

# Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2016-2018

## Definitions

- ❑ **Obesity: Body Mass Index (BMI) of 30 kg/m<sup>2</sup> 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.**

# Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2016-2018

## 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.



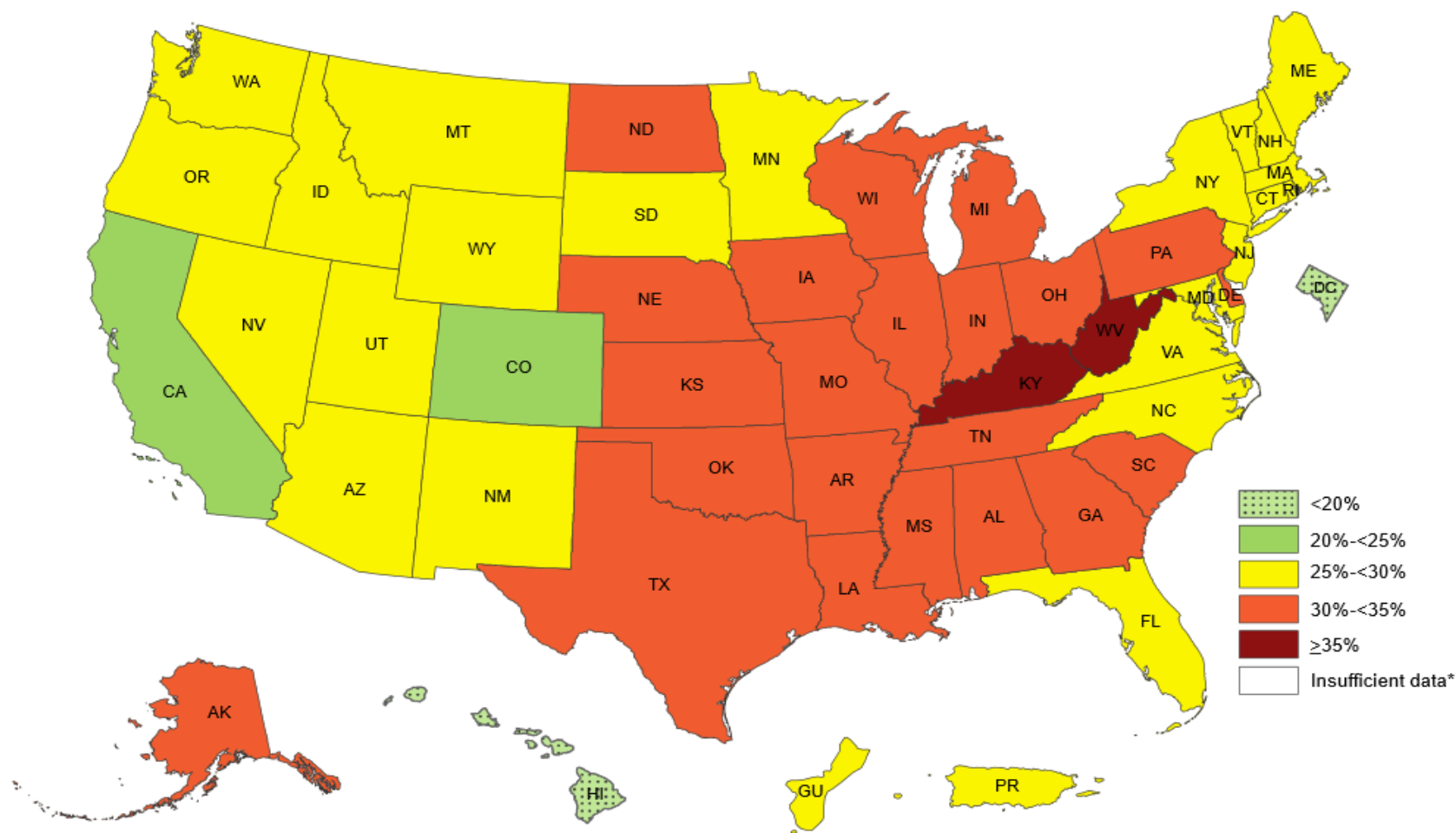
# Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2016-2018

