

Prevalence of Obesity Based on Self-Reported Weight and Height Among US Adults by Race/Ethnicity, State and Territory, BRFSS, 2023–2025

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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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.

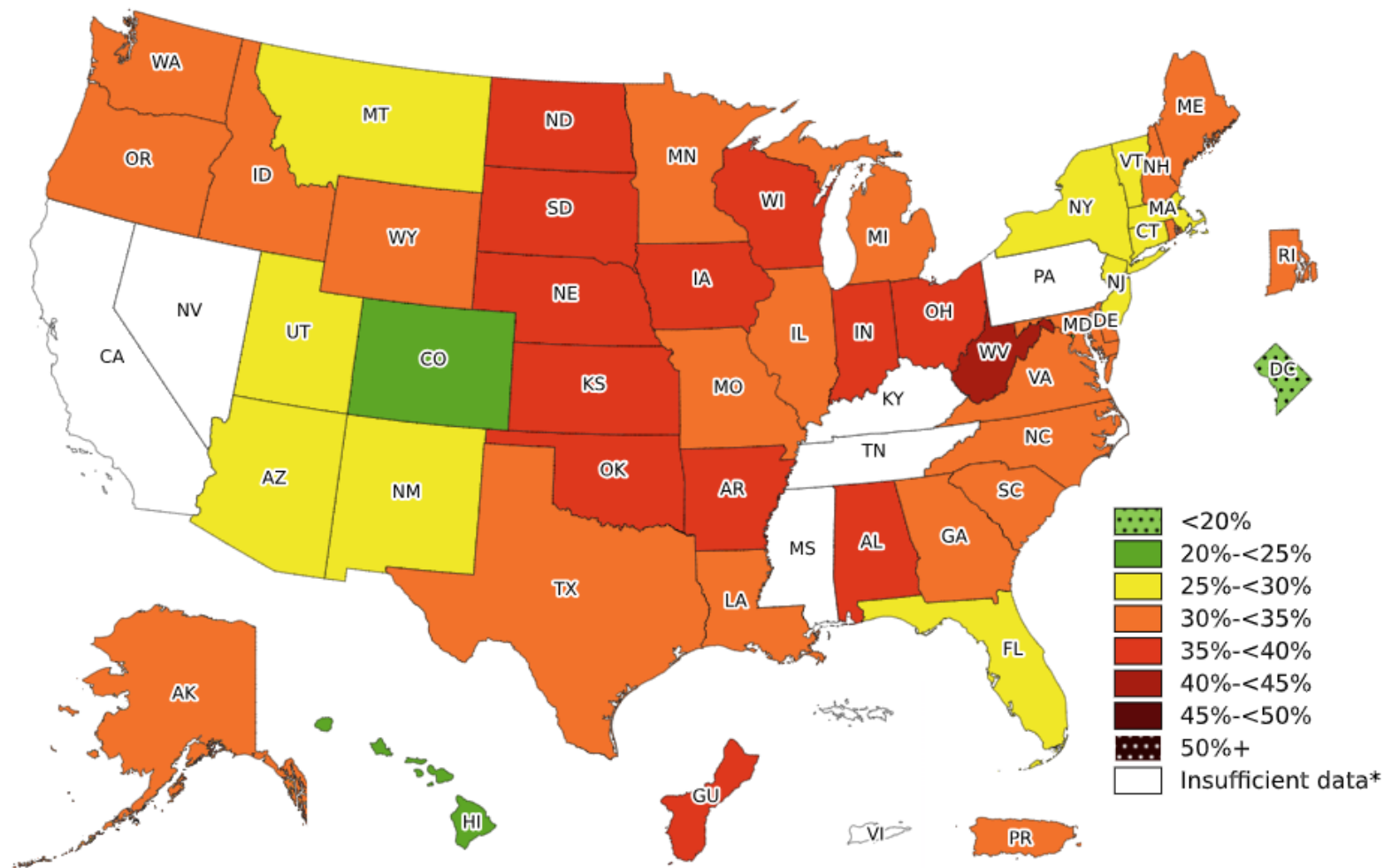
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Exclusion Criteria

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 Obesity Based on Self-Reported Weight and Height Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2023–2025



