

Prevalence of Obesity Based on Self-Reported Weight and Height Among US Adults by Age, State and Territory, BRFSS, 2024

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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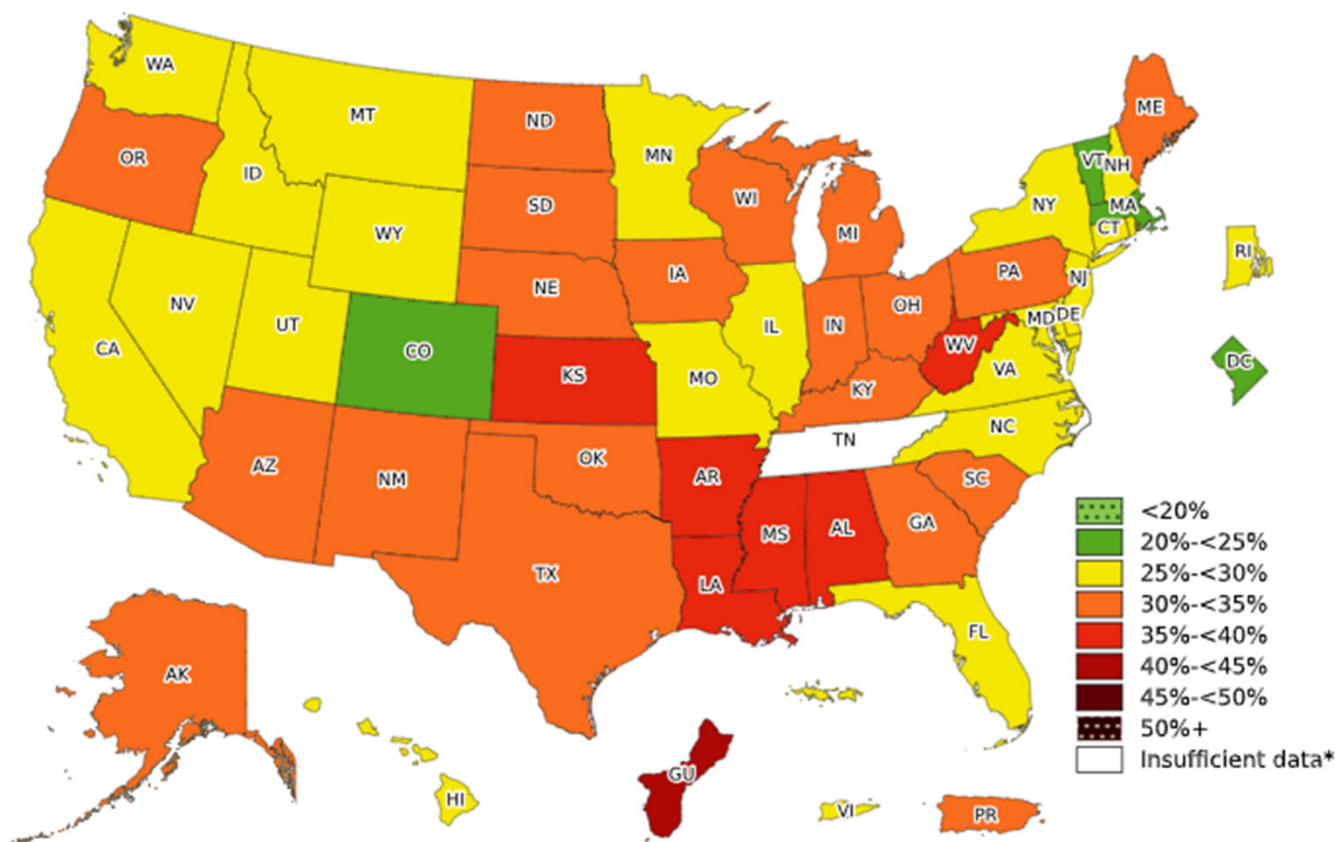
Exclusion Criteria

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, 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 Adults Aged 18–39 Years, by State and Territory, BRFSS, 2024

