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Obesity in US Adults, BRFSS, 2007

No state met the Healthy People 2010 goal of 15% adult obesity

Obesity is a significant public health problem with serious implications for the health and well-being of the American public (1). The *Healthy People 2010 (HP2010)* national health objectives include one to reduce the proportion of adults who are obese to 15% (objective 19-2) (1). Obesity is defined as a body mass index (BMI) of 30 or above. BMI is calculated using height and weight. For example, a 5-foot, 9-inch adult who weighs 203 pounds would have a BMI of 30, thus putting this person into the obese category.

This analysis estimated the 2007 obesity prevalence among adults, by state, from self-reported weight and height data from the Behavioral Risk Factor Surveillance System (BRFSS). No state met the *Healthy People 2010* objective of 15% and 30 states were 10 or more percentage points away from the objective. State-specific obesity prevalence ranged from 18.7% to 32.0%.

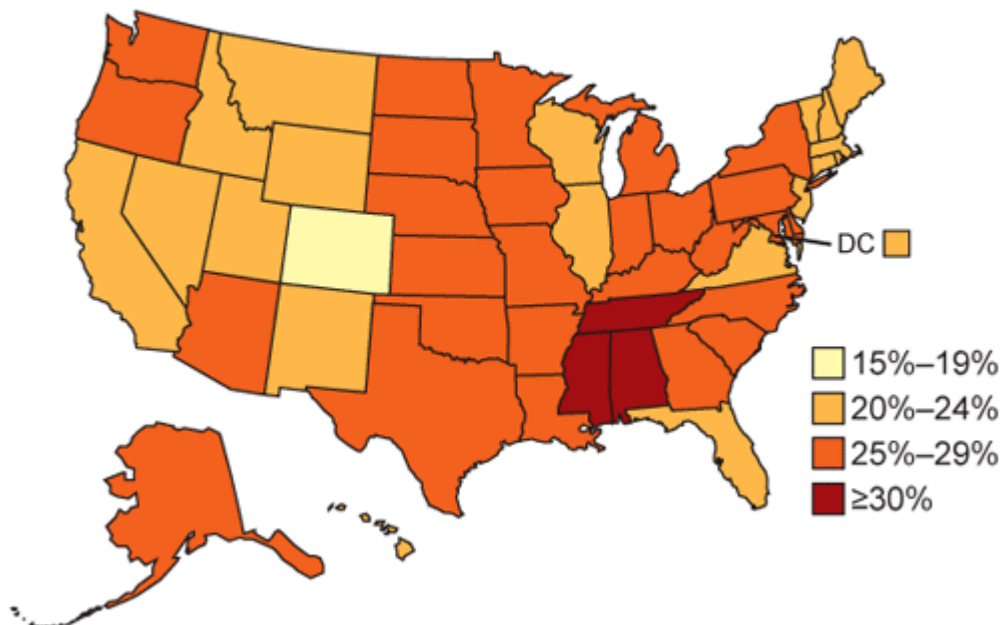


Among 2007 BRFSS respondents:

- 25.6% were obese.
- 26.4% of men were obese and 24.8% of women
- The obesity prevalence ranged from 19.1% for men and women aged 18--29 years to 31.7% and 30.2%, respectively, for men and women aged 50--59 years.
- By race/ethnicity and sex the obesity prevalence was highest for non-Hispanic black women (39.0%) followed by non-Hispanic black men (32.1%).

- The obesity prevalence was higher in the South (27.3%) and Midwest (26.5%) and lower in the Northeast (24.4%) and West (23.1%)

The Prevalence of Obesity (BMI ≥30) Among U.S. Adults, 2007



2007 State Obesity Rates

State	%	State	%	State	%	State	%
Alabama	30.3	Illinois	24.9	Montana	21.8	Rhode Island	21.4
Alaska	27.5	Indiana	26.8	Nebraska	26.0	South Carolina	28.4
Arizona	25.4	Iowa	26.9	Nevada	24.1	South Dakota	26.2
Arkansas	28.7	Kansas	26.9	New Hampshire	24.4	Tennessee	30.1
California	22.6	Kentucky	27.4	New Jersey	23.5	Texas	28.1
Colorado	18.7	Louisiana	29.8	New Mexico	24.0	Utah	21.8
Connecticut	21.2	Maine	24.8	New York	25.0	Vermont	21.3
Delaware	27.4	Maryland	25.4	North Carolina	28.0	Virginia	24.3
Washington	21.8	Massachusetts	21.3	North Dakota	26.5	Washington	25.3
DC							
Florida	23.6	Michigan	27.7	Ohio	27.5	West Virginia	29.5
Georgia	28.2	Minnesota	25.6	Oklahoma	28.1	Wisconsin	24.7
Hawaii	21.4	Mississippi	32.0	Oregon	25.5	Wyoming	23.7
Idaho	24.5	Missouri	27.5	Pennsylvania	27.1		

CDC conducts obesity prevention programs and activities in many different settings and with a wide range of partners, including state and local health and education departments and communities across the country. For example, as part of CDC's Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases, the Washington State implemented a community intervention that promotes environmental and policy changes to help encourage healthful nutrition and physical activity behavior. Changes include widening sidewalks, connecting systems of paths for pedestrians and cyclists in a community, and creating community gardens.

CDC also works with employers and work-site health experts to translate evidence-based recommendations from the Task Force on Community Preventive Services (2) on work-site interventions for preventing obesity into business practice. One product from this collaboration will include a return on investment cost calculator to assist businesses in making the case for initiation and maintenance of wellness programs, especially those that promote weight management. In addition, an interactive website will provide guidance for the creation, expansion or customization of work-site obesity programs. These tools and products will enable employers to more easily implement the evidenced-based recommendations.

References:

1. US Department of Health and Human Services. Healthy People 2010 (conference ed, in 2 vols). Washington DC: US Department of Health and Human Services; 2000. Available at: <http://www.health.gov/healthypeople>.
2. CDC. Public health strategies for preventing and controlling overweight and obesity in school and worksite settings: a report on recommendations of the Task Force on Community Preventive Services. MMWR 2005;54(RR-10):1--12.

Data Source:

State-Specific Prevalence of Obesity Among Adults in the United States, 2007. MMWR, 2008;57(28):765-768. Available at:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5728a1.htm>.

For More Information:

- [CDC Overweight and Obesity](#)
- [Obesity Trend Data](#)
- [State-Based Programs](#)

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