*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, 2023–2025

State	Prevalence	95% Confidence Interval
Alabama	36.1	(34.8, 37.5)
Alaska	32.9	(31.6, 34.2)
Arizona	28.2	(27.0, 29.4)
Arkansas	37.1	(36.0, 38.2)
California	Insufficient data*	Insufficient data*
Colorado	23.6	(22.9, 24.3)
Connecticut	28.7	(27.7, 29.8)
Delaware	34.9	(33.4, 36.4)
District of Columbia	14.3	(13.0, 15.8)
Florida	29.1	(28.1, 30.1)
Georgia	32.6	(31.4, 33.8)
Guam	36.2	(28.2, 45.1)
Hawaii	20.3	(18.9, 21.7)
Idaho	31.2	(30.1, 32.3)
Illinois	34.0	(33.0, 35.1)
Indiana	37.6	(36.7, 38.5)
Iowa	37.0	(36.2, 37.8)
Kansas	36.3	(35.5, 37.1)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	34.6	(33.4, 35.8)
Maine	33.3	(32.6, 34.1)
Maryland	30.7	(29.9, 31.6)
Massachusetts	26.4	(25.6, 27.3)
Michigan	34.9	(34.1, 35.8)
Minnesota	33.1	(32.5, 33.8)
Mississippi	Insufficient data*	Insufficient data*
Missouri	34.8	(33.7, 35.8)

State	Prevalence	95% Confidence Interval
Montana	29.7	(28.8, 30.6)
Nebraska	37.0	(36.1, 37.9)
Nevada	Insufficient data*	Insufficient data*
New Hampshire	32.4	(31.3, 33.5)
New Jersey	26.4	(25.3, 27.5)
New Mexico	28.7	(26.9, 30.6)
New York	28.2	(27.5, 28.9)
North Carolina	31.5	(30.1, 32.9)
North Dakota	36.6	(35.6, 37.6)
Ohio	36.2	(35.3, 37.0)
Oklahoma	37.2	(36.2, 38.3)
Oregon	33.0	(32.0, 34.0)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	32.0	(17.6, 51.0)
Rhode Island	30.0	(28.9, 31.2)
South Carolina	32.1	(30.7, 33.5)
South Dakota	35.9	(34.0, 37.8)
Tennessee	Insufficient data*	Insufficient data*
Texas	33.5	(32.2, 34.9)
Utah	29.3	(28.6, 30.0)
Vermont	29.2	(28.2, 30.1)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	32.6	(31.4, 33.8)
Washington	31.6	(31.1, 32.2)
West Virginia	40.5	(39.5, 41.6)
Wisconsin	36.9	(36.1, 37.7)
Wyoming	32.3	(31.2, 33.4)

*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.

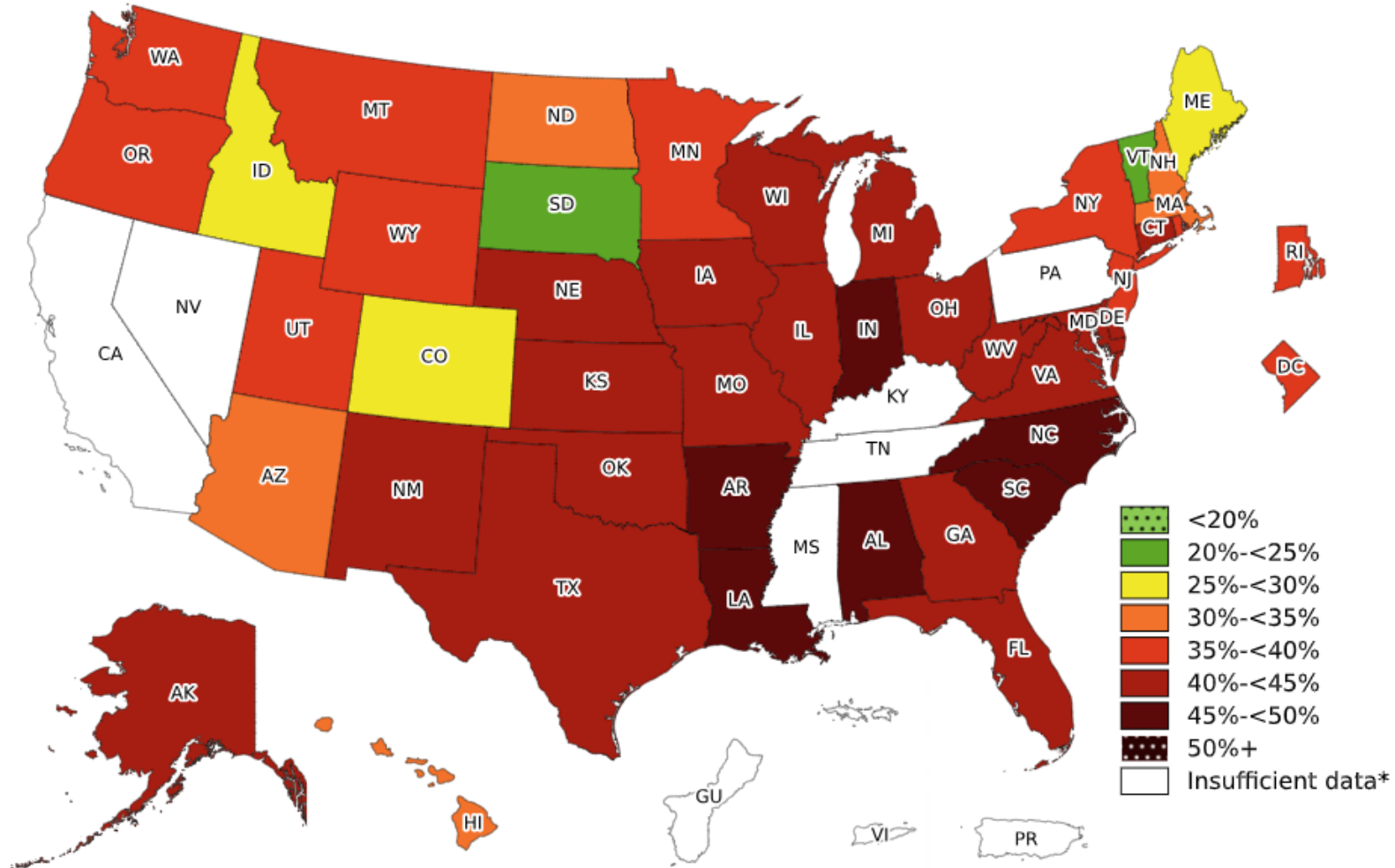
Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2023–2025

