

Obesity Trends Among U.S. Adults between 1985 and 2009

Definitions:

- Obesity: Body Mass Index (BMI) of 30 or higher.
- Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, specifically the adult's weight in kilograms divided by the square of his or her height in meters.



Obesity Trends Among U.S. Adults between 1985 and 2009

Source of the data:

- The data shown in these maps were collected through CDC's Behavioral Risk Factor Surveillance System (BRFSS). Each year, state health departments use standard procedures to collect data through a series of telephone interviews with U.S. adults.
- Prevalence estimates generated for the maps may vary slightly from those generated for the states by BRFSS (<http://aps.nccd.cdc.gov/brfss>) as slightly different analytic methods are used.



- In 1990, among states participating in the Behavioral Risk Factor Surveillance System, ten states had a prevalence of obesity less than 10% and no states had prevalence equal to or greater than 15%.
- By 1999, no state had prevalence less than 10%, eighteen states had a prevalence of obesity between 20-24%, and no state had prevalence equal to or greater than 25%.
- In 2009, only one state (Colorado) and the District of Columbia had a prevalence of obesity less than 20%. Thirty-three states had a prevalence equal to or greater than 25%; nine of these states (Alabama, Arkansas, Kentucky, Louisiana, Mississippi, Missouri, Oklahoma, Tennessee, and West Virginia) had a prevalence of obesity equal to or greater than 30%.



Citations

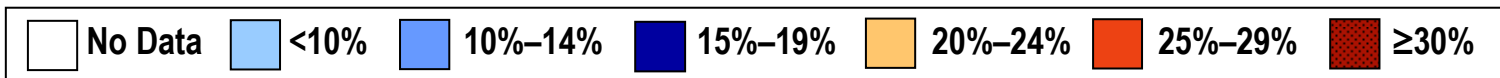
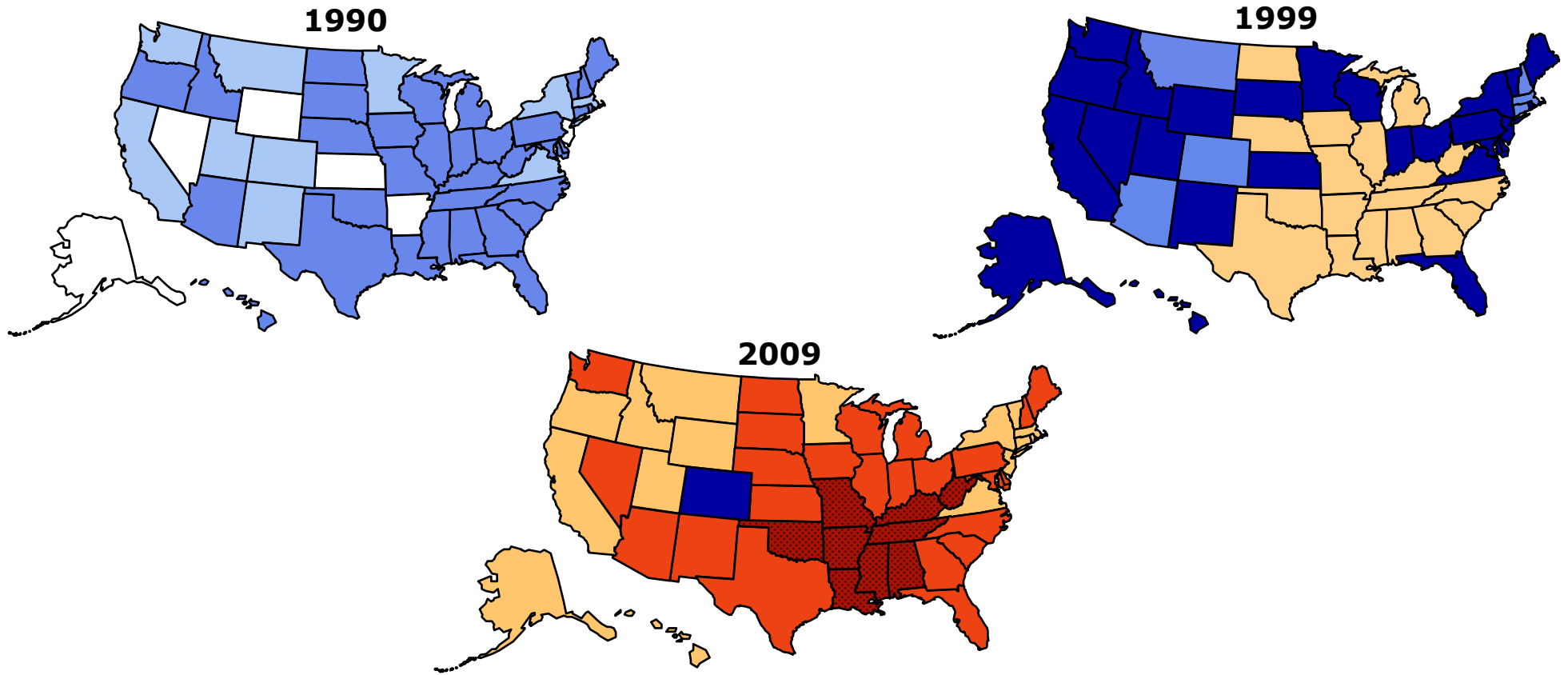
- BRFSS, Behavioral Risk Factor Surveillance System
<http://www.cdc.gov/brfss/>
- Mokdad AH, et al. The spread of the obesity epidemic in the United States, 1991—1998 *JAMA* 1999; 282:16:1519–22.
- Mokdad AH, et al. The continuing epidemics of obesity and diabetes in the United States. *JAMA*. 2001; 286:10:1519–22.
- Mokdad AH, et al. Prevalence of obesity, diabetes, and obesity-related health risk factors, 2001. *JAMA* 2003; 289:1: 76–9
- Vital Signs: State-Specific Obesity Prevalence Among Adults —United States, 2009 *MMWR* 2010;59(30).



Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1999, 2009

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



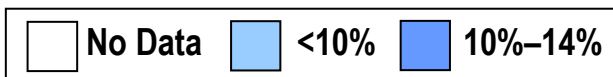
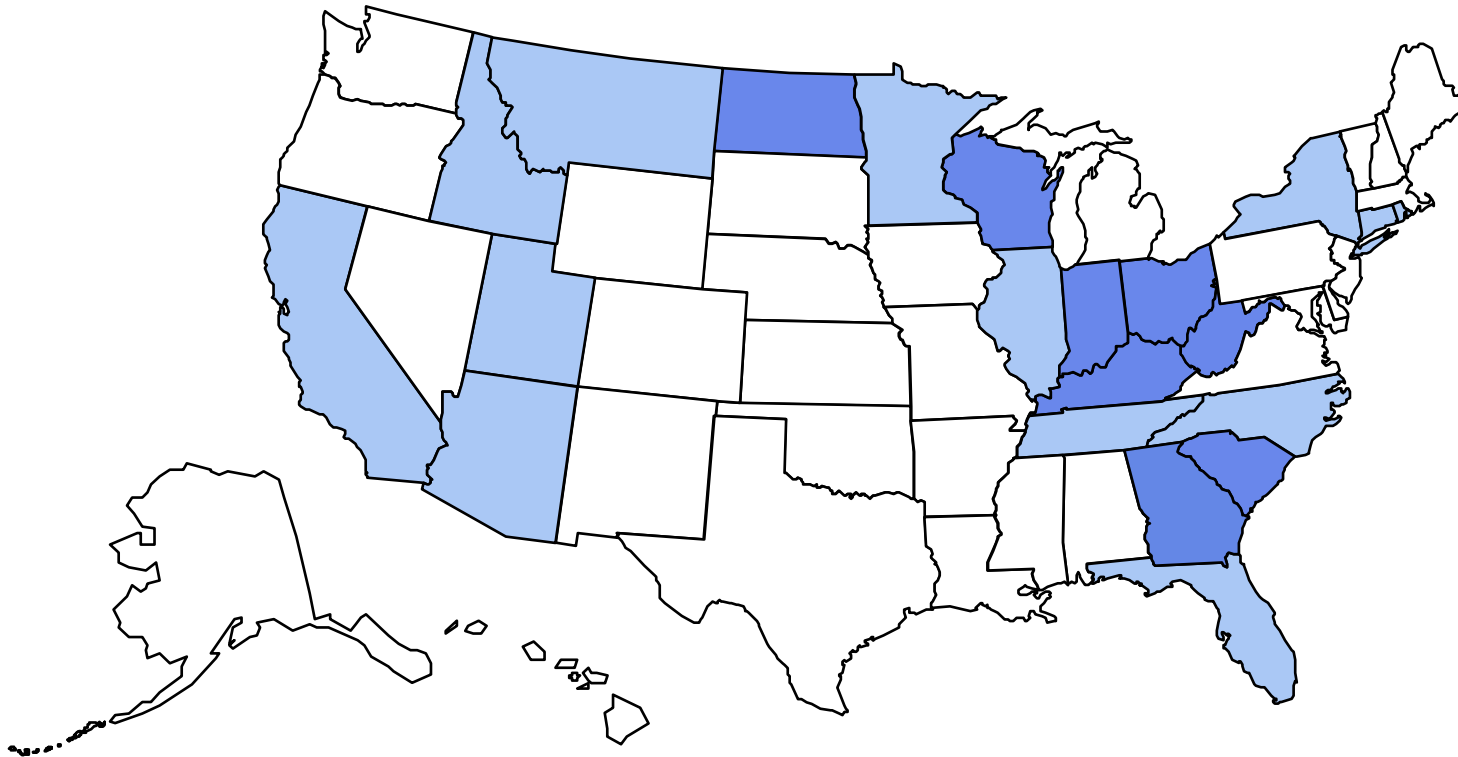
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