State	Prevalence	95% Confidence Interval
Alabama	38.5	(35.0,42.1)
Alaska	31.9	(28.4,35.6)
Arizona	30.5	(27.2,34.1)
Arkansas	37.6	(34.1,41.2)
California	25.3	(23.0,27.7)
Colorado	22.0	(20.3,23.8)
Connecticut	28.7	(25.7,31.8)
Delaware	29.7	(25.5,34.4)
District of Columbia	22.0	(18.9,25.4)
Florida	27.1	(24.1,30.2)
Georgia	32.2	(29.2,35.3)
Guam	41.2	(32.5,50.4)
Hawaii	28.6	(25.6,31.8)
Idaho	28.5	(25.5,31.7)
Illinois	28.4	(26.4,30.3)
Indiana	34.8	(32.7,37.0)
Iowa	31.2	(28.8,33.7)
Kansas	35.1	(32.9,37.4)
Kentucky	34.8	(31.6,38.1)
Louisiana	38.0	(34.5,41.6)
Maine	30.0	(27.5,32.6)
Maryland	28.5	(26.4,30.8)
Massachusetts	21.4	(19.4,23.6)
Michigan	33.2	(30.6,36.0)
Minnesota	27.3	(25.5,29.2)
Mississippi	36.7	(32.8,40.9)
Missouri	29.5	(26.9,32.1)

State	Prevalence	95% Confidence Interval
Montana	27.2	(24.4,30.1)
Nebraska	33.2	(30.9,35.5)
Nevada	29.2	(24.3,34.8)
New Hampshire	28.0	(24.2,32.2)
New Jersey	25.4	(23.0,28.0)
New Mexico	33.9	(29.3,38.8)
New York	27.3	(26.1,28.4)
North Carolina	29.9	(26.9,33.1)
North Dakota	33.1	(30.2,36.2)
Ohio	34.6	(31.8,37.5)
Oklahoma	31.3	(28.9,33.8)
Oregon	30.9	(28.3,33.6)
Pennsylvania	30.0	(26.3,34.0)
Puerto Rico	33.8	(30.0,37.8)
Rhode Island	27.7	(24.5,31.1)
South Carolina	31.9	(28.3,35.6)
South Dakota	32.1	(26.7,38.0)
Tennessee	Insufficient data*	Insufficient data*
Texas	32.8	(30.1,35.5)
Utah	26.8	(25.0,28.6)
Vermont	24.4	(21.5,27.5)
Virgin Islands	27.9	(19.4,38.3)
Virginia	28.4	(25.4,31.7)
Washington	28.5	(27.1,29.9)
West Virginia	39.7	(36.3,43.2)
Wisconsin	32.6	(30.1,35.2)
Wyoming	28.7	(25.1,32.6)

*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.

