

Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2018–2020

Definitions

- ❑ **Obesity: Body Mass Index (BMI) of 30 kg/m² or higher.**
- ❑ **Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, calculated by using the adult's weight in kilograms divided by the square of his or her height in meters.**

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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.

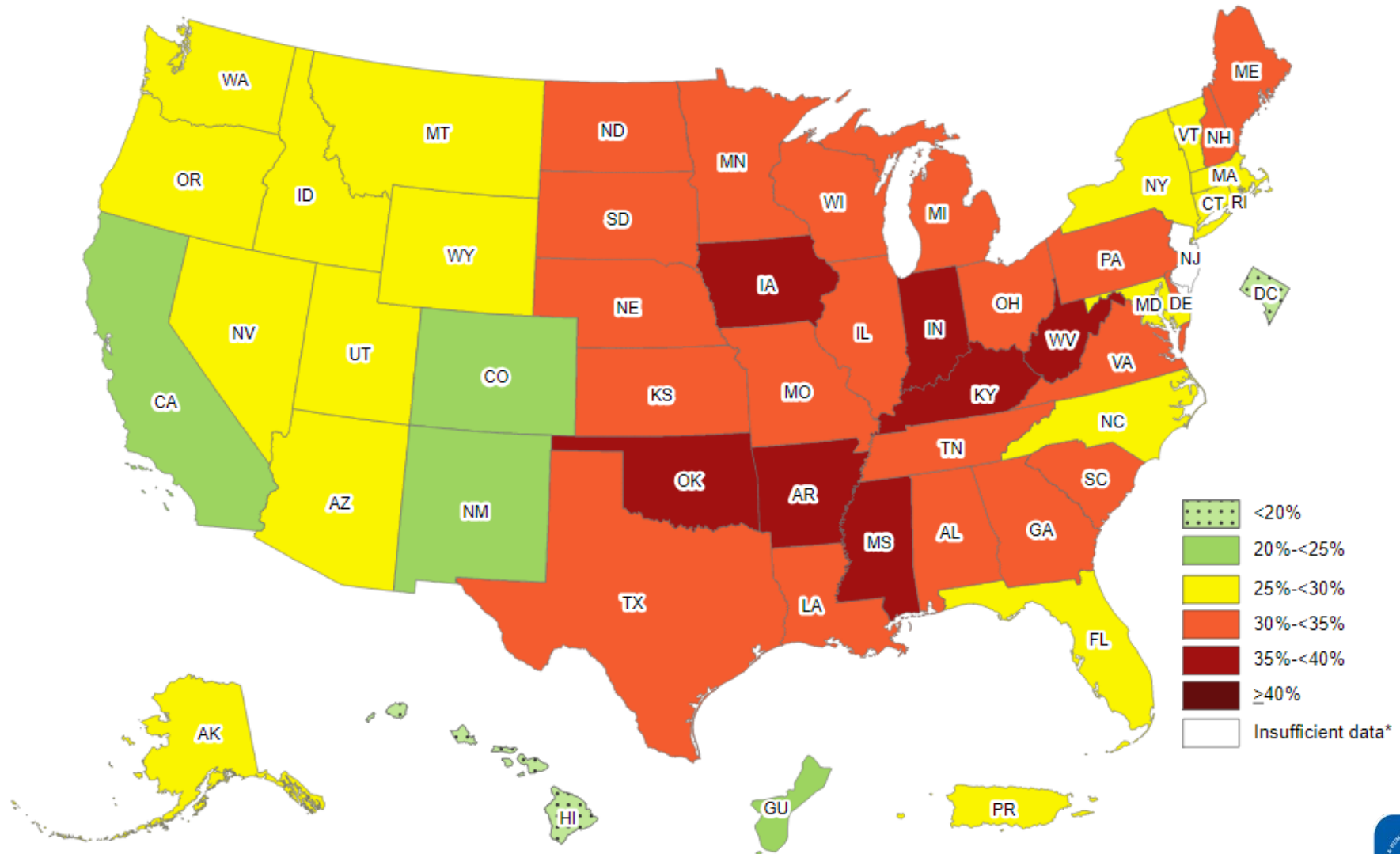
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Exclusion Criteria

