

Prevalence of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory

Definitions

- ❑ Obesity: Body mass index (BMI) of 30 kg/m² or higher.
- ❑ Body mass index (BMI): A calculated measure of weight relative to height, defined as body weight in kilograms divided by height in meters squared.

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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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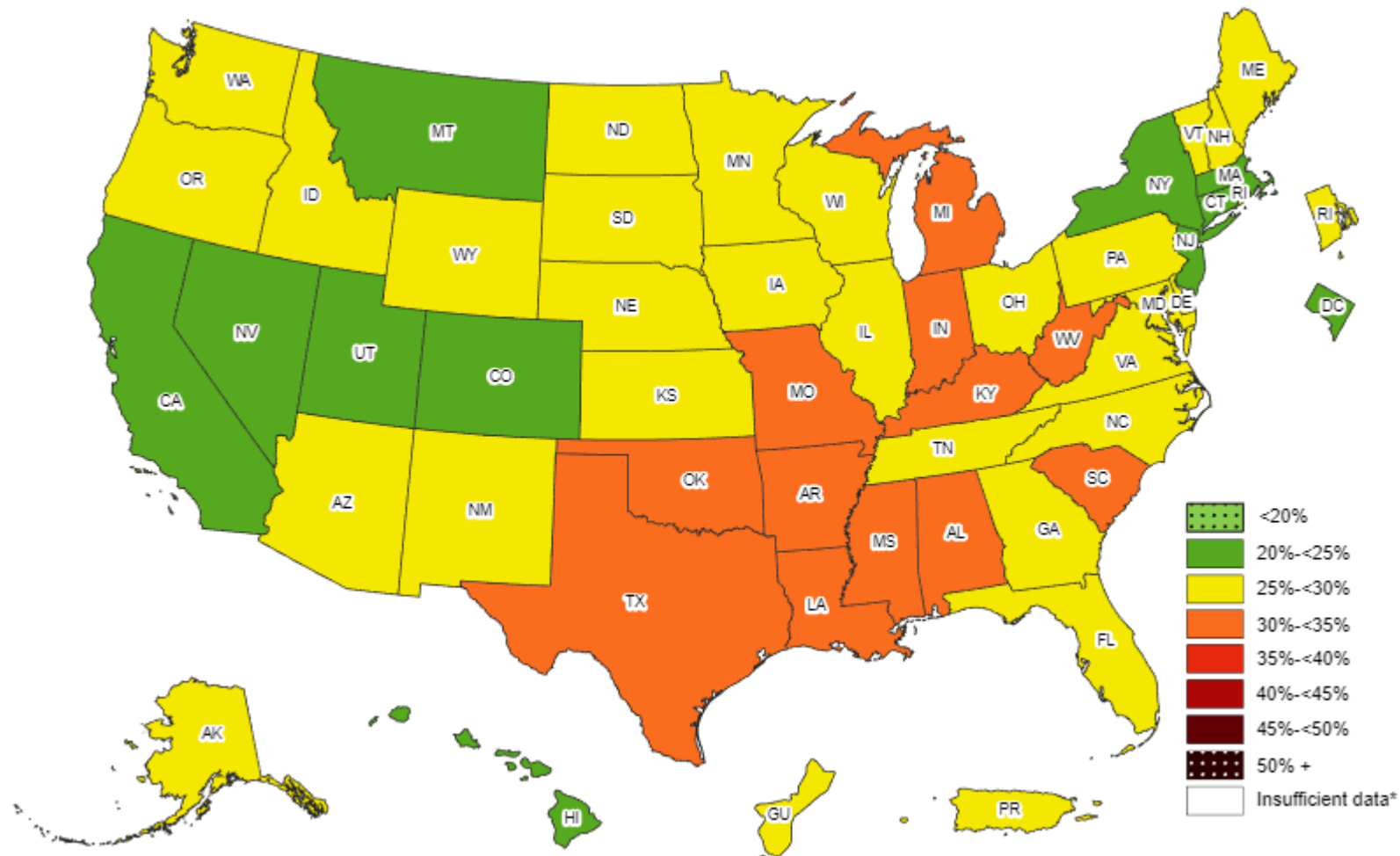
Exclusion Criteria Used Beginning with 2011 BRFSS Data

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

Prevalence¹ of Obesity Based on Self-Reported Weight and Height Among US 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.

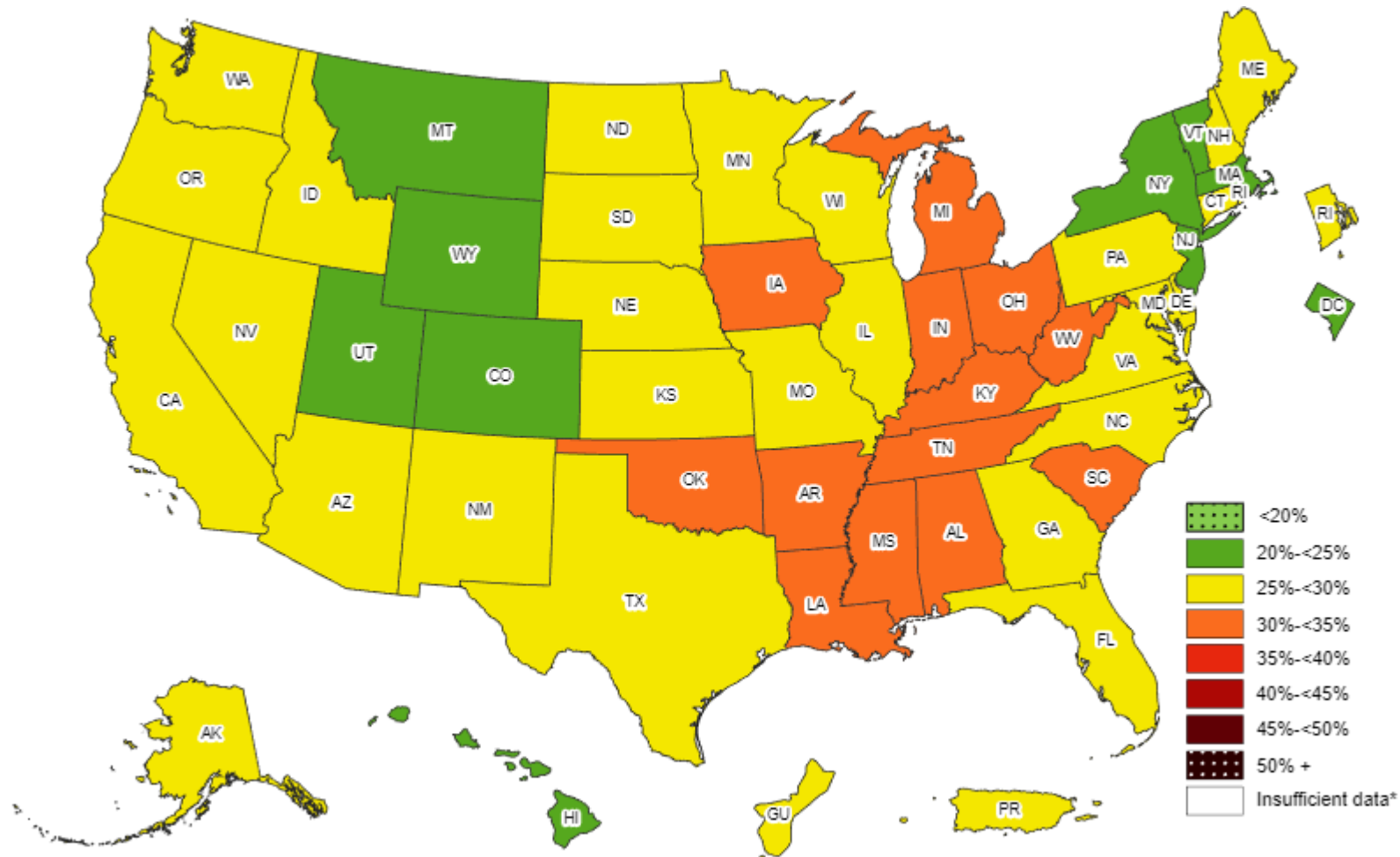


***Sample size <50, the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$, or no data in a specific year.**



Prevalence[¶] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2012

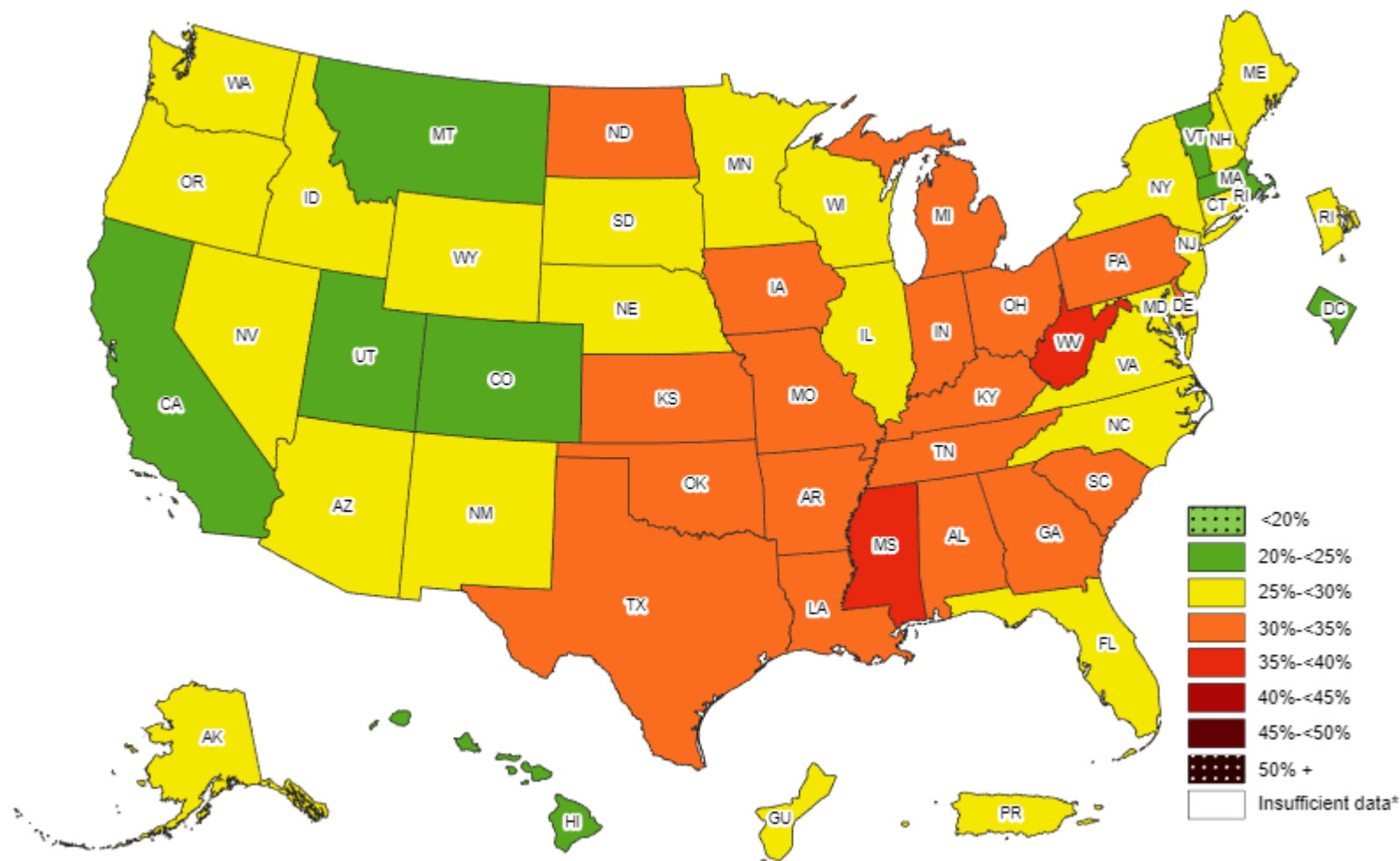
[¶] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.

Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2013

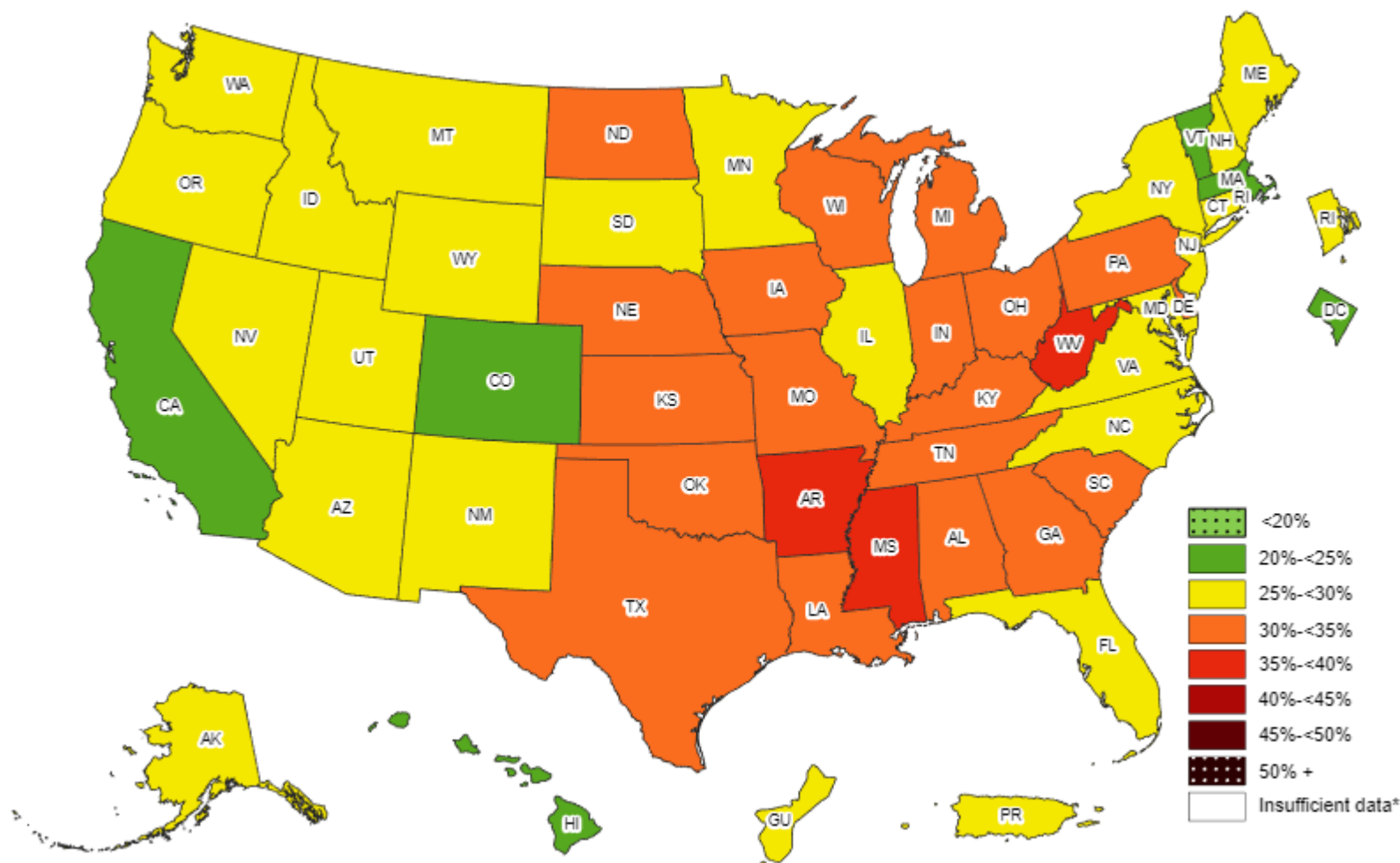
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*Sample size <50, the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$, or no data in a specific year.

Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2014

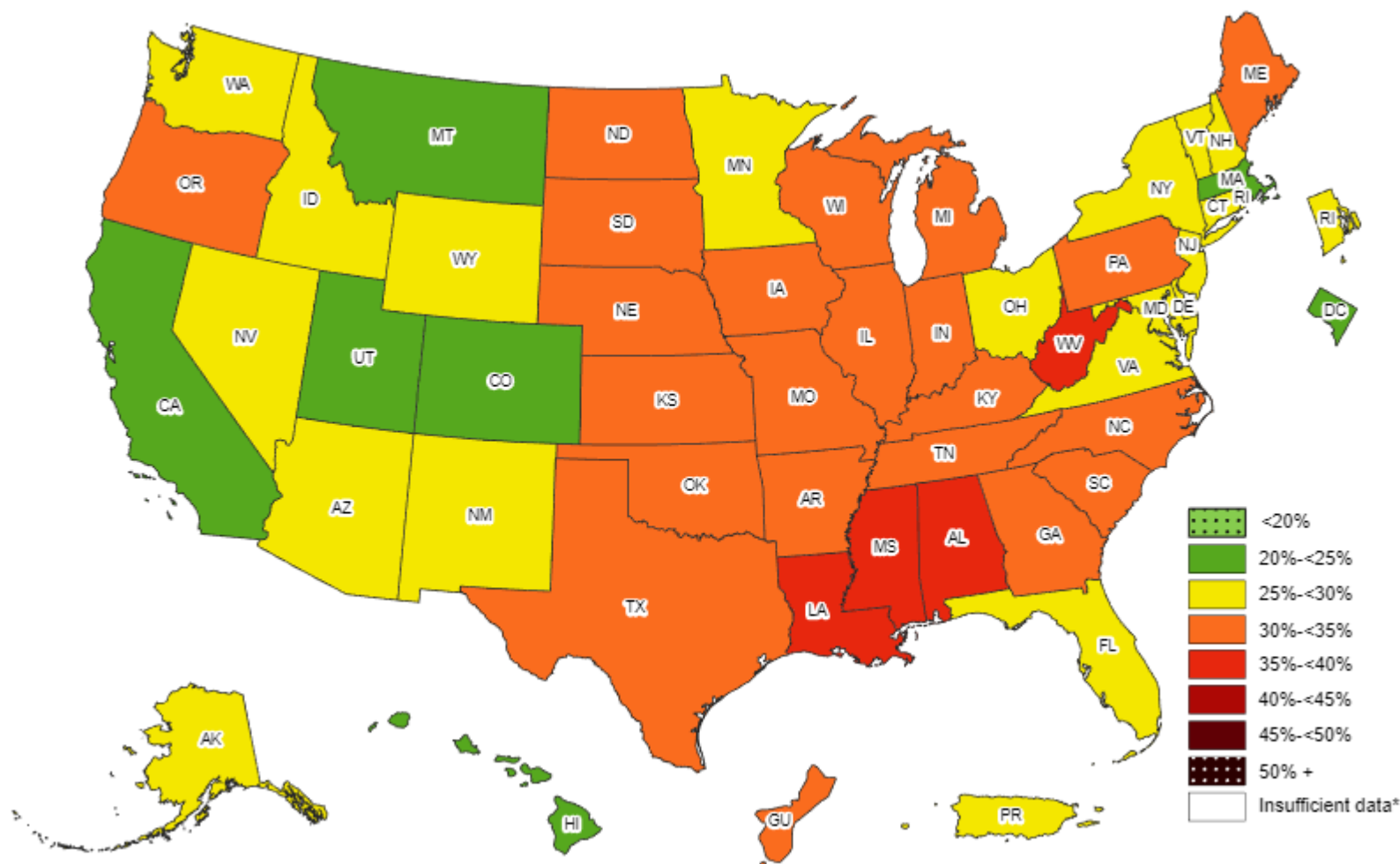
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Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2015

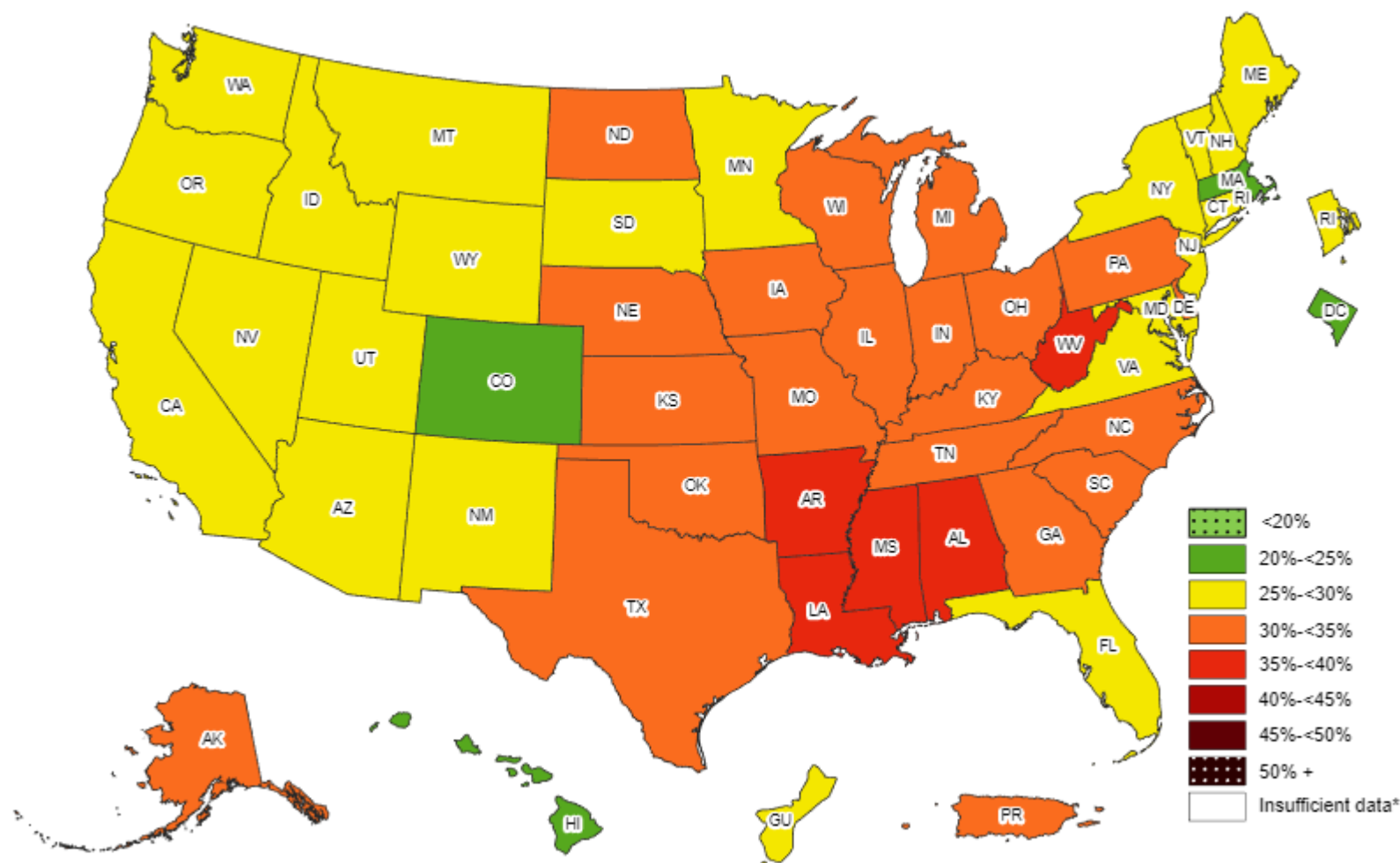
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Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2016

