



Overweight & Obesity

Adult Obesity Prevalence Maps



COVID-19: Obesity May Increase Risk for Severe Illness; Racial and Ethnic Disparities Persist

CDC has released the 2019 Adult Obesity Prevalence Maps for 49 states, the District of Columbia, and 2 US territories. The maps show self-reported adult obesity prevalence by race, ethnicity, and location. The data comes from the [Behavioral Risk Factor Surveillance System](#), an on-going state-based, telephone interview survey conducted by CDC and state health departments

The 2019 maps show that obesity impacts some groups more than others. There are notable differences by race and ethnicity, as shown by combined data from 2017-2019:

- 6 states had an obesity prevalence of 35 percent or higher among non-Hispanic White adults.
- 15 states had an obesity prevalence of 35 percent or higher among Hispanic adults.
- 34 states and the District of Columbia had an obesity prevalence of 35 percent or higher among non-Hispanic Black adults.

By Education and Age

- Obesity decreased by level of education. Adults without a high school degree or equivalent had the highest self-reported obesity (36.2%), followed by high school graduates (34.3%), adults with some college (32.8%) and college graduates (25.0%).
- Young adults were half as likely to have obesity as middle-aged adults. Adults aged 18-24 years had the lowest self-reported obesity (18.9%) compared to adults aged 45-54 years who had the highest prevalence (37.6%).

Across States and Territories

- All states and territories had more than 20% of adults with obesity.
- 20% to less than 25% of adults had obesity in 1 state (Colorado) and the District of Columbia.
- 25% to less than 30% of adults had obesity in 13 states.

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Obesity by Race/Ethnicity



Non-Hispanic White Adults, 2017-2019.





Hispanic Adults, 2017-2019.



Non-Hispanic Black Adults, 2017-2019.

Notes on Language and Images:

We encourage the use of person-first language (e.g., “adults with obesity” or “20% of children ages 12-19 have obesity” and not “obese adults” nor “20% of children are obese”) when discussing topics like obesity and other chronic diseases, as well as respectful images.

The Obesity Action Coalition has more information – please see the [Guidelines for Media Portrayals of Individuals Affected by Obesity](#)  .