## 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 Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2016-2018



\*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



## Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2016-2018

State	Prevalence	95% Confidence Interval
Alabama	33.8	(32.7, 34.9)
Alaska	30.4	(28.6, 32.1)
Arizona	26.8	(25.9, 27.7)
Arkansas	34.8	(33.4, 36.2)
California	23.3	(22.4, 24.2)
Colorado	21.1	(20.5, 21.8)
Connecticut	25.2	(24.5, 26.0)
Delaware	30.7	(29.4, 32.1)
District of Columbia	11.2	(10.0, 12.6)
Florida	26.9	(26.1, 27.7)
Georgia	30.1	(29.0, 31.3)
Guam	29.2	(24.0, 35.0)
Hawaii	17.8	(16.6, 19.2)
Idaho	27.7	(26.6, 28.9)
Illinois	30.8	(29.7, 31.9)
Indiana	33.0	(32.2, 33.8)
Iowa	34.5	(33.7, 35.3)
Kansas	32.1	(31.5, 32.8)
Kentucky	35.2	(34.2, 36.2)
Louisiana	32.9	(31.7, 34.2)
Maine	29.8	(28.9, 30.6)
Maryland	28.7	(27.9, 29.5)
Massachusetts	25.0	(24.0, 26.0)
Michigan	31.8	(31.0, 32.5)
Minnesota	28.7	(28.2, 29.2)
Mississippi	33.9	(32.6, 35.2)
Missouri	32.0	(30.9, 33.0)

State	Prevalence	95% Confidence Interval
Montana	25.1	(24.1, 26.1)
Nebraska	32.6	(31.9, 33.3)
Nevada	26.4	(24.9, 27.9)
New Hampshire	28.5	(27.5, 29.5)
New Jersey	26.1	(24.8, 27.5)
New Mexico	25.1	(23.9, 26.4)
New York	25.7	(25.0, 26.4)
North Carolina	29.9	(28.7, 31.1)
North Dakota	33.1	(32.2, 34.1)
Ohio	32.6	(31.8, 33.4)
Oklahoma	33.9	(32.9, 35.0)
Oregon	29.2	(28.2, 30.1)
Pennsylvania	30.4	(29.4, 31.3)
Puerto Rico	29.9	(17.9, 45.5)
Rhode Island	27.1	(26.0, 28.3)
South Carolina	30.8	(29.9, 31.7)
South Dakota	29.7	(28.5, 31.0)
Tennessee	32.3	(31.2, 33.4)
Texas	31.5	(30.2, 32.9)
Utah	25.7	(25.0, 26.4)
Vermont	27.7	(26.7, 28.6)
Virginia	28.4	(27.6, 29.2)
Washington	29.0	(28.4, 29.7)
West Virginia	38.5	(37.6, 39.5)
Wisconsin	31.4	(30.4, 32.5)
Wyoming	28.0	(26.9, 29.2)

