

Adult Obesity Rates by State, 2011-2022

Source: Trust for America's Health analysis of CDC's Behavioral Risk Factor Surveillance System data

Distribution of States' Adult Obesity Rates, 2011-2022 (includes DC)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
# States <25%	11	10	7	6	5	4	3	3	2	4	1	1
# States 25-30%	28	28	25	23	21	22	19	17	13	11	8	6
# States 30-35%	12	13	17	19	21	20	22	22	23	20	22	22
# States 35%+	0	0	2	3	4	5	7	9	12	16	19	22
Total States	51	51	51	51	51	51	51	51	50	51	50	51

Percent of Adults (age 18+) with Obesity, by State, 2011-2022

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Alabama	32	33	32.4	33.5	35.6	35.7	36.3	36.2	36.1	39.0	39.9	38.3
Alaska	27.4	25.7	28.4	29.7	29.8	31.4	34.2	29.5	30.5	31.9	33.5	32.1
Arizona	25.1	26	26.8	28.9	28.4	29.0	29.5	29.5	31.4	30.9	31.3	33.2
Arkansas	30.9	34.5	34.6	35.9	34.5	35.7	35.0	37.1	37.4	36.4	38.7	37.4
California	23.8	25	24.1	24.7	24.2	25.0	25.1	25.8	26.2	30.3	27.6	28.1
Colorado	20.7	20.5	21.3	21.3	20.2	22.3	22.6	23.0	23.8	24.2	25.1	25.0
Connecticut	24.5	25.6	25	26.3	25.3	26.0	26.9	27.4	29.1	29.2	30.4	30.6
Delaware	28.8	26.9	31.1	30.7	29.7	30.7	31.8	33.5	34.4	36.5	33.9	37.9
DC	23.7	21.9	22.9	21.7	22.1	22.6	23.0	24.7	23.8	24.3	24.7	24.3
Florida	26.6	25.2	26.4	26.2	26.8	27.4	28.4	30.7	27.0	28.4	n/a	31.6
Georgia	28	29.1	30.3	30.5	30.7	31.4	31.6	32.5	33.1	34.3	33.9	37.0
Hawaii	21.8	23.6	21.8	22.1	22.7	23.8	23.8	24.9	25.0	24.5	25.0	25.9
Idaho	27	26.8	29.6	28.9	28.6	27.4	29.3	28.4	29.5	31.1	31.6	33.2
Illinois	27.1	28.1	29.4	29.3	30.8	31.6	31.1	31.8	31.6	32.4	34.2	33.4
Indiana	30.8	31.4	31.8	32.7	31.3	32.5	33.6	34.1	35.3	36.8	36.3	37.7
Iowa	29	30.4	31.3	30.9	32.1	32.0	36.4	35.3	33.9	36.5	36.4	37.4
Kansas	29.6	29.8	30	31.3	34.2	31.2	32.4	34.4	35.2	35.3	36.0	35.7
Kentucky	30.4	31.3	33.2	31.6	34.6	34.2	34.3	36.6	36.5	36.6	40.3	37.7
Louisiana	33.4	34.7	33.1	34.9	36.2	35.5	36.2	36.8	35.9	38.1	38.6	40.1
Maine	27.8	28.3	28.9	28.2	30	29.9	29.1	30.4	31.7	31.0	31.9	33.1
Maryland	28.3	27.6	28.3	29.6	28.9	29.9	31.3	30.9	32.3	31.0	34.3	33.2
Massachusetts	22.7	22.9	23.6	23.3	24.3	23.6	25.9	25.7	25.2	24.4	27.4	27.2
Michigan	31.3	31.1	31.5	30.7	31.2	32.5	32.3	33.0	36.0	35.2	34.4	34.5

Percent of Adults (age 18+) with Obesity, by State, 2011-2022 (contd.)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Minnesota	25.7	25.7	25.5	27.6	26.1	27.8	28.4	30.1	30.1	30.7	32.4	33.6
Mississippi	34.9	34.6	35.1	35.5	35.6	37.3	37.3	39.5	40.8	39.7	39.1	39.5
Missouri	30.3	29.6	30.4	30.2	32.4	31.7	32.5	35.0	34.8	34.0	37.3	36.4
Montana	24.6	24.3	24.6	26.4	23.6	25.5	25.3	26.9	28.3	28.5	31.8	30.5
Nebraska	28.4	28.6	29.6	30.2	31.4	32.0	32.8	34.1	34.1	34.0	35.9	35.3
Nevada	24.5	26.2	26.2	27.7	26.7	25.8	26.7	29.5	30.6	28.7	31.3	33.5
New Hampshire	26.2	27.3	26.7	27.4	26.3	26.6	28.1	29.6	31.8	29.9	30.6	30.2
New Jersey	23.7	24.6	26.3	26.9	25.6	27.4	27.3	25.7	n/a	27.7	28.2	29.1
New Mexico	26.3	27.1	26.4	28.4	28.8	28.3	28.4	32.3	31.7	30.9	34.6	32.4
New York	24.5	23.6	25.4	27	25	25.5	25.7	27.6	27.1	26.3	29.1	30.1
North Carolina	29.1	29.6	29.4	29.7	30.1	31.8	32.1	33.0	34.0	33.6	36.0	34.1
North Dakota	27.8	29.7	31	32.2	31	31.9	33.2	35.1	34.8	33.1	35.2	35.4
Ohio	29.6	30.1	30.4	32.6	29.8	31.5	33.8	34.0	34.8	35.5	37.7	38.1
Oklahoma	31.1	32.2	32.5	33	33.9	32.8	36.5	34.8	36.8	36.4	39.4	40.0
Oregon	26.7	27.3	26.5	27.9	30.1	28.7	29.4	29.9	29.0	28.1	30.4	30.9
Pennsylvania	28.6	29.1	30	30.2	30	30.3	31.6	30.9	33.2	31.5	33.3	33.4
Rhode Island	25.4	25.7	27.3	27	26	26.6	30.0	27.7	30.0	30.1	30.1	30.8
South Carolina	30.8	31.6	31.7	32.1	31.7	32.3	34.1	34.3	35.4	36.2	36.1	35.0
South Dakota	28.1	28.1	29.9	29.8	30.4	29.6	31.9	30.1	33.0	33.2	38.4	36.8
Tennessee	29.2	31.1	33.7	31.2	33.8	34.8	32.8	34.4	36.5	35.6	35.0	38.9
Texas	30.4	29.2	30.9	31.9	32.4	33.7	33.0	34.8	34.0	35.8	36.1	35.5
Utah	24.4	24.3	24.1	25.7	24.5	25.4	25.3	27.8	29.2	28.6	30.9	31.1
Vermont	25.4	23.7	24.7	24.8	25.1	27.1	27.6	27.5	26.6	26.3	29.0	26.8
Virginia	29.2	27.4	27.2	28.5	29.2	29.0	30.1	30.4	31.9	32.2	34.2	35.2
Washington	26.5	26.8	27.2	27.3	26.4	28.6	27.7	28.7	28.3	28.0	28.8	31.7
West Virginia	32.4	33.8	35.1	35.7	35.6	37.7	38.1	39.5	39.7	39.1	40.6	41.0
Wisconsin	27.7	29.7	29.8	31.2	30.7	30.7	32.0	32.0	34.2	32.3	33.9	37.7
Wyoming	25	24.6	27.8	29.5	29	27.7	28.8	29.0	29.7	30.7	32.0	34.3