Summary

- ❑ One jurisdiction (District of Columbia) had a prevalence of obesity less than 20%.
- ❑ Colorado and Hawaii had a prevalence of obesity between 20% and <25%.
- ❑ 10 states had a prevalence of obesity between 25% and <30%.
- ❑ 20 states and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ 11 states and Guam had a prevalence of obesity between 35% and <40%.
- ❑ One state (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, 2023–2025



***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, 2023–2025

State	Prevalence	95% Confidence Interval
Alabama	49.2	(47.0, 51.5)
Alaska	42.7	(35.5, 50.2)
Arizona	34.3	(28.8, 40.3)
Arkansas	46.2	(42.9, 49.5)
California	Insufficient data*	Insufficient data*
Colorado	29.3	(25.7, 33.1)
Connecticut	41.3	(38.1, 44.5)
Delaware	44.9	(41.6, 48.2)
District of Columbia	37.3	(34.9, 39.7)
Florida	40.1	(36.9, 43.3)
Georgia	43.0	(41.0, 45.0)
Guam	Insufficient data*	Insufficient data*
Hawaii	34.0	(26.5, 42.4)
Idaho	25.1	(14.2, 40.6)
Illinois	42.8	(40.3, 45.3)
Indiana	45.2	(42.1, 48.2)
Iowa	41.8	(37.0, 46.6)
Kansas	43.2	(39.3, 47.2)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	46.6	(44.4, 48.8)
Maine	29.9	(23.2, 37.5)
Maryland	40.9	(39.4, 42.4)
Massachusetts	34.7	(31.5, 38.0)
Michigan	44.0	(41.4, 46.5)
Minnesota	35.2	(32.4, 38.2)
Mississippi	Insufficient data*	Insufficient data*
Missouri	43.8	(40.7, 47.0)

State	Prevalence	95% Confidence Interval
Montana	37.2	(22.9, 54.2)
Nebraska	40.3	(35.9, 44.9)
Nevada	Insufficient data*	Insufficient data*
New Hampshire	31.3	(20.1, 45.3)
New Jersey	37.6	(34.9, 40.3)
New Mexico	42.0	(31.4, 53.5)
New York	36.0	(34.4, 37.7)
North Carolina	46.0	(43.1, 48.9)
North Dakota	30.1	(23.7, 37.3)
Ohio	41.5	(38.5, 44.7)
Oklahoma	44.7	(40.7, 48.8)
Oregon	38.0	(30.2, 46.4)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	36.0	(31.1, 41.1)
South Carolina	47.5	(44.4, 50.6)
South Dakota	20.3	(11.0, 34.5)
Tennessee	Insufficient data*	Insufficient data*
Texas	43.7	(40.3, 47.0)
Utah	37.4	(29.9, 45.6)
Vermont	23.6	(16.5, 32.5)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	44.4	(41.7, 47.1)
Washington	37.5	(34.7, 40.3)
West Virginia	41.5	(34.9, 48.4)
Wisconsin	44.1	(40.8, 47.5)
Wyoming	38.2	(23.9, 54.9)

