

# **Prevalence of Obesity Based on Self-Reported Weight and Height Among US Adults by Race/Ethnicity, State and Territory, BRFSS, 2022–2024**

## Definitions

- ❑ Obesity: Body mass index (BMI) of 30 kg/m<sup>2</sup> 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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## **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.



## **Prevalence of Obesity Based on Self-Reported Weight and Height Among US Adults by Race/Ethnicity, State and Territory, BRFSS, 2022–2024**

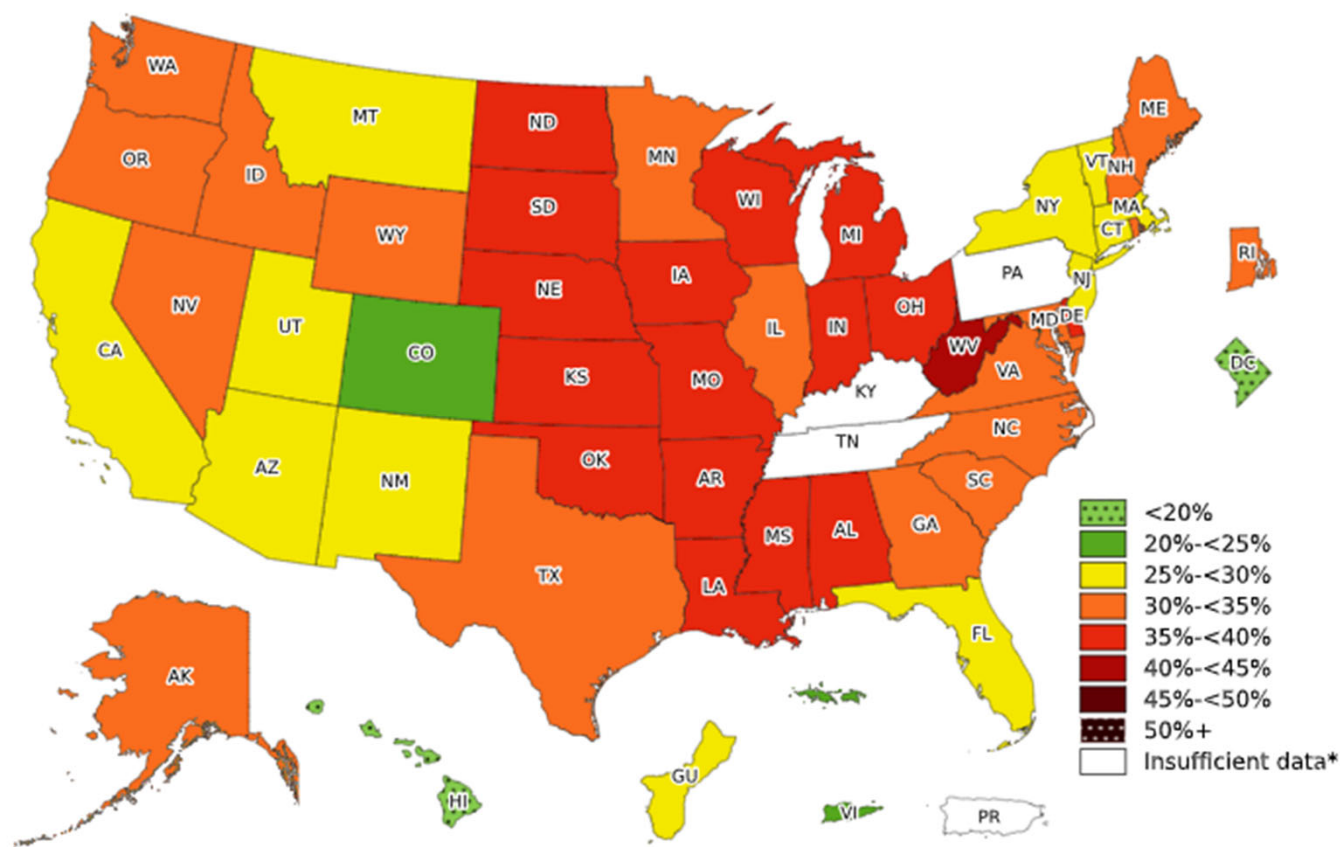
### Exclusion Criteria

*Records with the following were excluded:*

- ☐ Height: <3 feet or  $\geq 8$  feet
- ☐ Weight: <50 pounds or  $\geq 650$  pounds
- ☐ BMI: <12 kg/m<sup>2</sup> or  $\geq 100$  kg/m<sup>2</sup>
- ☐ Pregnant women



## Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2022–2024



\*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 Non-Hispanic White Adults, by State and Territory, BRFSS, 2022–2024

State	Prevalence	95% Confidence Interval	State	Prevalence	95% Confidence Interval
Alabama	35.8	(34.5, 37.1)	Montana	29.7	(28.8, 30.5)
Alaska	32.9	(31.7, 34.1)	Nebraska	36.9	(36.1, 37.8)
Arizona	29.3	(28.2, 30.4)	Nevada	31.3	(29.4, 33.3)
Arkansas	37.4	(36.3, 38.5)	New Hampshire	31.8	(30.8, 32.9)
California	25.7	(24.7, 26.8)	New Jersey	27.4	(26.3, 28.4)
Colorado	23.6	(22.9, 24.3)	New Mexico	28.2	(26.4, 30.0)
Connecticut	28.9	(27.8, 29.9)	New York	28.9	(28.2, 29.6)
Delaware	35.6	(34.1, 37.1)	North Carolina	31.8	(30.5, 33.2)
District of Columbia	14.7	(13.3, 16.1)	North Dakota	35.7	(34.7, 36.8)
Florida	29.1	(28.1, 30.2)	Ohio	37.1	(36.3, 37.9)
Georgia	33.4	(32.3, 34.5)	Oklahoma	37.6	(36.6, 38.6)
Guam	27.5	(21.6, 34.2)	Oregon	32.6	(31.6, 33.6)
Hawaii	19.4	(18.1, 20.8)	Pennsylvania	Insufficient data*	Insufficient data*
Idaho	31.9	(30.8, 32.9)	Puerto Rico	Insufficient data*	Insufficient data*
Illinois	33.6	(32.4, 34.9)	Rhode Island	30.3	(29.1, 31.5)
Indiana	38.2	(37.5, 39.0)	South Carolina	32.4	(31.3, 33.4)
Iowa	37.5	(36.7, 38.3)	South Dakota	36.3	(34.2, 38.3)
Kansas	36.0	(35.3, 36.8)	Tennessee	Insufficient data*	Insufficient data*
Kentucky	Insufficient data*	Insufficient data*	Texas	33.5	(32.2, 34.8)
Louisiana	36.6	(35.4, 37.8)	Utah	29.8	(29.0, 30.5)
Maine	33.0	(32.3, 33.8)	Vermont	28.3	(27.4, 29.3)
Maryland	30.7	(29.9, 31.6)	Virgin Islands	21.3	(14.6, 30.0)
Massachusetts	27.1	(26.2, 27.9)	Virginia	33.1	(32.0, 34.2)
Michigan	35.0	(34.1, 35.8)	Washington	31.9	(31.4, 32.4)
Minnesota	33.2	(32.5, 33.8)	West Virginia	41.4	(40.4, 42.5)
Mississippi	36.5	(34.8, 38.2)	Wisconsin	36.9	(36.1, 37.7)
Missouri	35.0	(34.0, 35.9)	Wyoming	32.4	(31.3, 33.5)

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

Source: Behavioral Risk Factor Surveillance System, CDC.

