

# Prevalence of Obesity Based on Self-Reported Weight and Height Among US Adults by Race/Ethnicity, State and Territory, BRFSS, 2021–2023

## 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.



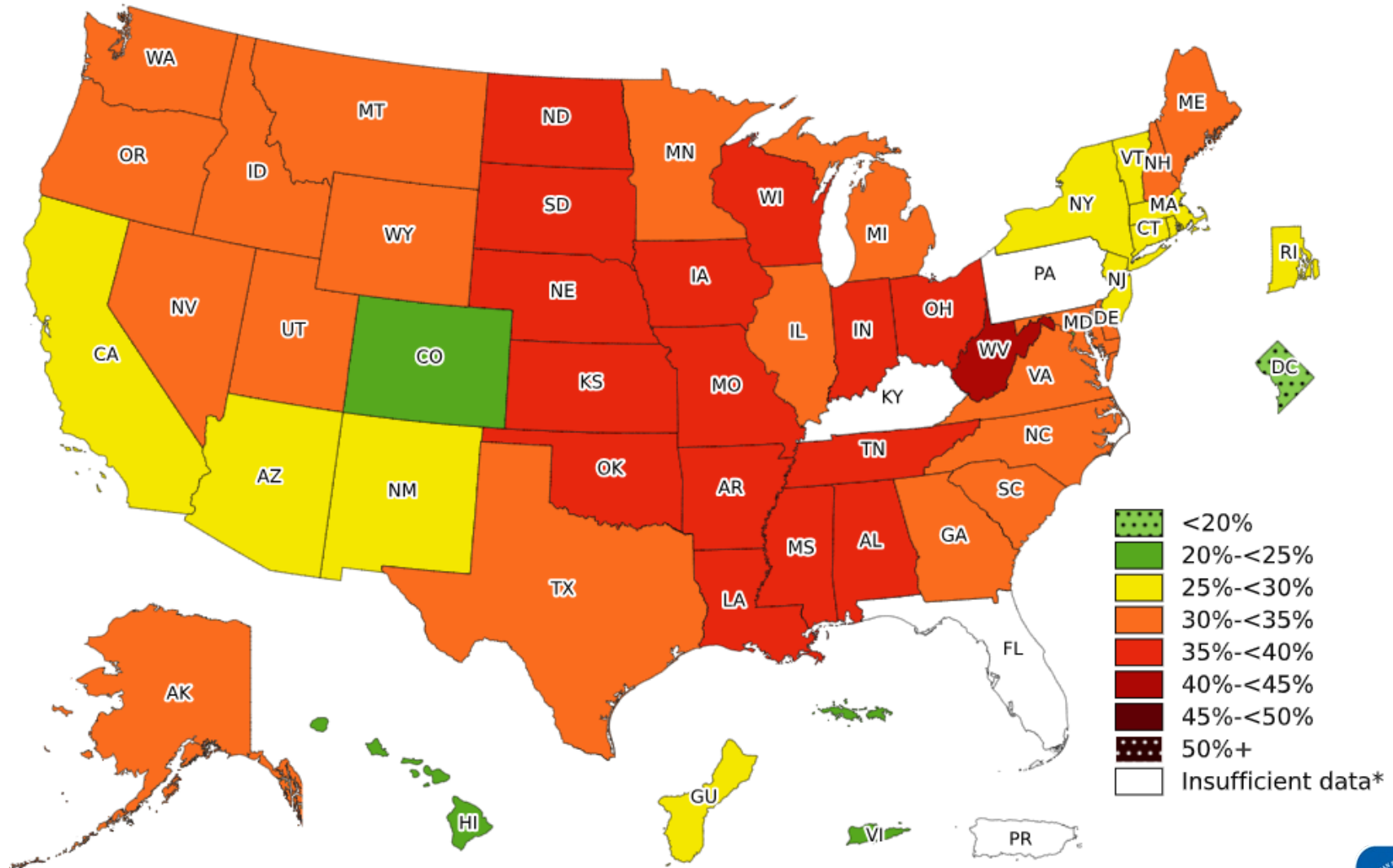
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## Exclusion Criteria

*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, 2021–2023



\*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 White Adults, by State and Territory, BRFSS, 2021–2023