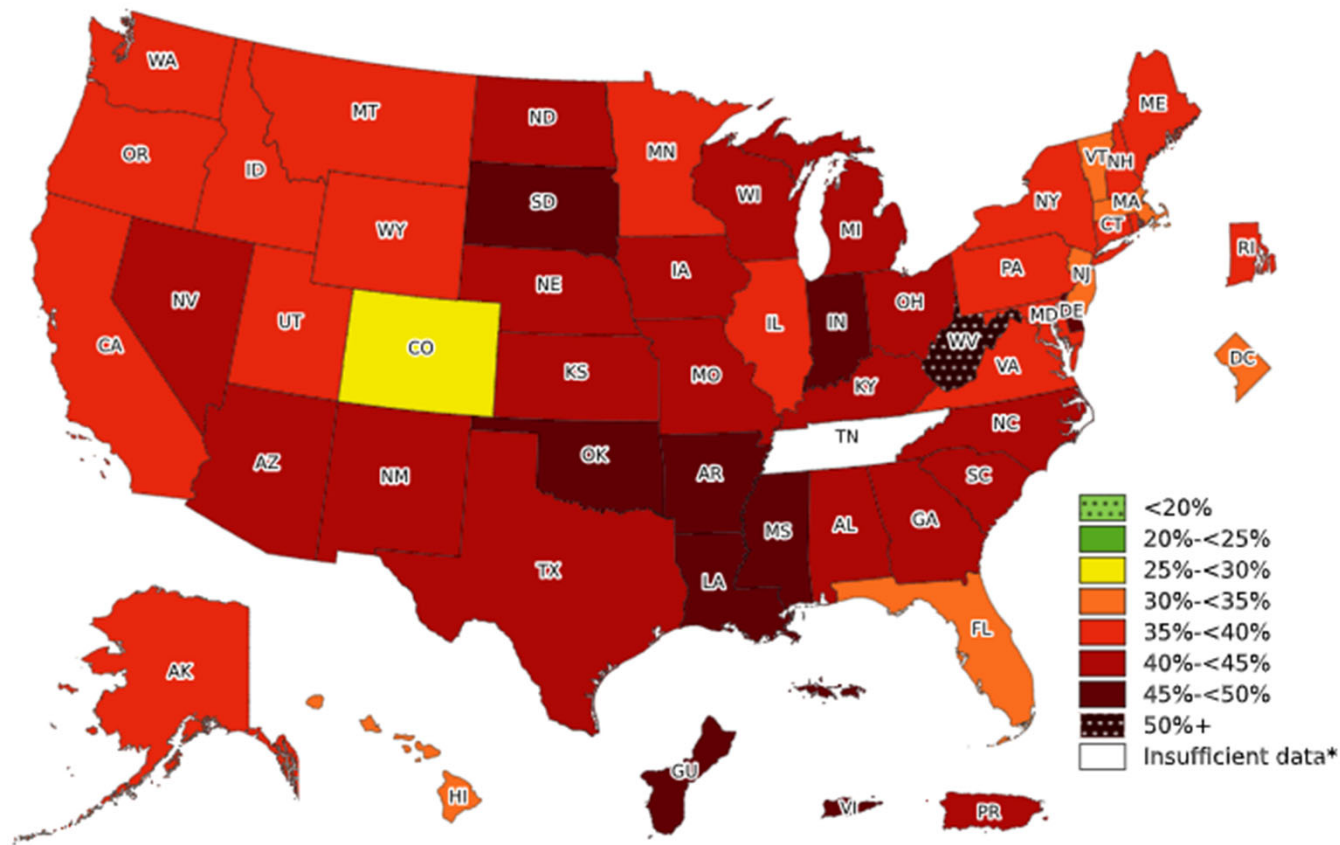
Prevalence of Obesity Based on Self-Reported Weight and Height Among Adults Aged 18–39 Years, by State and Territory, BRFSS, 2024

Summary

- ❑ No states had a prevalence of obesity less than 20%.
- ❑ 3 states and the District of Columbia had a prevalence of obesity between 20% and <25%.
- ❑ 21 states and the Virgin Islands had a prevalence of obesity between 25% and <30%.
- ❑ 19 states and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ 6 states had a prevalence of obesity between 35% and <40%.
- ❑ Guam 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, 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 Adults Aged 40–59 Years, by State and Territory, BRFSS, 2024

State	Prevalence	95% Confidence Interval
Alabama	44.8	(41.7,48.0)
Alaska	38.1	(34.6,41.6)
Arizona	40.1	(36.4,44.0)
Arkansas	47.2	(44.0,50.4)
California	37.3	(34.4,40.4)
Colorado	29.7	(27.9,31.6)
Connecticut	36.6	(33.8,39.4)
Delaware	46.1	(41.7,50.5)
District of Columbia	30.2	(26.7,33.9)
Florida	34.0	(30.8,37.4)
Georgia	41.3	(38.2,44.5)
Guam	46.1	(31.6,61.3)
Hawaii	31.8	(28.9,34.9)
Idaho	38.5	(34.6,42.6)
Illinois	39.9	(38.0,41.9)
Indiana	45.1	(43.1,47.0)
Iowa	43.9	(41.4,46.5)
Kansas	43.0	(40.7,45.4)
Kentucky	42.6	(39.5,45.7)
Louisiana	45.4	(42.3,48.5)
Maine	38.2	(36.1,40.3)
Maryland	38.1	(36.0,40.2)
Massachusetts	33.8	(31.5,36.2)
Michigan	41.1	(38.7,43.5)
Minnesota	38.1	(36.4,40.0)
Mississippi	48.0	(43.8,52.2)
Missouri	43.5	(40.4,46.6)