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

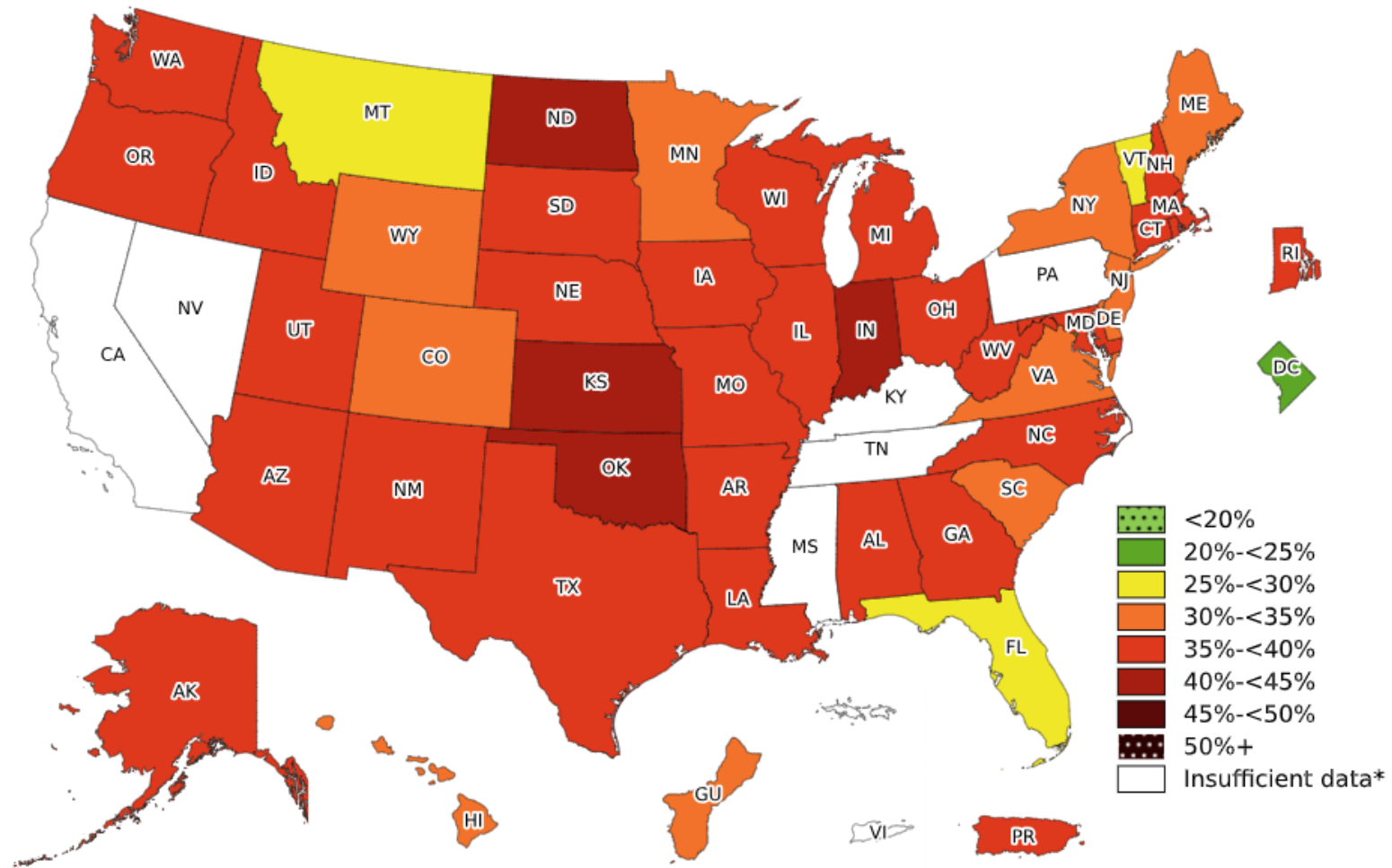
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2023–2025

