7	(22.7, 26.9)	Nebraska	28.4	(27.6, 29.2)
Arkansas	30.9	(28.8, 33.1)	Nevada	24.5	(22.5, 26.6)
California	23.8	(22.9, 24.7)	New Hampshire	26.2	(24.7, 27.7)
Colorado	20.7	(19.7, 21.8)	New Jersey	23.7	(22.7, 24.8)
Connecticut	24.5	(23.0, 26.0)	New Mexico	26.3	(25.1, 27.6)
Delaware	28.8	(26.9, 30.7)	New York	24.5	(23.2, 25.9)
District of Columbia	23.7	(21.9, 25.7)	North Carolina	29.1	(27.7, 30.6)
Florida	26.6	(25.4, 27.9)	North Dakota	27.8	(26.3, 29.4)
Georgia	28.0	(26.6, 29.4)	Ohio	29.6	(28.3, 31.0)
Hawaii	21.8	(20.4, 23.4)	Oklahoma	31.1	(29.7, 32.5)
Idaho	27.0	(25.3, 28.9)	Oregon	26.7	(25.2, 28.3)
Illinois	27.1	(25.4, 28.9)	Pennsylvania	28.6	(27.3, 29.8)
Indiana	30.8	(29.5, 32.3)	Rhode Island	25.4	(23.9, 27.0)
Iowa	29.0	(27.6, 30.3)	South Carolina	30.8	(29.6, 32.1)
Kansas	29.6	(28.7, 30.4)	South Dakota	28.1	(26.3, 30.1)
Kentucky	30.4	(28.9, 31.9)	Tennessee	29.2	(26.8, 31.7)
Louisiana	33.4	(32.0, 34.9)	Texas	30.4	(29.1, 31.8)
Maine	27.8	(26.8, 28.9)	Utah	24.4	(23.4, 25.5)
Maryland	28.3	(26.9, 29.7)	Vermont	25.4	(24.1, 26.8)
Massachusetts	22.7	(21.8, 23.7)	Virginia	29.2	(27.5, 30.9)
Michigan	31.3	(30.0, 32.6)	Washington	26.5	(25.3, 27.7)
Minnesota	25.7	(24.6, 26.8)	West Virginia	32.4	(30.9, 34.0)
Mississippi	34.9	(33.5, 36.3)	Wisconsin	27.7	(25.8, 29.7)
**	1	(2010, 2010)	Wyoming	25.0	(23.5, 26.6)

Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence reflects BRFSS methodological changes in 2011, and these estimates should not be compared to previous years.