

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

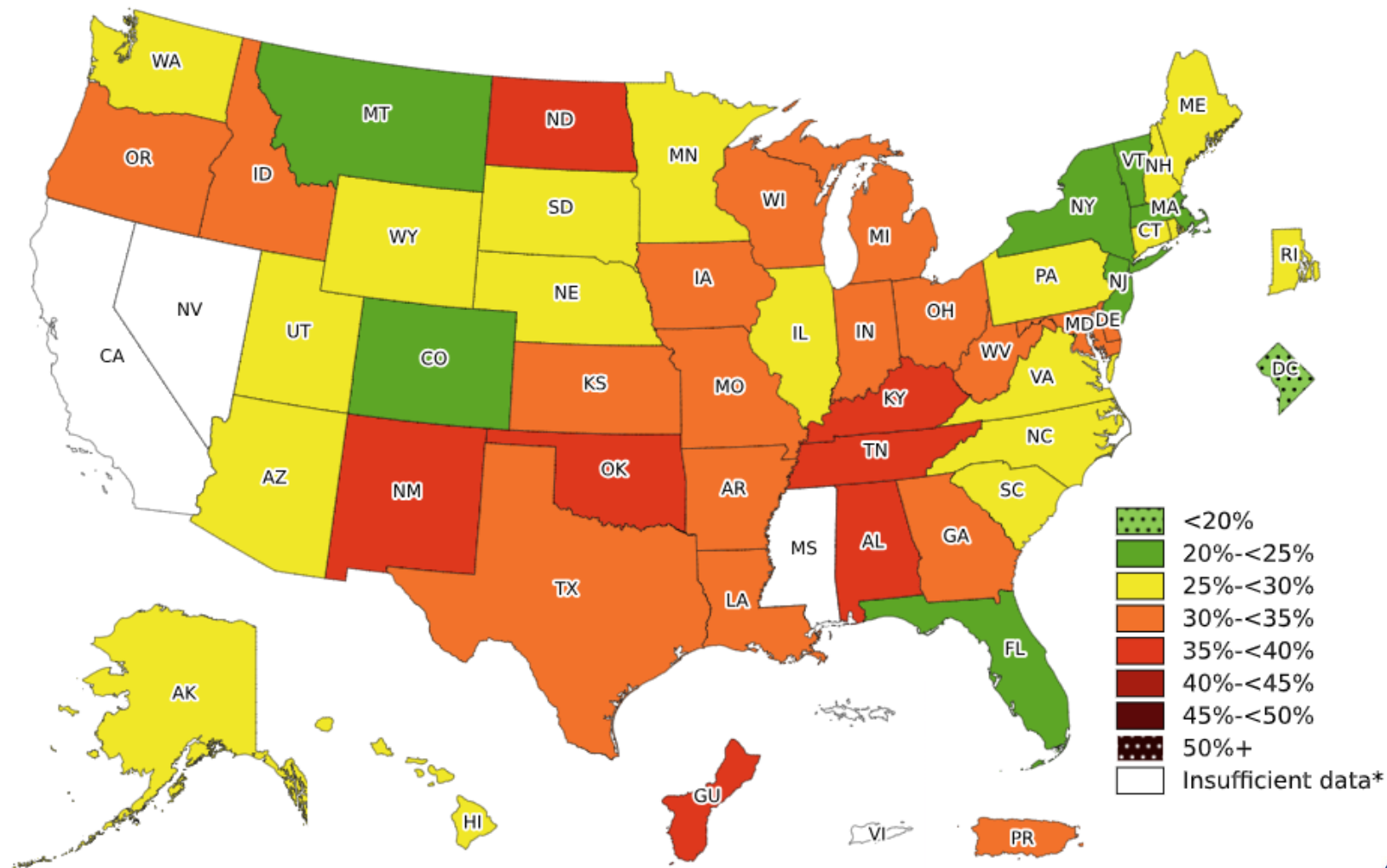
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Exclusion Criteria

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 Adults Aged 18–39 Years, by State and Territory, BRFSS, 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 Adults Aged 18–39 Years, by State and Territory, BRFSS, 2025