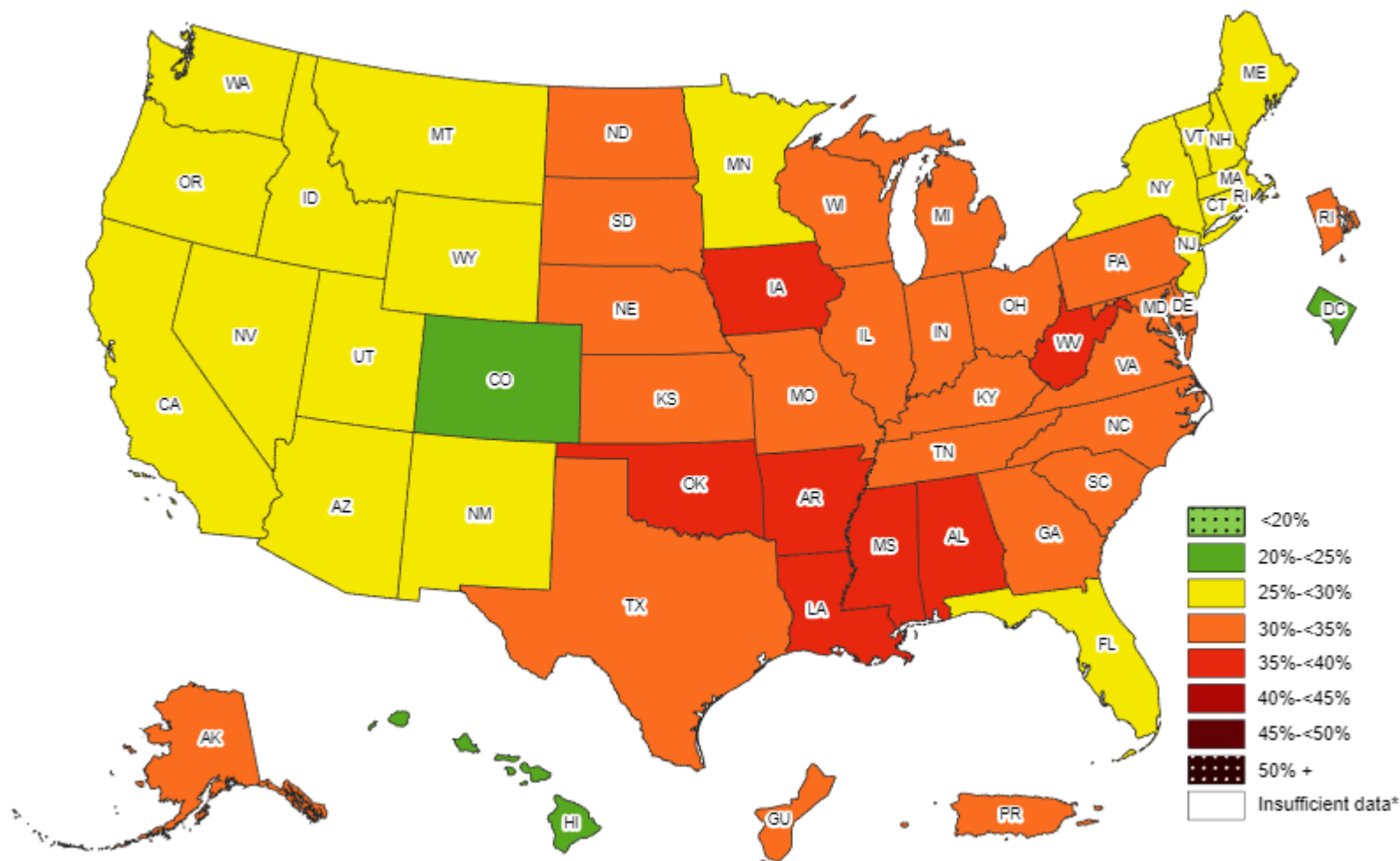
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Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2017

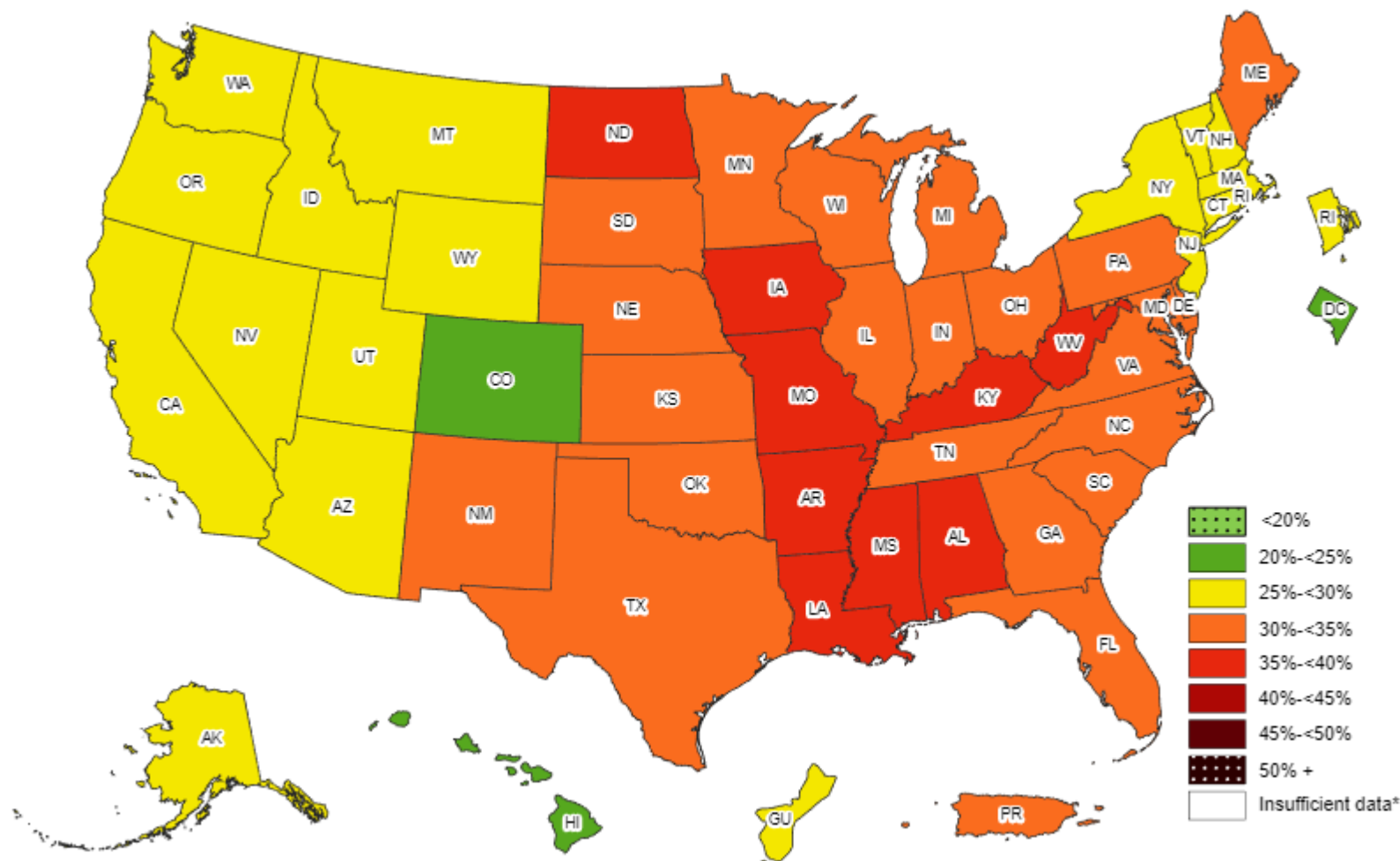
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Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2018

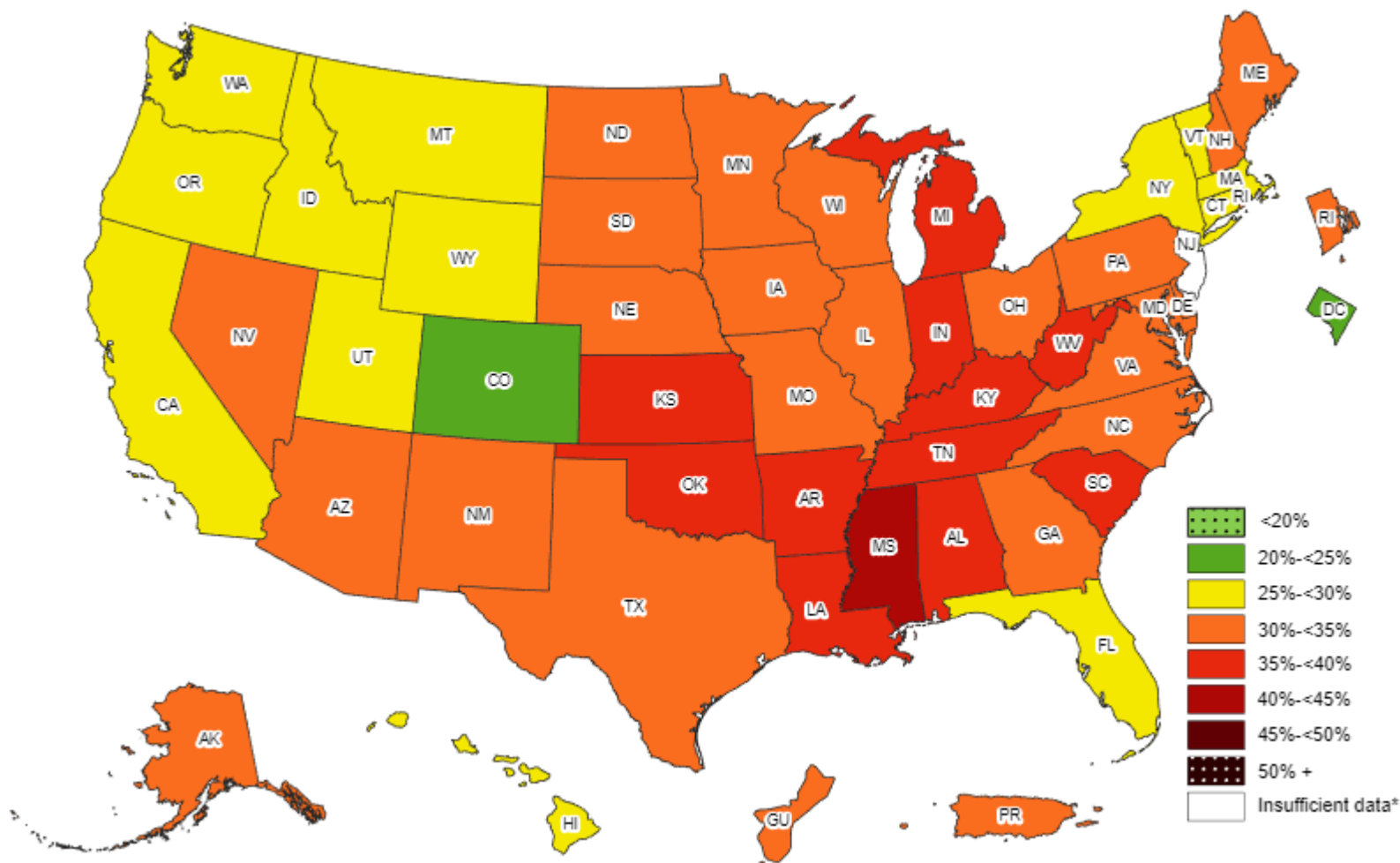
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Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2019