State	Prevalence	95% Confidence Interval	State	Prevalence	95% Confidence Interval
Alabama	36.0	(34.6, 37.3)	Montana	30.0	(29.2, 30.9)
Alaska	32.4	(31.2, 33.6)	Nebraska	36.3	(35.5, 37.1)
Arizona	28.8	(27.8, 29.7)	Nevada	30.9	(29.1, 32.8)
Arkansas	37.4	(36.2, 38.6)	New Hampshire	31.7	(30.6, 32.7)
California	25.7	(24.6, 26.8)	New Jersey	28.1	(27.0, 29.2)
Colorado	23.7	(23.0, 24.5)	New Mexico	27.9	(26.3, 29.5)
Connecticut	28.2	(27.2, 29.3)	New York	28.7	(28.0, 29.4)
Delaware	34.1	(32.7, 35.6)	North Carolina	31.8	(30.5, 33.2)
District of Columbia	13.5	(12.1, 15.0)	North Dakota	35.3	(34.3, 36.3)
Florida	Insufficient data*	Insufficient data*	Ohio	37.2	(36.5, 37.9)
Georgia	32.6	(31.5, 33.7)	Oklahoma	38.2	(37.1, 39.3)
Guam	25.5	(20.1, 31.8)	Oregon	31.3	(30.4, 32.3)
Hawaii	20.1	(18.8, 21.6)	Pennsylvania	Insufficient data*	Insufficient data*
Idaho	31.3	(30.4, 32.2)	Puerto Rico	Insufficient data*	Insufficient data*
Illinois	33.3	(31.9, 34.8)	Rhode Island	29.8	(28.7, 31.0)
Indiana	37.0	(36.3, 37.8)	South Carolina	32.6	(31.7, 33.6)
Iowa	37.4	(36.6, 38.2)	South Dakota	36.5	(34.6, 38.5)
Kansas	35.5	(34.8, 36.2)	Tennessee	35.7	(34.6, 36.9)
Kentucky	Insufficient data*	Insufficient data*	Texas	32.5	(31.3, 33.8)
Louisiana	36.6	(35.4, 37.9)	Utah	30.0	(29.2, 30.7)
Maine	32.4	(31.7, 33.2)	Vermont	28.3	(27.4, 29.3)
Maryland	31.1	(30.3, 32.0)	Virgin Islands	20.1	(13.6, 28.6)
Massachusetts	27.1	(26.2, 28.0)	Virginia	33.7	(32.7, 34.7)
Michigan	34.4	(33.6, 35.3)	Washington	30.9	(30.3, 31.5)
Minnesota	33.3	(32.7, 34.0)	West Virginia	41.0	(40.0, 42.0)
Mississippi	35.2	(33.7, 36.8)	Wisconsin	35.4	(34.5, 36.3)
Missouri	35.9	(35.0, 36.9)	Wyoming	32.2	(31.0, 33.4)