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 Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2018–2020



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

Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2018–2020

State	Prevalence	95% Confidence Interval
Alabama	34.3	(33.2, 35.5)
Alaska	29.0	(27.3, 30.6)
Arizona	27.6	(26.6, 28.7)
Arkansas	36.1	(34.9, 37.4)
California	24.4	(23.3, 25.5)
Colorado	21.8	(21.2, 22.5)
Connecticut	26.6	(25.7, 27.5)
Delaware	33.3	(32.0, 34.7)
District of Columbia	11.2	(10.1, 12.5)
Florida	27.4	(26.4, 28.3)
Georgia	30.7	(29.6, 31.8)
Guam	24.9	(20.8, 29.6)
Hawaii	18.8	(17.6, 20.1)
Idaho	29.2	(28.0, 30.3)
Illinois	31.1	(29.9, 32.3)
Indiana	35.1	(34.2, 35.9)
Iowa	35.3	(34.6, 36.0)
Kansas	34.5	(33.7, 35.2)
Kentucky	36.5	(35.4, 37.6)
Louisiana	33.3	(32.1, 34.5)
Maine	31.1	(30.3, 32.0)
Maryland	28.9	(28.2, 29.7)
Massachusetts	25.3	(24.3, 26.2)
Michigan	33.9	(33.0, 34.7)
Minnesota	30.3	(29.7, 30.8)
Mississippi	36.2	(34.9, 37.4)
Missouri	33.6	(32.6, 34.6)

State	Prevalence	95% Confidence Interval
Montana	26.9	(26.0, 27.8)
Nebraska	33.9	(33.1, 34.6)
Nevada	28.9	(27.2, 30.6)
New Hampshire	30.7	(29.6, 31.7)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	24.8	(23.6, 26.1)
New York	26.6	(25.9, 27.3)
North Carolina	29.9	(28.8, 31.1)
North Dakota	33.9	(32.8, 35.1)
Ohio	34.2	(33.5, 35.0)
Oklahoma	35.1	(34.0, 36.2)
Oregon	28.3	(27.4, 29.2)
Pennsylvania	31.3	(30.3, 32.3)
Puerto Rico	29.2	(17.1, 45.0)
Rhode Island	28.3	(27.1, 29.5)
South Carolina	32.4	(31.3, 33.5)
South Dakota	30.9	(29.5, 32.3)
Tennessee	34.1	(32.9, 35.2)
Texas	32.2	(30.9, 33.5)
Utah	28.0	(27.3, 28.6)
Vermont	27.1	(26.1, 28.1)
Virginia	30.3	(29.4, 31.2)
Washington	29.3	(28.6, 30.0)
West Virginia	39.4	(38.4, 40.5)
Wisconsin	31.9	(30.8, 33.0)
Wyoming	29.5	(28.4, 30.7)

*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 Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2018–2020