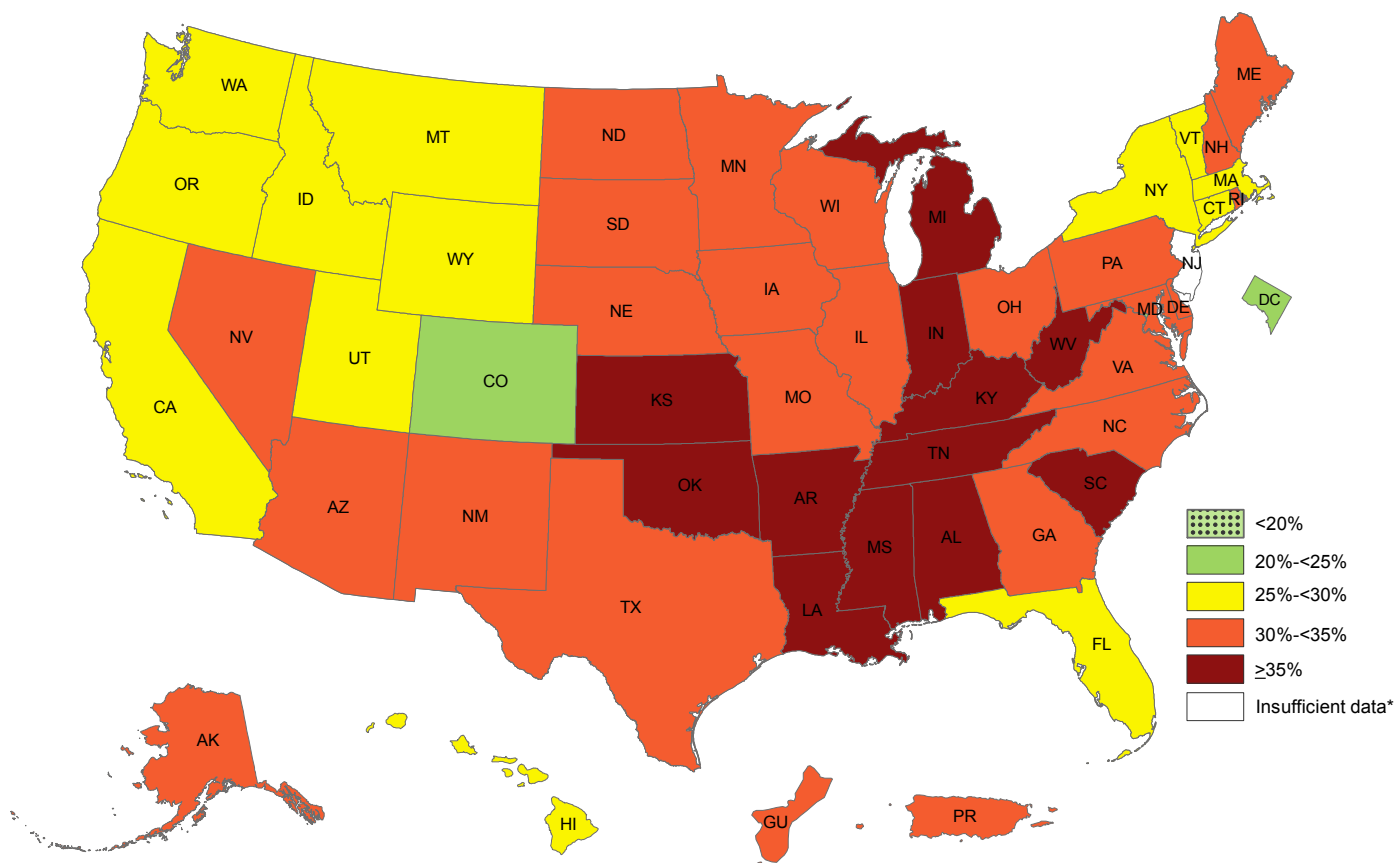
to less than 35% of adults had obesity in 23 states, Guam, and Puerto Rico.

- 35% or more adults had obesity in 12 states (Alabama, Arkansas, Indiana, Kansas, Kentucky, Louisiana, Michigan, Mississippi, Oklahoma, South Carolina, Tennessee, and West Virginia).
- The Midwest (33.9%) and South (33.3%) had the highest prevalence of obesity, followed by the Northeast (29.0%), and the West (27.4%).

Map: Overall Obesity

Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2019

[†]Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



Source: Behavioral Risk Factor Surveillance System

*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 by State and Territory, BRFSS, 2019

State	Prevalence	95% CI
Alabama	36.1	(34.6, 37.7)
Alaska	30.5	(27.8, 33.4)
Arizona	31.4	(29.7, 33.2)
Arkansas	37.4	(35.5, 39.4)
California	26.2	(25.1, 27.2)
Colorado	23.8	(22.7, 24.9)

