Maps of Diagnosed Diabetes and Obesity in 1994, 2000, and 2013

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CDC's Division of Diabetes Translation. National Diabetes
Surveillance System available at
http://www.cdc.gov/diabetes/statistics

The maps display the age-adjusted prevalence of obesity and diagnosed diabetes among US adults aged 18 years or older in 1994, 2000, and 2013.

In 1994, almost all states had prevalence of obesity less than 18%. In 2000, only 13 states had a prevalence of less than 18%, and 11 states exceeded 22%. In 2013, no state had a prevalence of less than 18%; almost all states exceeded 22% and 38 of these states exceeded 26%.

Similarly, the prevalence of diagnosed diabetes was less than 6% in almost all states in 1994. In 2000, approximately half of the states had a prevalence of less than 6%. By 2013, no state had a prevalence of less than 6% and 25 states exceeded 9%.

Because there were major changes in the survey methods in 2011— the addition of cellular telephone-only households and a new method of weighting the data— caution should be taken when comparing estimates across 2011.

The addition of cellular telephone-only households has increased the numbers of certain population groups—respondents who have lower incomes, lower educational levels, or are in younger age groups—that represent populations with higher numbers of risk factors. Thus, estimates of health risk behaviors and conditions have increased. In addition, the move to a new method of weighting the data increased in many states the prevalence estimates of chronic diseases such as diabetes and of risk factors such as obesity. Although raking might cause state prevalence trends for certain risk factors to shift upward, in general, the shape of trend lines over time might not be affected. Please refer to http://www.cdc.gov/surveillancepractice/reports/brfss/brfss.html) for more detailed information.
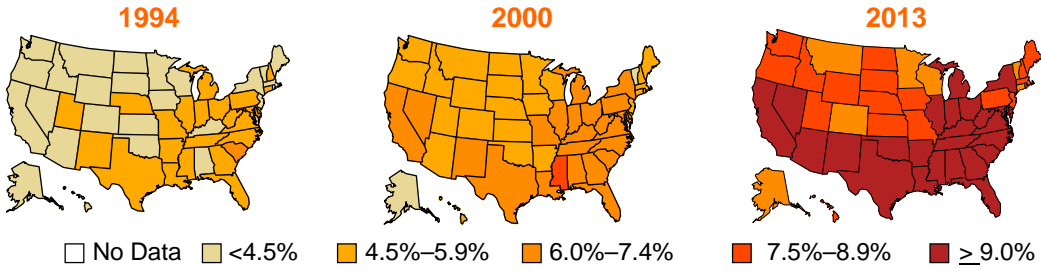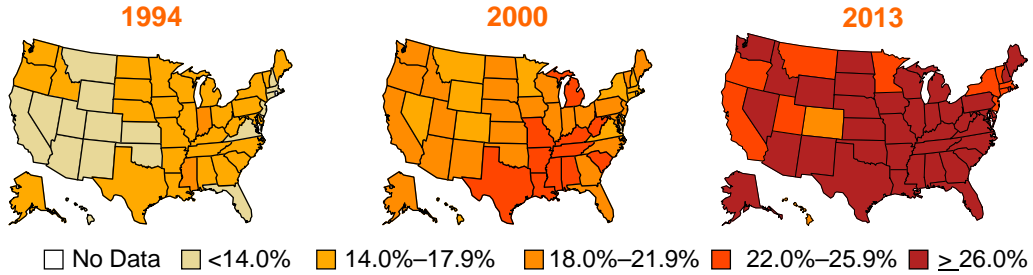

Data Source and Methodology

The prevalence of obesity and diagnosed diabetes among US adults aged 18 years or older were determined using data from the Behavioral Risk Factor Surveillance System (BRFSS), available at http://www.cdc.gov/brfss. An ongoing, yearly, state-based telephone survey of the non-institutionalized adult population in each state, the BRFSS provides state-specific information on behavioral risk factors for disease and on preventive health practices. Respondents who reported that a physician told them they had diabetes (other than during pregnancy) were considered to have diagnosed diabetes. Self reported weight and height were used to calculate body mass index (BMI): weight in kilograms divided by the square of height in meters. A BMI greater than or equal to 30 was considered to be obese. Rates were age-adjusted to the 2000 U.S. standard population based on age groups 18–44, 45–64, 65–74, and 75 years or older.

Additional information on overweight and obesity and additional obesity trend data are available at http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm.

Data for the Maps

Age–Adjusted Prevalence of Obesity and Diagnosed Diabetes Among US Adults

1994

2000

2013

No Data | <14.0% | 14.0%–17.9% | 18.0%–21.9% | 22.0%–25.9% | ≥ 26.0%

1994

2000

2013

No Data | <4.5% | 4.5%–5.9% | 6.0%–7.4% | 7.5%–8.9% | ≥ 9.0%

Age–Adjusted Prevalence of Diagnosed Diabetes Among US Adults, 1994

Missing Data	<4.5%	4.5%–5.9%	6.0%–7.4%	7.5%–8.9%	9.0%+
Rhode Island	Alabama	Arkansas	South Carolina		
	Alaska	Connecticut			
	Arizona	Delaware			
	California	District of Columbia			
	Colorado	Florida			
	Hawaii	Georgia			
	Idaho	Illinois			
	Iowa	Indiana			
	Kansas	Louisiana			
	Kentucky	Maryland			
	Maine	Michigan			
	Massachusetts	Mississippi			
	Minnesota	Missouri			
	Montana	Nebraska			
	Nevada	New Hampshire			
	New Jersey	New Mexico			
	New York	North Carolina			
	North Dakota	Ohio			
	Oklahoma	Pennsylvania			
	Oregon	Tennessee			
	South Dakota	Texas			
	Vermont	Utah			
	Washington	Virginia			
	Wisconsin	West Virginia			
	Wyoming				