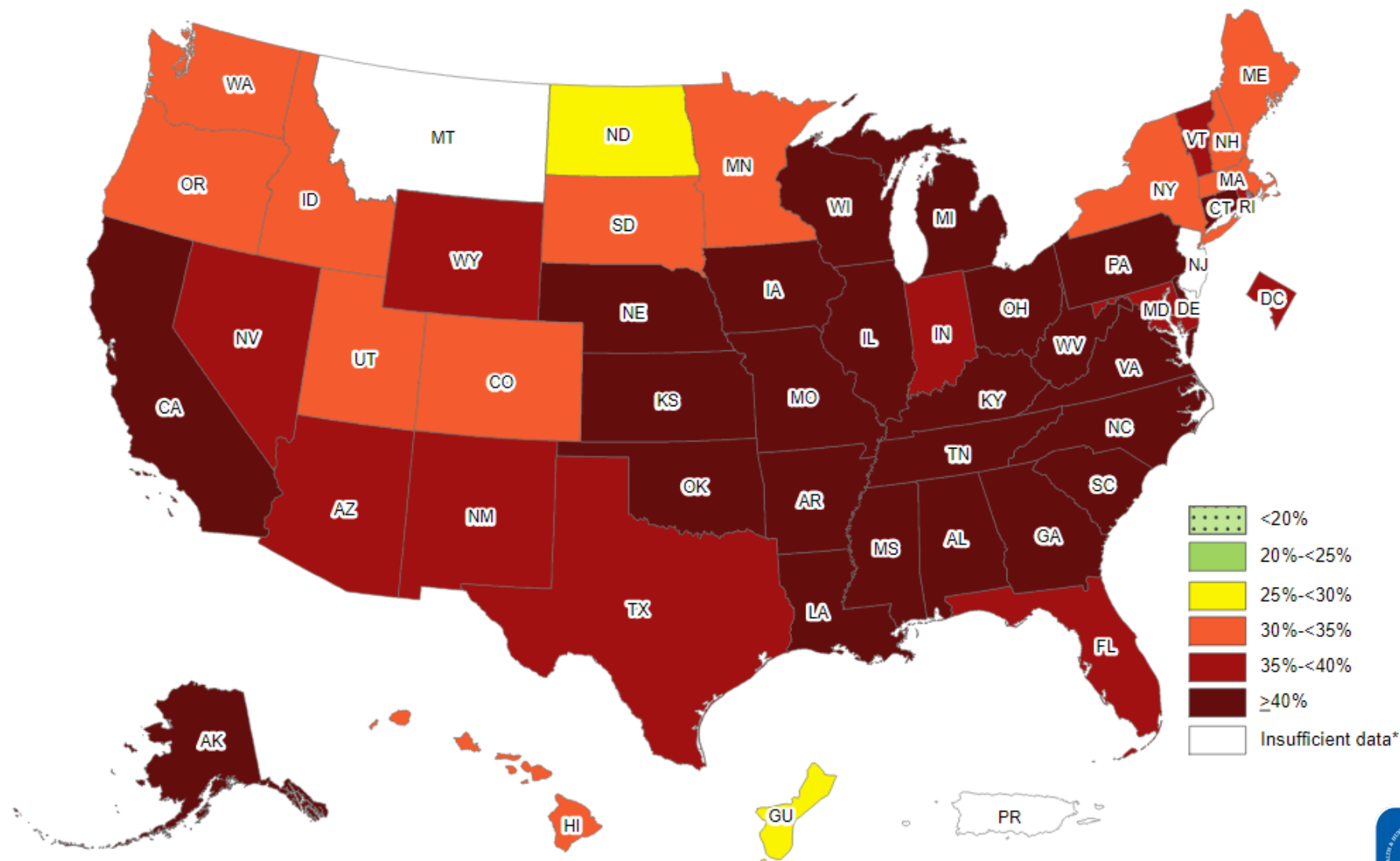
Summary

- ❑ 1 state (Hawaii) and the District of Columbia had a prevalence of obesity less than 20%.
- ❑ 3 states (California, Colorado, New Mexico) and Guam had a prevalence of obesity between 20% and <25%.
- ❑ 17 states and Puerto Rico had a prevalence of obesity between 25% and <30%.
- ❑ 21 states had a prevalence of obesity between 30% and <35%.
- ❑ 7 states (Arkansas, Iowa, Indiana, Oklahoma, Kentucky, Mississippi, and West Virginia) had a prevalence of obesity of between 35% and <40%.
- ❑ No state had a prevalence of obesity 40% or greater.

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



Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2018–2020



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



Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2018–2020

State	Prevalence	95% Confidence Interval
Alabama	46.2	(44.2, 48.2)
Alaska	41.6	(30.5, 53.6)
Arizona	35.7	(30.9, 40.9)
Arkansas	45.0	(41.4, 48.5)
California	41.7	(37.6, 45.8)
Colorado	31.0	(26.9, 35.5)
Connecticut	40.3	(37.3, 43.4)
Delaware	43.0	(39.7, 46.3)
District of Columbia	39.1	(37.1, 41.1)
Florida	35.7	(32.6, 38.9)
Georgia	40.5	(38.5, 42.6)
Guam	27.0	(16.3, 41.2)
Hawaii	33.1	(25.0, 42.4)
Idaho	30.7	(16.6, 49.6)
Illinois	41.0	(38.0, 44.1)
Indiana	39.7	(36.8, 42.7)
Iowa	45.4	(40.3, 50.7)
Kansas	43.3	(39.8, 46.9)
Kentucky	43.0	(38.4, 47.8)
Louisiana	45.2	(42.9, 47.6)
Maine	34.8	(22.3, 49.8)
Maryland	39.9	(38.5, 41.3)
Massachusetts	30.9	(27.2, 35.0)
Michigan	42.3	(39.8, 44.8)
Minnesota	33.7	(30.9, 36.6)
Mississippi	46.7	(45.0, 48.4)
Missouri	42.2	(39.1, 45.5)