State	Prevalence	95% Confidence Interval
Alabama	38.1	(34.4, 42.0)
Alaska	29.9	(26.5, 33.4)
Arizona	29.6	(25.6, 33.9)
Arkansas	32.8	(29.4, 36.5)
California	Insufficient data*	Insufficient data*
Colorado	21.1	(19.3, 22.9)
Connecticut	27.8	(25.2, 30.6)
Delaware	33.4	(28.8, 38.3)
District of Columbia	17.7	(14.6, 21.3)
Florida	24.6	(21.8, 27.6)
Georgia	30.2	(27.3, 33.3)
Guam	35.7	(28.5, 43.5)
Hawaii	28.9	(26.2, 31.8)
Idaho	30.5	(27.0, 34.3)
Illinois	28.2	(26.2, 30.2)
Indiana	32.9	(29.7, 36.4)
Iowa	30.4	(28.2, 32.8)
Kansas	34.1	(31.8, 36.5)
Kentucky	35.3	(32.1, 38.6)
Louisiana	30.0	(26.9, 33.4)
Maine	29.2	(26.6, 32.0)
Maryland	30.2	(27.8, 32.8)
Massachusetts	23.2	(21.1, 25.4)
Michigan	30.6	(28.1, 33.2)
Minnesota	28.8	(26.8, 30.9)
Mississippi	Insufficient data*	Insufficient data*
Missouri	33.4	(30.4, 36.5)

State	Prevalence	95% Confidence Interval
Montana	22.8	(20.2, 25.6)
Nebraska	29.3	(26.6, 32.3)
Nevada	Insufficient data*	Insufficient data*
New Hampshire	27.3	(23.1, 32.1)
New Jersey	23.7	(20.9, 26.7)
New Mexico	37.3	(32.7, 42.1)
New York	24.5	(23.0, 26.2)
North Carolina	27.8	(24.4, 31.5)
North Dakota	35.6	(32.4, 39.0)
Ohio	32.1	(29.2, 35.2)
Oklahoma	36.7	(33.3, 40.2)
Oregon	30.7	(27.7, 33.9)
Pennsylvania	27.8	(23.5, 32.5)
Puerto Rico	32.1	(28.0, 36.4)
Rhode Island	28.7	(25.5, 32.1)
South Carolina	29.6	(24.1, 35.8)
South Dakota	26.0	(21.5, 31.0)
Tennessee	35.6	(32.5, 38.7)
Texas	32.2	(29.3, 35.2)
Utah	25.2	(23.4, 27.2)
Vermont	24.4	(21.4, 27.7)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	29.8	(26.2, 33.5)
Washington	27.4	(25.9, 29.0)
West Virginia	32.3	(28.7, 36.0)
Wisconsin	31.3	(28.7, 34.0)
Wyoming	29.9	(26.2, 33.8)

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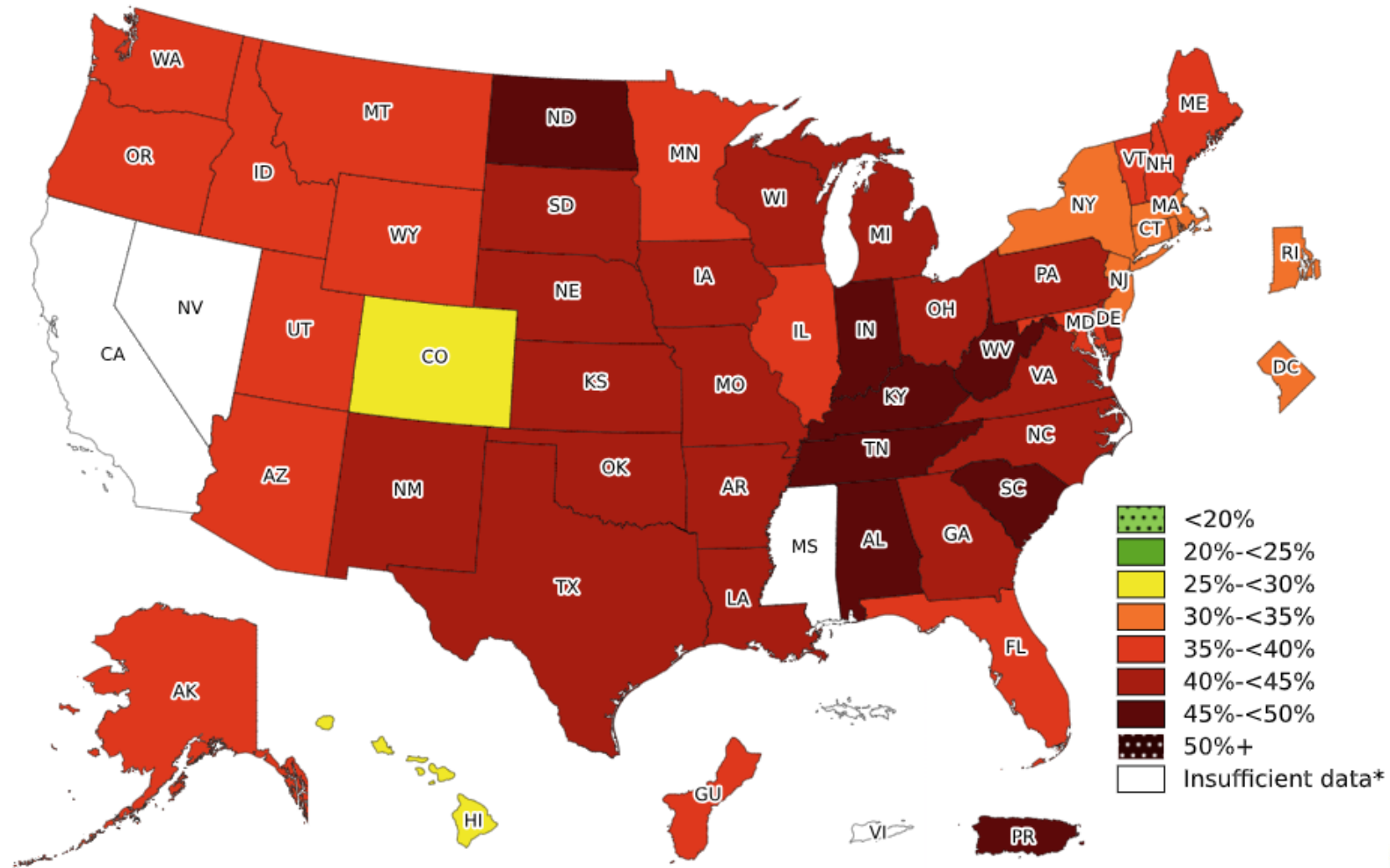
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Adults Aged 18–39 Years, by State and Territory, BRFSS, 2025