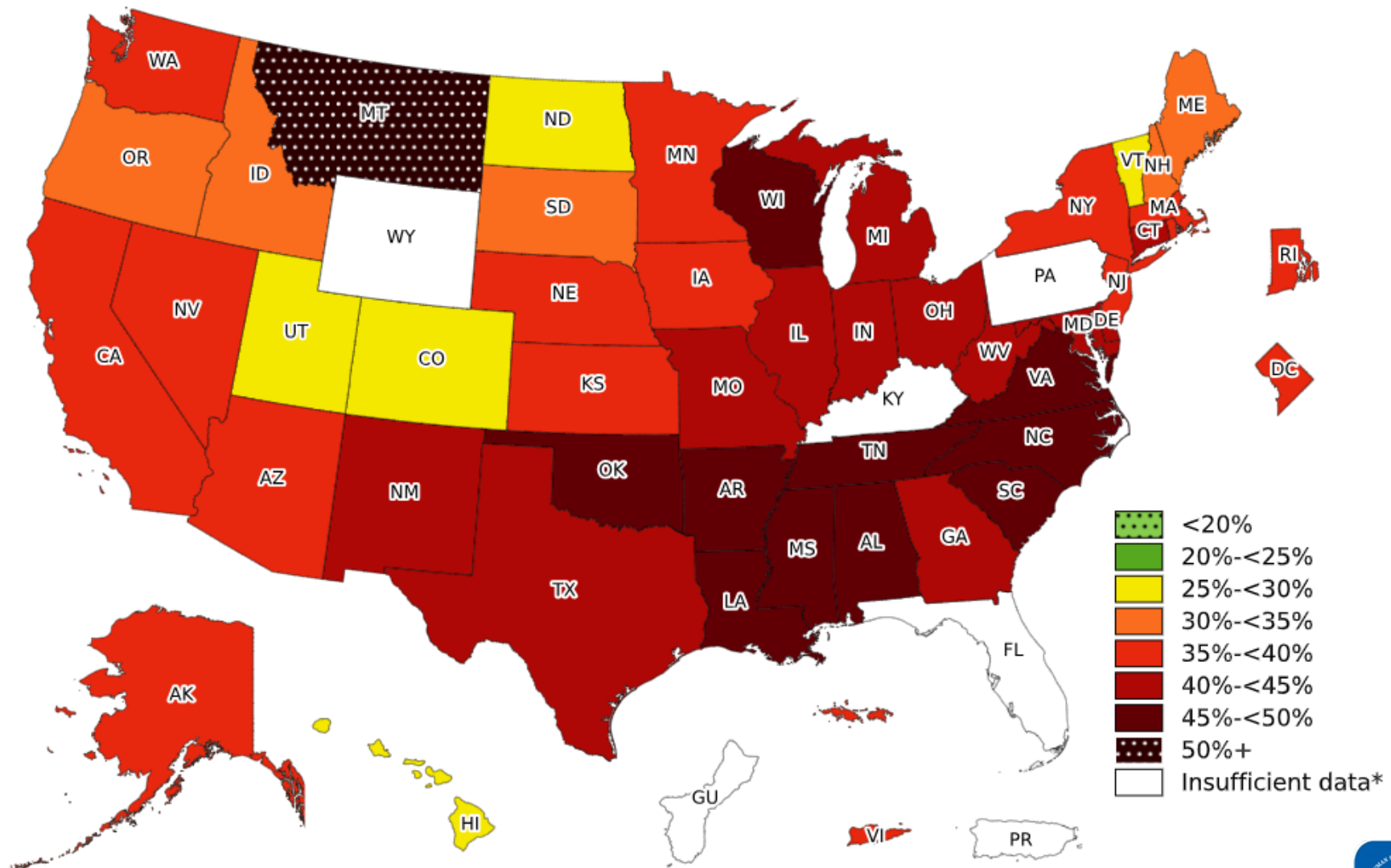
\*Sample size <50, the relative standard error (dividing the standard error by the prevalence)  $\geq 30\%$ , or no data in a specific year.  
Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2021–2023

## Summary

- ❑ The District of Columbia had a prevalence of obesity less than 20%.
- ❑ Colorado, Hawaii, and Virgin Islands had a prevalence of obesity between 20% and <25%.
- ❑ 9 states and Guam had a prevalence of obesity between 25% and <30%.
- ❑ 20 states had a prevalence of obesity between 30% and <35%.
- ❑ 15 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, 2021–2023



\*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, 2021–2023

State	Prevalence	95% Confidence Interval	State	Prevalence	95% Confidence Interval
Alabama	49.6	(47.3, 52.0)	Montana	50.7	(34.5, 66.7)
Alaska	38.7	(32.0, 46.0)	Nebraska	36.2	(31.9, 40.9)
Arizona	39.9	(35.2, 44.7)	Nevada	36.3	(30.9, 42.1)
Arkansas	48.2	(44.6, 51.9)	New Hampshire	33.7	(23.0, 46.3)
California	37.5	(34.0, 41.1)	New Jersey	36.6	(34.0, 39.3)
Colorado	29.5	(25.8, 33.4)	New Mexico	43.3	(33.9, 53.2)
Connecticut	41.9	(38.5, 45.4)	New York	36.5	(34.7, 38.3)
Delaware	44.9	(41.5, 48.3)	North Carolina	48.1	(45.4, 50.8)
District of Columbia	37.0	(34.7, 39.5)	North Dakota	27.1	(21.0, 34.2)
Florida	Insufficient data*	Insufficient data*	Ohio	43.6	(41.0, 46.2)
Georgia	43.8	(41.8, 45.9)	Oklahoma	47.5	(43.5, 51.6)
Guam	Insufficient data*	Insufficient data*	Oregon	31.1	(24.3, 38.8)
Hawaii	28.1	(21.2, 36.3)	Pennsylvania	Insufficient data*	Insufficient data*
Idaho	31.0	(20.5, 43.9)	Puerto Rico	Insufficient data*	Insufficient data*
Illinois	42.5	(39.1, 46.0)	Rhode Island	38.9	(33.8, 44.2)
Indiana	44.7	(42.1, 47.4)	South Carolina	45.6	(43.6, 47.7)
Iowa	39.4	(34.5, 44.7)	South Dakota	31.0	(20.0, 44.7)
Kansas	39.5	(35.9, 43.2)	Tennessee	47.4	(44.2, 50.7)
Kentucky	Insufficient data*	Insufficient data*	Texas	43.8	(40.7, 47.0)
Louisiana	47.1	(44.9, 49.4)	Utah	29.5	(21.5, 39.1)
Maine	31.9	(23.5, 41.6)	Vermont	25.9	(18.7, 34.8)
Maryland	42.5	(41.0, 44.0)	Virgin Islands	35.8	(31.1, 40.7)
Massachusetts	35.1	(31.7, 38.6)	Virginia	46.6	(44.3, 48.9)
Michigan	42.5	(40.0, 45.0)	Washington	36.8	(33.6, 40.1)
Minnesota	35.7	(32.9, 38.6)	West Virginia	42.8	(36.8, 49.0)
Mississippi	47.1	(44.9, 49.4)	Wisconsin	48.4	(43.6, 53.2)
Missouri	43.1	(40.0, 46.2)	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.