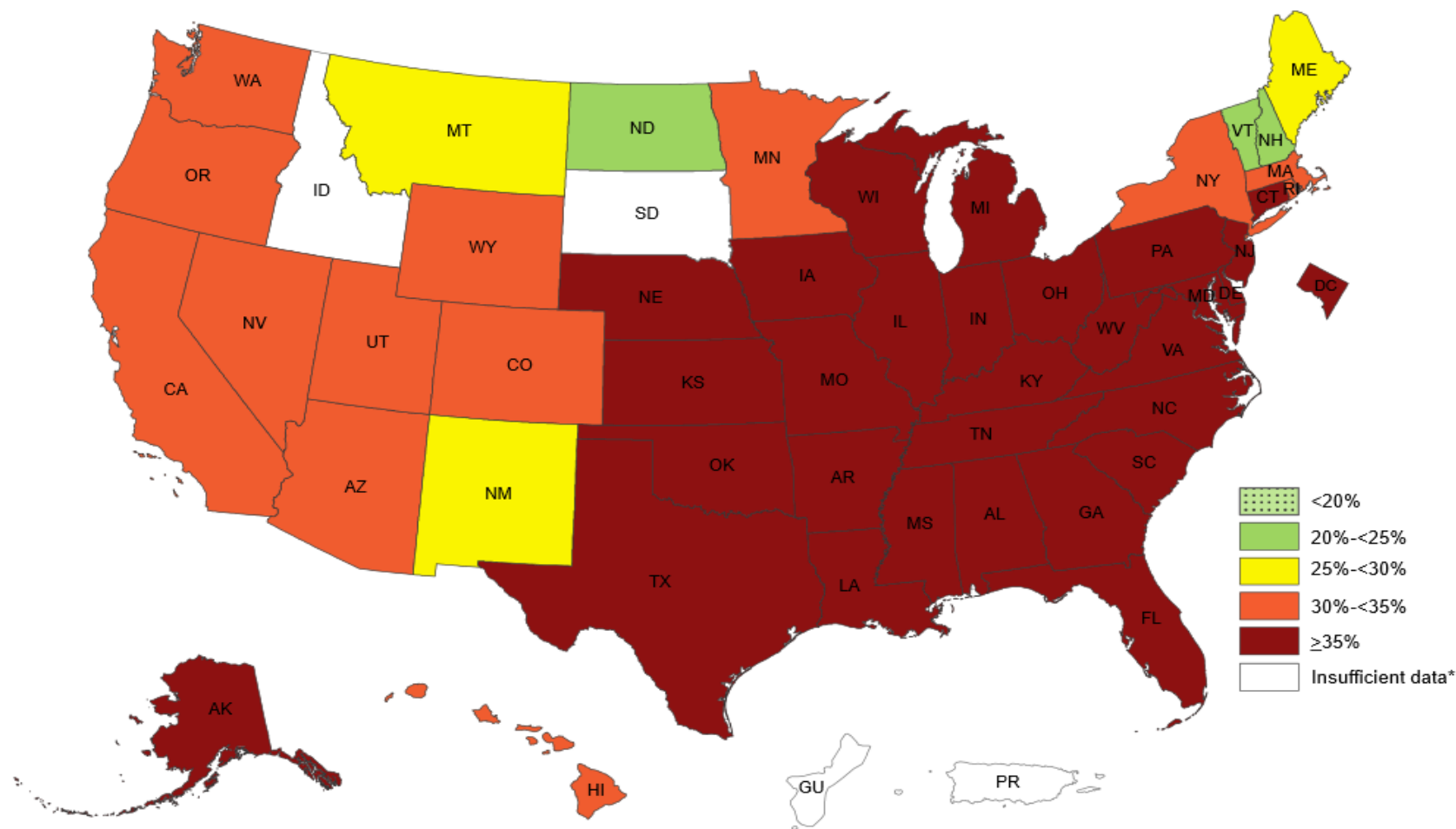
Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS, 2016-2018

## Summary

- ❑ 1 state (Hawaii) and the District of Columbia had a prevalence of obesity less than 20%.
- ❑ 2 states (California and Colorado) had a prevalence of obesity between 20% and <25%.
- ❑ 23 states, Guam, and Puerto Rico had a prevalence of obesity between 25% and <30%.
- ❑ 22 states had a prevalence of obesity between 30% and <35%.
- ❑ 2 states (Kentucky and West Virginia) had a prevalence of obesity of 35% or greater.

# Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2016-2018



\*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



# Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2016-2018

State	Prevalence	95% Confidence Interval
Alabama	44.1	(42.2, 46.0)
Alaska	42.4	(30.9, 54.8)
Arizona	32.8	(28.4, 37.5)
Arkansas	45.4	(41.4, 49.5)
California	34.5	(31.3, 37.9)
Colorado	31.4	(27.4, 35.8)
Connecticut	37.0	(34.3, 39.9)
Delaware	40.1	(37.0, 43.3)
District of Columbia	37.0	(35.5, 38.6)
Florida	36.3	(33.8, 38.8)
Georgia	38.3	(36.5, 40.1)
Guam	Insufficient data*	Insufficient data*
Hawaii	31.0	(22.8, 40.7)
Idaho	Insufficient data*	Insufficient data*
Illinois	40.1	(37.3, 43.0)
Indiana	41.7	(38.8, 44.6)
Iowa	41.7	(35.8, 47.8)
Kansas	39.7	(36.5, 43.0)
Kentucky	39.3	(35.3, 43.5)
Louisiana	43.5	(41.1, 46.0)
Maine	28.2	(17.5, 42.2)
Maryland	39.5	(38.0, 40.9)
Massachusetts	30.9	(26.8, 35.3)
Michigan	39.9	(37.8, 42.1)
Minnesota	32.7	(29.8, 35.7)
Mississippi	46.1	(44.1, 48.1)
Missouri	41.9	(38.4, 45.5)