State	Prevalence	95% Confidence Interval
Montana	Insufficient data*	Insufficient data*
Nebraska	41.1	(36.8, 45.5)
Nevada	37.3	(32.0, 43.0)
New Hampshire	31.3	(20.6, 44.4)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	37.9	(29.0, 47.6)
New York	34.8	(32.9, 36.7)
North Carolina	46.5	(44.1, 48.9)
North Dakota	25.8	(18.5, 34.8)
Ohio	40.5	(37.9, 43.2)
Oklahoma	43.4	(39.2, 47.7)
Oregon	33.0	(25.5, 41.4)
Pennsylvania	41.8	(38.8, 44.9)
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	35.8	(30.8, 41.1)
South Carolina	43.9	(41.8, 46.1)
South Dakota	34.3	(19.8, 52.5)
Tennessee	44.3	(40.9, 47.6)
Texas	39.2	(35.8, 42.7)
Utah	34.7	(27.1, 43.1)
Vermont	37.2	(24.2, 52.4)
Virginia	42.6	(40.6, 44.7)
Washington	34.2	(30.1, 38.5)
West Virginia	46.3	(39.0, 53.6)
Wisconsin	45.6	(39.3, 52.0)
Wyoming	35.0	(20.2, 53.4)

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

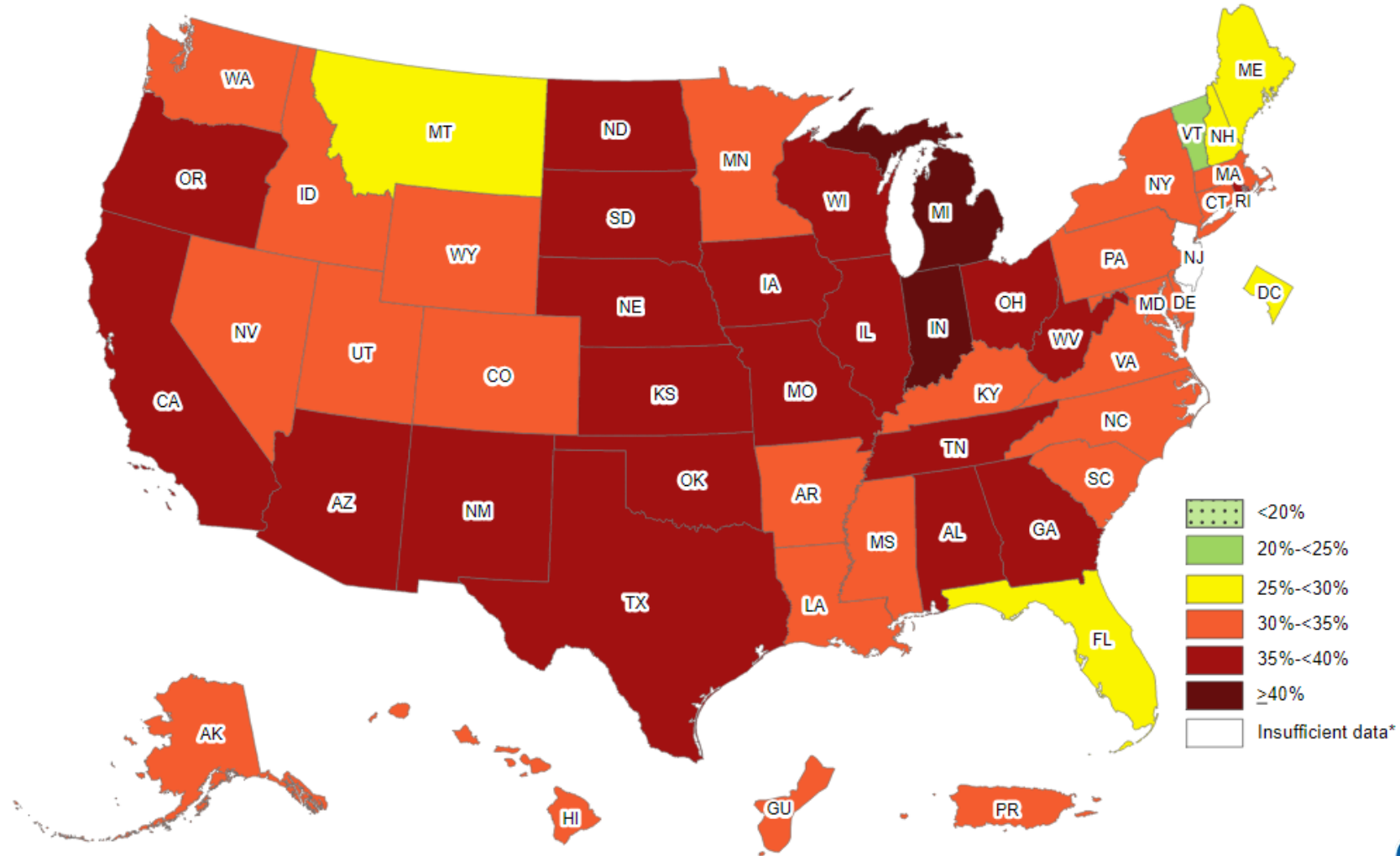
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2018–2020