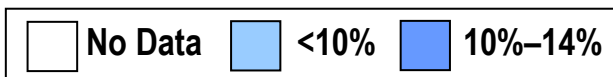
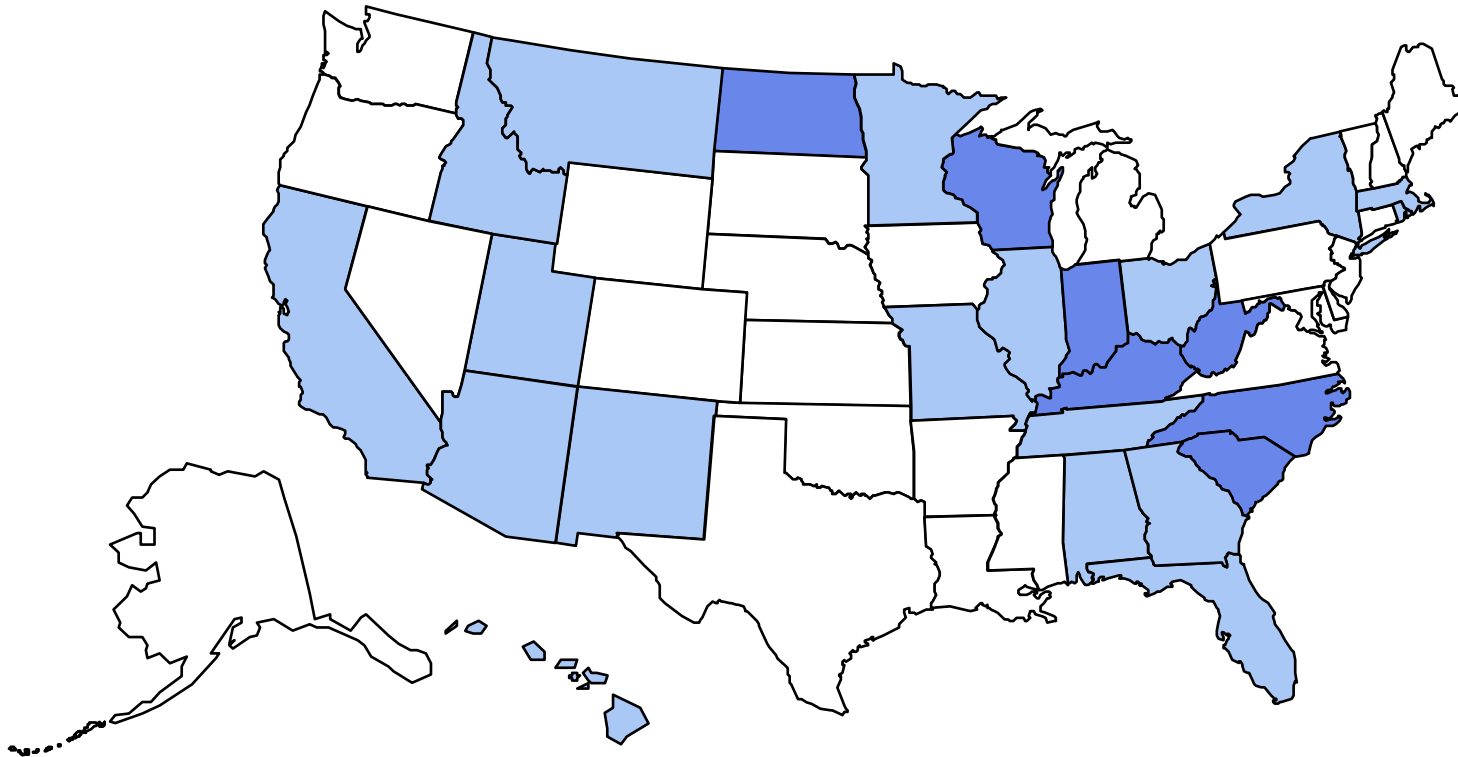
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1986

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



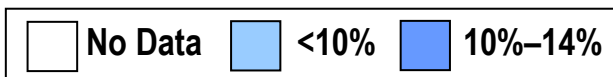
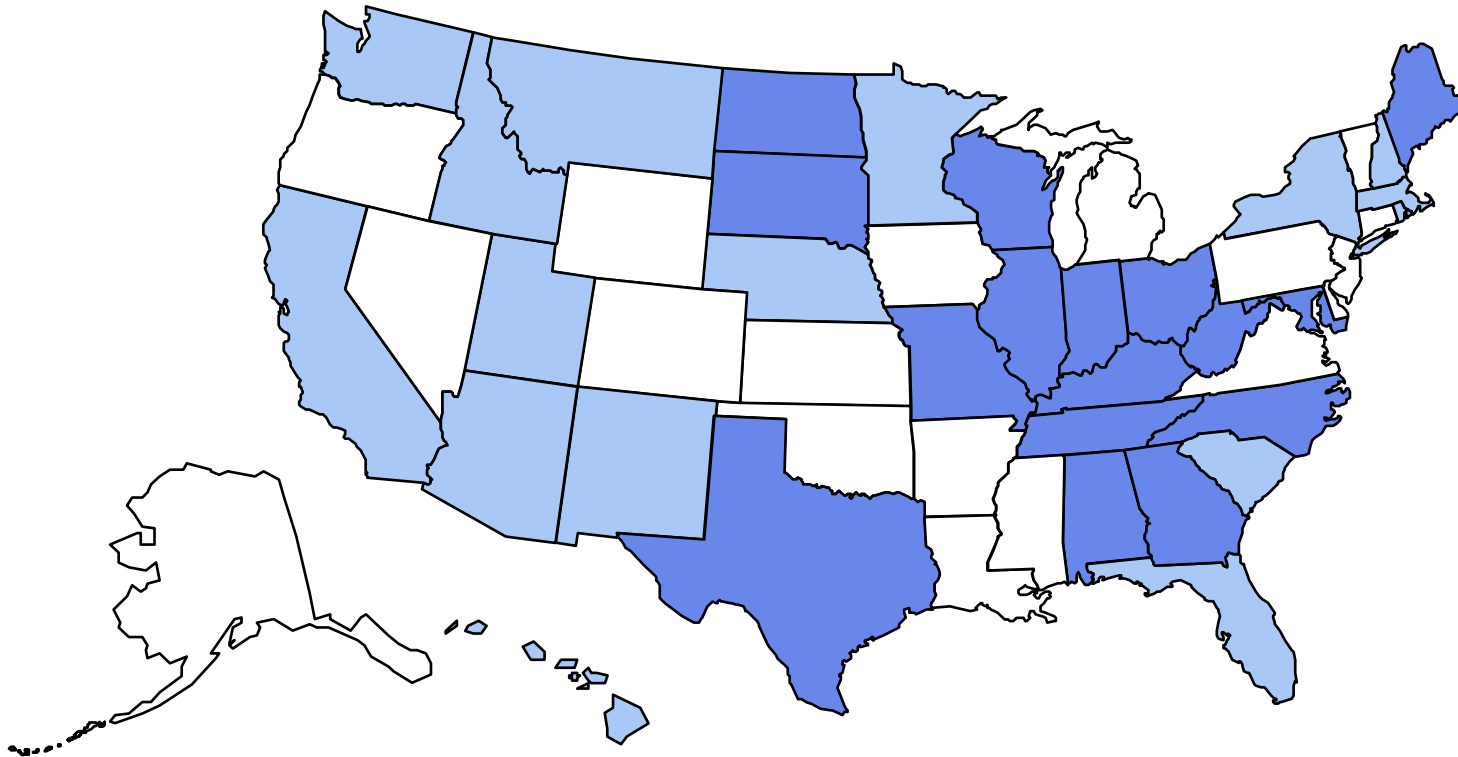
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1987

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



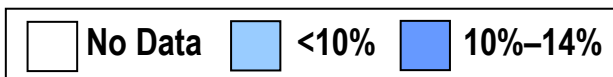
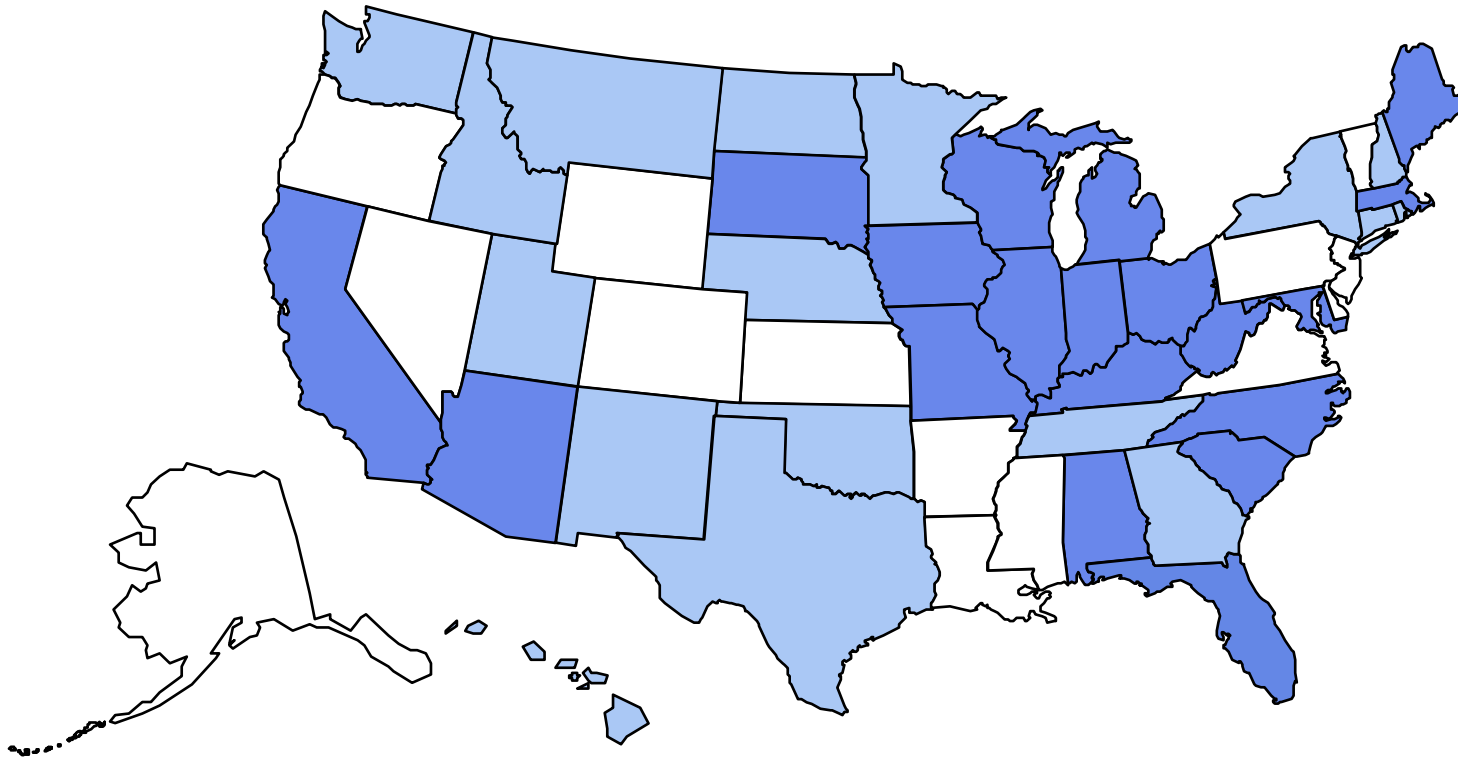
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1988