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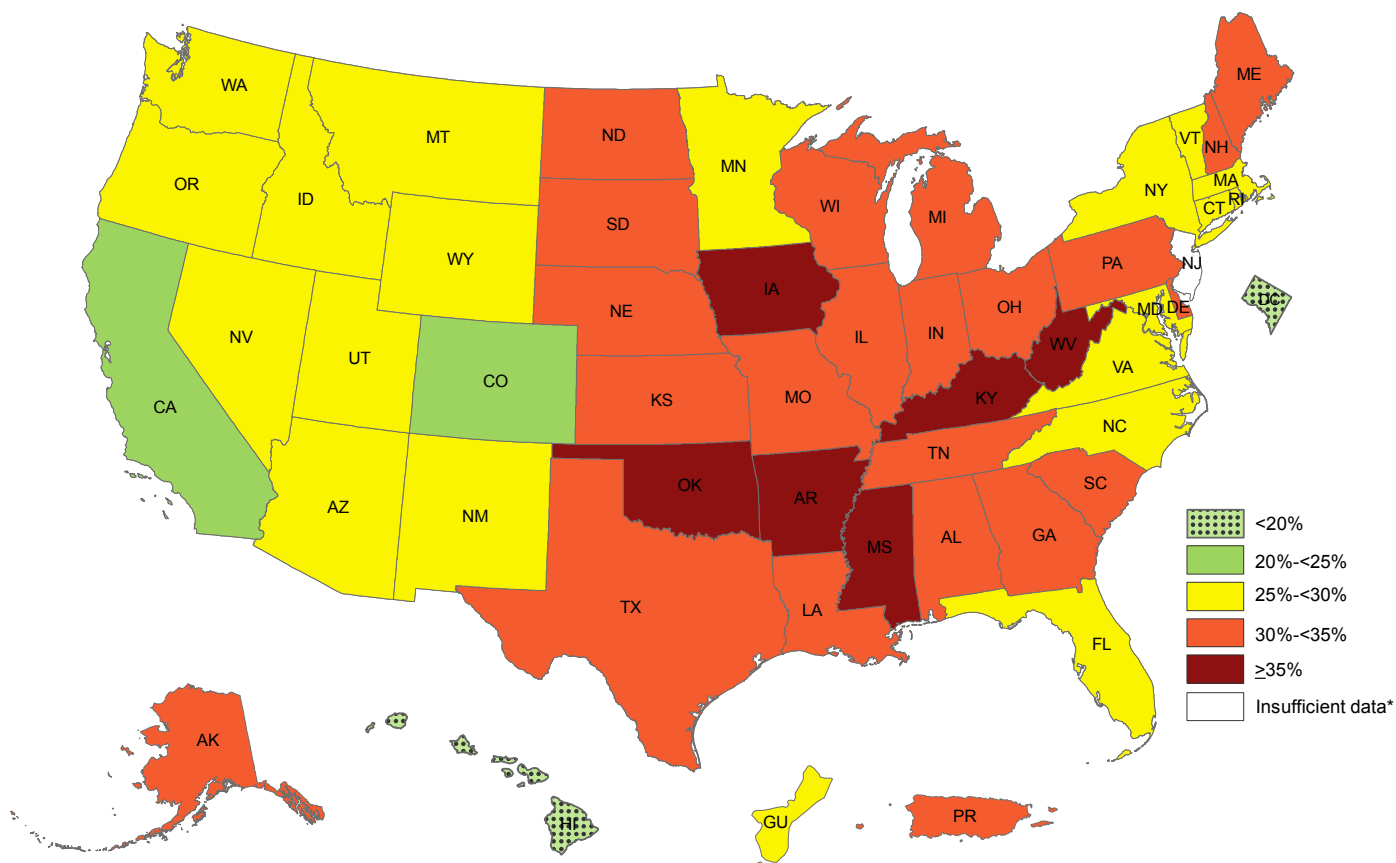
Maps: Obesity by Race/Ethnicity

Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2017-2019

Combining data from 2017 through 2019, non-Hispanic Black adults had the highest prevalence of self-reported obesity (39.8%), followed by Hispanic adults (33.8%) and non-Hispanic White adults (29.9%).

Non-Hispanic White Adults

Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults by State and Territory, BRFSS, 2017-2019



Source: Behavioral Risk Factor Surveillance System

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

TABLE: Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults by State and Territory, BRFSS, 2017-2019

State	Prevalence	95% CI
Alabama	33.5	(32.4, 34.5)
Alaska	30.1	(28.5, 31.9)
Arizona	27.6	(26.6, 28.6)
Arkansas	35.6	(34.2, 36.9)
California	23.9	(23.0, 24.9)
Colorado	21.6	(20.9, 22.3)
Connecticut	26.1	(25.2, 26.9)
Delaware	32.3	(31.0, 33.7)
District of Columbia	11.4	(10.1, 12.8)
Florida	26.5	(25.6, 27.3)