Summary

- ❑ Vermont and South Dakota had a prevalence of obesity less than 25%.
- ❑ 3 states had a prevalence of obesity between 25% and <30%.
- ❑ 5 states had a prevalence of obesity between 30% and <35%.
- ❑ 9 states and the District of Columbia had a prevalence of obesity between 35% and <40%.
- ❑ 19 states had a prevalence of obesity between 40% and <45%.
- ❑ 6 states had a prevalence of obesity between 45% and <50%.
- ❑ No state or territory with available data 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, 2023–2025



*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, 2023–2025

State	Prevalence	95% Confidence Interval
Alabama	35.4	(28.9, 42.6)
Alaska	38.8	(33.7, 44.1)
Arizona	39.7	(37.2, 42.2)
Arkansas	38.7	(33.8, 43.8)
California	Insufficient data*	Insufficient data*
Colorado	31.7	(30.1, 33.4)
Connecticut	36.3	(33.9, 38.7)
Delaware	33.1	(28.9, 37.5)
District of Columbia	24.3	(20.1, 29.0)
Florida	28.5	(26.2, 30.9)
Georgia	37.7	(34.0, 41.6)
Guam	34.6	(23.8, 47.2)
Hawaii	34.3	(31.4, 37.5)
Idaho	37.5	(33.9, 41.3)
Illinois	37.9	(36.0, 39.9)
Indiana	40.4	(37.3, 43.6)
Iowa	39.2	(36.3, 42.1)
Kansas	40.9	(38.0, 43.9)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	38.9	(33.9, 44.2)
Maine	31.4	(26.1, 37.2)
Maryland	37.6	(35.2, 40.1)
Massachusetts	37.0	(34.8, 39.4)
Michigan	37.2	(33.1, 41.5)
Minnesota	34.0	(31.4, 36.8)
Mississippi	Insufficient data*	Insufficient data*
Missouri	36.8	(31.9, 42.0)

State	Prevalence	95% Confidence Interval
Montana	29.6	(24.9, 34.9)
Nebraska	37.5	(35.2, 39.8)
Nevada	Insufficient data*	Insufficient data*
New Hampshire	35.7	(28.7, 43.4)
New Jersey	33.7	(31.7, 35.8)
New Mexico	39.8	(37.5, 42.3)
New York	33.8	(32.5, 35.1)
North Carolina	36.0	(32.7, 39.4)
North Dakota	40.0	(34.0, 46.3)
Ohio	37.3	(32.0, 42.8)
Oklahoma	41.0	(37.8, 44.3)
Oregon	39.2	(36.1, 42.3)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	36.0	(34.6, 37.3)
Rhode Island	37.7	(34.7, 40.7)
South Carolina	32.8	(27.9, 38.0)
South Dakota	37.8	(29.2, 47.2)
Tennessee	Insufficient data*	Insufficient data*
Texas	38.4	(36.5, 40.3)
Utah	35.5	(33.5, 37.5)
Vermont	29.9	(24.1, 36.4)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	32.2	(28.1, 36.6)
Washington	36.7	(35.2, 38.1)
West Virginia	35.5	(27.4, 44.4)
Wisconsin	35.2	(32.4, 38.1)
Wyoming	32.7	(28.7, 37.0)

*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.