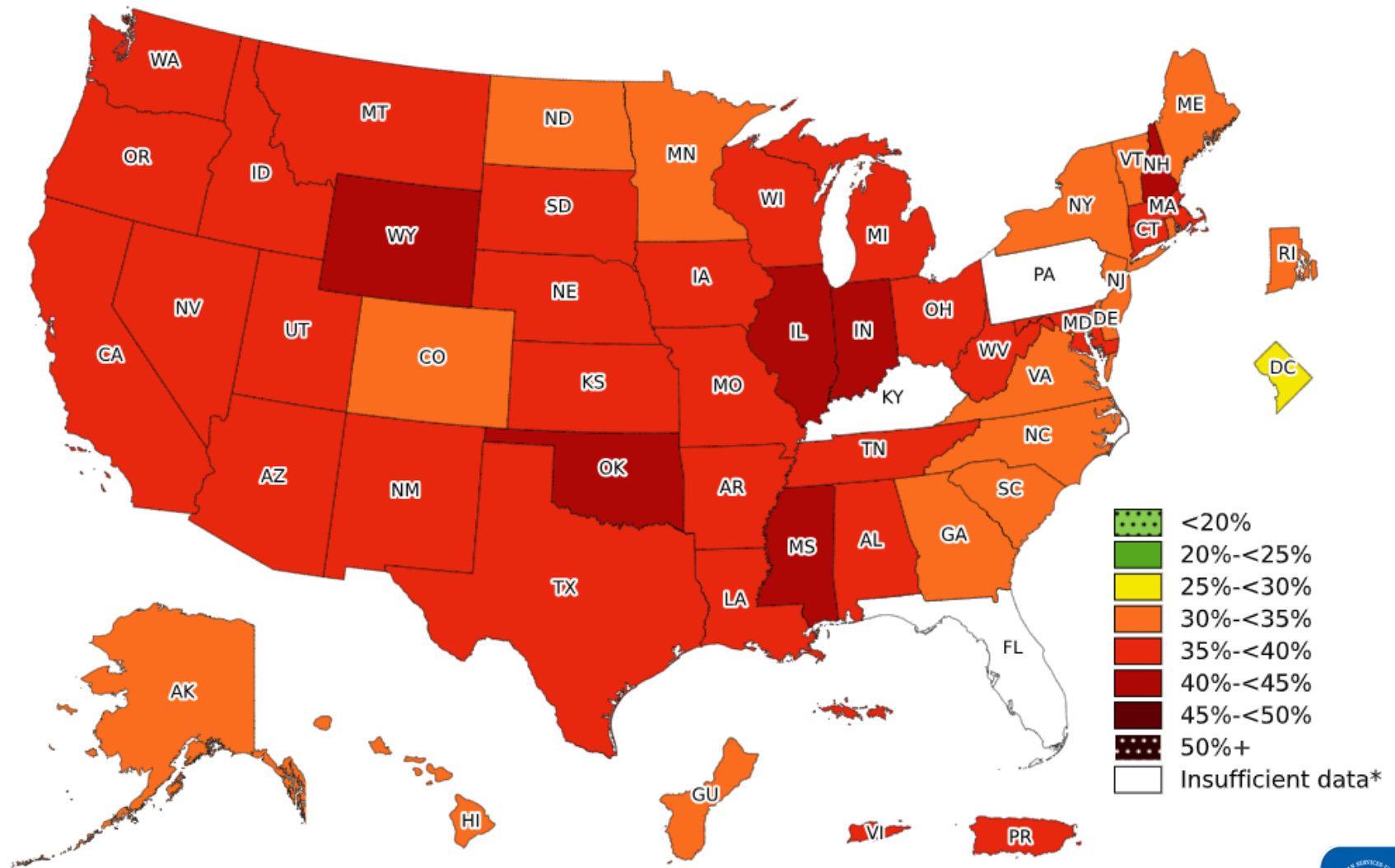


# Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2021–2023

## Summary

- ❑ No state or territory had a prevalence of obesity less than 25%.
- ❑ 5 states had a prevalence of obesity between 25% and <30%.
- ❑ 5 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%.
- ❑ 12 states had a prevalence of obesity between 40% and <45%.
- ❑ 10 states had a prevalence of obesity between 45% and <50%.
- ❑ Montana 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, 2021–2023