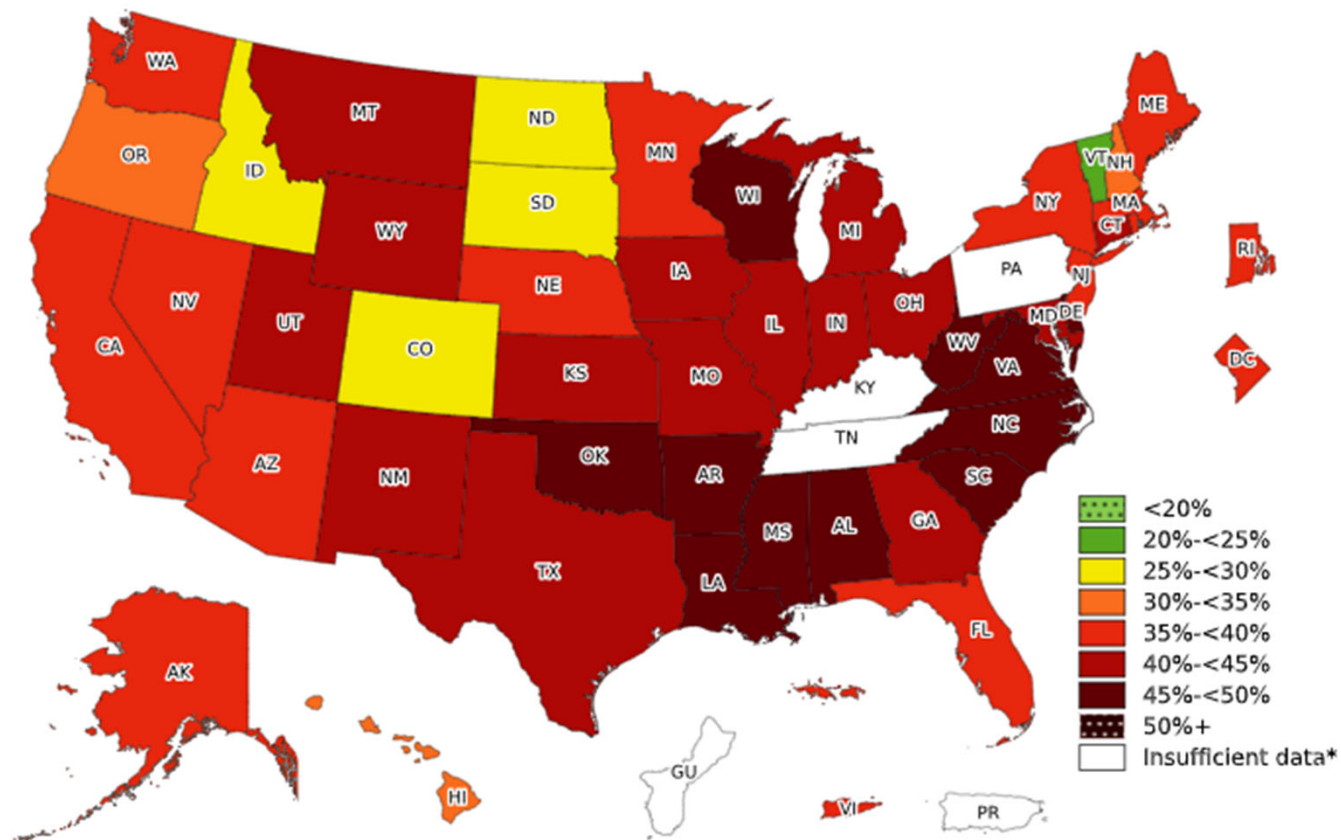
## **Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2022–2024**

### Summary

- ❑ Hawaii and the District of Columbia had a prevalence of obesity less than 20%.
- ❑ Colorado, and Virgin Islands had a prevalence of obesity between 20% and <25%.
- ❑ 11 states and Guam had a prevalence of obesity between 25% and <30%.
- ❑ 17 states had a prevalence of obesity between 30% and <35%.
- ❑ 16 states had a prevalence of obesity between 35% and <40%.
- ❑ West Virginia had a prevalence of obesity 40% or greater.



## Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2022–2024



\*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 Non-Hispanic Black Adults, by State and Territory, BRFSS, 2022–2024

State	Prevalence	95% Confidence Interval
Alabama	49.1	(46.8, 51.3)
Alaska	38.7	(32.1, 45.8)
Arizona	35.6	(30.6, 40.8)
Arkansas	47.6	(44.3, 50.9)
California	38.1	(34.7, 41.5)
Colorado	28.4	(24.8, 32.2)
Connecticut	40.4	(37.1, 43.7)
Delaware	46.2	(42.8, 49.6)
District of Columbia	37.3	(35.0, 39.7)
Florida	39.5	(36.3, 42.9)
Georgia	44.2	(42.2, 46.2)
Guam	Insufficient data*	Insufficient data*
Hawaii	34.9	(27.1, 43.8)
Idaho	26.2	(16.0, 40.0)
Illinois	43.1	(40.2, 46.0)
Indiana	44.4	(41.8, 46.9)
Iowa	40.3	(35.3, 45.4)
Kansas	41.9	(38.0, 45.8)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	47.3	(45.2, 49.5)
Maine	36.9	(29.1, 45.5)
Maryland	41.3	(39.8, 42.9)
Massachusetts	35.4	(32.2, 38.7)
Michigan	43.4	(40.9, 46.0)
Minnesota	35.6	(32.8, 38.6)
Mississippi	47.4	(45.0, 49.8)
Missouri	42.5	(39.5, 45.6)