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



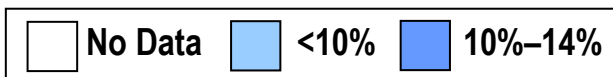
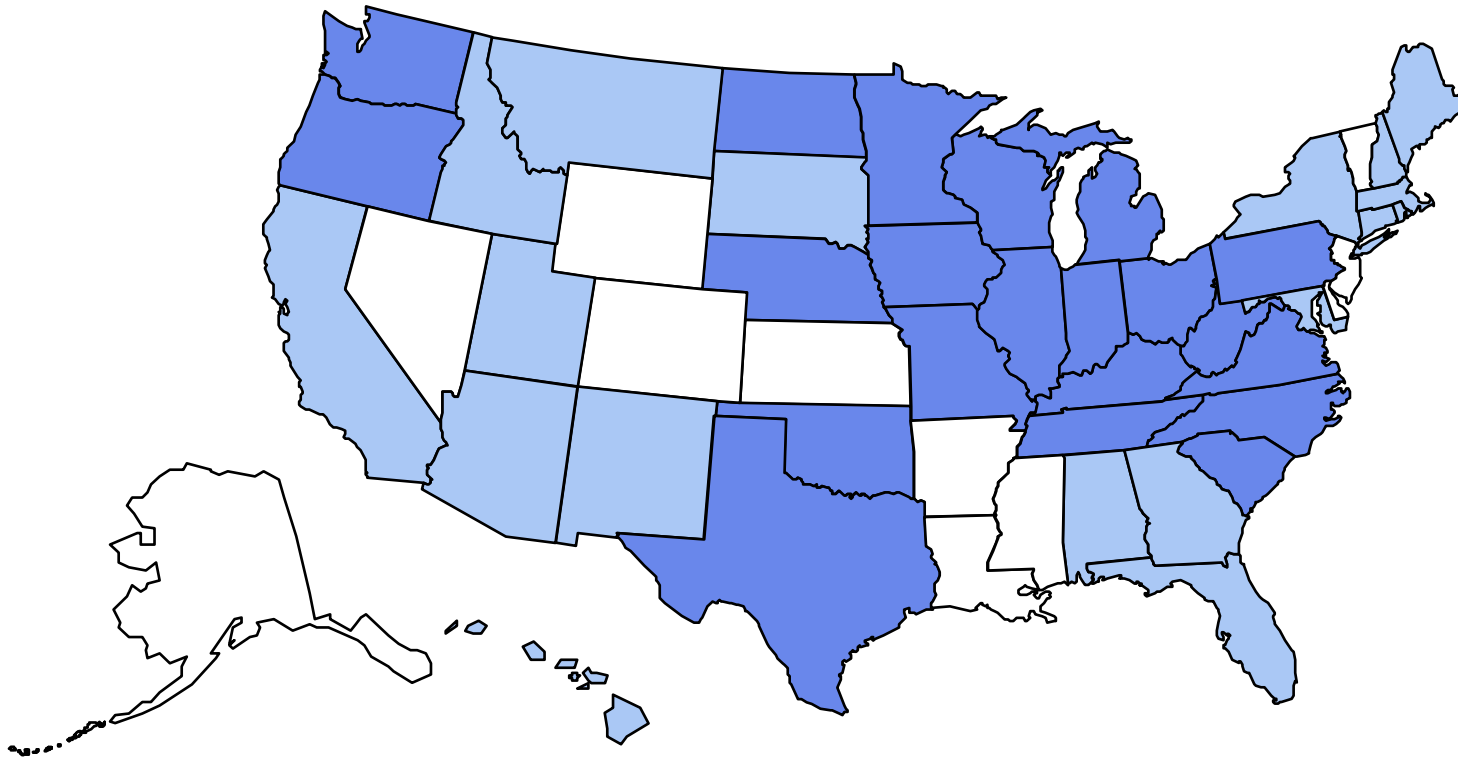
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1989

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



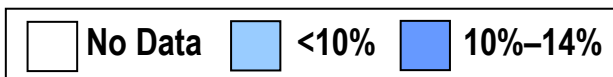
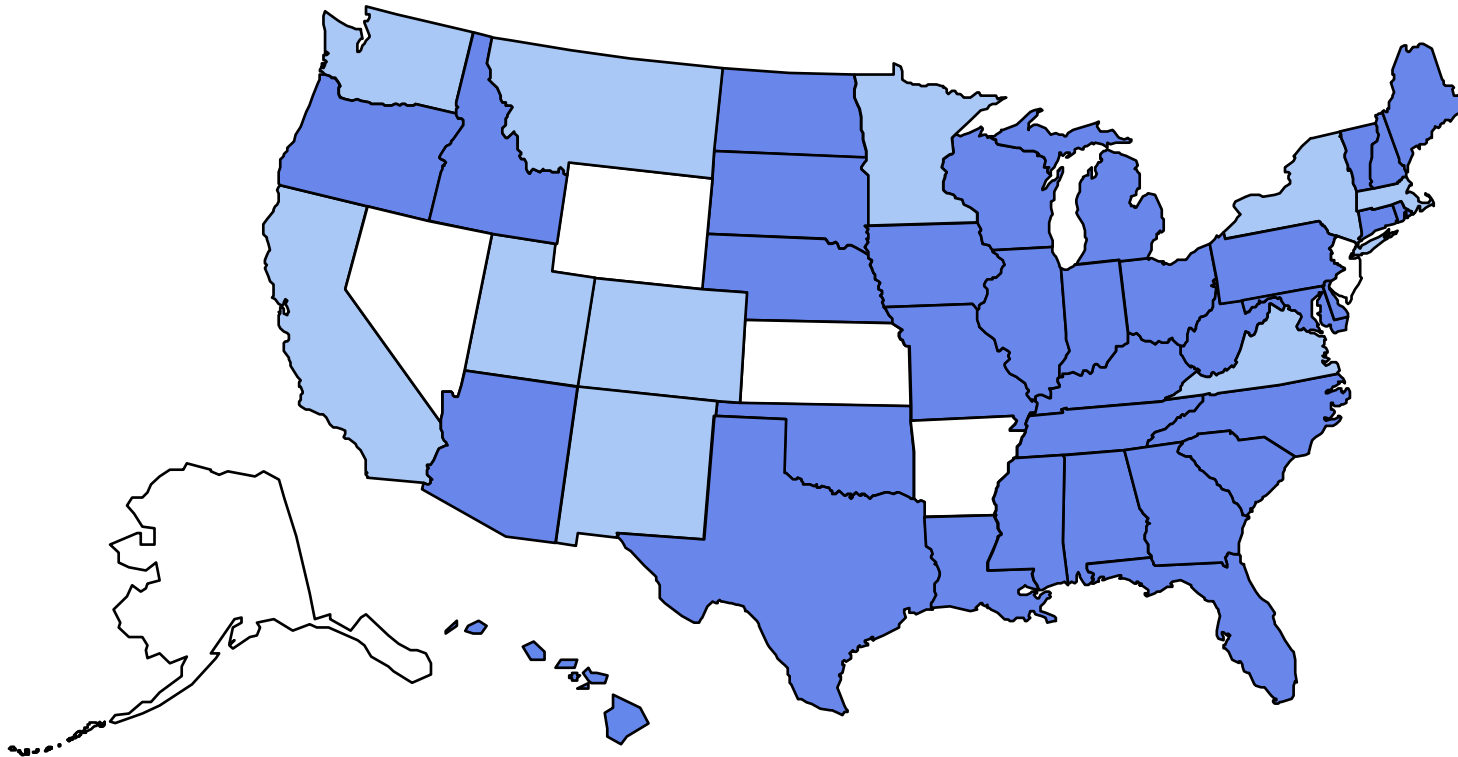
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1990

