PREVALENCE OF SELF-REPORTED OBESITY AMONG U.S. ADULTS BY STATE AND TERRITORY, BRFSS, 2021

Source: Behavioral Risk Factor Surveillance System
*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.

PREVALENCE OF OBESITY AMONG US ADULTS

2017-2018

MEN 43%
WOMEN 41.9%

AMONG US ADULTS
IN MEN VS. WOMEN

BY RACE AND ETHNICITY

49.6% NON-HISPANIC BLACK
49.2% AMERICAN INDIAN OR ALASKA NATIVE
44.8% HISPANIC
42.4% NON-HISPANIC WHITE
17.4% ASIAN

https://www.cdc.gov/obesity/data/prevalence-maps.html
https://www.cdc.gov/nchs/data/databriefs/db360-h.pdf
https://www.cdc.gov/nchs/products/databriefs/db360.htm
OBESITY FACTS AND FIGURES

OBESITY AMONG US CHILDREN AND ADOLESCENTS AGED 2-19

2017-2020

19.7%

PREVALENCE OF OBESITY IMPACTS NATIONAL SECURITY

PREVALENCE OF OBESITY IMPACTS MEDICAL CARE COSTS

THE DEPARTMENT OF DEFENSE SPENDS ABOUT $1.5 MILLION ANNUALLY IN OBESITY RELATED HEALTH CARE COSTS FOR SERVICE MEMBERS AND THEIR FAMILIES.

ANNUAL OBESITY-RELATED MEDICAL CARE COSTS IN THE UNITED STATES, IN 2019 DOLLARS, WERE ESTIMATED TO BE NEARLY $173 BILLION


OBESITY IN CHILDREN AND ADULTS INCREASES THE RISK FOR THE FOLLOWING HEALTH CONDITIONS

- High blood pressure and high cholesterol, which are risk factors for heart disease.
- Type 2 diabetes.
- Breathing problems, such as asthma and sleep apnea.
- Joint problems such as osteoarthritis and musculoskeletal discomfort.
- Gallstones and gallbladder disease.

https://www.cdc.gov/obesity/data/childhood.html
https://www.cdc.gov/physicalactivity/resources/unfit-to-serve/index.html
https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0247307
https://www.cdc.gov/obesity/basics/consequences.html#text=Obesity%20in%20children%20and%20adults%20for%20the%20following%20health%20conditions%20and%20sleep%20apnea