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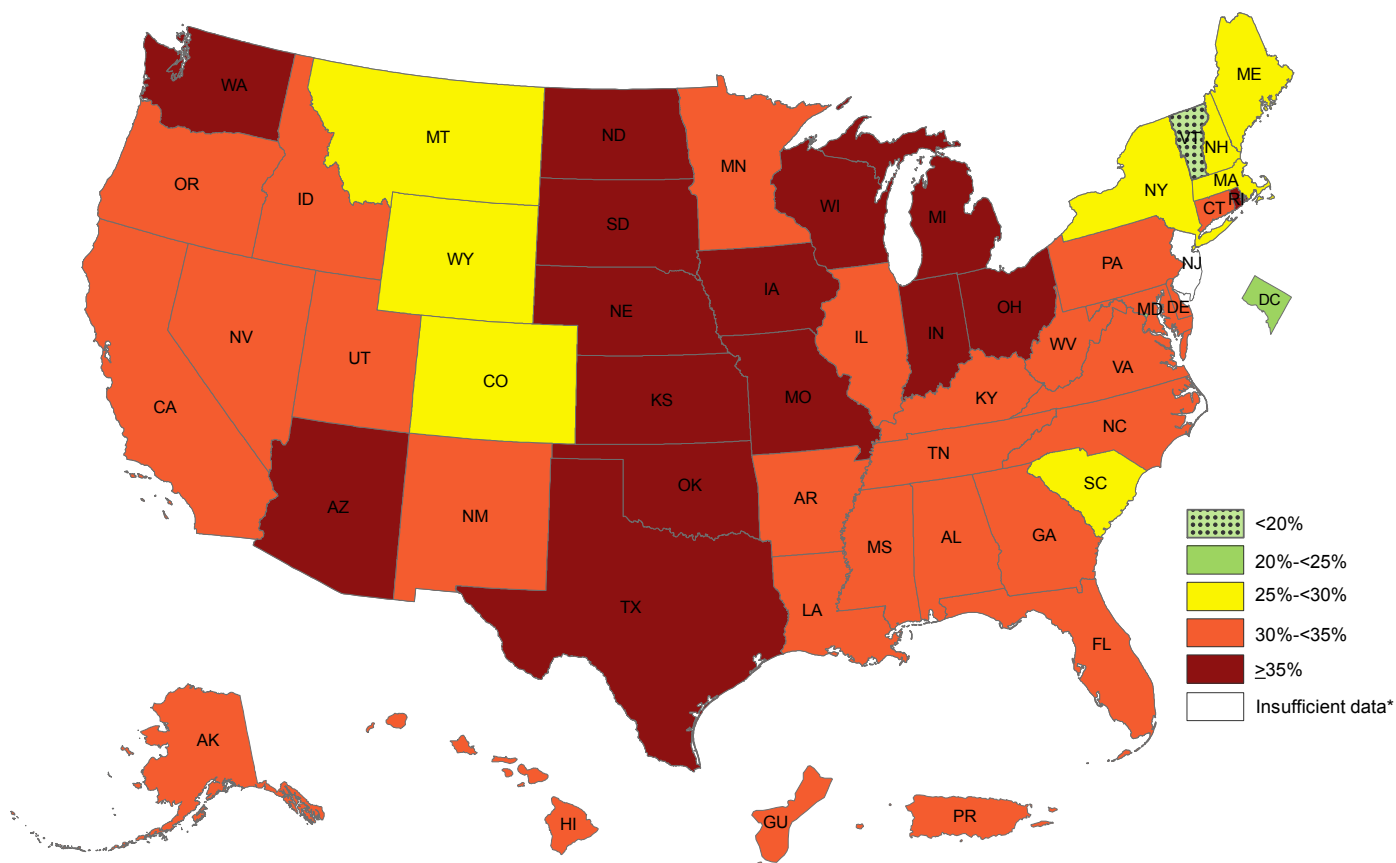
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Hispanic Adults

Prevalence of Self-Reported Obesity Among Hispanic Adults by State and Territory, BRFSS, 2017-2019