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



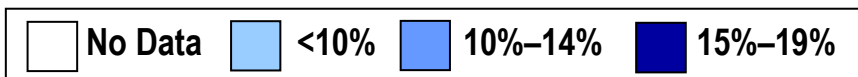
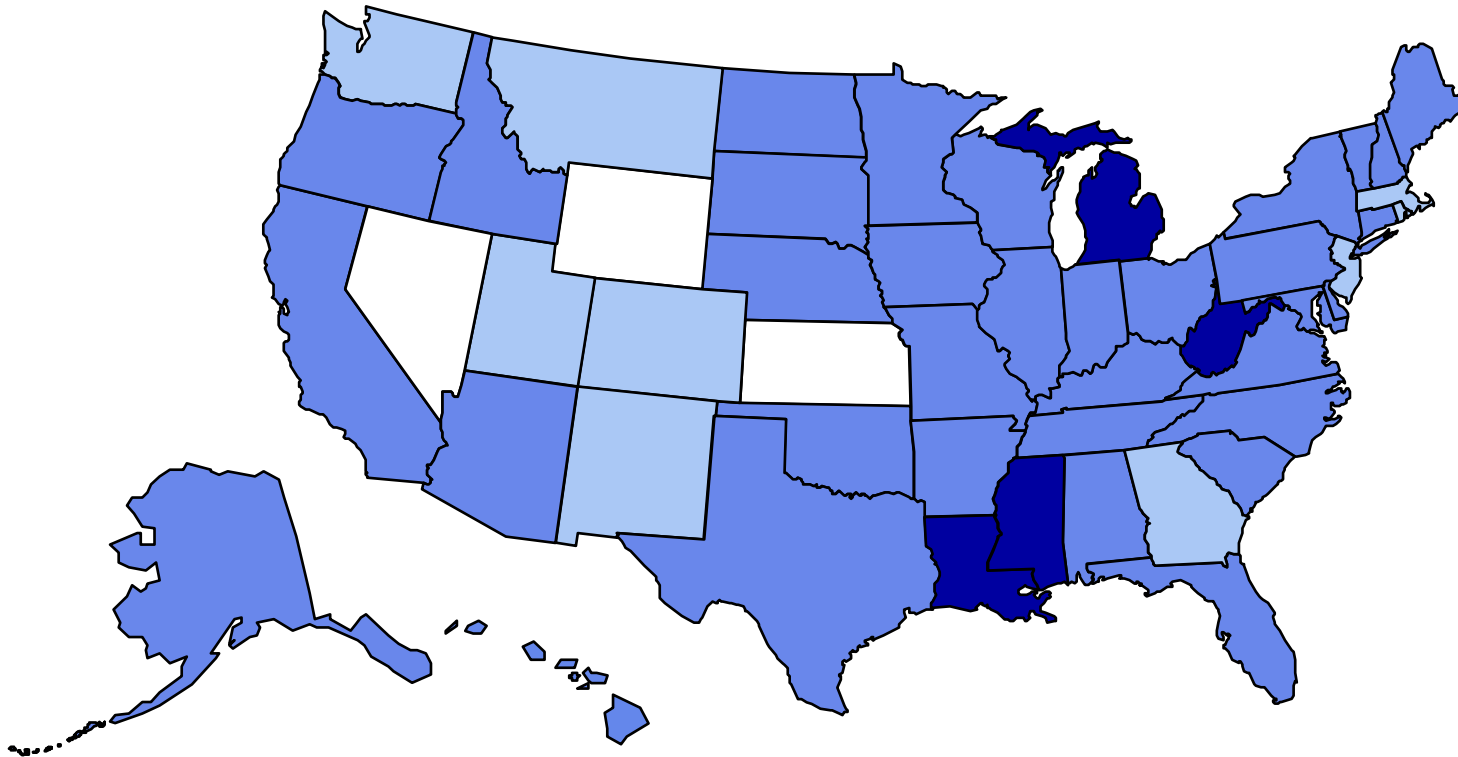
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1991

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



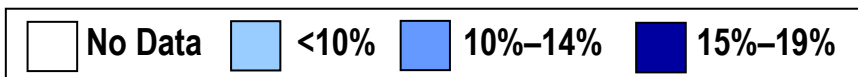
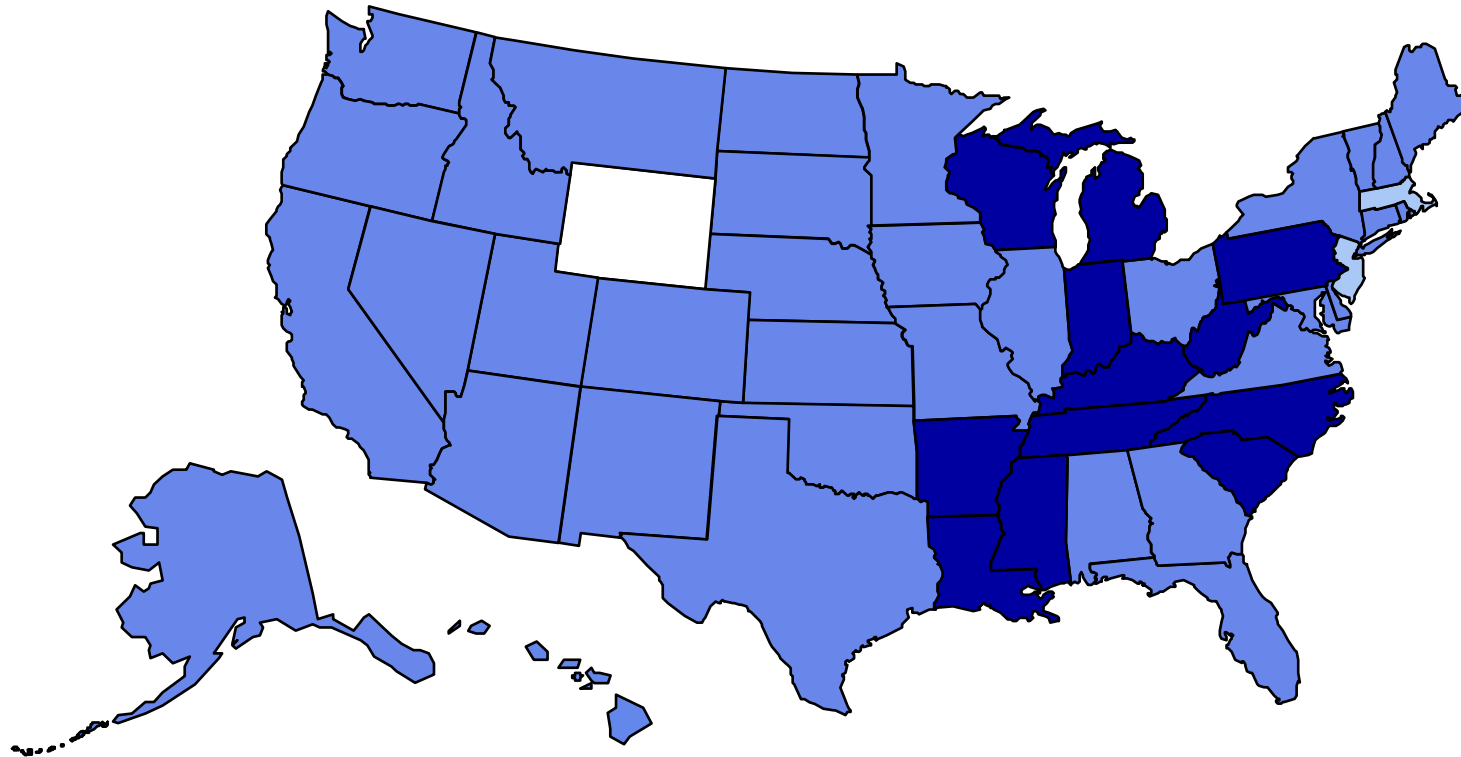
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1993

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



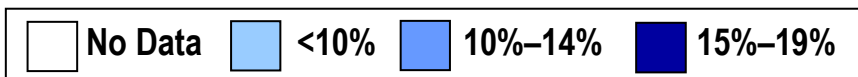
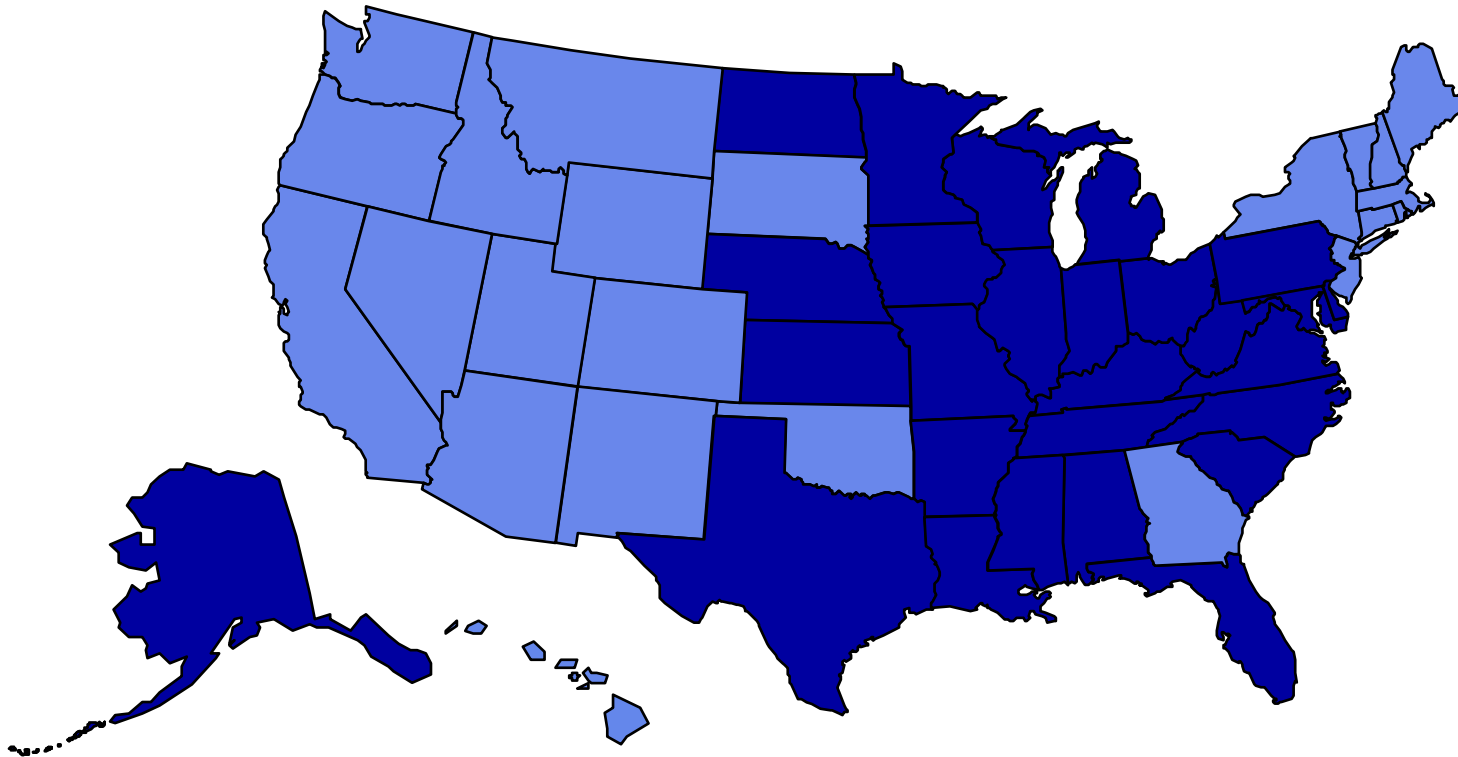
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1995