State	Prevalence	95% Confidence Interval
Montana	35.5	(32.8,38.2)
Nebraska	43.9	(41.6,46.2)
Nevada	42.6	(37.0,48.3)
New Hampshire	36.3	(33.0,39.8)
New Jersey	30.3	(27.9,32.8)
New Mexico	41.4	(36.5,46.5)
New York	35.0	(33.7,36.4)
North Carolina	43.2	(40.0,46.5)
North Dakota	43.3	(40.2,46.4)
Ohio	41.2	(38.6,43.8)
Oklahoma	47.4	(44.9,49.9)
Oregon	38.7	(36.1,41.4)
Pennsylvania	39.8	(35.6,44.2)
Puerto Rico	44.3	(40.9,47.7)
Rhode Island	36.7	(33.4,40.2)
South Carolina	40.8	(37.6,44.1)
South Dakota	46.9	(41.2,52.7)
Tennessee	Insufficient data*	Insufficient data*
Texas	42.0	(39.0,45.0)
Utah	36.3	(34.3,38.2)
Vermont	34.7	(32.0,37.4)
Virgin Islands	48.0	(32.3,64.1)
Virginia	36.7	(33.7,39.9)
Washington	36.8	(35.5,38.2)
West Virginia	50.4	(47.6,53.3)
Wisconsin	42.5	(40.2,44.8)
Wyoming	39.5	(36.2,42.9)

*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.

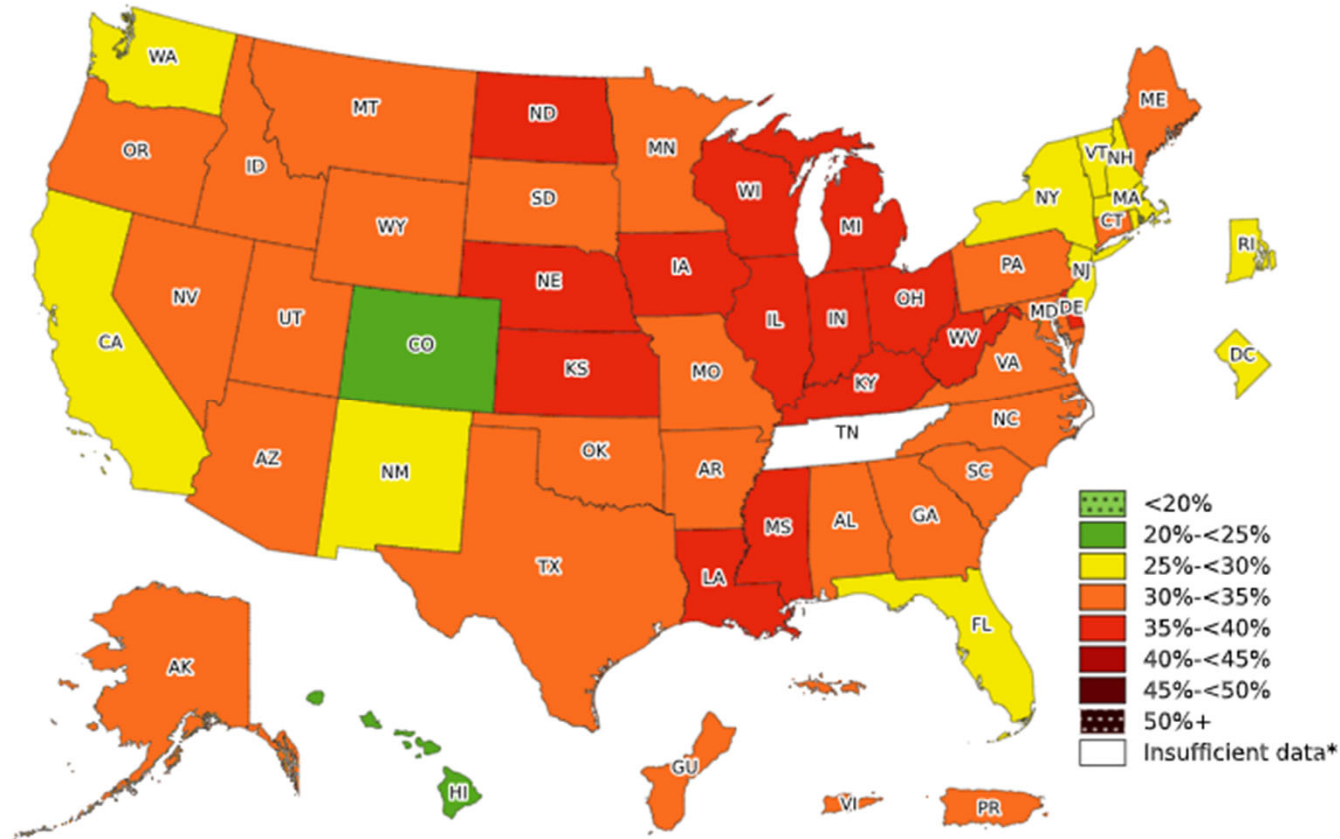
Prevalence of Obesity Based on Self-Reported Weight and Height Among Adults Aged 40–59 Years, by State and Territory, BRFSS, 2024