Source: Behavioral Risk Factor Surveillance System

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

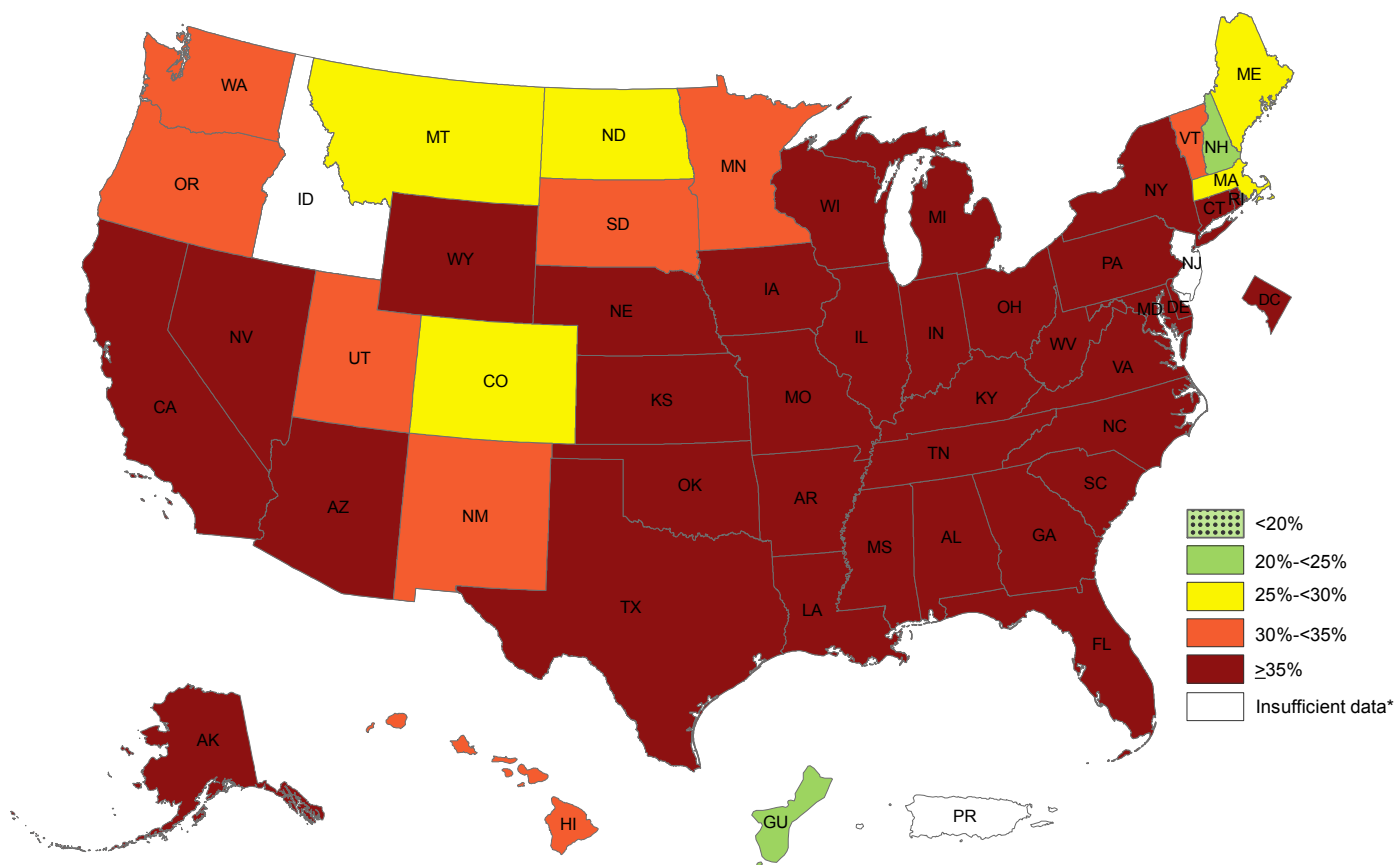
TABLE: Prevalence of Self-Reported Obesity Among Hispanic Adults by State and Territory, BRFSS, 2017–2019