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



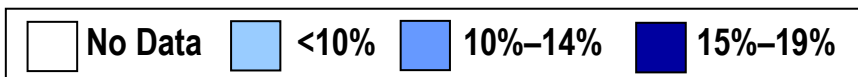
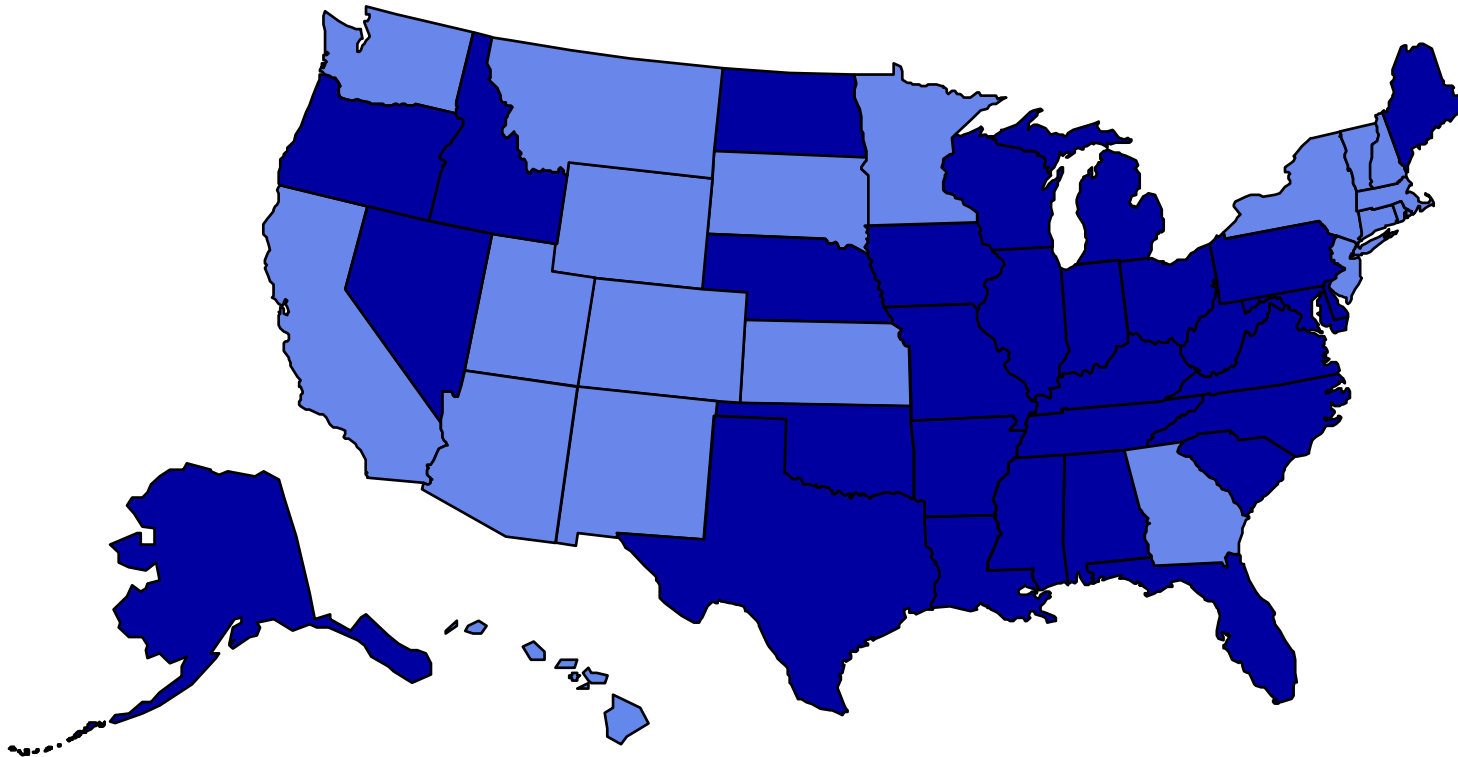
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1996

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



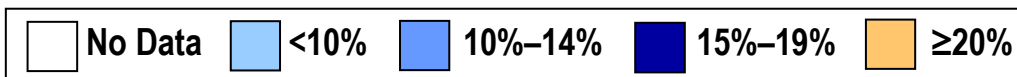
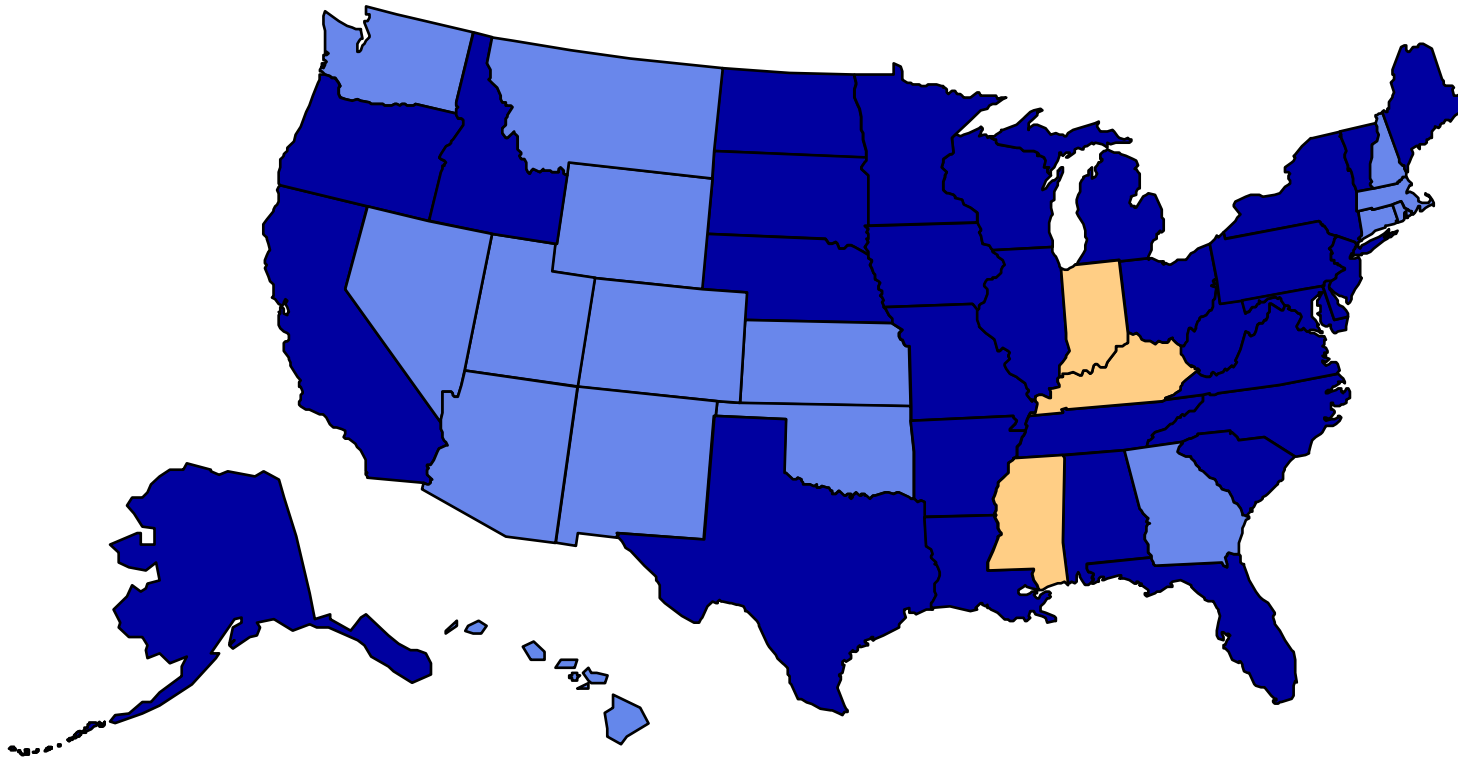
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1997

