

The Most Recent National and State Prevalence Data for Overweight and Obesity (including the District of Columbia)¹

	% of Low-Income Children who are Overweight or Obese (Ages 2-5)²	% of Low-Income Children who are Obese (Ages 2-5)²	% of Children who are Overweight or Obese (Ages 10-17)³	% of Children who are Obese Only (Ages 10-17)³	% of High School Students who are Overweight or Obese⁴	% of High School Students who are Obese Only⁴	% of Adults who are Overweight or Obese⁵	% of Adults who are Obese Only⁵
United States	31.3	14.8	31.6	16.4	28.8	13.0	63.2	26.7
Alabama	28.9	13.8	36.1	17.9	N/A	N/A	67.9	32.2
Alaska	N/A	N/A	33.9	14.1	27.3	11.1	65.5	27.1
Arizona	30.6	14.6	30.6	17.8	25.9	11.7	61.3	25.6
Arkansas	29.8	13.9	37.5	20.4	29.7	13.9	65.7	29.5
California	33.3	17.3	30.5	15.0	N/A	N/A	61.4	24.3
Colorado	23.8	9.4	27.2	14.2	N/A	N/A	55.3	19.1
Connecticut	31.2	15.5	25.7	12.5	25.6	12.3	59.7	21.4
Delaware	N/A	N/A	33.2	13.3	30.8	13.3	63.8	27.8
District of Columbia	29.4	13.3	35.4	20.1	35.5	17.7	55.1	22.3
Florida	29.5	14.1	33.1	18.3	26.4	11.2	60.2	25.2
Georgia	31.4	14.8	37.3	21.3	32.0	13.8	64.7	27.8
Hawaii	21.4	9.3	28.5	11.2	29.9	15.6	57.3	23.1
Idaho	28.3	12.3	27.5	11.8	22.8	11.1	62.2	25.2
Illinois	30.0	14.7	34.9	20.7	28.6	12.9	63.3	26.9
Indiana	31.1	14.5	29.9	14.6	29.1	13.8	63.6	27.0
Iowa	32.6	15.1	26.5	11.2	24.8	11.3	64.3	26.7
Kansas	30.0	13.3	31.1	16.2	25.5	11.1	65.7	28.1
Kentucky	32.3	15.7	37.1	21.0	32.0	15.6	66.8	30.3
Louisiana	N/A	N/A	35.9	20.7	N/A	N/A	63.8	29.0
Maine	N/A	N/A	28.2	12.9	25.9	12.8	61.9	25.9
Maryland	32.5	15.7	28.8	13.6	28.3	13.1	63.4	26.7
Massachusetts	33.5	16.7	30.0	13.3	25.7	11.1	58.1	21.5
Michigan	30.5	13.9	30.6	12.4	28.9	12.4	64.7	29.5
Minnesota	30.4	13.4	23.1	11.1	N/A	N/A	62.8	25.2
Mississippi	30.1	14.6	44.4	21.9	35.8	17.9	67.5	33.4
Missouri	30.7	13.9	31.0	13.6	26.3	12.0	65.5	29.1
Montana	28.4	12.4	25.6	11.8	23.4	10.1	61.7	24.3
Nebraska	30.9	13.9	31.5	15.8	N/A	N/A	64.1	27.2
Nevada	26.7	12.9	34.2	15.2	25.5	11.0	62.6	25.6
New Hampshire	33.3	15.5	29.4	12.8	26.1	11.7	63.1	24.9
New Jersey	35.4	17.9	31.0	15.4	N/A	N/A	62.1	23.6
New Mexico	25.9	12.0	32.7	16.0	24.4	10.9	59.9	25.7
New York	32.0	14.6	32.9	17.1	27.2	10.9	60.3	25.1
North Carolina	32.0	15.7	33.5	18.6	29.9	12.8	65.7	29.5
North Dakota	31.3	13.8	25.7	11.4	23.7	10.0	67.4	27.8
Ohio	28.0	12.2	33.3	18.5	27.4	12.4	63.4	29.3
Oklahoma	N/A	N/A	29.5	16.4	29.9	14.7	66.6	31.0
Oregon	32.3	14.7	24.3	9.6	N/A	N/A	61.7	25.0
Pennsylvania	25.8	11.5	29.7	15.0	N/A	N/A	64.4	28.4

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Rhode Island	32.9	16.2	30.1	14.4	26.9	10.7	60.0	22.1
South Carolina	28.5	13.3	33.7	15.3	31.5	14.4	65.9	30.7
South Dakota	35.9	16.2	28.4	13.2	23.6	9.1	64.9	28.1
Tennessee	29.2	13.8	36.5	20.6	35.0	16.9	68.0	31.2
Texas	34.1	16.2	32.2	20.4	31.5	15.9	66.2	28.9
Utah	N/A	N/A	23.1	11.4	20.4	8.7	58.2	23.1
Vermont	29.6	13.3	26.7	12.9	26.3	11.8	58.5	23.3
Virginia	39.1	19.0	31.0	15.2	N/A	N/A	61.6	25.8
Washington	33.0	14.4	29.5	11.1	N/A	N/A	61.8	26.0
West Virginia	28.3	13.5	35.5	18.9	31.7	14.7	68.8	31.9
Wisconsin	29.9	13.6	27.9	13.1	25.1	11.1	63.6	26.1
Wyoming	N/A	N/A	25.7	10.2	20.7	9.3	62.1	25.2

¹ For children and adolescents (using growth charts): overweight is defined as BMI-for-age \geq 85th percentile to $<$ 95th percentile; obese is defined as BMI-for-age \geq 95th percentile. For adults: overweight is defined as BMI 25.0-29.9 kg/m²; obese is defined as BMI \geq 30 kg/m².

² Pediatric Nutrition Surveillance System (PedNSS), 2008.

Source: Centers for Disease Control and Prevention. (2009). Comparison of growth and anemia indicators by contributor. *2008 Pediatric Nutrition Surveillance*, Table 6. Available at: http://www.cdc.gov/pednss/pednss_tables/pdf/national_table6.pdf. Accessed on December 23, 2009. (Note: N/A refers to states that did not contribute data.)

³ National Survey of Children's Health (NSCH), 2007.

Source: Child and Adolescent Health Measurement Initiative. (2007). *2007 National Survey of Children's Health, Data Resource Center for Child and Adolescent Health Website*. Available at: <http://www.nschdata.org>. Accessed on November 12, 2009.

⁴ Youth Risk Behavior Surveillance System (YRBSS), 2007.

Source: Eaton, D. K., Kann, L., Kinchen, S., Shanklin, S., Ross, J., Hawkins, J., Harris, W. A., Lowry, R., McManus, T., Chyen, D., Lim, C., Brener, N. D., & Wechsler, H. (2008). Youth Risk Behavior Surveillance - United States, 2007. *Morbidity and Mortality Weekly Report*, 57(4), 1-131. (Note: N/A refers to states that did not conduct an YRBSS or had low response rates.)

⁵ Behavioral Risk Factor Surveillance System (BRFSS), 2008.

Source: Centers for Disease Control and Prevention. (2008). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention. Available at: <http://apps.nccd.cdc.gov/brfss/index.asp>. Accessed on November 13, 2009.