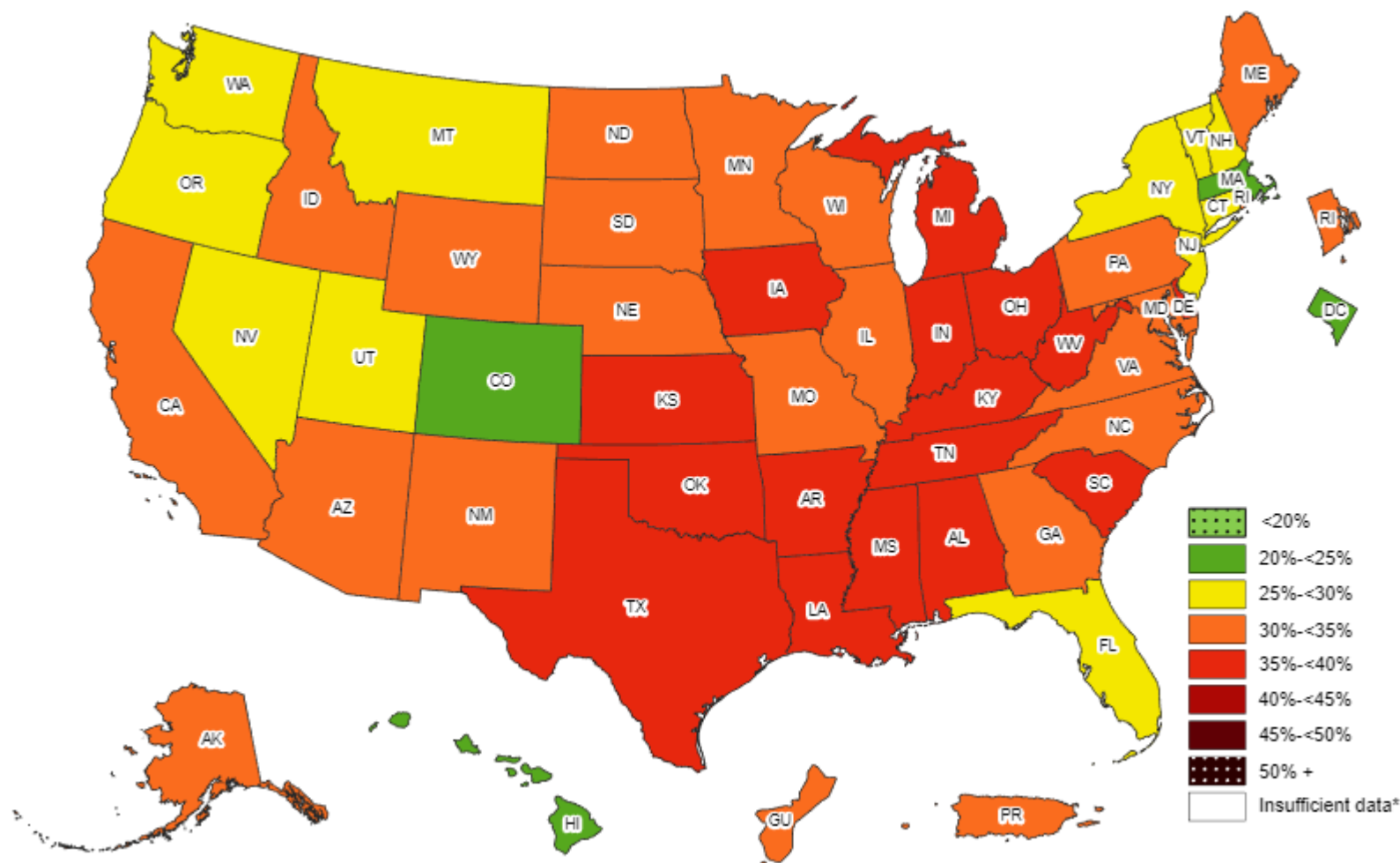
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Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2020

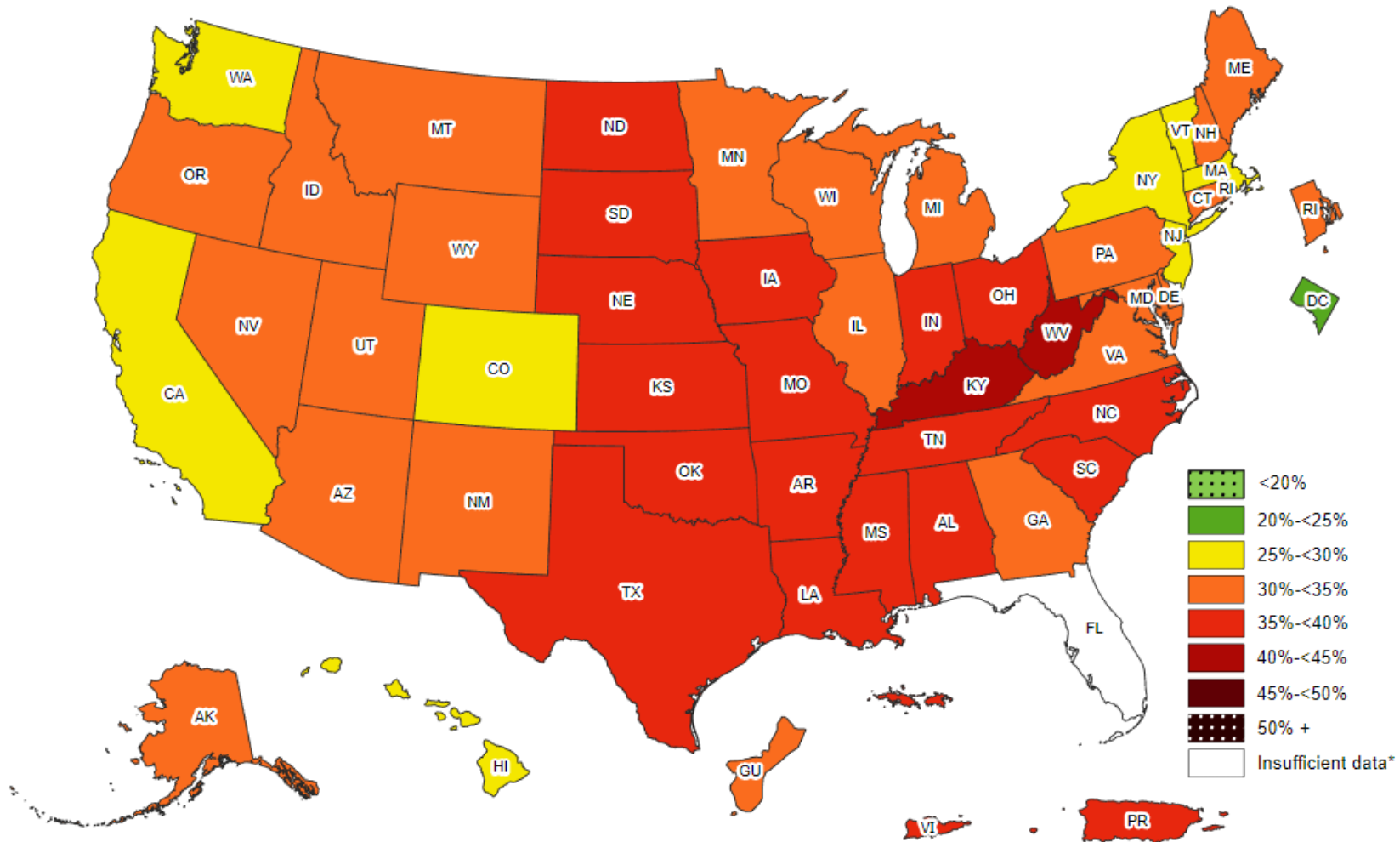
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Prevalence¹ of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2021

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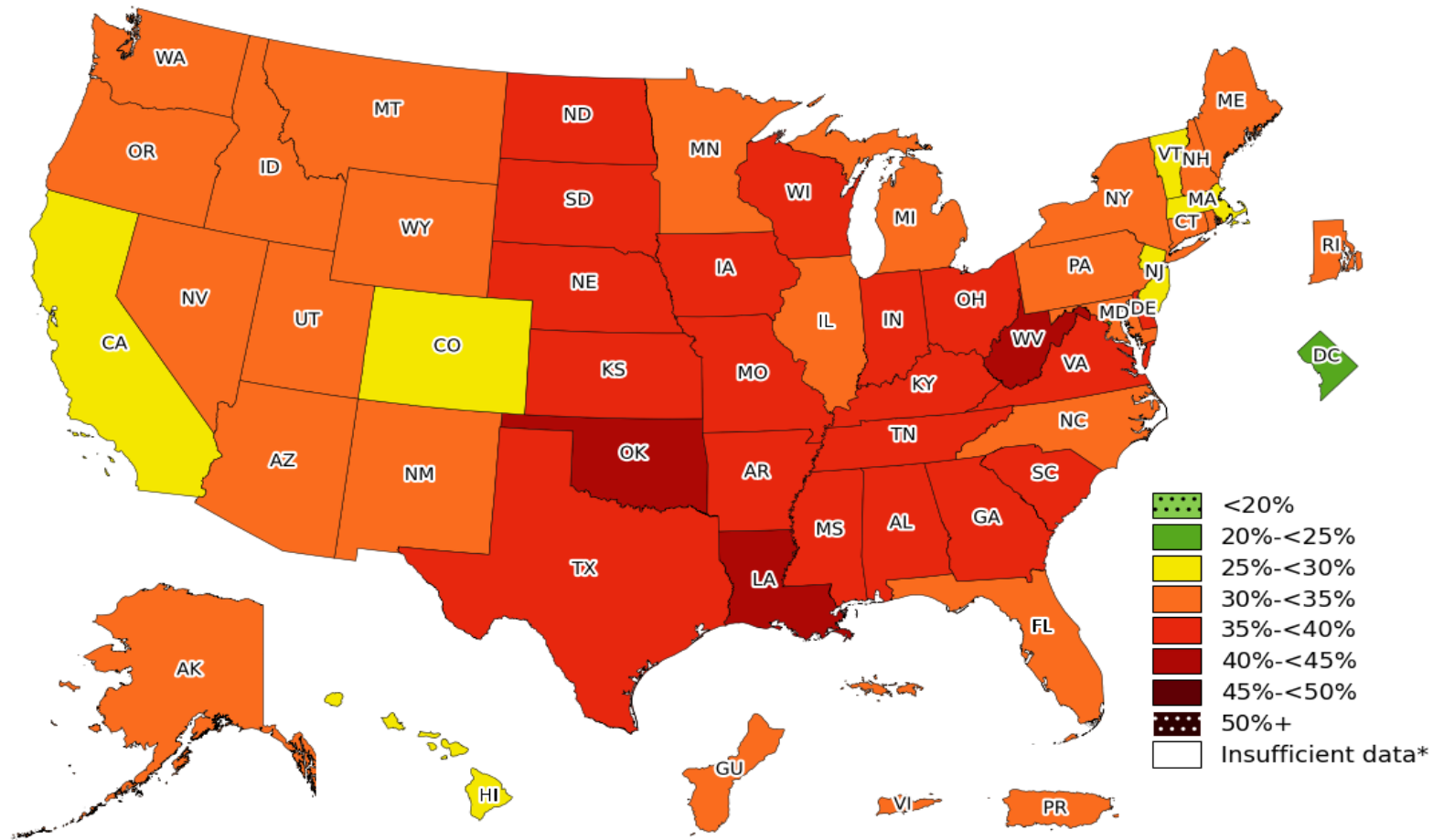