State	Prevalence	95% Confidence Interval
Montana	25.5	(13.6, 42.5)
Nebraska	41.9	(37.2, 46.8)
Nevada	34.8	(29.8, 40.0)
New Hampshire	23.1	(13.4, 36.7)
New Jersey	36.0	(32.5, 39.5)
New Mexico	27.6	(19.7, 37.2)
New York	34.1	(32.3, 36.0)
North Carolina	42.7	(40.3, 45.1)
North Dakota	23.5	(16.9, 31.6)
Ohio	37.9	(35.3, 40.6)
Oklahoma	39.8	(35.8, 43.9)
Oregon	33.8	(25.7, 43.1)
Pennsylvania	39.5	(36.5, 42.6)
Puerto Rico	Insufficient data*	Insufficient data*
Rhode Island	33.2	(28.3, 38.6)
South Carolina	42.3	(40.7, 44.0)
South Dakota	Insufficient data*	Insufficient data*
Tennessee	44.7	(41.4, 48.0)
Texas	40.0	(36.4, 43.6)
Utah	30.5	(22.7, 39.6)
Vermont	24.9	(15.4, 37.7)
Virginia	41.3	(39.3, 43.3)
Washington	34.3	(30.2, 38.7)
West Virginia	43.4	(37.4, 49.6)
Wisconsin	35.3	(29.7, 41.3)
Wyoming	34.0	(20.9, 50.1)

\*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.

Source: Behavioral Risk Factor Surveillance System, CDC.

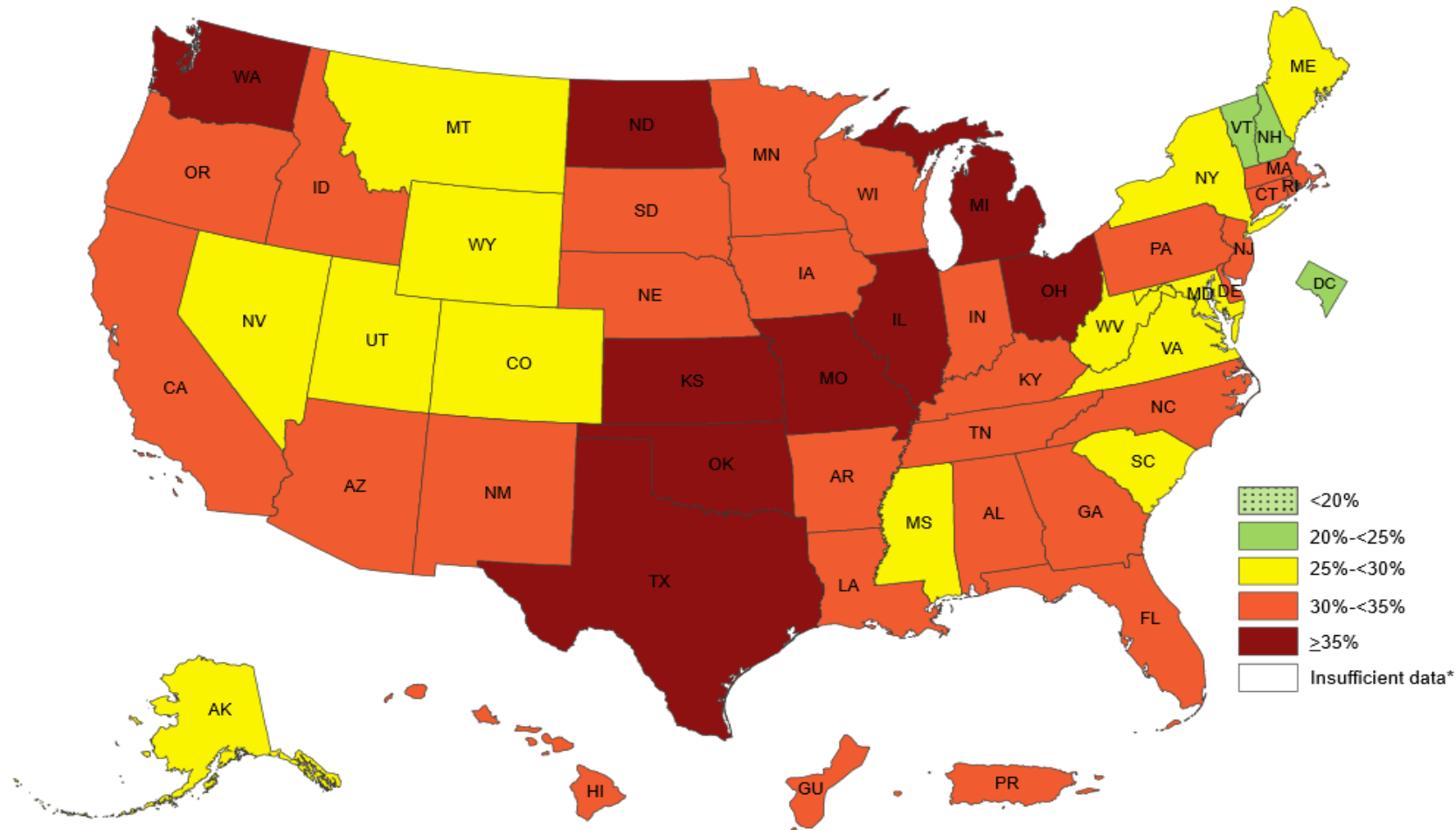


# Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults, by State and Territory, BRFSS, 2016-2018