Summary

- ❑ The District of Columbia had a prevalence of obesity less than 20%.
- ❑ 7 states had a prevalence of obesity between 20% and <25%.
- ❑ 18 states had a prevalence of obesity between 25% and <30%.
- ❑ 16 states and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ 6 states and Guam had a prevalence of obesity between 35% and <40%.
- ❑ No state or territory with available data had a prevalence of obesity 40% or greater.

Prevalence of Obesity Based on Self-Reported Weight and Height Among Adults Aged 40–59 Years, by State and Territory, BRFSS, 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 Adults Aged 40–59 Years, by State and Territory, BRFSS, 2025

State	Prevalence	95% Confidence Interval
Alabama	46.2	(42.6, 49.8)
Alaska	37.9	(34.7, 41.3)
Arizona	36.6	(32.5, 41.0)
Arkansas	44.3	(40.9, 47.7)
California	Insufficient data*	Insufficient data*
Colorado	29.5	(27.5, 31.5)
Connecticut	34.9	(32.3, 37.6)
Delaware	42.9	(38.9, 47.1)
District of Columbia	31.1	(26.7, 35.9)
Florida	38.3	(35.0, 41.7)
Georgia	44.4	(41.2, 47.7)
Guam	39.0	(30.1, 48.6)
Hawaii	29.9	(27.2, 32.6)
Idaho	36.8	(33.0, 40.8)
Illinois	39.4	(37.3, 41.5)
Indiana	47.3	(44.1, 50.6)
Iowa	44.6	(42.3, 46.9)
Kansas	43.2	(40.7, 45.7)
Kentucky	46.0	(42.9, 49.1)
Louisiana	43.4	(40.2, 46.6)
Maine	38.1	(35.9, 40.4)
Maryland	38.4	(36.2, 40.6)
Massachusetts	32.3	(30.0, 34.7)
Michigan	41.0	(38.6, 43.5)
Minnesota	38.5	(36.7, 40.4)
Mississippi	Insufficient data*	Insufficient data*
Missouri	42.6	(39.2, 46.0)