Summary

- ❑ No states had a prevalence of obesity less than 25%.
- ❑ Colorado 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%.
- ❑ 18 states had a prevalence of obesity between 35% and <40%.
- ❑ 17 states and Puerto Rico had a prevalence of obesity between 40% and <45%.
- ❑ 7 states, Gum and the Virgin Islands had a prevalence of obesity between 45% and <50%.
- ❑ West Virginia had a prevalence of obesity 50% or greater.



Prevalence of Obesity Based on Self-Reported Weight and Height Among Adults Aged 60 Years and Older, by State and Territory, BRFSS, 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 Adults Aged 60 Years and Older, by State and Territory, BRFSS, 2024

State	Prevalence	95% Confidence Interval
Alabama	33.6	(31.2,36.1)
Alaska	33.3	(30.4,36.3)
Arizona	30.7	(27.9,33.6)
Arkansas	33.0	(30.8,35.2)
California	25.9	(23.8,28.2)
Colorado	24.4	(22.9,26.0)
Connecticut	31.4	(28.9,34.1)
Delaware	35.4	(32.8,38.2)
District of Columbia	27.5	(24.3,30.9)
Florida	28.7	(26.5,31.1)
Georgia	33.6	(31.0,36.3)
Guam	30.9	(17.9,48.0)
Hawaii	22.0	(19.9,24.2)
Idaho	33.0	(30.0,36.1)
Illinois	35.4	(33.5,37.2)
Indiana	37.0	(35.4,38.6)
Iowa	36.2	(34.3,38.2)
Kansas	35.8	(33.9,37.7)
Kentucky	35.3	(33.0,37.7)
Louisiana	35.0	(32.5,37.7)
Maine	32.3	(30.8,33.9)
Maryland	32.2	(30.5,34.0)
Massachusetts	27.8	(26.0,29.7)
Michigan	35.2	(33.5,37.0)
Minnesota	32.9	(31.5,34.3)
Mississippi	37.7	(34.0,41.6)
Missouri	32.5	(30.3,34.9)

State	Prevalence	95% Confidence Interval
Montana	31.3	(29.4,33.3)
Nebraska	37.1	(35.3,38.9)
Nevada	31.8	(27.4,36.5)
New Hampshire	29.7	(27.8,31.6)
New Jersey	27.9	(25.7,30.2)
New Mexico	29.5	(26.3,32.9)
New York	27.4	(26.2,28.6)
North Carolina	31.8	(28.9,34.7)
North Dakota	36.7	(34.6,38.9)
Ohio	35.6	(33.6,37.7)
Oklahoma	33.3	(31.3,35.2)
Oregon	31.9	(29.7,34.2)
Pennsylvania	33.7	(30.1,37.6)
Puerto Rico	31.8	(27.9,35.9)
Rhode Island	29.9	(27.4,32.5)
South Carolina	32.3	(30.3,34.4)
South Dakota	34.3	(29.3,39.6)
Tennessee	Insufficient data*	Insufficient data*
Texas	32.2	(29.5,35.1)
Utah	31.9	(30.1,33.8)
Vermont	29.0	(27.0,31.1)
Virgin Islands	34.1	(23.1,47.0)
Virginia	32.9	(30.5,35.3)
Washington	29.9	(28.8,31.0)
West Virginia	36.1	(34.1,38.1)
Wisconsin	37.9	(36.3,39.5)
Wyoming	30.4	(28.3,32.6)

*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.

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Summary

- ❑ No states had a prevalence of obesity less than 20%.
- ❑ Colorado and 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%.
- ❑ 23 states, Gum, Puerto Rico, and the Virgin Islands had a prevalence of obesity between 30% and <35%.
- ❑ 14 states had a prevalence of obesity between 35% and <40%.
- ❑ No states had a prevalence of obesity 40% or greater.