State	Prevalence	95% Confidence Interval
Montana	41.7	(26.9, 58.2)
Nebraska	36.7	(32.5, 41.2)
Nevada	37.4	(31.8, 43.3)
New Hampshire	32.1	(22.3, 43.8)
New Jersey	37.7	(35.1, 40.5)
New Mexico	42.2	(32.1, 53.0)
New York	36.2	(34.5, 38.0)
North Carolina	45.3	(42.6, 48.1)
North Dakota	27.6	(21.7, 34.4)
Ohio	42.8	(40.0, 45.6)
Oklahoma	45.8	(42.1, 49.6)
Oregon	31.0	(24.2, 38.8)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	36.8	(31.6, 42.3)
South Carolina	45.2	(43.1, 47.4)
South Dakota	29.1	(17.9, 43.7)
Tennessee	Insufficient data*	Insufficient data*
Texas	43.7	(40.6, 46.9)
Utah	40.2	(31.7, 49.3)
Vermont	22.6	(16.1, 30.7)
Virgin Islands	36.3	(31.8, 41.0)
Virginia	45.8	(43.4, 48.2)
Washington	36.3	(33.6, 39.1)
West Virginia	45.1	(38.8, 51.6)
Wisconsin	45.1	(41.6, 48.6)
Wyoming	40.5	(25.6, 57.2)

\*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.  
Source: Behavioral Risk Factor Surveillance System, CDC.



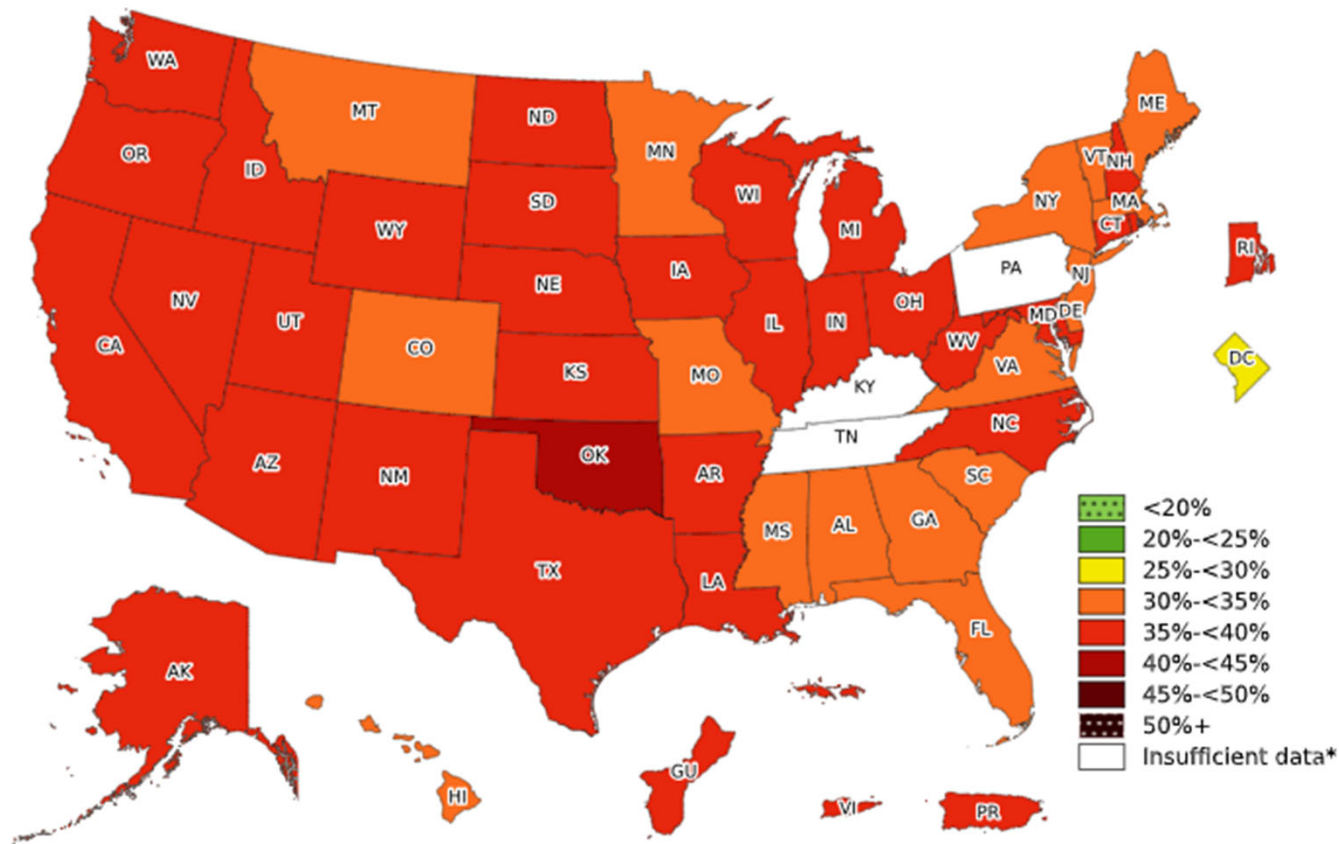
## **Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2022–2024**

### Summary

- ❑ Vermont had a prevalence of obesity less than 25%.
- ❑ 4 states had a prevalence of obesity between 25% and <30%.
- ❑ 3 states had a prevalence of obesity between 30% and <35%.
- ❑ 13 states, Virgin Islands, and the District of Columbia had a prevalence of obesity between 35% and <40%.
- ❑ 15 states had a prevalence of obesity between 40% and <45%.
- ❑ 11 states had a prevalence of obesity between 45% and <50%.
- ❑ No state or territory had a prevalence of obesity 50% or greater.