## Summary

- ❑ No state or territory had a prevalence of obesity less than 20%.
- ❑ 3 states (New Hampshire, North Dakota, and Vermont) had a prevalence of obesity between 20% and <25%.
- ❑ 3 states (Maine, Montana, and New Mexico) had a prevalence of obesity between 25% and <30%.
- ❑ 13 states had a prevalence of obesity between 30% and <35%.
- ❑ 29 states and the District of Columbia had a prevalence of obesity of 35% or greater.

# Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2016-2018



\*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



## Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2016-2018

State	Prevalence	95% Confidence Interval
Alabama	31.7	(24.6, 39.8)
Alaska	29.8	(22.6, 38.2)
Arizona	34.8	(32.7, 36.9)
Arkansas	32.0	(24.7, 40.4)
California	32.8	(31.6, 34.0)
Colorado	28.1	(26.5, 29.8)
Connecticut	32.0	(29.7, 34.4)
Delaware	30.2	(26.2, 34.5)
District of Columbia	23.4	(19.0, 28.5)
Florida	30.7	(28.4, 33.1)
Georgia	30.1	(26.6, 33.9)
Guam	32.4	(26.8, 38.6)
Hawaii	33.2	(30.3, 36.3)
Idaho	33.3	(29.1, 37.9)
Illinois	35.6	(32.9, 38.4)
Indiana	31.7	(28.1, 35.4)
Iowa	34.4	(30.5, 38.6)
Kansas	36.3	(33.7, 39.1)
Kentucky	30.9	(24.2, 38.6)
Louisiana	31.7	(25.6, 38.6)
Maine	29.0	(20.4, 39.4)
Maryland	29.7	(26.6, 33.1)
Massachusetts	30.0	(27.1, 33.1)
Michigan	36.9	(32.8, 41.1)
Minnesota	34.5	(31.6, 37.5)
Mississippi	28.2	(20.1, 38.0)
Missouri	37.1	(30.3, 44.5)

State	Prevalence	95% Confidence Interval
Montana	26.8	(20.7, 33.9)
Nebraska	34.0	(31.4, 36.7)
Nevada	28.9	(26.1, 31.8)
New Hampshire	24.2	(17.0, 33.1)
New Jersey	31.9	(28.9, 35.0)
New Mexico	32.8	(31.2, 34.5)
New York	29.4	(27.9, 31.0)
North Carolina	30.0	(26.5, 33.7)
North Dakota	40.2	(32.1, 49.0)
Ohio	39.8	(34.3, 45.5)
Oklahoma	36.9	(32.8, 41.3)
Oregon	34.5	(31.2, 37.9)
Pennsylvania	32.2	(28.1, 36.7)
Puerto Rico	32.1	(31.1, 33.2)
Rhode Island	34.3	(30.8, 38.1)
South Carolina	27.6	(23.6, 31.9)
South Dakota	32.9	(23.6, 43.7)
Tennessee	33.6	(26.7, 41.4)
Texas	37.9	(35.8, 40.0)
Utah	28.9	(26.6, 31.3)
Vermont	24.9	(17.1, 34.6)
Virginia	29.2	(25.9, 32.8)
Washington	35.9	(33.5, 38.2)
West Virginia	26.7	(18.9, 36.2)
Wisconsin	34.9	(29.4, 40.9)
Wyoming	29.7	(25.5, 34.2)

Source: Behavioral Risk Factor Surveillance System, CDC.

# Prevalence of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS, 2016-2018

## Summary

- ❑ No state or territory had a prevalence of obesity less than 20%.
- ❑ 2 states (New Hampshire and Vermont) and the District of Columbia had a prevalence of obesity between 20% and <25%.
- ❑ 13 states had a prevalence of obesity between 25% and <30%.
- ❑ 26 states, Guam, and Puerto Rico had a prevalence of obesity between 30% and <35%.
- ❑ 9 states had a prevalence of obesity of 35% or greater.