

# Obesity in the United States



Obesity is a chronic and complex disease affecting millions in the U.S.

# 42%

**Percent of U.S. adults living with obesity**

Adults with a body mass index (BMI) of 30 or higher are considered to be living with obesity. NORC at the University of Chicago used data from the Behavioral Risk Factor Surveillance System (BRFSS) to estimate the prevalence of obesity at the state and national level in the U.S. The BRFSS data for obesity has been adjusted using National Health and Nutrition Examination Survey (NHANES).

## Prevalence of obesity in U.S. adults over time

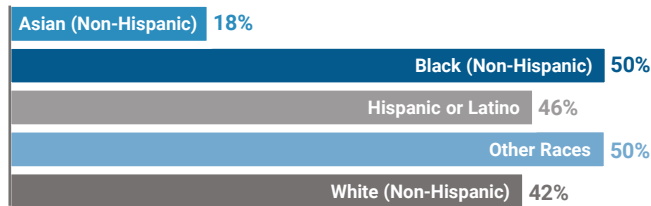
	2013 - 2015	2016 - 2018	2019 - 2021
Obesity Category I & above (Adults with BMI 30+)	38%	40%	42%
Obesity Category II & above (Adults with BMI 35+)	17%	19%	21%
Obesity Category III (Adults with BMI 40+)	8%	8%	9%

## Demographic Differences

The prevalence of obesity varies considerably based on certain demographic and socioeconomic factors, including race/ethnicity, age, education level, urbanicity, and sex. The online, interactive mapping tool allows users to see differences in prevalence across various subpopulations at the state level, in comparison to national benchmarks.

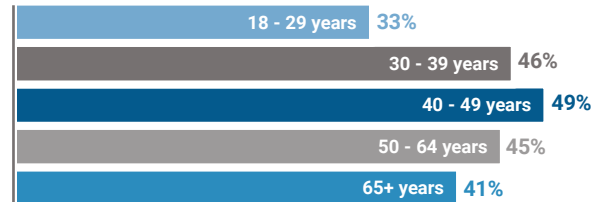
### Prevalence of Obesity Class 1 & above, 2019 – 2021, by demographic groups

#### Race / Ethnicity

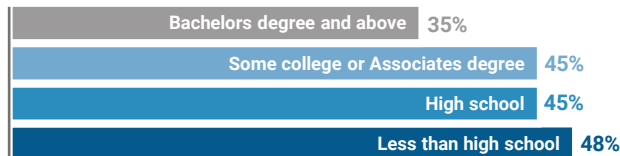


*Other races includes American Indian, Alaskan Native, Native Hawaiian, Pacific Islander, Multiracial or Other.*