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Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2022

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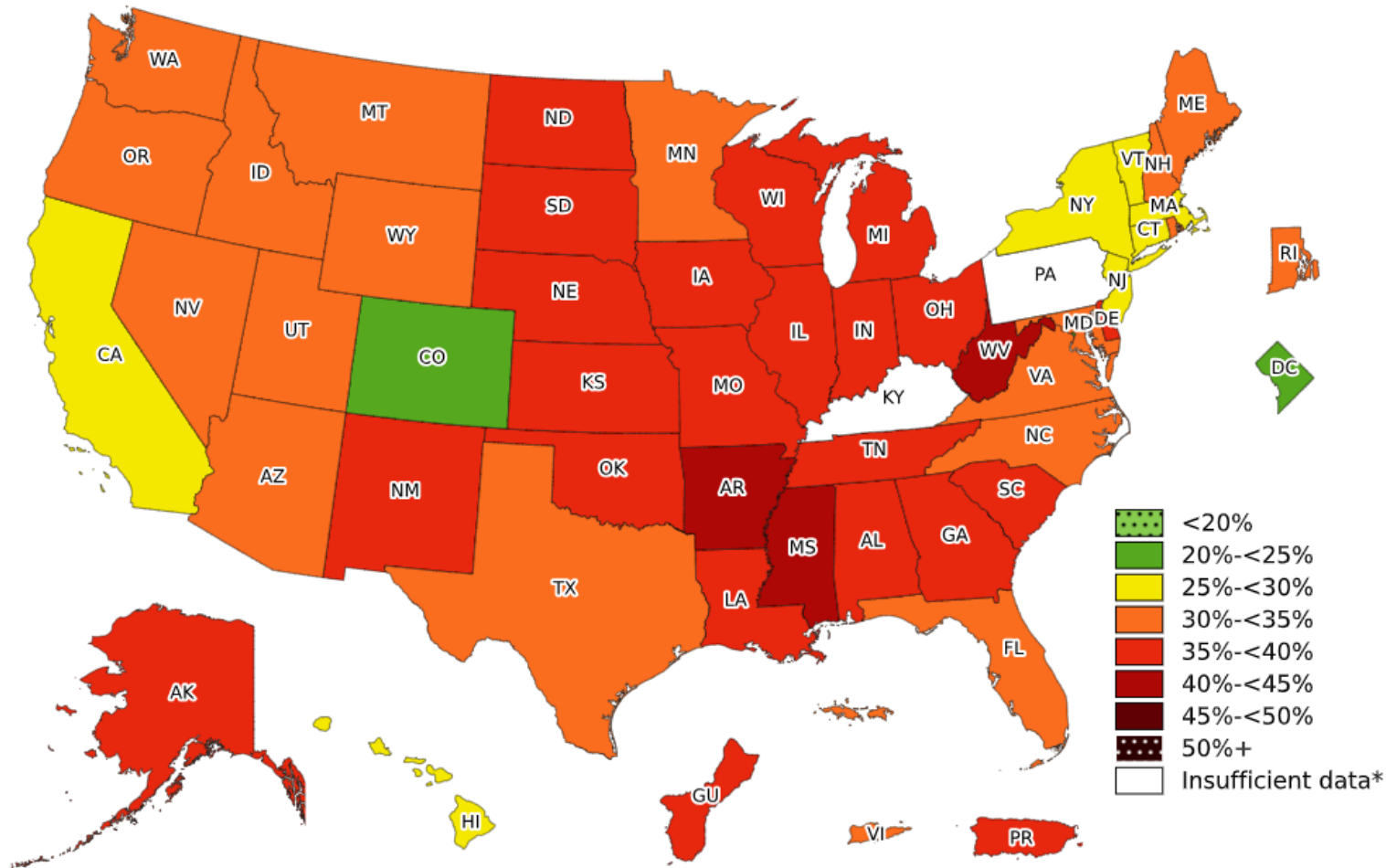


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Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2023

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

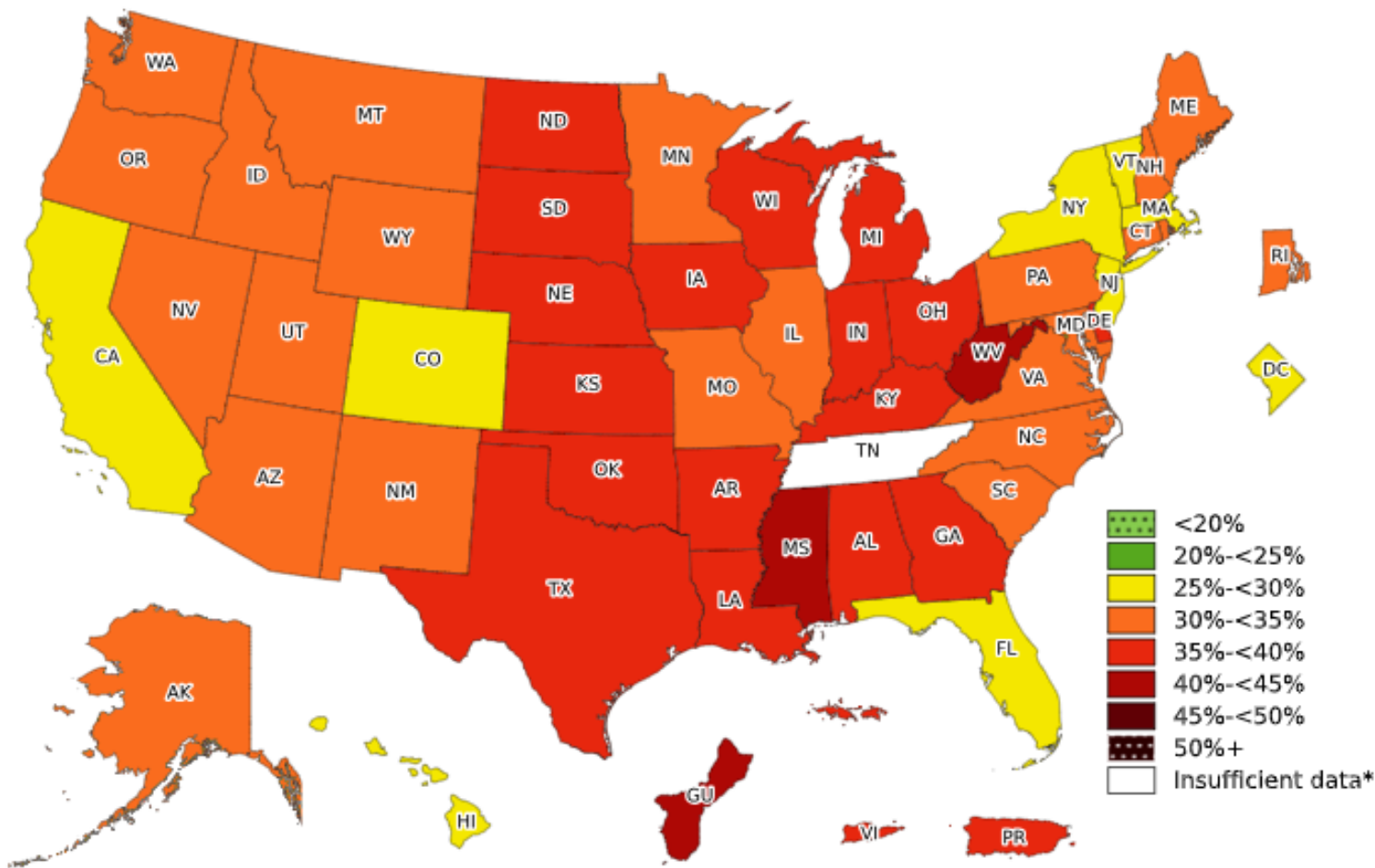


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Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2024

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



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Prevalence¹ of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2011

State	Prevalence	95% Confidence Interval
Alabama	32.0	(30.5, 33.5)
Alaska	27.4	(25.3, 29.7)
Arizona	25.1	(23.0, 27.3)
Arkansas	30.9	(28.8, 33.1)
California	23.8	(22.9, 24.7)
Colorado	20.7	(19.7, 21.8)
Connecticut	24.5	(23.0, 26.0)
Delaware	28.8	(26.9, 30.7)
District of Columbia	23.7	(21.9, 25.7)
Florida	26.6	(25.4, 27.9)
Georgia	28.0	(26.6, 29.4)
Guam	27.4	(24.8, 30.2)
Hawaii	21.8	(20.4, 23.4)
Idaho	27.0	(25.3, 28.9)
Illinois	27.1	(25.4, 28.9)
Indiana	30.8	(29.5, 32.3)
Iowa	29.0	(27.6, 30.3)
Kansas	29.6	(28.7, 30.4)
Kentucky	30.4	(28.9, 31.9)
Louisiana	33.4	(32.0, 34.9)
Maine	27.8	(26.8, 28.9)
Maryland	28.3	(26.9, 29.7)
Massachusetts	22.7	(21.8, 23.7)
Michigan	31.3	(30.0, 32.6)
Minnesota	25.7	(24.6, 26.8)
Mississippi	34.9	(33.5, 36.3)