State	Prevalence	95% Confidence Interval
Montana	37.0	(34.1, 40.0)
Nebraska	43.3	(40.2, 46.4)
Nevada	Insufficient data*	Insufficient data*
New Hampshire	38.9	(35.2, 42.7)
New Jersey	31.7	(28.7, 34.7)
New Mexico	40.3	(36.2, 44.5)
New York	33.8	(31.9, 35.7)
North Carolina	40.9	(37.2, 44.7)
North Dakota	47.6	(44.5, 50.8)
Ohio	41.4	(38.5, 44.3)
Oklahoma	41.5	(38.4, 44.8)
Oregon	36.1	(33.2, 39.1)
Pennsylvania	40.8	(36.4, 45.2)
Puerto Rico	45.7	(41.9, 49.5)
Rhode Island	33.4	(30.4, 36.5)
South Carolina	46.9	(41.5, 52.4)
South Dakota	43.9	(38.9, 49.1)
Tennessee	46.0	(42.7, 49.4)
Texas	43.6	(40.1, 47.2)
Utah	36.4	(34.3, 38.5)
Vermont	35.5	(32.8, 38.3)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	40.1	(36.4, 44.0)
Washington	36.2	(34.6, 37.8)
West Virginia	45.3	(41.9, 48.7)
Wisconsin	42.9	(40.5, 45.3)
Wyoming	36.8	(33.5, 40.3)

*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.

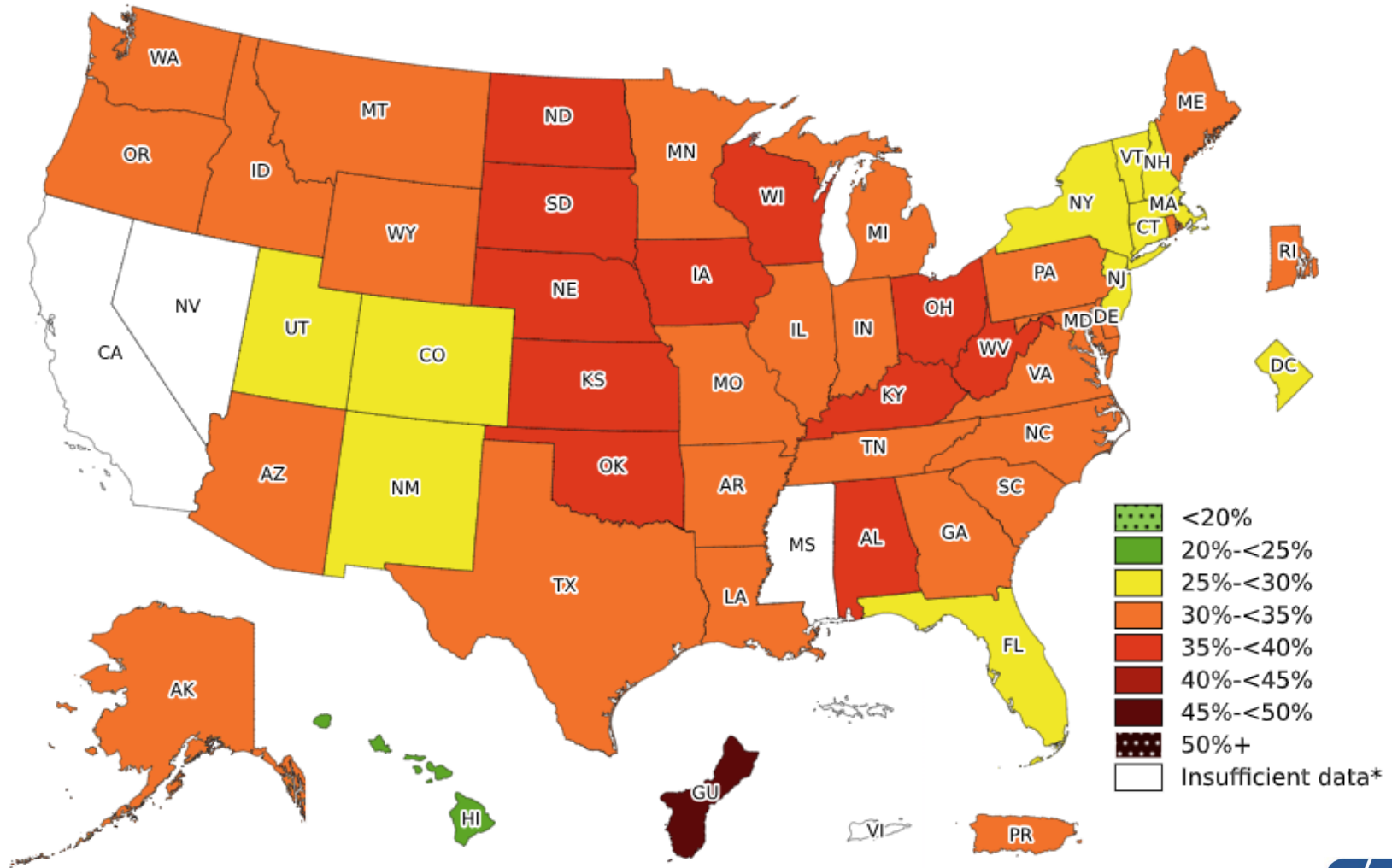
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Summary