\*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, 2021–2023

State	Prevalence	95% Confidence Interval	State	Prevalence	95% Confidence Interval
Alabama	36.1	(28.8, 44.1)	Montana	38.5	(32.9, 44.3)
Alaska	34.6	(29.7, 39.9)	Nebraska	37.1	(34.6, 39.7)
Arizona	38.1	(36.2, 40.0)	Nevada	35.5	(32.0, 39.1)
Arkansas	35.6	(30.4, 41.2)	New Hampshire	40.4	(33.5, 47.6)
California	35.9	(34.5, 37.4)	New Jersey	33.6	(31.6, 35.6)
Colorado	30.9	(29.2, 32.6)	New Mexico	37.9	(35.9, 40.0)
Connecticut	36.0	(33.6, 38.6)	New York	33.0	(31.6, 34.5)
Delaware	34.0	(29.5, 38.7)	North Carolina	33.7	(30.2, 37.3)
District of Columbia	28.3	(23.6, 33.4)	North Dakota	33.8	(27.8, 40.4)
Florida	Insufficient data*	Insufficient data*	Ohio	36.4	(32.2, 40.8)
Georgia	33.5	(30.0, 37.3)	Oklahoma	42.4	(38.9, 45.9)
Guam	30.8	(22.9, 40.0)	Oregon	38.6	(35.6, 41.8)
Hawaii	32.1	(29.1, 35.3)	Pennsylvania	Insufficient data*	Insufficient data*
Idaho	36.2	(33.2, 39.4)	Puerto Rico	35.4	(34.2, 36.5)
Illinois	41.3	(37.9, 44.8)	Rhode Island	34.9	(32.0, 37.9)
Indiana	40.5	(37.4, 43.7)	South Carolina	32.7	(28.7, 36.9)
Iowa	37.5	(34.5, 40.5)	South Dakota	37.0	(28.6, 46.4)
Kansas	39.0	(36.2, 42.0)	Tennessee	36.8	(31.3, 42.8)
Kentucky	Insufficient data*	Insufficient data*	Texas	39.2	(37.4, 41.1)
Louisiana	36.8	(31.3, 42.7)	Utah	36.2	(34.1, 38.4)
Maine	34.8	(28.6, 41.6)	Vermont	32.9	(26.5, 40.0)
Maryland	35.7	(33.3, 38.1)	Virgin Islands	37.8	(29.5, 46.9)
Massachusetts	35.3	(32.8, 37.9)	Virginia	32.1	(28.8, 35.6)
Michigan	39.3	(34.9, 43.9)	Washington	37.6	(35.8, 39.5)
Minnesota	33.9	(31.2, 36.7)	West Virginia	37.1	(28.5, 46.5)
Mississippi	41.2	(32.0, 51.0)	Wisconsin	35.6	(31.7, 39.8)
Missouri	37.7	(32.8, 42.9)	Wyoming	40.7	(36.0, 45.7)