State	Prevalence	95% Confidence Interval
Missouri	30.3	(28.6, 32.0)
Montana	24.6	(23.3, 26.0)
Nebraska	28.4	(27.6, 29.2)
Nevada	24.5	(22.5, 26.6)
New Hampshire	26.2	(24.7, 27.7)
New Jersey	23.7	(22.7, 24.8)
New Mexico	26.3	(25.1, 27.6)
New York	24.5	(23.2, 25.9)
North Carolina	29.1	(27.7, 30.6)
North Dakota	27.8	(26.3, 29.4)
Ohio	29.6	(28.3, 31.0)
Oklahoma	31.1	(29.7, 32.5)
Oregon	26.7	(25.2, 28.3)
Pennsylvania	28.6	(27.3, 29.8)
Puerto Rico	26.3	(25.0, 27.7)
Rhode Island	25.4	(23.9, 27.0)
South Carolina	30.8	(29.6, 32.1)
South Dakota	28.1	(26.3, 30.1)
Tennessee	29.2	(26.8, 31.7)
Texas	30.4	(29.1, 31.8)
Utah	24.4	(23.4, 25.5)
Vermont	25.4	(24.1, 26.8)
Virginia	29.2	(27.5, 30.9)
Washington	26.5	(25.3, 27.7)
West Virginia	32.4	(30.9, 34.0)
Wisconsin	27.7	(25.8, 29.7)
Wyoming	25.0	(23.5, 26.6)

¹ 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2012

State	Prevalence	95% Confidence Interval
Alabama	33.0	(31.5, 34.4)
Alaska	25.7	(23.9, 27.5)
Arizona	26.0	(24.3, 27.8)
Arkansas	34.5	(32.7, 36.4)
California	25.0	(23.9, 26.0)
Colorado	20.5	(19.5, 21.4)
Connecticut	25.6	(24.3, 26.9)
Delaware	26.9	(25.2, 28.6)
District of Columbia	21.9	(19.8, 24.0)
Florida	25.2	(23.6, 26.7)
Georgia	29.1	(27.4, 30.8)
Guam	29.1	(26.3, 31.9)
Hawaii	23.6	(22.0, 25.1)
Idaho	26.8	(24.8, 28.8)
Illinois	28.1	(26.4, 29.9)
Indiana	31.4	(30.1, 32.7)
Iowa	30.4	(29.1, 31.8)
Kansas	29.9	(28.7, 31.0)
Kentucky	31.3	(29.9, 32.6)
Louisiana	34.7	(33.1, 36.4)
Maine	28.4	(27.2, 29.5)
Maryland	27.6	(26.3, 28.9)
Massachusetts	22.9	(22.0, 23.8)
Michigan	31.1	(29.8, 32.3)
Minnesota	25.7	(24.7, 26.8)
Mississippi	34.6	(33.0, 36.2)

State	Prevalence	95% Confidence Interval
Missouri	29.6	(28.0, 31.2)
Montana	24.3	(23.1, 25.5)
Nebraska	28.6	(27.7, 29.6)
Nevada	26.2	(24.3, 28.1)
New Hampshire	27.3	(25.8, 28.8)
New Jersey	24.6	(23.6, 25.6)
New Mexico	27.1	(25.9, 28.3)
New York	23.6	(22.0, 25.1)
North Carolina	29.6	(28.5, 30.7)
North Dakota	29.7	(27.9, 31.4)
Ohio	30.1	(29.0, 31.2)
Oklahoma	32.2	(30.8, 33.6)
Oregon	27.3	(25.7, 29.0)
Pennsylvania	29.1	(28.1, 30.1)
Puerto Rico	28.4	(27.0, 29.7)
Rhode Island	25.7	(24.1, 27.4)
South Carolina	31.6	(30.4, 32.8)
South Dakota	28.1	(26.5, 29.8)
Tennessee	31.1	(29.6, 32.7)
Texas	29.2	(27.8, 30.5)
Utah	24.3	(23.3, 25.3)
Vermont	23.7	(22.3, 25.1)
Virginia	27.4	(26.0, 28.7)
Washington	26.8	(25.8, 27.8)
West Virginia	33.8	(32.2, 35.4)
Wisconsin	29.7	(27.8, 31.6)
Wyoming	24.6	(22.8, 26.4)

[¶] 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2013

State	Prevalence	95% 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)

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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)

[†] 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2014

State	Prevalence	95% Confidence Interval
Alabama	33.5	(32.1, 35.0)
Alaska	29.7	(27.8, 31.7)
Arizona	28.9	(27.7, 30.2)
Arkansas	35.9	(33.8, 38.0)
California	24.7	(23.5, 25.9)
Colorado	21.3	(20.4, 22.2)
Connecticut	26.3	(24.9, 27.7)
Delaware	30.7	(28.6, 32.8)
District of Columbia	21.7	(19.5, 24.0)
Florida	26.2	(25.0, 27.5)
Georgia	30.5	(28.9, 32.1)
Guam	28.0	(25.6, 30.5)
Hawaii	22.1	(20.7, 23.5)
Idaho	28.9	(27.1, 30.8)
Illinois	29.3	(27.6, 31.1)
Indiana	32.7	(31.6, 34.0)
Iowa	30.9	(29.6, 32.3)
Kansas	31.3	(30.3, 32.2)
Kentucky	31.6	(30.2, 33.1)
Louisiana	34.9	(33.4, 36.4)
Maine	28.2	(26.9, 29.5)
Maryland	29.6	(28.1, 31.1)
Massachusetts	23.3	(22.3, 24.4)
Michigan	30.7	(29.4, 32.0)
Minnesota	27.6	(26.8, 28.5)
Mississippi	35.5	(33.4, 37.6)

State	Prevalence	95% Confidence Interval
Missouri	30.2	(28.6, 31.9)
Montana	26.4	(24.9, 27.9)
Nebraska	30.2	(29.2, 31.3)
Nevada	27.7	(25.4, 30.1)
New Hampshire	27.4	(25.8, 29.1)
New Jersey	26.9	(25.7, 28.1)
New Mexico	28.4	(27.0, 30.0)
New York	27.0	(25.6, 28.5)
North Carolina	29.7	(28.4, 31.0)
North Dakota	32.2	(30.5, 34.0)
Ohio	32.6	(31.2, 34.1)
Oklahoma	33.0	(31.7, 34.3)
Oregon	27.9	(26.3, 29.6)
Pennsylvania	30.2	(28.9, 31.4)
Puerto Rico	28.3	(26.8, 29.8)
Rhode Island	27.0	(25.4, 28.6)
South Carolina	32.1	(30.9, 33.3)
South Dakota	29.8	(27.9, 31.8)
Tennessee	31.2	(29.3, 33.2)
Texas	31.9	(30.6, 33.3)
Utah	25.7	(24.9, 26.6)
Vermont	24.8	(23.5, 26.1)
Virginia	28.5	(27.2, 29.7)
Washington	27.3	(26.0, 28.5)
West Virginia	35.7	(34.2, 37.2)
Wisconsin	31.2	(29.6, 32.8)
Wyoming	29.5	(27.5, 31.5)

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Source: Behavioral Risk Factor Surveillance System, CDC.

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Arizona	28.4	(26.9, 30.0)
Arkansas	34.5	(32.2, 36.9)
California	24.2	(23.2, 25.2)
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Guam	31.6	(28.2, 35.1)
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Indiana	31.3	(29.5, 33.1)
Iowa	32.1	(30.5, 33.8)
Kansas	34.2	(33.4, 35.0)
Kentucky	34.6	(32.9, 36.3)
Louisiana	36.2	(34.3, 38.1)
Maine	30.0	(28.6, 31.4)
Maryland	28.9	(27.2, 30.7)
Massachusetts	24.3	(23.0, 25.6)
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New Mexico	28.8	(27.1, 30.6)
New York	25.0	(24.0, 26.1)
North Carolina	30.1	(28.7, 31.5)
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South Carolina	31.7	(30.5, 33.0)
South Dakota	30.4	(28.5, 32.3)
Tennessee	33.8	(31.9, 35.7)
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West Virginia	35.6	(34.1, 37.1)
Wisconsin	30.7	(29.0, 32.4)
Wyoming	29.0	(27.0, 31.1)

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Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence[¶] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2016

State	Prevalence	95% Confidence Interval
Alabama	35.7	(34.2, 37.3)
Alaska	31.4	(28.5, 34.4)
Arizona	29.0	(27.5, 30.6)
Arkansas	35.7	(33.3, 38.1)
California	25.0	(23.9, 26.1)
Colorado	22.3	(21.4, 23.2)
Connecticut	26.0	(24.8, 27.2)
Delaware	30.7	(28.7, 32.8)
District of Columbia	22.6	(20.9, 24.3)
Florida	27.4	(26.4, 28.5)
Georgia	31.4	(29.7, 33.2)
Guam	28.3	(25.1, 31.7)
Hawaii	23.8	(22.5, 25.2)
Idaho	27.4	(25.6, 29.3)
Illinois	31.6	(29.9, 33.3)
Indiana	32.5	(31.2, 33.8)
Iowa	32.0	(30.5, 33.4)
Kansas	31.2	(30.1, 32.3)
Kentucky	34.2	(32.7, 35.6)
Louisiana	35.5	(33.4, 37.7)
Maine	29.9	(28.5, 31.3)
Maryland	29.9	(28.9, 31.0)
Massachusetts	23.6	(22.3, 24.9)
Michigan	32.5	(31.4, 33.6)
Minnesota	27.8	(26.9, 28.6)
Mississippi	37.3	(35.4, 39.1)
Missouri	31.7	(30.0, 33.4)

State	Prevalence	95% Confidence Interval
Montana	25.5	(23.9, 27.2)
Nebraska	32.0	(30.8, 33.2)
Nevada	25.8	(23.9, 27.8)
New Hampshire	26.6	(25.0, 28.2)
New Jersey	27.4	(25.7, 29.1)
New Mexico	28.3	(26.6, 30.1)
New York	25.5	(24.6, 26.5)
North Carolina	31.8	(30.4, 33.3)
North Dakota	31.9	(30.3, 33.6)
Ohio	31.5	(30.2, 32.8)
Oklahoma	32.8	(31.2, 34.3)
Oregon	28.7	(27.3, 30.3)
Pennsylvania	30.3	(28.8, 31.8)
Puerto Rico	30.7	(29.0, 32.5)
Rhode Island	26.6	(24.9, 28.4)
South Carolina	32.3	(31.0, 33.6)
South Dakota	29.6	(27.6, 31.7)
Tennessee	34.8	(33.0, 36.7)
Texas	33.7	(31.9, 35.4)
Utah	25.4	(24.2, 26.5)
Vermont	27.1	(25.5, 28.7)
Virgin Islands	32.5	(28.6, 36.6)
Virginia	29.0	(27.7, 30.3)
Washington	28.6	(27.6, 29.6)
West Virginia	37.7	(36.3, 39.0)
Wisconsin	30.7	(29.0, 32.5)
Wyoming	27.7	(25.7, 29.8)

