

# Obesity Statistics



Statistic Verification
Source: CDC, WIN
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Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. People are considered as obese when their Body mass index (BMI), a measurement which compares their weight and squared height, exceeds 30 kg/m <sup>2</sup> . Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis.[2] Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility.

State Obesity Rates							
State	%	State	%	State	%	State	%
Alabama	32.2	Illinois	28.2	Montana	23.0	Rhode Island	25.5
Alaska	24.5	Indiana	29.6	Nebraska	26.9	South Carolina	31.5
Arizona	24.3	Iowa	28.4	Nevada	22.4	South Dakota	27.3
Arkansas	30.1	Kansas	29.4	New Hampshire	25.0	Tennessee	30.8
California	24.0	Kentucky	31.3	New Jersey	23.8	Texas	31.0
* Colorado	21.0	Louisiana	31.0	New Mexico	25.1	Utah	22.5
Connecticut	22.5	Maine	26.8	New York	23.9	Vermont	23.2
Delaware	28.0	Maryland	27.1	North Carolina	27.8	Virginia	26.0
District of Columbia	22.2	Massachusetts	23.0	North Dakota	27.2	Washington	25.5
Florida	26.6	Michigan	30.9	Ohio	29.2	West Virginia	32.5

<b>Georgia</b>	29.6	<b>Minnesota</b>	24.8	<b>Oklahoma</b>	30.4	<b>Wisconsin</b>	26.3
<b>Hawaii</b>	22.7	* <b>Mississippi</b>	34.0	<b>Oregon</b>	26.8	<b>Wyoming</b>	25.1
<b>Idaho</b>	26.5	<b>Missouri</b>	30.5	<b>Pennsylvania</b>	28.6		

<b>Rank</b>	<b>America's Most Obese Cities</b>	<b>Percent Obese</b>
1	Memphis, TN	34%
2	Birmingham, AL	31.3%
3	San Antonio, TX	31.1%
4	Riverside, CA	30.8%
5	Detroit, MI	30.4%
6	Jacksonville, FL	29.8%
7	Nashville, TN	28.8%
8	Oklahoma City, OK	27.5%
9	Kansas City, MO	26.9%
10	San Diego, CA	26.7%

<b>Childhood Obesity in America</b>	<b>Data</b>
Child obesity has tripled in the past 30 years	
Percent of children ages 2-19 who are obese	17%
Percent of children ages 6-11 who are obese	20%
Percent of children ages 12-19 who are obese	18%
Annual cost of childhood obesity	\$100 Billion
Deaths attributed to childhood obesity yearly	300,000
Children who are obese have an 80% chance of becoming an obese adult	

<b>Obesity By Gender</b>	<b>Data</b>
Adults age 20+ who are overweight or obese (Body Mass Index BMI > 25)	69%
Women Obesity	64.7%
Men	72.3%
Body Mass Index (BMI) above 30	33.8%
Women	35.5 %
Men	32.2%
Body Mass Index (BMI) above 40	5.7%
Adults Age 20+ at healthy BMI between 18.5 to 25	31.6%
Women	36.5%
Men	26.6%

<b>Obesity By Ethnicity</b>	<b>Data</b>
Black Women	49.6%
Hispanic Women	43%
White Women	33%
Black Men	37.3%
Hispanic Men	34.3%
White Men	31.9%
Asian Americans	8.9%

Native Americans and Alaska Natives	32.4%
Native Hawaiians or Other Pacific Islanders	31%

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