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



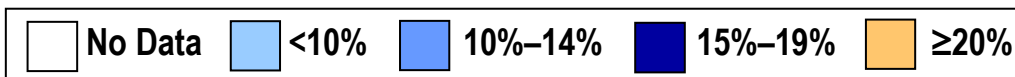
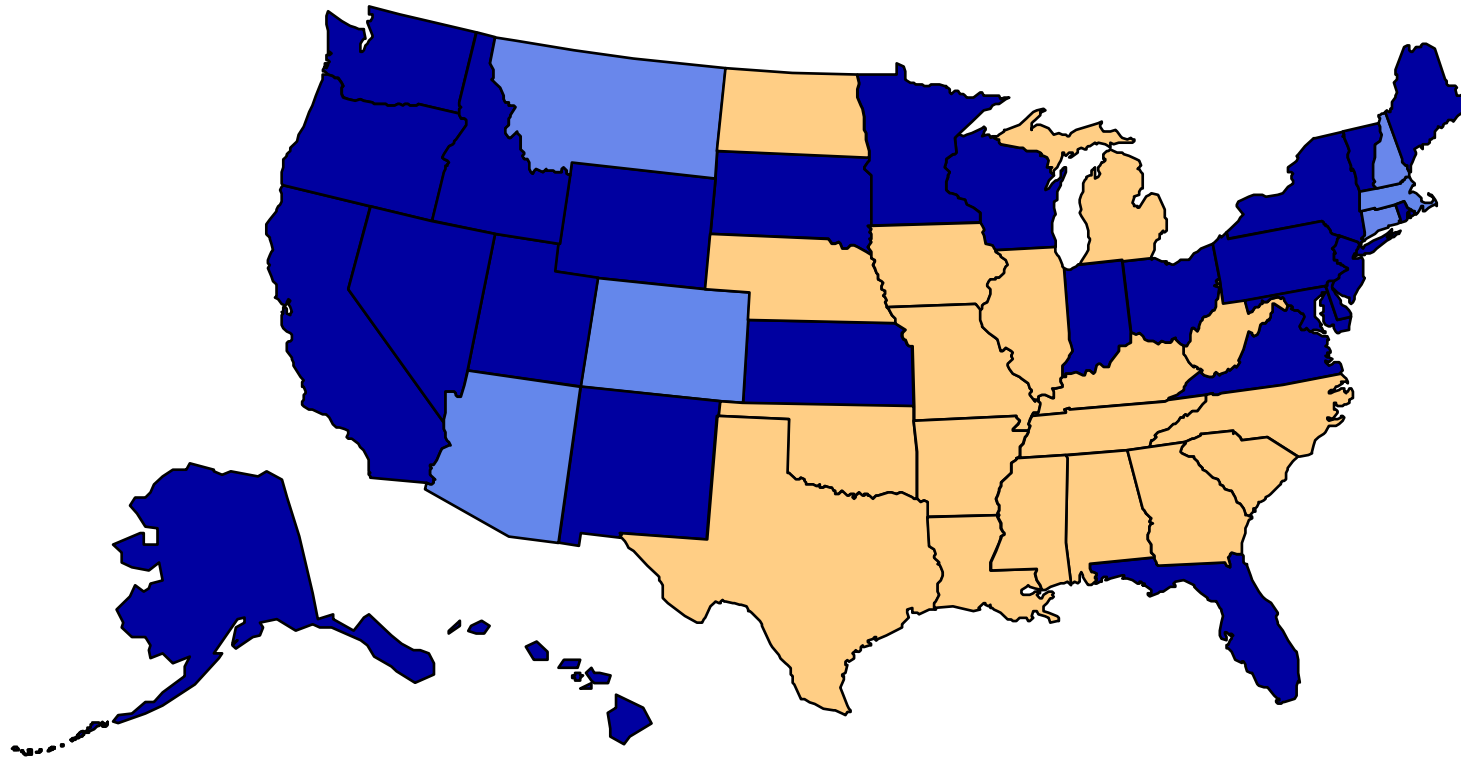
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1999

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



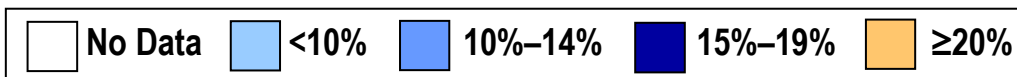
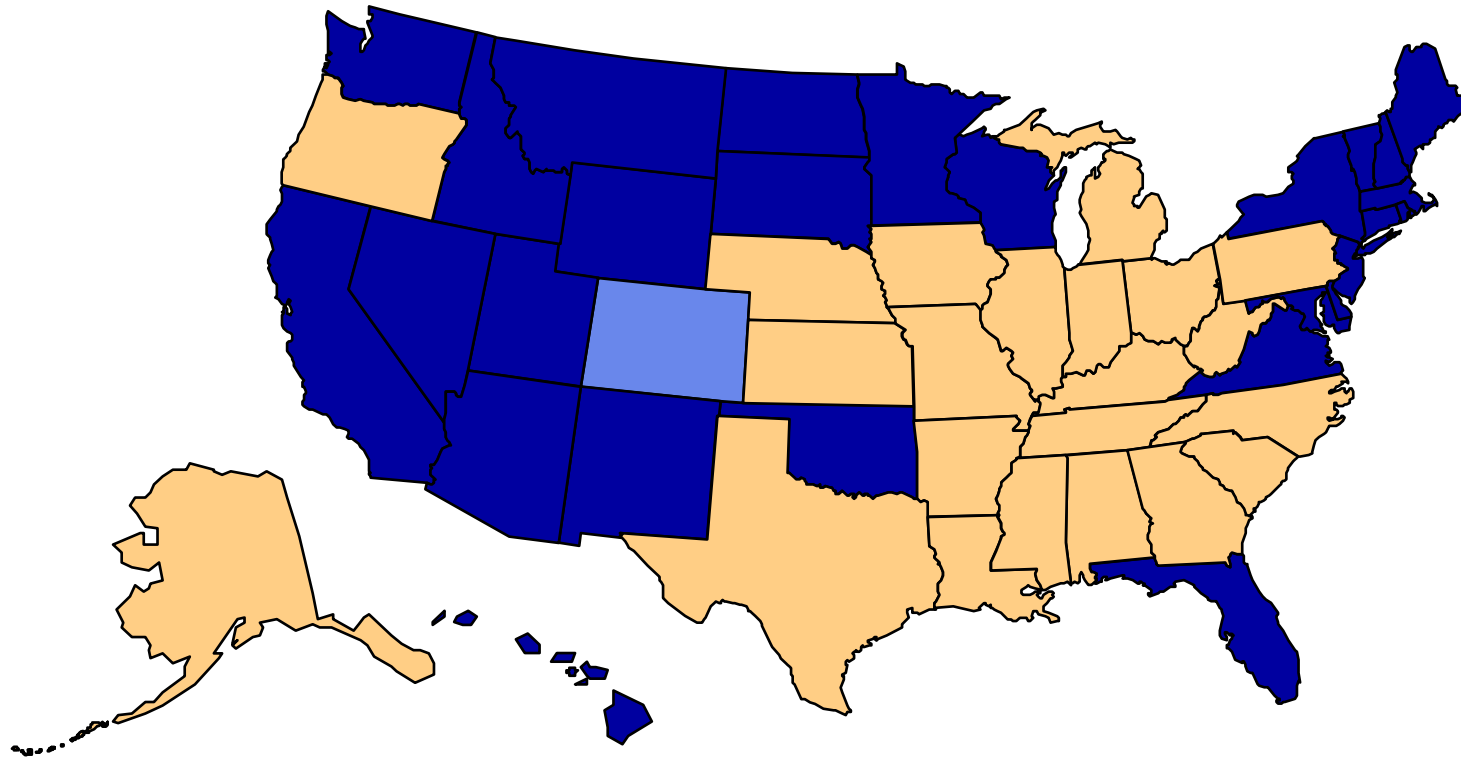
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2000

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



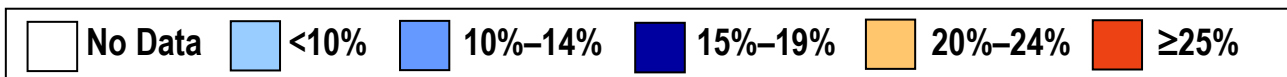
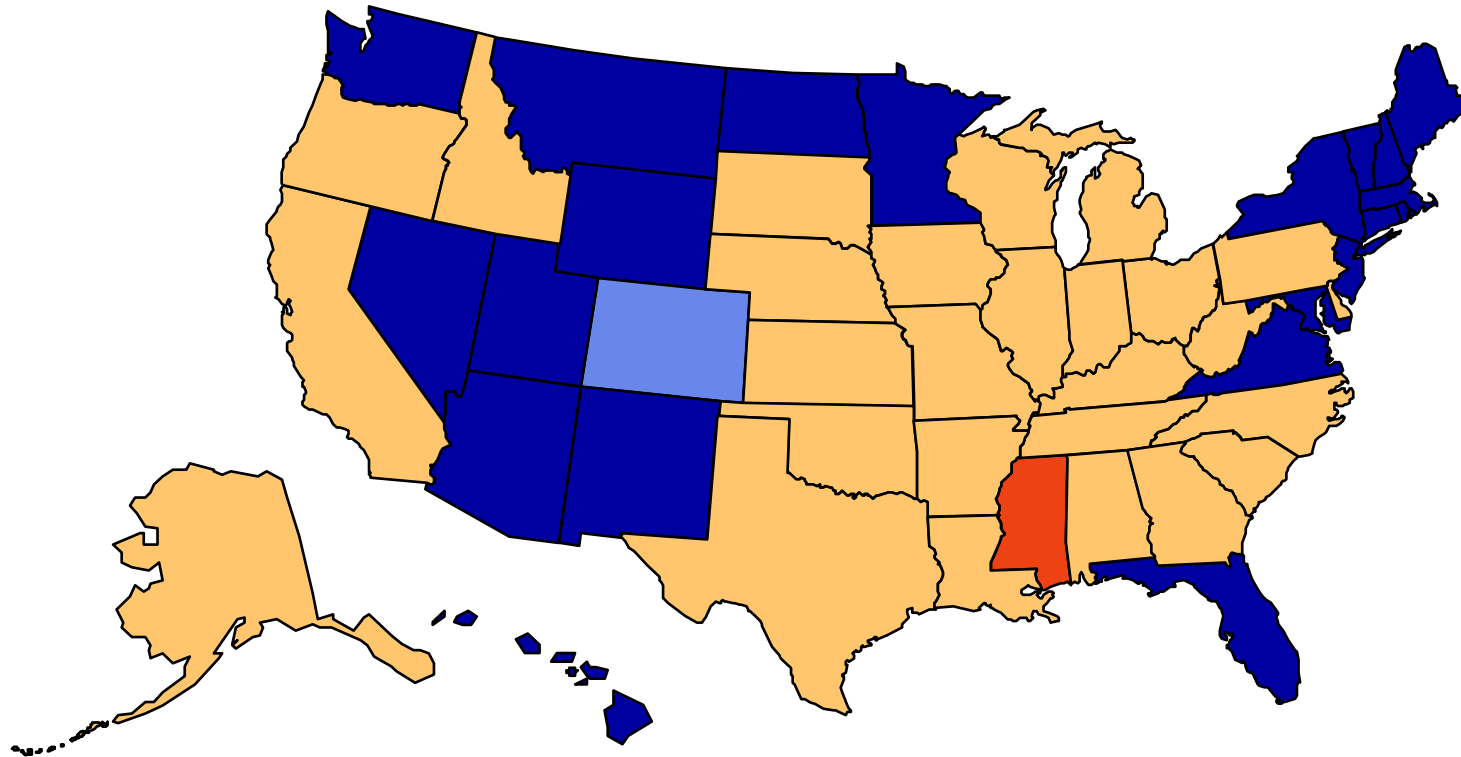
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2001