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

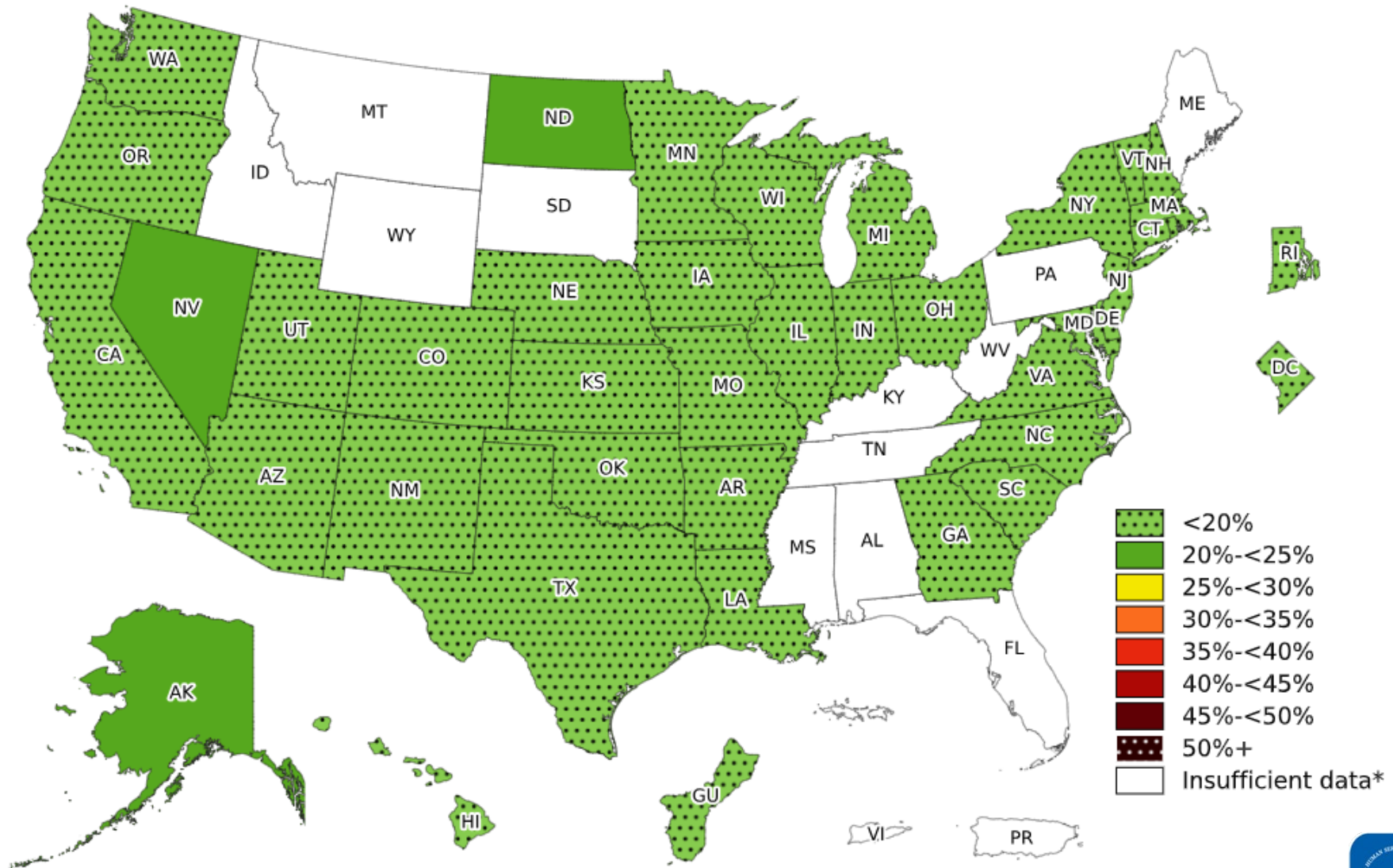
Source: Behavioral Risk Factor Surveillance System, CDC.

## Prevalence of Obesity Based on Self-Reported Weight and Height Among Hispanic Adults, by State and Territory, BRFSS, 2021–2023

### 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%.
- ❑ 15 states and Guam had a prevalence of obesity between 30% and <35%.
- ❑ 26 states, Puerto Rico, and Virgin Islands had a prevalence of obesity between 35% and <40%.
- ❑ 6 states 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, 2021–2023



\*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, 2021–2023

State	Prevalence	95% Confidence Interval
Alabama	Insufficient data*	Insufficient data*
Alaska	23.9	(18.3, 30.5)
Arizona	13.1	(9.8, 17.4)
Arkansas	15.2	(8.6, 25.4)
California	11.6	(9.9, 13.6)
Colorado	11.6	(8.5, 15.6)
Connecticut	13.3	(10.0, 17.4)
Delaware	15.6	(10.1, 23.3)
District of Columbia	11.5	(7.5, 17.1)
Florida	Insufficient data*	Insufficient data*
Georgia	16.0	(11.4, 22.0)
Guam	17.5	(14.3, 21.2)
Hawaii	17.8	(16.5, 19.2)
Idaho	Insufficient data*	Insufficient data*
Illinois	10.0	(7.3, 13.6)
Indiana	10.3	(6.7, 15.3)
Iowa	13.0	(8.8, 18.7)
Kansas	12.1	(9.0, 16.2)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	17.3	(11.3, 25.5)
Maine	Insufficient data*	Insufficient data*
Maryland	14.3	(11.8, 17.1)
Massachusetts	11.2	(8.8, 14.2)
Michigan	10.2	(7.4, 13.7)
Minnesota	19.7	(17.0, 22.8)
Mississippi	Insufficient data*	Insufficient data*
Missouri	11.6	(7.5, 17.5)