## Prevalence of Obesity Based on Self-Reported Weight and Height Among Hispanic Adults, by State and Territory, BRFSS, 2022–2024



\*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 Hispanic Adults, by State and Territory, BRFSS, 2022–2024

State	Prevalence	95% Confidence Interval
Alabama	33.2	(26.9, 40.1)
Alaska	36.1	(31.2, 41.4)
Arizona	39.1	(36.9, 41.3)
Arkansas	35.6	(30.8, 40.8)
California	36.5	(35.1, 38.0)
Colorado	31.2	(29.5, 32.9)
Connecticut	37.1	(34.6, 39.7)
Delaware	31.7	(27.5, 36.1)
District of Columbia	26.9	(22.6, 31.8)
Florida	30.7	(28.3, 33.3)
Georgia	34.7	(31.2, 38.4)
Guam	35.9	(25.5, 47.8)
Hawaii	33.5	(30.4, 36.7)
Idaho	35.7	(32.6, 39.0)
Illinois	38.7	(36.4, 41.1)
Indiana	38.3	(35.5, 41.2)
Iowa	38.1	(35.2, 41.0)
Kansas	39.0	(36.0, 42.0)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	39.0	(33.9, 44.4)
Maine	34.2	(28.3, 40.7)
Maryland	36.5	(34.2, 38.9)
Massachusetts	34.3	(32.0, 36.7)
Michigan	39.8	(35.5, 44.2)
Minnesota	34.6	(31.9, 37.3)
Mississippi	34.7	(26.8, 43.6)
Missouri	34.8	(30.1, 39.8)

State	Prevalence	95% Confidence Interval
Montana	34.3	(29.3, 39.7)
Nebraska	37.9	(35.6, 40.3)
Nevada	36.9	(33.4, 40.6)
New Hampshire	38.7	(32.0, 46.0)
New Jersey	33.6	(31.6, 35.6)
New Mexico	38.5	(36.2, 40.9)
New York	33.5	(32.2, 34.9)
North Carolina	35.7	(32.3, 39.3)
North Dakota	35.6	(29.6, 42.1)
Ohio	35.9	(31.4, 40.6)
Oklahoma	42.1	(39.0, 45.2)
Oregon	37.9	(35.1, 40.9)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	35.4	(34.2, 36.6)
Rhode Island	36.1	(33.2, 39.1)
South Carolina	33.7	(29.7, 38.0)
South Dakota	37.1	(28.6, 46.5)
Tennessee	Insufficient data*	Insufficient data*
Texas	37.6	(35.9, 39.4)
Utah	36.6	(34.5, 38.7)
Vermont	32.1	(26.1, 38.6)
Virgin Islands	35.3	(26.4, 45.4)
Virginia	32.2	(28.7, 35.9)
Washington	37.8	(36.4, 39.4)
West Virginia	36.5	(28.2, 45.6)
Wisconsin	37.3	(34.3, 40.5)
Wyoming	38.0	(33.7, 42.5)

\*Sample size <50, the relative standard error (dividing the standard error by the prevalence)  $\geq 30\%$ , or no data in a specific year.  
Source: Behavioral Risk Factor Surveillance System, CDC.