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



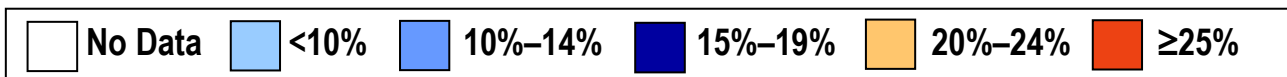
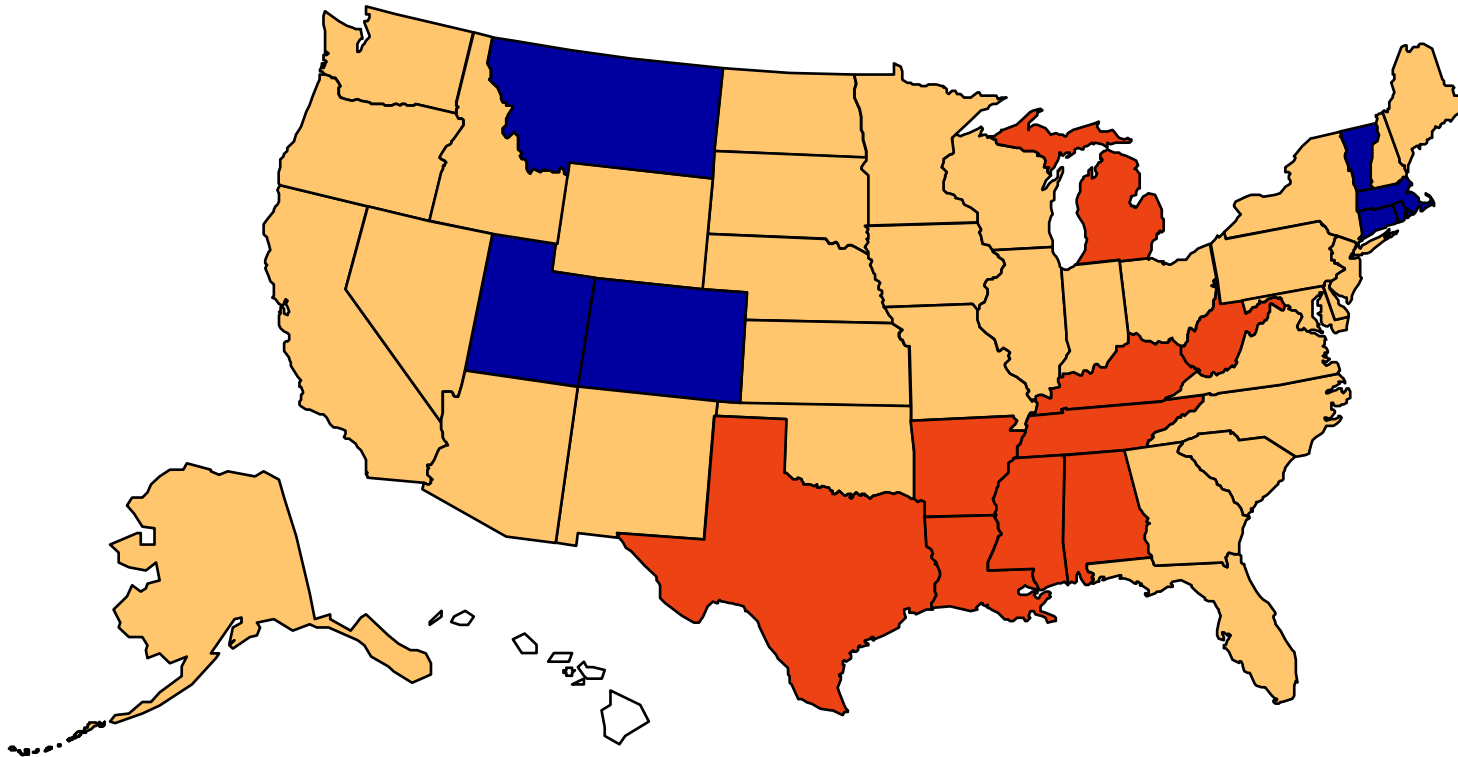
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2004

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



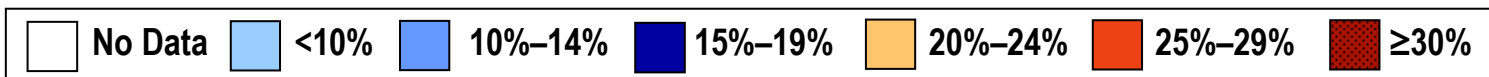
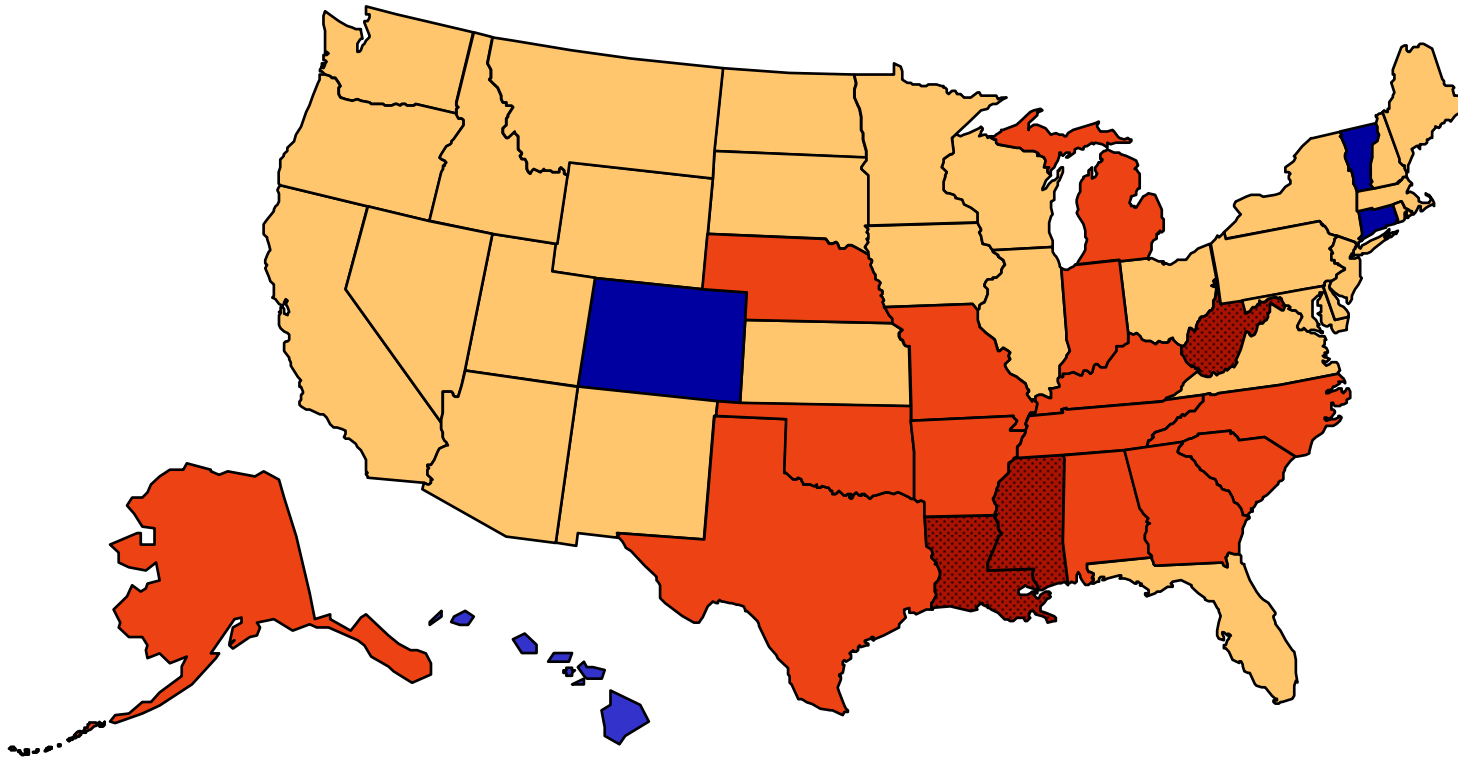
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2005

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



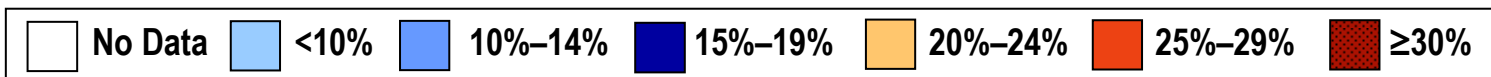
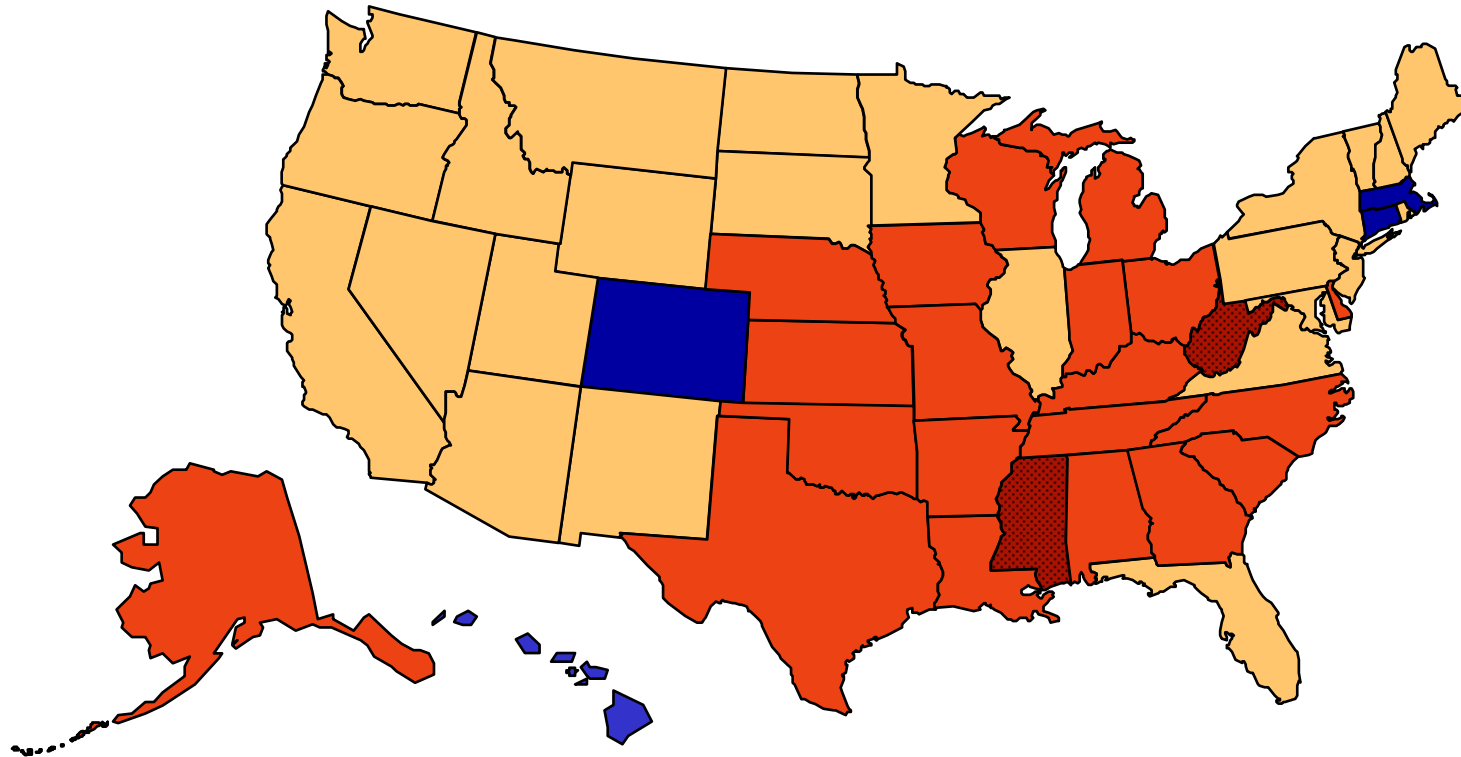
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2006