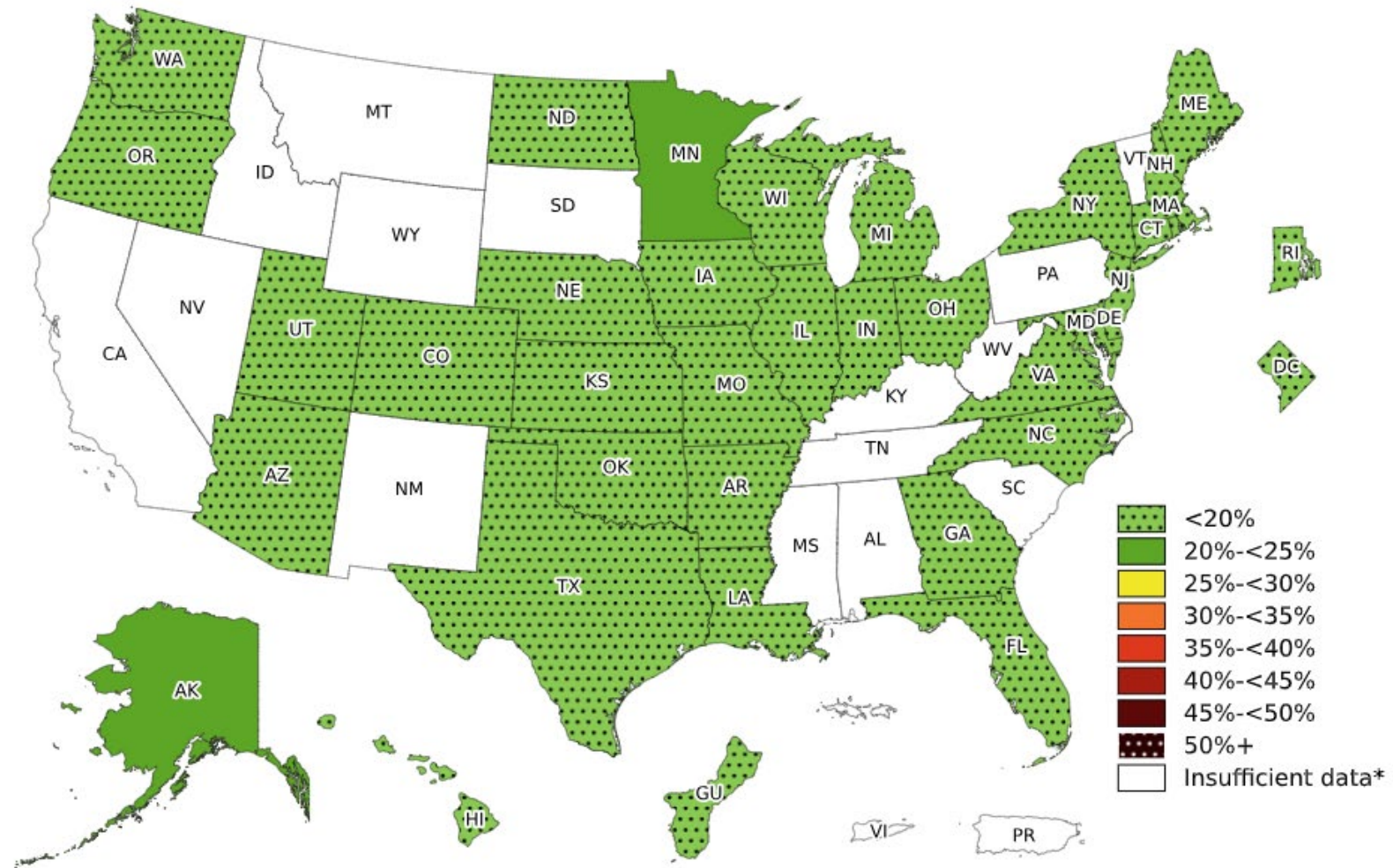
Prevalence of Obesity Based on Self-Reported Weight and Height Among Hispanic Adults, by State and Territory, BRFSS, 2023–2025

Summary

- ❑ One jurisdiction (District of Columbia) had a prevalence of obesity less than 25%.
- ❑ 3 states had a prevalence of obesity between 25% and <30%.
- ❑ 10 states and Guam had a prevalence of obesity between 30% and <35%.
- ❑ 27 states and Puerto Rico had a prevalence of obesity between 35% and <40%.
- ❑ 4 states had a prevalence of obesity between 40% and <45%.
- ❑ No state or territory with available data 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, 2023–2025



*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, 2023–2025

State	Prevalence	95% Confidence Interval
Alabama	Insufficient data*	Insufficient data*
Alaska	22.4	(17.3, 28.4)
Arizona	18.9	(12.9, 26.8)
Arkansas	13.9	(8.2, 22.5)
California	Insufficient data*	Insufficient data*
Colorado	11.2	(8.5, 14.6)
Connecticut	11.6	(8.6, 15.5)
Delaware	15.6	(10.2, 23.0)
District of Columbia	10.9	(7.2, 16.3)
Florida	12.8	(8.5, 18.8)
Georgia	12.3	(8.6, 17.4)
Guam	19.5	(15.4, 24.6)
Hawaii	18.0	(16.7, 19.4)
Idaho	Insufficient data*	Insufficient data*
Illinois	12.9	(10.7, 15.5)
Indiana	12.0	(8.2, 17.3)
Iowa	13.3	(9.3, 18.5)
Kansas	16.1	(12.0, 21.3)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	13.9	(8.3, 22.2)
Maine	13.2	(7.6, 21.9)
Maryland	12.4	(10.2, 15.0)
Massachusetts	12.2	(9.9, 14.9)
Michigan	16.7	(12.5, 22.1)
Minnesota	20.6	(17.4, 24.2)
Mississippi	Insufficient data*	Insufficient data*
Missouri	15.7	(10.6, 22.6)