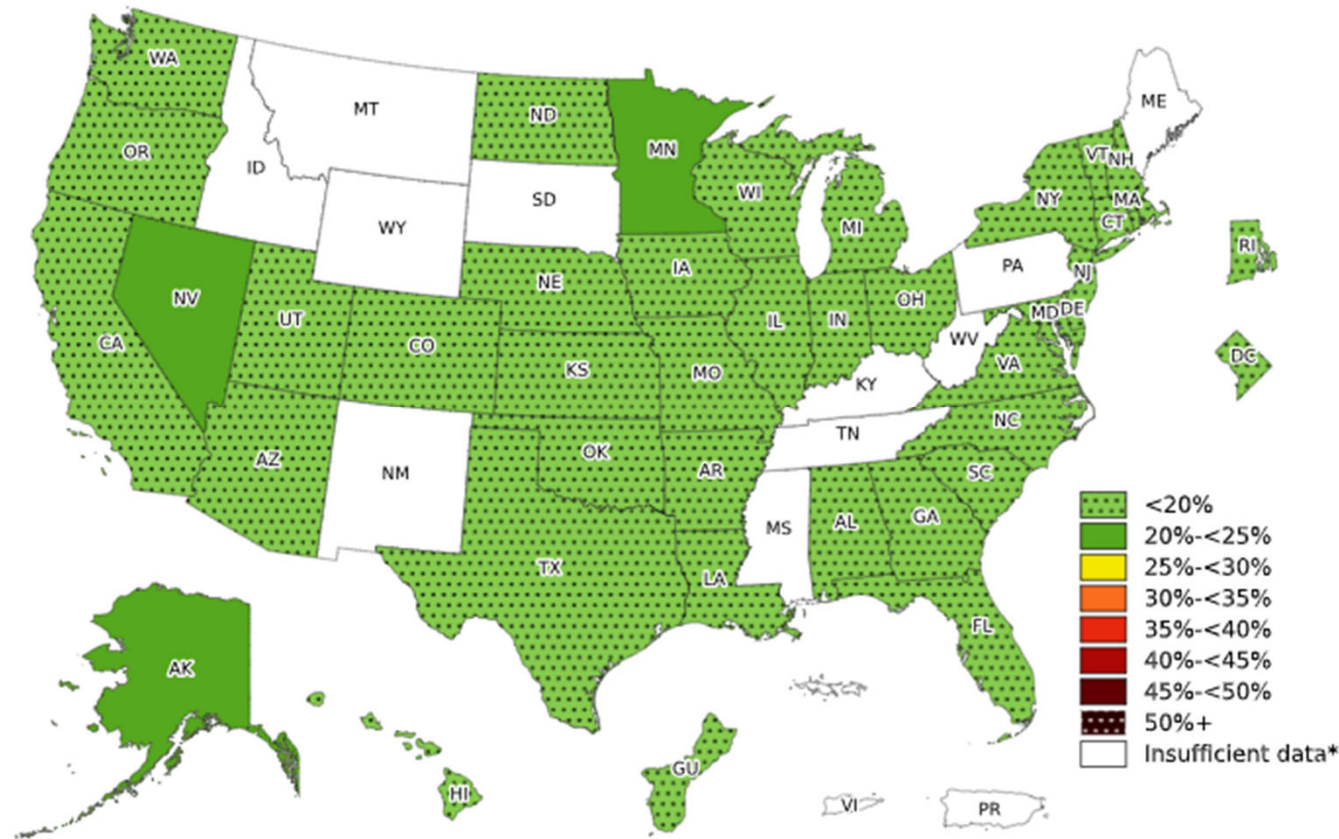
## **Prevalence of Obesity Based on Self-Reported Weight and Height Among Hispanic Adults, by State and Territory, BRFSS, 2022–2024**

### Summary

- ❑ No state or territory had a prevalence of obesity less than 25%.
- ❑ The District of Columbia had a prevalence of obesity between 25% and <30%.
- ❑ 17 states had a prevalence of obesity between 30% and <35%.
- ❑ 29 states, Guam, Puerto Rico, and Virgin Islands had a prevalence of obesity between 35% and <40%.
- ❑ Oklahoma had a prevalence of obesity between 40% and <45%.
- ❑ No state or territory had a prevalence of obesity 45% or greater.



## Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2022–2024



\*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 Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2022–2024

State	Prevalence	95% Confidence Interval
Alabama	11.6	(6.4, 20.3)
Alaska	21.8	(16.5, 28.2)
Arizona	14.5	(10.6, 19.7)
Arkansas	13.7	(7.9, 22.8)
California	12.7	(10.9, 14.8)
Colorado	11.0	(8.1, 14.9)
Connecticut	11.8	(8.6, 16.0)
Delaware	16.0	(10.7, 23.4)
District of Columbia	11.0	(7.3, 16.1)
Florida	13.1	(8.3, 20.0)
Georgia	14.9	(10.8, 20.2)
Guam	17.8	(14.2, 22.0)
Hawaii	18.7	(17.3, 20.2)
Idaho	Insufficient data*	Insufficient data*
Illinois	11.6	(9.2, 14.6)
Indiana	11.0	(7.7, 15.6)
Iowa	12.4	(8.4, 17.7)
Kansas	13.2	(9.4, 18.2)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	13.4	(8.2, 21.0)
Maine	Insufficient data*	Insufficient data*
Maryland	12.7	(10.5, 15.4)
Massachusetts	11.6	(9.3, 14.4)
Michigan	11.3	(8.3, 15.4)
Minnesota	20.3	(17.4, 23.6)
Mississippi	Insufficient data*	Insufficient data*
Missouri	14.4	(9.8, 20.8)