State	Prevalence	95% CI
Alabama	33.6	(26.2, 41.8)
Alaska	33.6	(26.0, 42.3)
Arizona	35.2	(33.0, 37.4)
Arkansas	32.5	(25.7, 40.2)
California	32.9	(31.8, 34.1)
Colorado	29.8	(28.1, 31.5)

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Non-Hispanic Black Adults

Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults by State and Territory, BRFSS, 2017–2019



Source: Behavioral Risk Factor Surveillance System

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



TABLE: Prevalence of Self-Reported Obesity Among Non-Hispanic Black Adults by State and Territory, BRFSS, 2017-2019

State	Prevalence	95% CI
Alabama	45	(43.0, 46.9)
Alaska	39.8	(29.1, 51.5)
Arizona	35	(30.3, 40.0)
Arkansas	44.7	(40.9, 48.5)
California	35.6	(32.4, 39.0)
Colorado	29.4	(25.3, 33.9)

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Additional Resources



Download the Adult Obesity Maps by State and Territory

The adult obesity prevalence for states and territories in 2011-2019 are depicted in a [Powerpoint slide presentation format](#)  [PPT-6.37MB]. This is also available as an [Acrobat file](#)  [PDF-1.79MB].

CDC's [Data, Trends, and Maps Interactive Tool](#) provides additional state and territory adult obesity prevalence estimates.

Download the Adult Race/Ethnicity Obesity Maps by State and Territory



The state and territory adult obesity prevalence by Race/Ethnicity in 2017-2019 are depicted in a [Powerpoint slide presentation format](#)  [PPT-2.23MB]. This is also available as an [Acrobat file](#)  [PDF-1.61MB]

The state and territory adult obesity prevalence by Race/Ethnicity in 2011-2018 are depicted in a [Powerpoint slide presentation format](#)  [PPT-1.96MB]. This is also available as an [Acrobat file](#)  [PDF 1.96MB].

Changed System, New Baseline

Like all public health surveillance systems, [BRFSS](#) must occasionally change its methods to adapt to the changing world and to maintain validity. The improvement changes to the BRFSS affect obesity prevalence estimates, and mean that estimates from data collected in 2010 and before cannot be compared estimates from data collected in 2011 and forward. Learn more about the changes to the [BRFSS](#).

Download the Historical Maps

The history of the increase in state obesity prevalence is depicted in a [PowerPoint slide presentation format](#)  [PPT-3.01MB]. Estimates of obesity prevalence from 2011 forward cannot be compared to estimates from previous years. This is also available as an [Acrobat file](#)  [PDF-98KB].