State	Prevalence	95% Confidence Interval
Montana	Insufficient data*	Insufficient data*
Nebraska	15.9	(11.0, 22.3)
Nevada	Insufficient data*	Insufficient data*
New Hampshire	12.1	(7.7, 18.4)
New Jersey	13.6	(11.1, 16.6)
New Mexico	Insufficient data*	Insufficient data*
New York	14.0	(12.2, 16.1)
North Carolina	12.7	(8.5, 18.4)
North Dakota	17.5	(10.5, 27.7)
Ohio	15.1	(10.8, 20.7)
Oklahoma	13.2	(9.0, 19.0)
Oregon	17.0	(12.7, 22.4)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	15.3	(10.5, 21.9)
South Carolina	Insufficient data*	Insufficient data*
South Dakota	Insufficient data*	Insufficient data*
Tennessee	Insufficient data*	Insufficient data*
Texas	13.5	(10.3, 17.6)
Utah	13.7	(10.2, 18.1)
Vermont	Insufficient data*	Insufficient data*
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	15.2	(11.3, 20.2)
Washington	13.7	(12.4, 15.2)
West Virginia	Insufficient data*	Insufficient data*
Wisconsin	15.8	(11.9, 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.

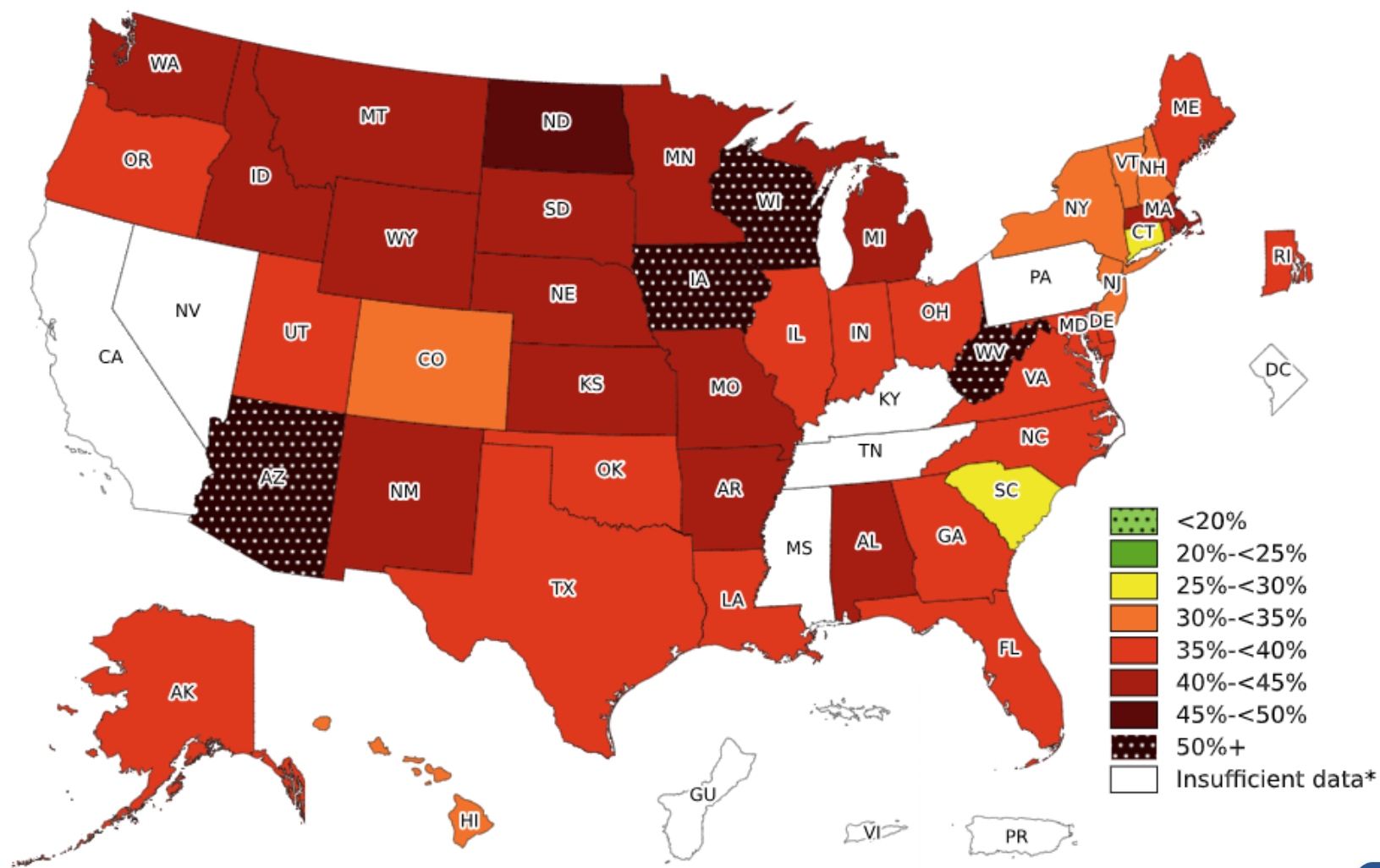
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2023–2025