Summary

- ❑ No state or territory had a prevalence of obesity less than 25%.
- ❑ 1 state (North Dakota) and Guam had a prevalence of obesity between 25% and <30%.
- ❑ 12 states had a prevalence of obesity between 30% and <35%.
- ❑ 10 states and the District of Columbia had a prevalence of obesity between 35% and <40%.
- ❑ 25 states had a prevalence of obesity 40% or greater.

Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2018–2020



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



Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2018–2020

State	Prevalence	95% Confidence Interval
Alabama	35.3	(27.7, 43.8)
Alaska	34.0	(26.8, 42.0)
Arizona	35.9	(33.7, 38.1)
Arkansas	34.0	(27.9, 40.7)
California	36.2	(34.7, 37.8)
Colorado	30.9	(29.2, 32.6)
Connecticut	34.5	(32.0, 37.0)
Delaware	34.5	(30.1, 39.2)
District of Columbia	25.2	(20.9, 30.1)
Florida	29.7	(27.2, 32.3)
Georgia	35.7	(31.7, 40.0)
Guam	34.7	(28.3, 41.7)
Hawaii	33.0	(30.1, 36.1)
Idaho	33.1	(29.0, 37.5)
Illinois	35.4	(32.1, 38.8)
Indiana	40.0	(36.0, 44.1)
Iowa	36.4	(33.2, 39.7)
Kansas	38.0	(35.1, 41.0)
Kentucky	33.2	(25.7, 41.8)
Louisiana	32.2	(26.6, 38.4)
Maine	28.2	(21.5, 35.9)
Maryland	31.3	(28.6, 34.1)
Massachusetts	30.4	(27.4, 33.5)
Michigan	43.1	(38.4, 48.0)
Minnesota	33.9	(31.1, 36.8)
Mississippi	33.0	(23.9, 43.5)
Missouri	39.5	(33.4, 45.9)