State	Prevalence	95% Confidence Interval
Montana	Insufficient data*	Insufficient data*
Nebraska	14.8	(10.2, 21.1)
Nevada	22.5	(15.4, 31.7)
New Hampshire	9.0	(5.7, 14.1)
New Jersey	14.0	(11.7, 16.8)
New Mexico	Insufficient data*	Insufficient data*
New York	14.5	(12.7, 16.6)
North Carolina	11.6	(7.7, 17.1)
North Dakota	17.2	(10.6, 26.8)
Ohio	13.7	(9.7, 18.8)
Oklahoma	10.5	(6.9, 15.6)
Oregon	14.7	(11.2, 19.2)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	15.2	(10.6, 21.2)
South Carolina	7.7	(4.5, 12.9)
South Dakota	Insufficient data*	Insufficient data*
Tennessee	Insufficient data*	Insufficient data*
Texas	13.6	(10.2, 17.8)
Utah	11.8	(8.7, 15.9)
Vermont	11.4	(6.6, 19.2)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	11.8	(8.7, 15.7)
Washington	12.7	(11.4, 14.0)
West Virginia	Insufficient data*	Insufficient data*
Wisconsin	16.0	(12.2, 20.7)
Wyoming	Insufficient data*	Insufficient data*

\*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.  
Source: Behavioral Risk Factor Surveillance System, CDC.