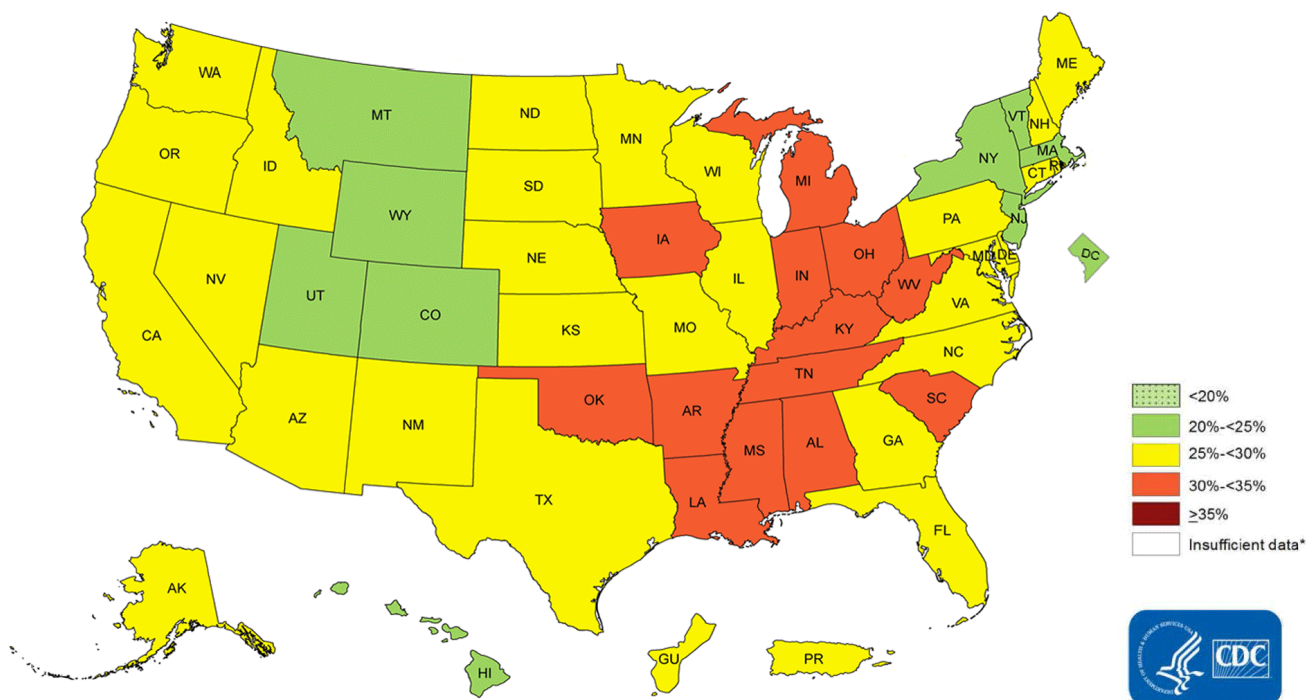
Animated Maps

Click on map to open or download large animated gif.

Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS

[†]Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

2011 **2012** 2013 2014 2015 2016 2017 2018 2019



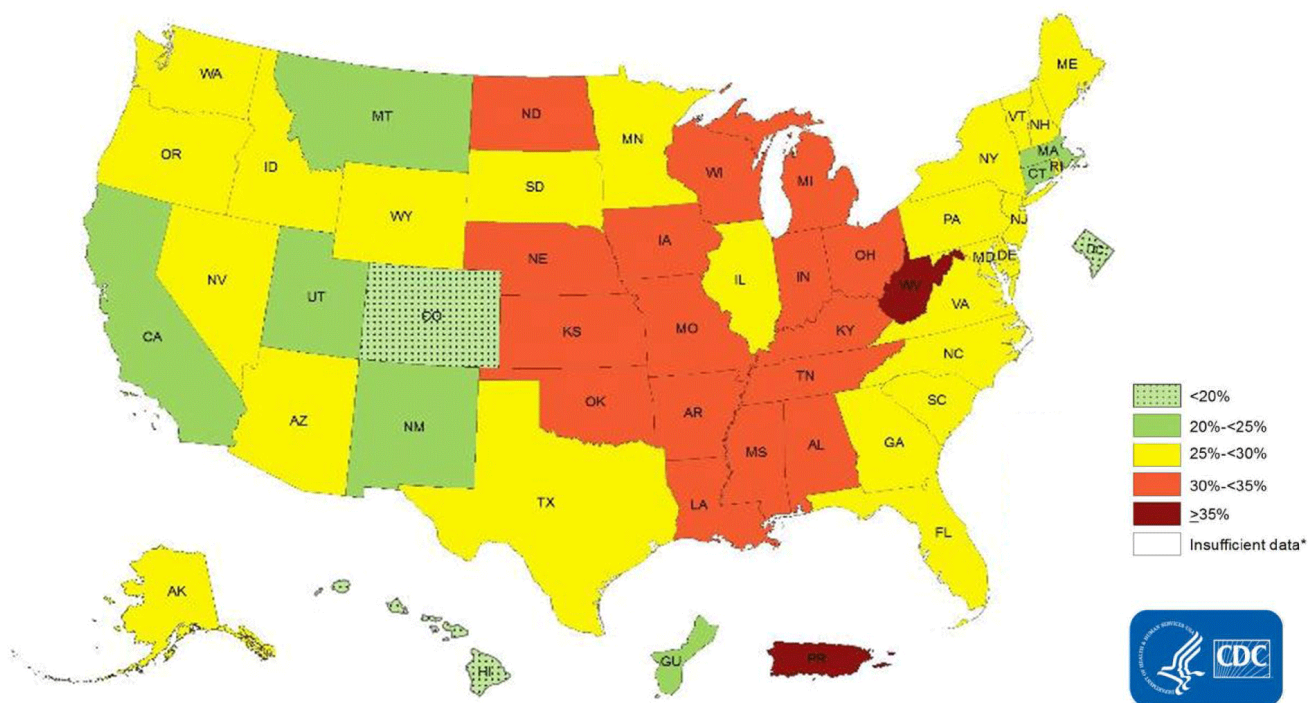
*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.