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



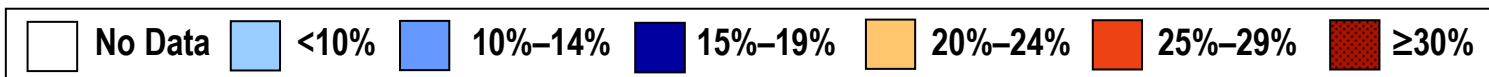
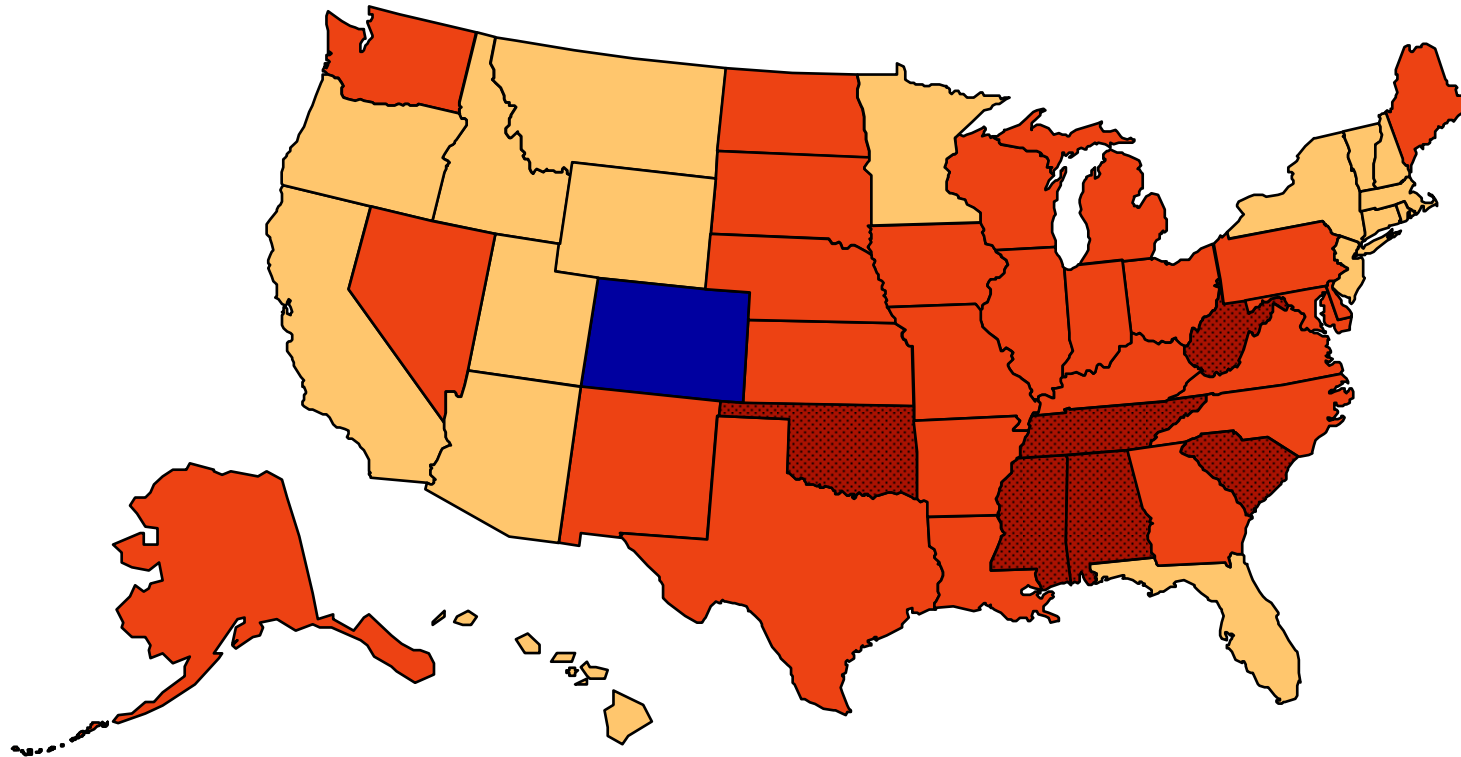
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2008

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



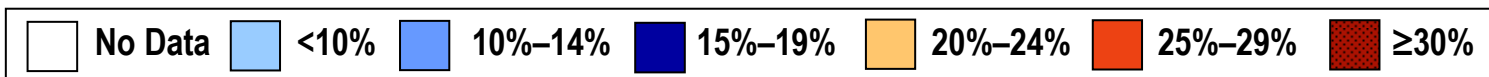
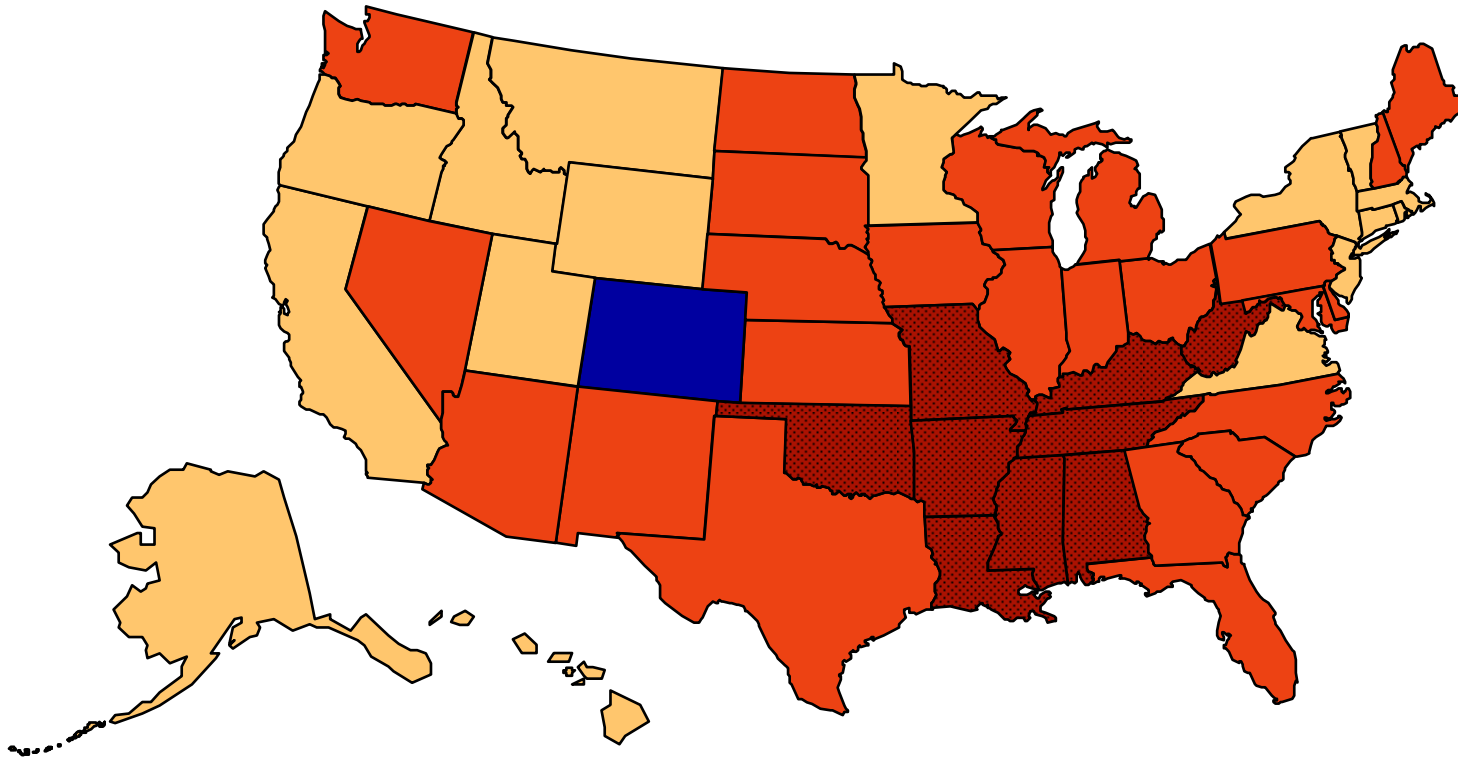
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2009

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