State	Prevalence	95% Confidence Interval
Montana	29.7	(23.9, 36.2)
Nebraska	35.8	(33.3, 38.4)
Nevada	33.1	(30.0, 36.3)
New Hampshire	25.8	(19.1, 34.0)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	35.7	(34.0, 37.4)
New York	30.4	(28.7, 32.1)
North Carolina	31.3	(27.9, 34.8)
North Dakota	37.9	(30.2, 46.2)
Ohio	39.7	(34.7, 44.8)
Oklahoma	36.2	(32.4, 40.2)
Oregon	35.4	(32.3, 38.6)
Pennsylvania	32.9	(28.8, 37.3)
Puerto Rico	32.3	(31.3, 33.3)
Rhode Island	35.2	(31.8, 38.8)
South Carolina	30.9	(25.4, 37.1)
South Dakota	37.8	(28.1, 48.5)
Tennessee	35.0	(28.2, 42.4)
Texas	39.7	(37.5, 41.9)
Utah	32.3	(30.1, 34.6)
Vermont	21.7	(14.2, 31.8)
Virginia	31.3	(28.1, 34.7)
Washington	34.8	(32.6, 37.2)
West Virginia	39.3	(29.9, 49.6)
Wisconsin	39.0	(33.4, 44.9)
Wyoming	32.3	(27.8, 37.1)

*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 Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2018–2020

Summary

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ 1 state (Vermont) had a prevalence of obesity between 20% and <25%.
- ❑ 4 states and the District of Columbia had a prevalence of obesity between 25% and <30%.
- ❑ 22 states, Guam, and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ 20 states had a prevalence of obesity between 35% and <40%.
- ❑ 2 states (Indiana and Michigan) had a prevalence of obesity 40% or greater.

Prevalence of Self-Reported Obesity Among Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2018–2020

State	Prevalence	95% Confidence Interval
Alabama	15.6	(8.7, 26.4)
Alaska	25.5	(17.2, 36.1)
Arizona	12.3	(8.1, 18.3)
Arkansas	Insufficient data*	Insufficient data*
California	10.5	(8.8, 12.5)
Colorado	6.3	(4.3, 9.3)
Connecticut	11.6	(8.4, 15.9)
Delaware	13.4	(8.2, 21.2)
District of Columbia	7.3	(4.3, 12.2)
Florida	14.9	(9.8, 22.2)
Georgia	11.6	(7.0, 18.7)
Guam	15.9	(13.5, 18.5)
Hawaii	16.6	(15.5, 17.8)
Idaho	19.0	(10.3, 32.5)
Illinois	12.1	(9.1, 15.8)
Indiana	Insufficient data*	Insufficient data*
Iowa	13.4	(9.4, 18.7)
Kansas	11.9	(8.5, 16.5)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	16.9	(9.4, 28.5)
Maine	Insufficient data*	Insufficient data*
Maryland	11.8	(9.5, 14.5)
Massachusetts	9.6	(7.1, 12.8)
Michigan	8.8	(6.1, 12.6)
Minnesota	18.8	(16.0, 22.0)
Mississippi	Insufficient data*	Insufficient data*

State	Prevalence	95% Confidence Interval
Montana	Insufficient data*	Insufficient data*
Nebraska	9.3	(5.9, 14.3)
Nevada	13.4	(8.5, 20.7)
New Hampshire	13.7	(7.8, 23.1)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	Insufficient data*	Insufficient data*
New York	11.4	(9.5, 13.5)
North Carolina	16.9	(11.5, 24.2)
North Dakota	16.7	(9.3, 28.1)
Ohio	10.5	(6.9, 15.5)
Oklahoma	12.2	(7.3, 19.8)
Oregon	16.7	(11.4, 23.7)
Pennsylvania	7.2	(4.5, 11.2)
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	Insufficient data*	Insufficient data*
South Carolina	23.7	(14.3, 36.7)
South Dakota	Insufficient data*	Insufficient data*
Tennessee	Insufficient data*	Insufficient data*
Texas	12.5	(9.1, 16.9)
Utah	11.6	(8.0, 16.6)
Vermont	Insufficient data*	Insufficient data*
Virginia	11.8	(9.0, 15.3)
Washington	9.9	(8.2, 12.0)
West Virginia	Insufficient data*	Insufficient data*
Wisconsin	18.1	(11.8, 26.7)
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 Self-Reported Obesity Among Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2018–2020

Summary

- ❑ 33 states, the District of Columbia and Guam had a prevalence of obesity less than 20%.
- ❑ 1 state (South Carolina) had a prevalence of obesity between 20% and <25%.
- ❑ 1 state (Alaska) had a prevalence of obesity between 25% and <30%.
- ❑ No state had a prevalence of obesity 30% or greater.