Summary

- ❑ 33 states, the District of Columbia, and Guam had a prevalence of obesity less than 20%.
- ❑ Alaska and Minnesota had a prevalence of obesity between 20% and <25%.
- ❑ No state or territory with available data 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, 2023–2025



*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 American Indian or Alaska Native Adults, by State and Territory, BRFSS, 2023–2025

State	Prevalence	95% Confidence Interval
Alabama	44.2	(32.2, 56.9)
Alaska	38.5	(35.4, 41.7)
Arizona	50.8	(45.4, 56.2)
Arkansas	41.9	(32.6, 51.9)
California	Insufficient data*	Insufficient data*
Colorado	30.8	(23.8, 38.7)
Connecticut	29.7	(18.0, 44.9)
Delaware	39.1	(23.6, 57.0)
District of Columbia	Insufficient data*	Insufficient data*
Florida	36.4	(26.6, 47.5)
Georgia	37.0	(22.2, 54.7)
Guam	Insufficient data*	Insufficient data*
Hawaii	33.7	(19.5, 51.7)
Idaho	43.7	(33.0, 55.0)
Illinois	35.2	(24.8, 47.2)
Indiana	37.1	(26.5, 49.1)
Iowa	53.7	(40.1, 66.7)
Kansas	41.2	(34.6, 48.0)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	36.7	(28.1, 46.3)
Maine	37.9	(31.0, 45.4)
Maryland	37.4	(28.3, 47.5)
Massachusetts	40.3	(28.6, 53.3)
Michigan	43.0	(33.5, 53.1)
Minnesota	43.9	(37.8, 50.2)
Mississippi	Insufficient data*	Insufficient data*
Missouri	40.4	(30.8, 50.9)

State	Prevalence	95% Confidence Interval
Montana	42.9	(39.0, 46.9)
Nebraska	43.3	(34.9, 52.1)
Nevada	Insufficient data*	Insufficient data*
New Hampshire	33.7	(20.0, 50.9)
New Jersey	31.1	(19.7, 45.4)
New Mexico	41.3	(36.0, 46.9)
New York	34.6	(26.7, 43.5)
North Carolina	35.0	(25.5, 45.8)
North Dakota	49.9	(44.2, 55.6)
Ohio	38.1	(26.3, 51.6)
Oklahoma	38.9	(35.6, 42.3)
Oregon	37.9	(29.2, 47.4)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	39.9	(26.4, 55.1)
South Carolina	29.2	(20.2, 40.2)
South Dakota	42.8	(36.4, 49.4)
Tennessee	Insufficient data*	Insufficient data*
Texas	39.9	(27.5, 53.8)
Utah	38.5	(31.5, 45.9)
Vermont	32.0	(21.9, 44.0)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	38.0	(27.3, 50.1)
Washington	44.1	(39.3, 48.9)
West Virginia	51.6	(38.1, 64.9)
Wisconsin	53.1	(45.7, 60.3)
Wyoming	43.2	(33.1, 53.9)

*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, 2023–2025

Summary

- ❑ No state or territory with available data had a prevalence of obesity less than 25%.
- ❑ South Carolina and Connecticut had a prevalence of obesity between 25% and <30%.
- ❑ 6 states had a prevalence of obesity between 30% and <35%.
- ❑ 17 states had a prevalence of obesity between 35% and <40%.
- ❑ 14 states had a prevalence of obesity between 40% and <45%.
- ❑ One state (North Dakota) had a prevalence of obesity between 45% and <50%.
- ❑ 4 states had a prevalence of obesity 50% or greater.