## **Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2022–2024**

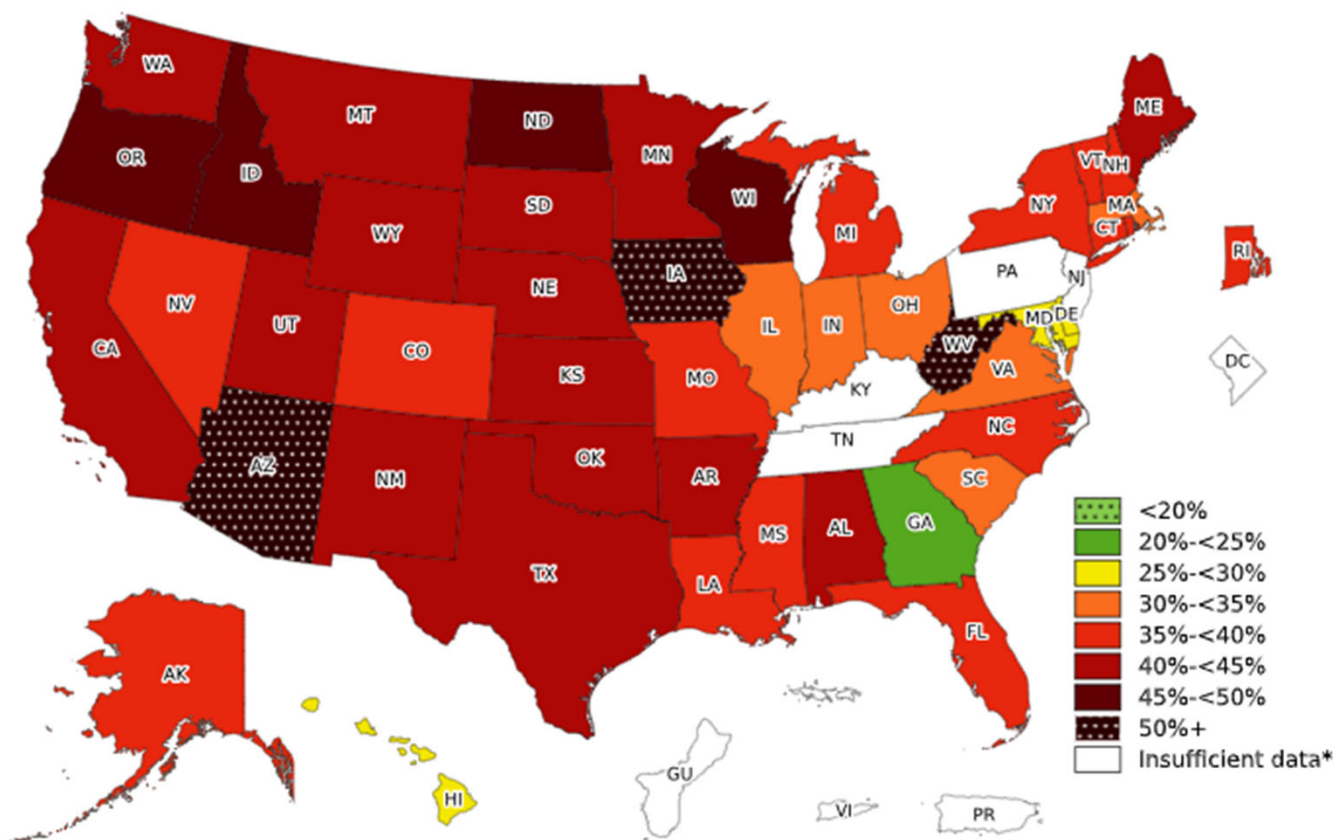
### Summary

- ❑ 36 states, the District of Columbia, and Guam had a prevalence of obesity less than 20%.
- ❑ 3 states (Alaska, Nevada, and Minnesota) had a prevalence of obesity between 20% and <25%.
- ❑ No state had a prevalence of obesity 25% or greater





## Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic American Indian or Alaska Native Adults, by State and Territory, BRFSS, 2022–2024



**\*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 Non-Hispanic American Indian or Alaska Native Adults, by State and Territory, BRFSS, 2022–2024

State	Prevalence	95% Confidence Interval
Alabama	42.7	(31.4, 54.8)
Alaska	38.3	(35.1, 41.6)
Arizona	50.5	(45.7, 55.3)
Arkansas	42.7	(34.7, 51.2)
California	41.8	(33.0, 51.3)
Colorado	35.5	(28.2, 43.5)
Connecticut	35.5	(22.8, 50.7)
Delaware	25.1	(13.5, 41.9)
District of Columbia	Insufficient data*	Insufficient data*
Florida	36.73079763	(26.7, 48.1)
Georgia	22.3	(13.6, 34.3)
Guam	Insufficient data*	Insufficient data*
Hawaii	25.68891266	(13.7, 42.9)
Idaho	45.3	(35.4, 55.7)
Illinois	34.6	(23.3, 48.0)
Indiana	30.4	(22.5, 39.7)
Iowa	50.6	(37.9, 63.3)
Kansas	43.2	(36.4, 50.3)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	36.5	(28.3, 45.5)
Maine	42.1	(34.7, 49.8)
Maryland	29.7	(21.9, 39.0)
Massachusetts	33.0	(22.4, 45.7)
Michigan	37.1	(27.6, 47.8)
Minnesota	44.6	(38.2, 51.2)
Mississippi	38.5	(24.6, 54.5)
Missouri	36.2	(27.2, 46.2)

State	Prevalence	95% Confidence Interval
Montana	41.2	(37.4, 45.2)
Nebraska	41.8	(33.8, 50.2)
Nevada	35.5	(24.0, 48.9)
New Hampshire	37.0	(23.5, 52.8)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	40.9	(35.9, 46.1)
New York	35.9	(26.5, 46.5)
North Carolina	35.7	(27.9, 44.2)
North Dakota	46.6	(40.8, 52.5)
Ohio	33.1	(23.5, 44.3)
Oklahoma	42.9	(39.8, 46.2)
Oregon	45.6	(36.1, 55.4)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	39.2	(26.6, 53.5)
South Carolina	31.8	(23.6, 41.2)
South Dakota	41.3	(34.6, 48.2)
Tennessee	Insufficient data*	Insufficient data*
Texas	43.8	(31.3, 57.1)
Utah	40.5	(33.0, 48.4)
Vermont	36.2	(25.3, 48.7)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	33.2	(23.3, 44.9)
Washington	44.1	(39.7, 48.6)
West Virginia	52.7	(40.0, 65.0)
Wisconsin	48.2	(41.0, 55.5)
Wyoming	44.1	(34.6, 54.0)

\*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.  
Source: Behavioral Risk Factor Surveillance System, CDC.

## **Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic American Indian or Alaska Native Adults, by State and Territory, BRFSS, 2022–2024**

### Summary

- ❑ No state or territory had a prevalence of obesity less than 20%.
- ❑ Georgia had a prevalence of obesity between 20% and <25%.
- ❑ 3 states had a prevalence of obesity between 25% and <30%.
- ❑ 6 states had a prevalence of obesity between 30% and <35%.
- ❑ 14 states had a prevalence of obesity between 35% and <40%.
- ❑ 15 states had a prevalence of obesity between 40% and <45%.
- ❑ 4 states had a prevalence of obesity between 45% and <50%.
- ❑ Arizona, Iowa and West Virginia had a prevalence of obesity 50% or greater.