

**TFAH 2022 State of Obesity Report - State by State Adult Obesity Rates (2020 and 2021)**

States	2020 adult obesity rate	2021 adult obesity rate
Alabama	39.0	39.9
Alaska	31.9	33.5
Arizona	30.9	31.3
Arkansas	36.4	38.7
California	30.3	27.6
Colorado	24.2	25.1
Connecticut	29.2	30.4
Delaware	36.5	33.9
D.C.	24.3	24.7
Florida	28.4	n/a
Georgia	34.3	33.9
Hawaii	24.5	25.0
Idaho	31.1	31.6
Illinois	32.4	34.2
Indiana	36.8	36.3
Iowa	36.5	36.4
Kansas	35.3	36.0
Kentucky	36.6	40.3
Louisiana	38.1	38.6
Maine	31.0	31.9
Maryland	31.0	34.3
Massachusetts	24.4	27.4
Michigan	35.2	34.4
Minnesota	30.7	32.4
Mississippi	39.7	39.1
Missouri	34.0	37.3
Montana	28.5	31.8
Nebraska	34.0	35.9
Nevada	28.7	31.3
New Hampshire	29.9	30.6
New Jersey	27.7	28.2
New Mexico	30.9	34.6
New York	26.3	29.1
North Carolina	33.6	36.0
North Dakota	33.1	35.2
Ohio	35.5	37.7
Oklahoma	36.4	39.4
Oregon	28.1	30.4
Pennsylvania	31.5	33.3
Rhode Island	30.1	30.1
South Carolina	36.2	36.1
South Dakota	33.2	38.4
Tennessee	35.6	35.0
Texas	35.8	36.1
Utah	28.6	30.9
Vermont	26.3	29.0
Virginia	32.2	34.2
Washington	28.0	28.8
West Virginia	39.1	40.6
Wisconsin	32.3	33.9
Wyoming	30.7	32.0

\* Data for Florida are not available for 2021

[Read the full report at: https://www.tfah.org/report-details/state-of-obesity-2022/.](https://www.tfah.org/report-details/state-of-obesity-2022/)