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Prevalence[†] of Self-Reported Obesity Among Non-Hispanic White Adults, by State and Territory, BRFSS

[†]Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

2011-2013 2012-2014 2013-2015 **2014-2016** 2015-2017 2016-2018 2017-2019



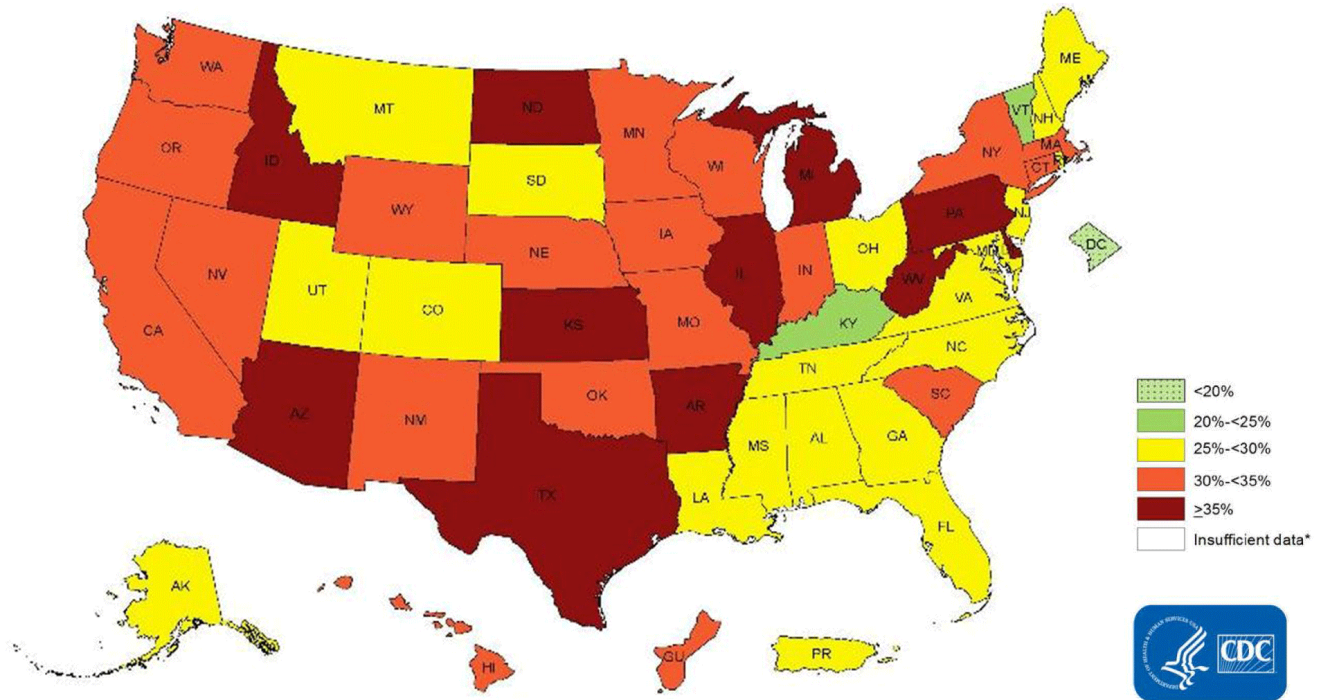
*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.

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Prevalence[†] of Self-Reported Obesity Among Hispanic Adults, by State and Territory, BRFSS

+Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

2011-2013 2012-2014 **2013-2015** 2014-2016 2015-2017 2016-2018 2017-2019



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

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