- ❑ No state or territory with available data had a prevalence of obesity less than 25%.
- ❑ Colorado and Hawaii had a prevalence of obesity between 25% and <30%.
- ❑ 5 states and the District of Columbia had a prevalence of obesity between 30% and <35%.
- ❑ 15 states and Guam had a prevalence of obesity between 35% and <40%.
- ❑ 18 states had a prevalence of obesity between 40% and <45%.
- ❑ 7 states and Puerto Rico had a prevalence of obesity between 45% and <50%.



Prevalence of Obesity Based on Self-Reported Weight and Height Among Adults Aged 60 Years and Older, by State and Territory, BRFSS, 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 Adults Aged 60 Years and Older, by State and Territory, BRFSS, 2025

State	Prevalence	95% Confidence Interval
Alabama	35.4	(32.6, 38.2)
Alaska	31.7	(29.0, 34.5)
Arizona	31.3	(28.5, 34.2)
Arkansas	34.2	(32.0, 36.5)
California	Insufficient data*	Insufficient data*
Colorado	27.4	(25.7, 29.2)
Connecticut	28.9	(26.8, 31.2)
Delaware	33.6	(31.1, 36.3)
District of Columbia	27.8	(24.2, 31.7)
Florida	27.8	(25.8, 30.0)
Georgia	34.6	(32.0, 37.2)
Guam	45.8	(23.0, 70.5)
Hawaii	21.2	(19.4, 23.0)
Idaho	30.8	(27.7, 34.0)
Illinois	34.0	(32.2, 35.9)
Indiana	33.4	(31.2, 35.8)
Iowa	37.0	(35.1, 38.8)
Kansas	35.5	(33.7, 37.4)
Kentucky	36.0	(33.6, 38.4)
Louisiana	34.4	(32.0, 36.8)
Maine	32.0	(30.5, 33.6)
Maryland	30.9	(29.3, 32.5)
Massachusetts	26.6	(24.8, 28.4)
Michigan	34.7	(33.0, 36.4)
Minnesota	32.5	(31.1, 33.9)
Mississippi	Insufficient data*	Insufficient data*
Missouri	34.7	(32.1, 37.4)

State	Prevalence	95% Confidence Interval
Montana	31.9	(29.9, 34.1)
Nebraska	37.1	(34.7, 39.6)
Nevada	Insufficient data*	Insufficient data*
New Hampshire	29.4	(27.4, 31.4)
New Jersey	26.0	(23.5, 28.6)
New Mexico	28.6	(25.5, 32.0)
New York	28.1	(26.5, 29.8)
North Carolina	33.1	(30.1, 36.1)
North Dakota	35.5	(33.3, 37.7)
Ohio	35.1	(33.1, 37.2)
Oklahoma	36.2	(33.6, 38.8)
Oregon	31.5	(29.2, 34.0)
Pennsylvania	32.9	(29.3, 36.7)
Puerto Rico	31.0	(25.7, 36.7)
Rhode Island	32.1	(29.7, 34.7)
South Carolina	34.2	(30.6, 38.0)
South Dakota	35.0	(31.6, 38.5)
Tennessee	32.7	(30.1, 35.5)
Texas	33.0	(30.1, 36.2)
Utah	29.2	(27.4, 31.1)
Vermont	28.2	(26.2, 30.3)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	33.7	(30.6, 36.9)
Washington	30.0	(28.7, 31.4)
West Virginia	36.0	(33.7, 38.3)
Wisconsin	36.3	(34.7, 38.0)
Wyoming	31.6	(29.5, 33.8)

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Source: Behavioral Risk Factor Surveillance System, CDC.

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Summary

- ❑ No state or territory with available data had a prevalence of obesity less than 20%.
- ❑ One state (Hawaii) had a prevalence of obesity between 20% and <25%.
- ❑ 10 states and the District of Columbia had a prevalence of obesity between 25% and <30%.
- ❑ 25 states and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ 11 states had a prevalence of obesity between 35% and <40%.
- ❑ One territory (Guam) had a prevalence of obesity 40% or greater.