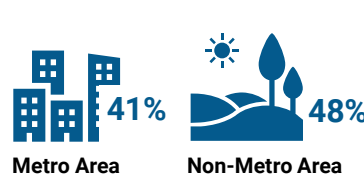
#### Age Group



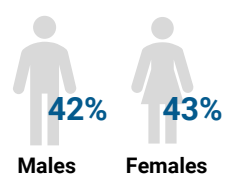
#### Education Level



#### Urbanicity



#### Sex

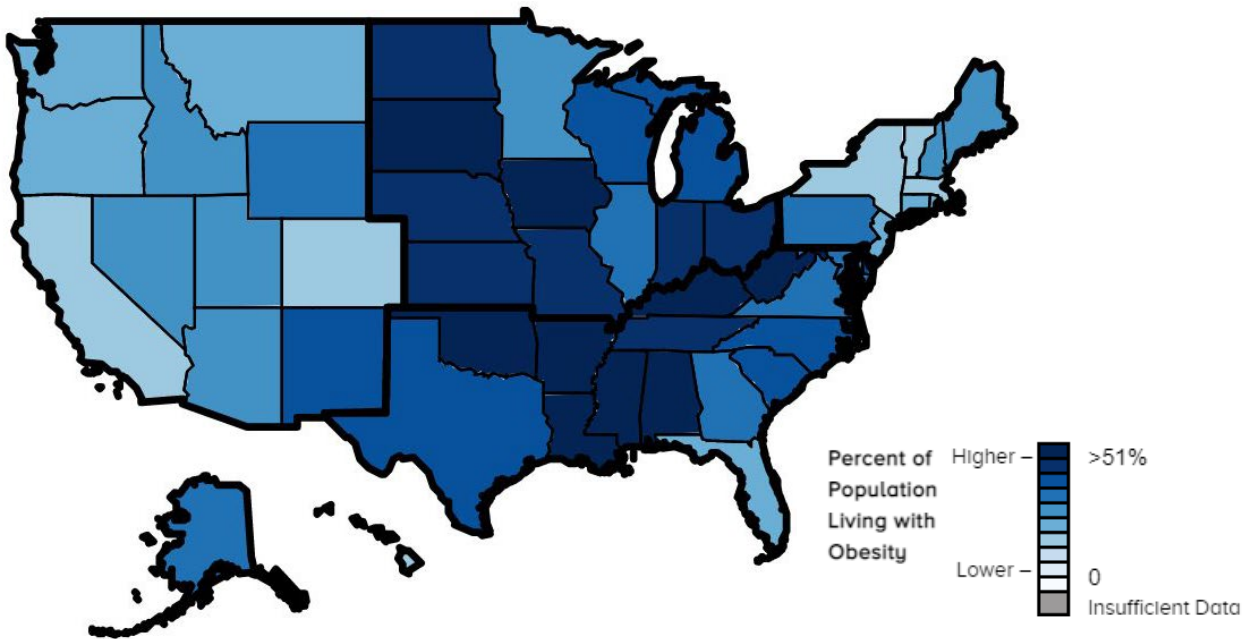


## Obesity Related Diseases

Obesity is associated with other serious and chronic conditions that are among the leading causes of preventable, premature death. The online, interactive mapping tool contains prevalence estimates of nine comorbidities that are highly correlated with the prevalence of obesity.

Prevalence of comorbidities in U.S. adults	2013 - 2015	2016 - 2018	2019 - 2021
Dyslipidemia (High cholesterol)	37%	32%	33%
Hypertension	32%	32%	33%
Arthritis	25%	25%	25%
Diabetes (any type)	10%	11%	11%
Cardiovascular Disease	9%	9%	8%
Heart Attack	4%	4%	4%
Angina / Coronary Heart Disease	4%	4%	4%
Stroke	3%	3%	3%
Kidney Disease	3%	3%	3%

# Prevalence of Obesity by State, 2019 – 2021



## Northeast

State	Adult Obesity Prevalence, 2019 -2021
CT	40%
ME	42%
MA	35%
NH	42%
NJ	38%
NY	37%
PA	43%
RI	40%
VT	36%

## South

State	Adult Obesity Prevalence, 2019 -2021
AL	49%
AR	48%
DE	45%
DC	33%
FL	38%
GA	43%
KY	48%
LA	48%
MD	43%
MS	51%
NC	45%
OK	49%
SC	45%
TN	47%
TX	46%
VA	43%
WV	51%

## Midwest

State	Adult Obesity Prevalence, 2019 -2021
IL	43%
IN	47%
IA	47%
KS	47%
MI	46%
MN	42%
MO	46%
NE	46%
ND	47%
OH	46%
SD	47%
WI	45%

## West

State	Adult Obesity Prevalence, 2019 -2021
AK	43%
AZ	42%
CA	37%
CO	34%
HI	35%
ID	42%
MT	41%
NV	41%
NM	43%
OR	40%
UT	40%
WA	39%
WY	43%

*\*All estimates are crude (non-age adjusted) from BRFSS data, adjusted by NHANES.*

## More Information

To explore all state and population estimates and to learn about the methodology, please visit [www.obesitymap.norc.org](http://www.obesitymap.norc.org)

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