[¶] 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2017

State	Prevalence	95% Confidence Interval
Alabama	36.3	(34.7, 38.0)
Alaska	34.2	(31.4, 37.1)
Arizona	29.5	(28.5, 30.5)
Arkansas	35.0	(32.6, 37.5)
California	25.1	(23.8, 26.4)
Colorado	22.6	(21.6, 23.7)
Connecticut	26.9	(25.6, 28.1)
Delaware	31.8	(29.7, 34.0)
District of Columbia	22.9	(21.1, 24.7)
Florida	28.4	(27.0, 29.9)
Georgia	31.6	(30.0, 33.3)
Guam	34.3	(31.2, 37.6)
Hawaii	23.8	(22.4, 25.2)
Idaho	29.3	(27.5, 31.2)
Illinois	31.1	(29.5, 32.7)
Indiana	33.6	(32.5, 34.7)
Iowa	36.4	(35.1, 37.7)
Kansas	32.4	(31.5, 33.2)
Kentucky	34.3	(32.6, 36.0)
Louisiana	36.2	(34.4, 38.1)
Maine	29.1	(27.7, 30.6)
Maryland	31.3	(30.0, 32.6)
Massachusetts	25.9	(24.1, 27.7)
Michigan	32.3	(31.1, 33.4)
Minnesota	28.4	(27.5, 29.4)
Mississippi	37.3	(35.3, 39.3)
Missouri	32.5	(30.9, 34.0)

State	Prevalence	95% Confidence Interval
Montana	25.3	(23.8, 26.9)
Nebraska	32.8	(31.6, 34.0)
Nevada	26.7	(24.5, 29.0)
New Hampshire	28.1	(26.3, 29.9)
New Jersey	27.3	(25.8, 28.7)
New Mexico	28.4	(26.8, 30.0)
New York	25.7	(24.6, 26.9)
North Carolina	32.1	(30.4, 34.0)
North Dakota	33.2	(31.6, 34.7)
Ohio	33.8	(32.5, 35.1)
Oklahoma	36.5	(34.9, 38.1)
Oregon	29.4	(27.9, 30.9)
Pennsylvania	31.6	(30.0, 33.2)
Puerto Rico	32.9	(31.0, 34.9)
Rhode Island	30.0	(28.1, 31.9)
South Carolina	34.1	(32.8, 35.4)
South Dakota	31.9	(29.8, 34.1)
Tennessee	32.8	(31.1, 34.6)
Texas	33.0	(31.2, 34.9)
Utah	25.3	(24.2, 26.4)
Vermont	27.6	(26.0, 29.2)
Virginia	30.1	(28.7, 31.4)
Washington	27.7	(26.6, 28.7)
West Virginia	38.1	(36.4, 39.7)
Wisconsin	32.0	(30.3, 33.8)
Wyoming	28.8	(27.1, 30.6)

[†] 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2018

State	Prevalence	95% Confidence Interval
Alabama	36.2	(34.6, 37.9)
Alaska	29.5	(27.0, 32.2)
Arizona	29.5	(27.8, 31.3)
Arkansas	37.1	(35.1, 39.1)
California	25.8	(24.8, 26.9)
Colorado	23.0	(21.9, 24.0)
Connecticut	27.4	(26.2, 28.7)
Delaware	33.5	(31.7, 35.4)
District of Columbia	24.7	(22.9, 26.5)
Florida	30.7	(29.1, 32.3)
Georgia	32.5	(31.2, 33.8)
Guam	29.8	(26.6, 33.3)
Hawaii	24.9	(23.6, 26.3)
Idaho	28.4	(26.3, 30.5)
Illinois	31.8	(30.2, 33.4)
Indiana	34.1	(32.6, 35.6)
Iowa	35.3	(34.2, 36.5)
Kansas	34.4	(33.2, 35.6)
Kentucky	36.6	(34.9, 38.4)
Louisiana	36.8	(34.9, 38.7)
Maine	30.4	(28.9, 31.9)
Maryland	30.9	(29.8, 32.1)
Massachusetts	25.7	(24.3, 27.2)
Michigan	33.0	(31.8, 34.2)
Minnesota	30.1	(29.2, 30.9)
Mississippi	39.5	(37.8, 41.2)
Missouri	35.0	(33.3, 36.8)

State	Prevalence	95% Confidence Interval
Montana	26.9	(25.2, 28.5)
Nebraska	34.1	(32.9, 35.3)
Nevada	29.5	(27.1, 32.0)
New Hampshire	29.6	(27.9, 31.4)
New Jersey	25.7	(23.3, 28.2)
New Mexico	32.3	(30.7, 34.0)
New York	27.6	(26.7, 28.6)
North Carolina	33.0	(31.2, 34.8)
North Dakota	35.1	(33.3, 37.0)
Ohio	34.0	(32.7, 35.3)
Oklahoma	34.8	(33.1, 36.6)
Oregon	29.9	(28.4, 31.4)
Pennsylvania	30.9	(29.4, 32.5)
Puerto Rico	32.9	(31.2, 34.7)
Rhode Island	27.7	(26.0, 29.5)
South Carolina	34.3	(33.0, 35.6)
South Dakota	30.1	(28.1, 32.1)
Tennessee	34.4	(32.5, 36.3)
Texas	34.8	(32.8, 36.8)
Utah	27.8	(26.7, 28.9)
Vermont	27.5	(25.9, 29.2)
Virginia	30.4	(29.1, 31.6)
Washington	28.7	(27.6, 29.8)
West Virginia	39.5	(37.8, 41.3)
Wisconsin	32.0	(30.2, 33.8)
Wyoming	29.0	(27.3, 30.8)

[†] 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2019

State	Prevalence	95% Confidence Interval
Alabama	36.1	(34.6, 37.7)
Alaska	30.5	(27.8, 33.4)
Arizona	31.4	(29.7, 33.2)
Arkansas	37.4	(35.5, 39.4)
California	26.2	(25.1, 27.2)
Colorado	23.8	(22.7, 24.9)
Connecticut	29.1	(27.8, 30.5)
Delaware	34.4	(32.1, 36.6)
District of Columbia	23.8	(21.7, 25.9)
Florida	27.0	(25.6, 28.5)
Georgia	33.1	(31.3, 35.0)
Guam	33.6	(30.5, 37.0)
Hawaii	25.0	(23.7, 26.3)
Idaho	29.5	(27.6, 31.4)
Illinois	31.6	(30.1, 33.1)
Indiana	35.3	(34.0, 36.7)
Iowa	33.9	(32.8, 35.1)
Kansas	35.2	(34.1, 36.4)
Kentucky	36.5	(34.7, 38.2)
Louisiana	35.9	(34.1, 37.7)
Maine	31.7	(30.3, 33.1)
Maryland	32.3	(31.1, 33.4)
Massachusetts	25.2	(23.9, 26.5)
Michigan	36.0	(34.7, 37.3)
Minnesota	30.1	(29.2, 31.1)
Mississippi	40.8	(39.0, 42.7)
Missouri	34.8	(33.2, 36.4)

State	Prevalence	95% Confidence Interval
Montana	28.3	(27.0, 29.7)
Nebraska	34.1	(33.0, 35.2)
Nevada	30.6	(28.2, 33.1)
New Hampshire	31.8	(30.0, 33.6)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	31.7	(30.0, 33.5)
New York	27.1	(26.0, 28.2)
North Carolina	34.0	(32.2, 35.8)
North Dakota	34.8	(33.0, 36.7)
Ohio	34.8	(33.5, 36.1)
Oklahoma	36.8	(35.2, 38.4)
Oregon	29.0	(27.5, 30.4)
Pennsylvania	33.2	(31.7, 34.7)
Puerto Rico	32.5	(31.0, 34.0)
Rhode Island	30.0	(28.2, 31.9)
South Carolina	35.4	(33.8, 36.9)
South Dakota	33.0	(30.6, 35.5)
Tennessee	36.5	(34.8, 38.3)
Texas	34.0	(32.2, 35.7)
Utah	29.2	(28.2, 30.3)
Vermont	26.6	(25.0, 28.3)
Virginia	31.9	(30.6, 33.2)
Washington	28.3	(27.3, 29.4)
West Virginia	39.7	(38.0, 41.5)
Wisconsin	34.2	(32.4, 36.1)
Wyoming	29.7	(27.7, 31.7)

[¶] 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.

*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.

Prevalence[¶] of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2020

State	Prevalence	95% Confidence Interval
Alabama	39.0	(37.3, 40.8)
Alaska	31.9	(29.4, 34.4)
Arizona	30.9	(29.5, 32.3)
Arkansas	36.4	(34.5, 38.4)
California	30.3	(28.3, 32.2)
Colorado	24.2	(23.1, 25.2)
Connecticut	29.2	(27.7, 30.8)
Delaware	36.5	(34.3, 38.8)
District of Columbia	24.3	(22.3, 26.4)
Florida	28.4	(26.7, 30.2)
Georgia	34.3	(32.5, 36.0)
Guam	34.4	(30.8, 38.2)
Hawaii	24.5	(23.2, 25.9)
Idaho	31.1	(29.4, 32.9)
Illinois	32.4	(30.2, 34.6)
Indiana	36.8	(35.4, 38.1)
Iowa	36.5	(35.3, 37.7)
Kansas	35.3	(34.0, 36.5)
Kentucky	36.6	(34.6, 38.6)
Louisiana	38.1	(36.2, 40.1)
Maine	31.0	(29.6, 32.5)
Maryland	31.0	(29.8, 32.2)
Massachusetts	24.4	(23.0, 25.9)
Michigan	35.2	(33.7, 36.7)
Minnesota	30.7	(29.8, 31.7)
Mississippi	39.7	(38.1, 41.3)
Missouri	34.0	(32.7, 35.4)

State	Prevalence	95% Confidence Interval
Montana	28.5	(27.1, 30.0)
Nebraska	34.0	(32.8, 35.2)
Nevada	28.7	(26.2, 31.3)
New Hampshire	29.9	(28.2, 31.6)
New Jersey	27.7	(26.5, 28.9)
New Mexico	30.9	(29.0, 32.8)
New York	26.3	(25.3, 27.4)
North Carolina	33.6	(32.0, 35.2)
North Dakota	33.1	(31.1, 35.1)
Ohio	35.5	(34.3, 36.7)
Oklahoma	36.4	(34.7, 38.2)
Oregon	28.1	(26.6, 29.6)
Pennsylvania	31.5	(29.8, 33.2)
Puerto Rico	31.4	(29.5, 33.3)
Rhode Island	30.1	(28.2, 32.1)
South Carolina	36.2	(34.2, 38.3)
South Dakota	33.2	(30.7, 35.8)
Tennessee	35.6	(33.6, 37.6)
Texas	35.8	(33.9, 37.7)
Utah	28.6	(27.4, 29.7)
Vermont	26.3	(24.6, 27.9)
Virginia	32.2	(30.8, 33.6)
Washington	28.0	(27.0, 29.1)
West Virginia	39.1	(37.5, 40.7)
Wisconsin	32.3	(30.4, 34.2)
Wyoming	30.7	(28.7, 32.7)