Age–Adjusted Prevalence of Diagnosed Diabetes Among US Adults, 2000

Missing Data	<4.5%	4.5 – 5.9%	6.0 – 7.4%	7.5 – 8.9%	9.0%+
	Alaska	Arizona	Alabama	Mississippi	
	Vermont	Arkansas	California		
		Colorado	Delaware		
		Connecticut	District of Columbia		
		Hawaii	Florida		
		Idaho	Georgia		
		Iowa	Illinois		
		Kansas	Indiana		
		Maine	Kentucky		
		Massachusetts	Louisiana		
		Minnesota	Maryland		
		Montana	Michigan		
		Nebraska	Missouri		
		New Hampshire	Nevada		
		New Jersey	New Mexico		
		North Dakota	New York		
		Oklahoma	North Carolina		
		Oregon	Ohio		
		Rhode Island	Pennsylvania		
		South Dakota	South Carolina		
		Utah	Tennessee		
		Washington	Texas		
		Wisconsin	Virginia		
		Wyoming	West Virginia		

Age-adjusted Percent of U.S. Adults Who Have Diagnosed Diabetes, 2013

Missing Data	<4.5%	4.5%-5.9%	6.0%-7.4%	7.5%-8.9%	9.0%+
			Alaska	District of Columbia	Alabama
			Colorado	Hawaii	Arizona
			Connecticut	Idaho	Arkansas
			Minnesota	Iowa	California
			Montana	Kansas	Delaware
			Vermont	Maine	Florida
			Wisconsin	Massachusetts	Georgia
				Missouri	Illinois
				Nebraska	Indiana
				New Hampshire	Kentucky
				New Jersey	Louisiana
				North Dakota	Maryland
				Oregon	Michigan
				Pennsylvania	Mississippi
				Rhode Island	Nevada
				South Dakota	New Mexico
				Utah	New York
				Washington	North Carolina
				Wyoming	Ohio
					Oklahoma
					South Carolina
					Tennessee
					Texas
					Virginia
					West Virginia

Age–Adjusted Prevalence of Obesity Among US Adults, 1994

Missing Data	<14.0%	14.0%–17.9%	18.0%–21.9%	22.0%–25.9%	26.0%+
Rhode Island	Arizona	Alabama	Indiana		
	California	Alaska	Mississippi		
	Colorado	Arkansas			
	Connecticut	Delaware			
	Florida	District of Columbia			
	Hawaii	Georgia			
	Kansas	Idaho			
	Massachusetts	Illinois			
	Montana	Iowa			
	Nevada	Kentucky			
	New Hampshire	Louisiana			
	New Jersey	Maine			
	New Mexico	Maryland			
	Oklahoma	Michigan			
	Utah	Minnesota			
	Virginia	Missouri			
	Wyoming	Nebraska			
		New York			
		North Carolina			
		North Dakota			
		Ohio			
		Oregon			
		Pennsylvania			
		South Carolina			
		South Dakota			
		Tennessee			
		Texas			
		Vermont			
		Washington			
		West Virginia			
		Wisconsin			

Age–Adjusted Prevalence of Obesity Among US Adults, 2000

Missing Data	<14.0%	14.0%–17.9%	18.0%–21.9%	22.0%–25.9%	26.0%+
		Colorado	Alaska	Alabama	
		Connecticut	Arizona	Arkansas	
		Delaware	California	Kentucky	
		Hawaii	District of Columbia	Louisiana	
		Massachusetts	Florida	Michigan	
		Minnesota	Georgia	Mississippi	
		Montana	Idaho	Missouri	
		Nevada	Illinois	South Carolina	
		New Hampshire	Indiana	Tennessee	
		New York	Iowa	Texas	
		Rhode Island	Kansas	West Virginia	
		Virginia	Maine		
		Wyoming	Maryland		
			Nebraska		
			New Jersey		
			New Mexico		
			North Carolina		
			North Dakota		
			Ohio		
			Oklahoma		
			Oregon		
			Pennsylvania		
			South Dakota		
			Utah		
			Vermont		
			Washington		
			Wisconsin		

Age-adjusted Percent of U.S. Adults Who Are Obese, 2013

Missing Data	<14.0%	14.0%-17.9%	18.0%-21.9%	22.0%-25.9%	26.0%+
			Colorado	California	Alabama
			Hawaii	Connecticut	Alaska
				District of Columbia	Arizona
				Massachusetts	Arkansas
				Minnesota	Delaware
				Montana	Florida
				New Jersey	Georgia
				New York	Idaho
				Oregon	Illinois
				Utah	Indiana
				Vermont	Iowa
					Kansas
					Kentucky
					Louisiana
					Maine
					Maryland
					Michigan
					Mississippi
					Missouri
					Nebraska
					Nevada
					New Hampshire
					New Mexico
					North Carolina
					North Dakota
					Ohio
					Oklahoma
					Pennsylvania
					Rhode Island
					South Carolina
					South Dakota
					Tennessee
					Texas
					Virginia
					Washington
					West Virginia

Missing Data	<14.0%	14.0%-17.9%	18.0%-21.9%	22.0%-25.9%	26.0%+
					Wisconsin
					Wyoming