State	Prevalence	95% Confidence Interval
Montana	Insufficient data*	Insufficient data*
Nebraska	15.3	(10.5, 21.8)
Nevada	20.8	(14.3, 29.1)
New Hampshire	9.4	(6.0, 14.4)
New Jersey	13.3	(11.1, 16.0)
New Mexico	15.5	(8.6, 26.3)
New York	14.1	(12.2, 16.2)
North Carolina	11.4	(7.6, 16.8)
North Dakota	23.0	(15.1, 33.4)
Ohio	13.7	(10.1, 18.4)
Oklahoma	13.4	(8.2, 21.0)
Oregon	13.4	(9.9, 17.9)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	14.0	(9.8, 19.7)
South Carolina	12.2	(7.1, 20.1)
South Dakota	Insufficient data*	Insufficient data*
Tennessee	Insufficient data*	Insufficient data*
Texas	13.0	(9.6, 17.4)
Utah	10.6	(7.6, 14.7)
Vermont	11.0	(6.1, 19.0)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	13.2	(10.1, 17.0)
Washington	11.7	(10.3, 13.3)
West Virginia	Insufficient data*	Insufficient data*
Wisconsin	15.9	(10.7, 23.0)
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.

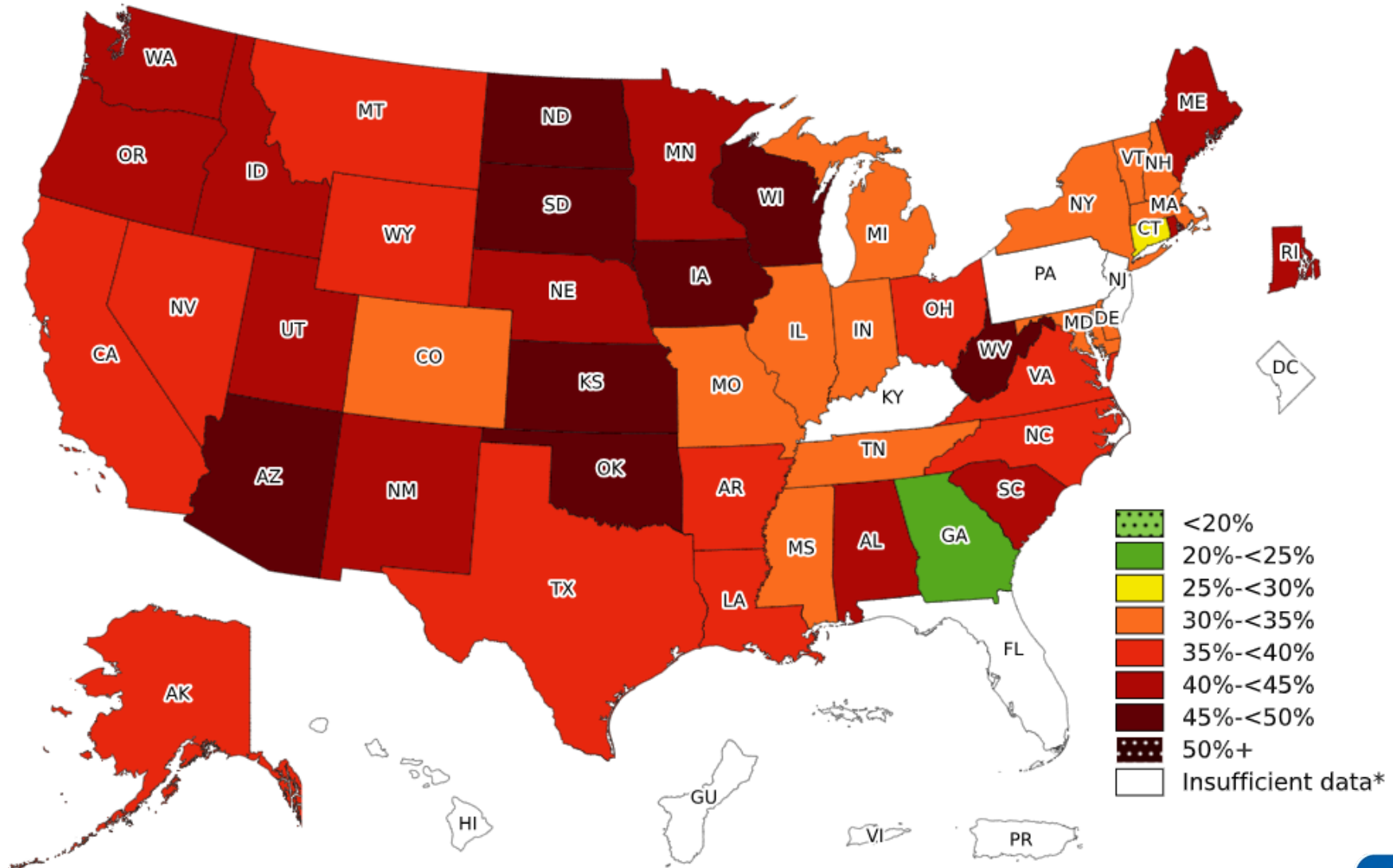
Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Obesity Based on Self-Reported Weight and Height Among Non-Hispanic Asian Adults, by State and Territory, BRFSS, 2021–2023