[¶] 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2021

State	Prevalence	95% Confidence Interval
Alabama	39.9	(37.9, 41.8)
Alaska	33.5	(31.5, 35.5)
Arizona	31.3	(30.0, 32.6)
Arkansas	38.7	(36.6, 40.8)
California	27.6	(26.1, 29.1)
Colorado	25.1	(24.1, 26.2)
Connecticut	30.4	(28.9, 31.9)
Delaware	33.9	(31.8, 36.1)
District of Columbia	24.7	(22.6, 26.9)
Florida	No data	No data
Georgia	33.9	(32.2, 35.6)
Guam	33.5	(29.2, 38.1)
Hawaii	25.0	(23.6, 26.4)
Idaho	31.6	(30.2, 33.0)
Illinois	34.2	(31.8, 36.6)
Indiana	36.3	(35.1, 37.5)
Iowa	36.4	(35.1, 37.7)
Kansas	36.0	(35.1, 37.0)
Kentucky	40.3	(38.5, 42.2)
Louisiana	38.6	(36.7, 40.6)
Maine	31.9	(30.6, 33.2)
Maryland	34.3	(33.2, 35.5)
Massachusetts	27.4	(25.9, 28.8)
Michigan	34.4	(33.1, 35.7)
Minnesota	32.4	(31.5, 33.3)
Mississippi	39.1	(37.1, 41.1)
Missouri	37.3	(35.9, 38.7)

State	Prevalence	95% Confidence Interval
Montana	31.8	(30.3, 33.3)
Nebraska	35.9	(34.8, 37.1)
Nevada	31.3	(28.7, 34.1)
New Hampshire	30.6	(29.0, 32.3)
New Jersey	28.2	(26.8, 29.6)
New Mexico	34.6	(32.9, 36.3)
New York	29.1	(28.3, 30.0)
North Carolina	36.0	(34.2, 37.9)
North Dakota	35.2	(33.6, 36.9)
Ohio	37.8	(36.6, 39.0)
Oklahoma	39.4	(37.7, 41.2)
Oregon	30.4	(28.9, 31.9)
Pennsylvania	33.3	(31.7, 34.9)
Puerto Rico	36.0	(33.9, 38.1)
Rhode Island	30.1	(28.4, 31.8)
South Carolina	36.1	(34.6, 37.5)
South Dakota	38.4	(35.6, 41.4)
Tennessee	35.0	(33.1, 36.8)
Texas	36.1	(34.4, 37.8)
Utah	30.9	(29.8, 32.1)
Vermont	29.0	(27.4, 30.7)
Virgin Islands	35.6	(28.7, 43.2)
Virginia	34.2	(32.9, 35.6)
Washington	28.8	(27.7, 29.9)
West Virginia	40.6	(39.1, 42.1)
Wisconsin	33.9	(32.1, 35.7)
Wyoming	32.0	(29.9, 34.1)

[¶] 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.

Prevalence¹ of Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2022

State	Prevalence	95% Confidence Interval
Alabama	38.3	(36.3, 40.3)
Alaska	32.1	(30.4, 33.9)
Arizona	33.2	(31.6, 34.9)
Arkansas	37.4	(35.6, 39.2)
California	28.1	(26.8, 29.4)
Colorado	25.0	(23.9, 26.2)
Connecticut	30.6	(29.1, 32.1)
Delaware	37.9	(35.6, 40.2)
District of Columbia	24.3	(22.2, 26.5)
Florida	31.6	(29.9, 33.4)
Georgia	37.0	(35.4, 38.7)
Guam	32.7	(28.8, 36.8)
Hawaii	25.9	(24.4, 27.4)
Idaho	33.2	(31.7, 34.7)
Illinois	33.4	(31.5, 35.3)
Indiana	37.7	(36.4, 38.9)
Iowa	37.4	(36.0, 38.8)
Kansas	35.7	(34.4, 37.0)
Kentucky	37.7	(35.6, 39.9)
Louisiana	40.1	(38.3, 41.9)
Maine	33.1	(31.8, 34.5)
Maryland	33.2	(31.9, 34.4)
Massachusetts	27.2	(26.0, 28.5)
Michigan	34.5	(33.2, 35.8)
Minnesota	33.6	(32.6, 34.7)
Mississippi	39.5	(37.5, 41.4)
Missouri	36.4	(34.9, 38.0)

State	Prevalence	95% Confidence Interval
Montana	30.5	(29.1, 32.0)
Nebraska	35.3	(33.7, 36.9)
Nevada	33.5	(31.0, 36.2)
New Hampshire	30.2	(28.6, 32.0)
New Jersey	29.1	(27.6, 30.7)
New Mexico	32.4	(30.5, 34.4)
New York	30.1	(29.1, 31.2)
North Carolina	34.1	(32.1, 36.1)
North Dakota	35.4	(33.6, 37.3)
Ohio	38.1	(37.0, 39.3)
Oklahoma	40.0	(38.4, 41.6)
Oregon	30.9	(29.4, 32.4)
Pennsylvania	33.4	(31.2, 35.5)
Puerto Rico	34.1	(32.3, 35.9)
Rhode Island	30.8	(29.1, 32.7)
South Carolina	35.0	(33.6, 36.4)
South Dakota	36.8	(33.5, 40.1)
Tennessee	38.9	(37.1, 40.8)
Texas	35.5	(34.0, 37.1)
Utah	31.1	(29.9, 32.4)
Vermont	26.8	(25.4, 28.3)
Virgin Islands	32.1	(25.4, 39.6)
Virginia	35.2	(33.8, 36.6)
Washington	31.7	(30.9, 32.5)
West Virginia	41.0	(39.3, 42.8)
Wisconsin	37.7	(36.4, 39.0)
Wyoming	34.3	(32.3, 36.2)

¹ 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2023

State	Prevalence	95% Confidence Interval
Alabama	39.2	(37.3, 41.3)
Alaska	35.2	(33.3, 37.0)
Arizona	31.9	(30.5, 33.3)
Arkansas	40.0	(38.2, 41.9)
California	27.7	(26.4, 29.0)
Colorado	24.9	(23.7, 26.1)
Connecticut	29.4	(27.9, 30.9)
Delaware	35.7	(33.5, 38.0)
District of Columbia	23.5	(21.4, 25.8)
Florida	30.1	(28.4, 31.8)
Georgia	35.0	(33.4, 36.7)
Guam	35.4	(31.4, 39.6)
Hawaii	26.1	(24.6, 27.7)
Idaho	31.0	(29.4, 32.5)
Illinois	36.0	(34.1, 37.9)
Indiana	37.8	(36.6, 39.1)
Iowa	37.8	(36.4, 39.2)
Kansas	35.9	(34.6, 37.3)
Kentucky	No data	No data
Louisiana	39.9	(38.1, 41.7)
Maine	32.6	(31.4, 33.9)
Maryland	34.1	(32.8, 35.3)
Massachusetts	27.4	(26.0, 28.8)
Michigan	35.4	(34.0, 36.8)
Minnesota	33.3	(32.1, 34.4)
Mississippi	40.1	(37.9, 42.2)
Missouri	35.3	(33.7, 36.9)

State	Prevalence	95% Confidence Interval
Montana	30.5	(29.0, 31.9)
Nebraska	36.6	(35.4, 37.8)
Nevada	30.8	(27.9, 33.8)
New Hampshire	32.8	(31.0, 34.6)
New Jersey	28.9	(27.5, 30.3)
New Mexico	35.3	(32.7, 38.0)
New York	28.0	(27.0, 29.1)
North Carolina	34.0	(31.9, 36.2)
North Dakota	35.6	(33.9, 37.3)
Ohio	36.4	(35.2, 37.7)
Oklahoma	38.7	(37.2, 40.2)
Oregon	33.6	(32.0, 35.3)
Pennsylvania	No data	No data
Puerto Rico	36.0	(34.0, 38.0)
Rhode Island	31.6	(29.7, 33.5)
South Carolina	36.0	(34.5, 37.4)
South Dakota	36.0	(33.0, 39.2)
Tennessee	37.6	(35.8, 39.4)
Texas	34.4	(32.7, 36.2)
Utah	30.2	(29.0, 31.4)
Vermont	28.8	(27.2, 30.4)
Virgin Islands	32.1	(28.6, 35.8)
Virginia	34.3	(32.6, 36.0)
Washington	30.6	(29.8, 31.4)
West Virginia	41.2	(39.3, 43.0)
Wisconsin	35.9	(34.7, 37.2)
Wyoming	33.3	(31.5, 35.2)

[†] 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2024

State	Prevalence	95% Confidence Interval
Alabama	38.9	(37.1, 40.7)
Alaska	34.0	(32.0, 36.0)
Arizona	33.3	(31.4, 35.3)
Arkansas	38.9	(37.2, 40.7)
California	29.1	(27.6, 30.5)
Colorado	25.0	(24.0, 26.0)
Connecticut	32.0	(30.4, 33.6)
Delaware	36.6	(34.5, 38.9)
District of Columbia	25.5	(23.5, 27.5)
Florida	29.6	(28.1, 31.3)
Georgia	35.4	(33.7, 37.1)
Guam	40.2	(32.9, 47.9)
Hawaii	27.0	(25.4, 28.6)
Idaho	32.7	(30.8, 34.7)
Illinois	34.2	(33.1, 35.3)
Indiana	38.4	(37.3, 39.5)
Iowa	36.6	(35.3, 38.0)
Kansas	37.6	(36.3, 38.8)
Kentucky	37.2	(35.5, 38.9)
Louisiana	39.2	(37.4, 41.1)
Maine	33.2	(32.1, 34.4)
Maryland	32.7	(31.5, 33.8)
Massachusetts	27.0	(25.8, 28.2)
Michigan	36.1	(34.8, 37.5)
Minnesota	32.3	(31.4, 33.3)
Mississippi	40.4	(38.1, 42.7)
Missouri	34.6	(33.1, 36.2)

State	Prevalence	95% Confidence Interval
Montana	31.0	(29.5, 32.4)
Nebraska	37.6	(36.4, 38.9)
Nevada	34.2	(31.3, 37.3)
New Hampshire	31.1	(29.3, 32.9)
New Jersey	27.7	(26.3, 29.0)
New Mexico	34.5	(32.1, 37.1)
New York	29.5	(28.8, 30.2)
North Carolina	34.5	(32.7, 36.3)
North Dakota	36.8	(35.2, 38.5)
Ohio	36.9	(35.5, 38.4)
Oklahoma	36.8	(35.4, 38.2)
Oregon	33.5	(32.1, 35.0)
Pennsylvania	34.2	(32.0, 36.5)
Puerto Rico	36.2	(33.9, 38.4)
Rhode Island	31.1	(29.3, 32.9)
South Carolina	34.6	(32.9, 36.4)
South Dakota	37.0	(33.8, 40.3)
Tennessee	Insufficient data*	Insufficient data*
Texas	35.6	(34.0, 37.3)
Utah	31.0	(29.9, 32.1)
Vermont	29.0	(27.5, 30.5)
Virgin Islands	37.7	(30.7, 45.3)
Virginia	32.3	(30.7, 34.0)
Washington	31.5	(30.7, 32.2)
West Virginia	41.4	(39.8, 43.0)
Wisconsin	37.4	(36.1, 38.7)
Wyoming	32.5	(30.7, 34.3)

[†] 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 Obesity Based on Self-Reported Weight and Height Among US Adults by State and Territory, BRFSS, 2024

Summary

- ❑ No state or territory had a prevalence of obesity less than 25%.
- ❑ 8 states and the District of Columbia had a prevalence of obesity between 25% and <30%.
- ❑ 22 states had a prevalence of obesity between 30% and <35%.
- ❑ 17 states, Puerto Rico, and Virgin Islands had a prevalence of obesity between 35% and <40%.
- ❑ 2 states (Mississippi and West Virginia), and Guam had a prevalence of obesity 40% or greater.