## Summary

- ❑ 35 states, the District of Columbia, and Guam had a prevalence of obesity less than 20%.
- ❑ 3 states (Alaska, Nevada, and North Dakota) 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, 2021–2023



\*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, 2021–2023

State	Prevalence	95% Confidence Interval
Alabama	43.1	(31.1, 56.0)
Alaska	37.3	(34.1, 40.7)
Arizona	48.1	(43.9, 52.2)
Arkansas	35.4	(27.5, 44.3)
California	36.2	(27.7, 45.7)
Colorado	33.6	(26.4, 41.7)
Connecticut	29.1	(18.6, 42.4)
Delaware	34.4	(20.9, 51.0)
District of Columbia	Insufficient data*	Insufficient data*
Florida	Insufficient data*	Insufficient data*
Georgia	23.4	(14.7, 35.1)
Guam	Insufficient data*	Insufficient data*
Hawaii	Insufficient data*	Insufficient data*
Idaho	44.5	(35.6, 53.9)
Illinois	32.4	(20.0, 47.7)
Indiana	34.7	(26.4, 44.0)
Iowa	48.1	(37.2, 59.2)
Kansas	45.6	(39.0, 52.3)
Kentucky	Insufficient data*	Insufficient data*
Louisiana	38.3	(29.6, 47.9)
Maine	41.2	(33.6, 49.3)
Maryland	31.9	(23.7, 41.4)
Massachusetts	31.0	(20.4, 44.1)
Michigan	31.9	(23.0, 42.2)
Minnesota	42.1	(35.9, 48.6)
Mississippi	30.9	(18.0, 47.6)
Missouri	32.7	(24.3, 42.4)

State	Prevalence	95% Confidence Interval
Montana	39.0	(35.3, 42.9)
Nebraska	40.4	(32.9, 48.4)
Nevada	37.5	(26.3, 50.2)
New Hampshire	33.1	(20.6, 48.5)
New Jersey	Insufficient data*	Insufficient data*
New Mexico	42.3	(37.7, 47.1)
New York	34.2	(24.9, 44.8)
North Carolina	37.5	(30.3, 45.4)
North Dakota	47.1	(41.6, 52.7)
Ohio	35.9	(26.5, 46.4)
Oklahoma	45.2	(41.9, 48.6)
Oregon	43.3	(34.1, 52.9)
Pennsylvania	Insufficient data*	Insufficient data*
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	42.4	(30.0, 55.8)
South Carolina	42.3	(33.5, 51.6)
South Dakota	46.1	(38.8, 53.7)
Tennessee	33.2	(23.7, 44.4)
Texas	39.6	(26.4, 54.5)
Utah	43.2	(35.2, 51.5)
Vermont	33.7	(24.2, 44.7)
Virgin Islands	Insufficient data*	Insufficient data*
Virginia	35.3	(24.9, 47.3)
Washington	43.2	(37.8, 48.8)
West Virginia	48.9	(36.5, 61.5)
Wisconsin	48.5	(40.3, 56.9)
Wyoming	39.5	(30.4, 49.5)

\*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 American Indian or Alaska Native Adults, by State and Territory, BRFSS, 2021–2023**

### Summary

- ❑ No state or territory had a prevalence of obesity less than 20%.
- ❑ Georgia had a prevalence of obesity between 20% and <25%.
- ❑ Connecticut had a prevalence of obesity between 25% and <30%.
- ❑ 13 states had a prevalence of obesity between 30% and <35%.
- ❑ 11 states had a prevalence of obesity between 35% and <40%.
- ❑ 11 states had a prevalence of obesity between 40% and <45%.
- ❑ 8 states had a prevalence of obesity between 45% and <50%.
- ❑ No state or territory had a prevalence of obesity 50% or greater.