

# 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

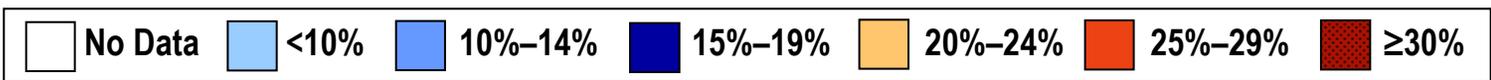
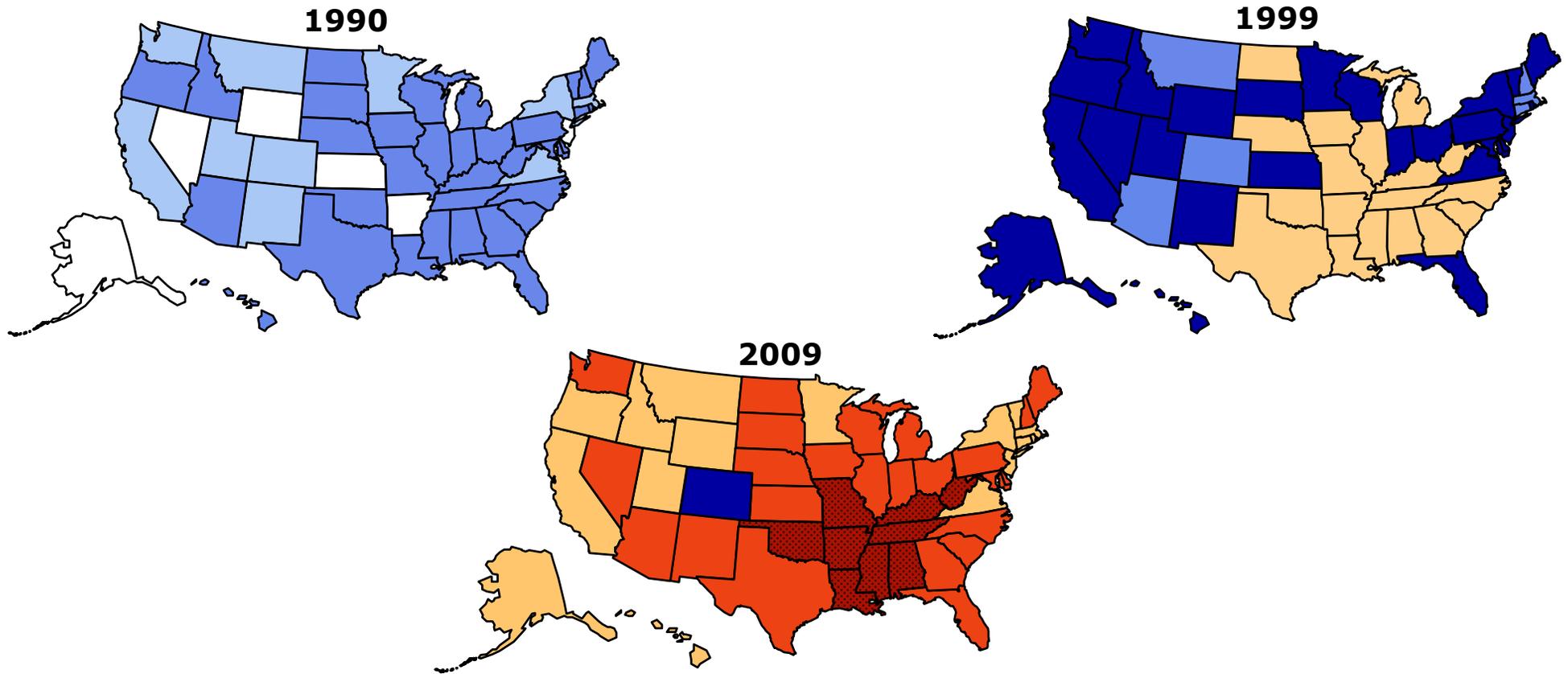
- BRFSS, Behavioral Risk Factor Surveillance System  
<http://www.cdc.gov/brfss/>
- Mokdad AH, et al. The spread of the obesity epidemic in the United States, 1991—1998 *JAMA* 1999; 282:16:1519–22.
- Mokdad AH, et al. The continuing epidemics of obesity and diabetes in the United States. *JAMA*. 2001; 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  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)

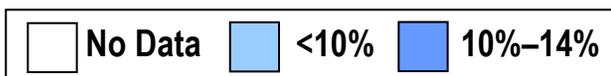
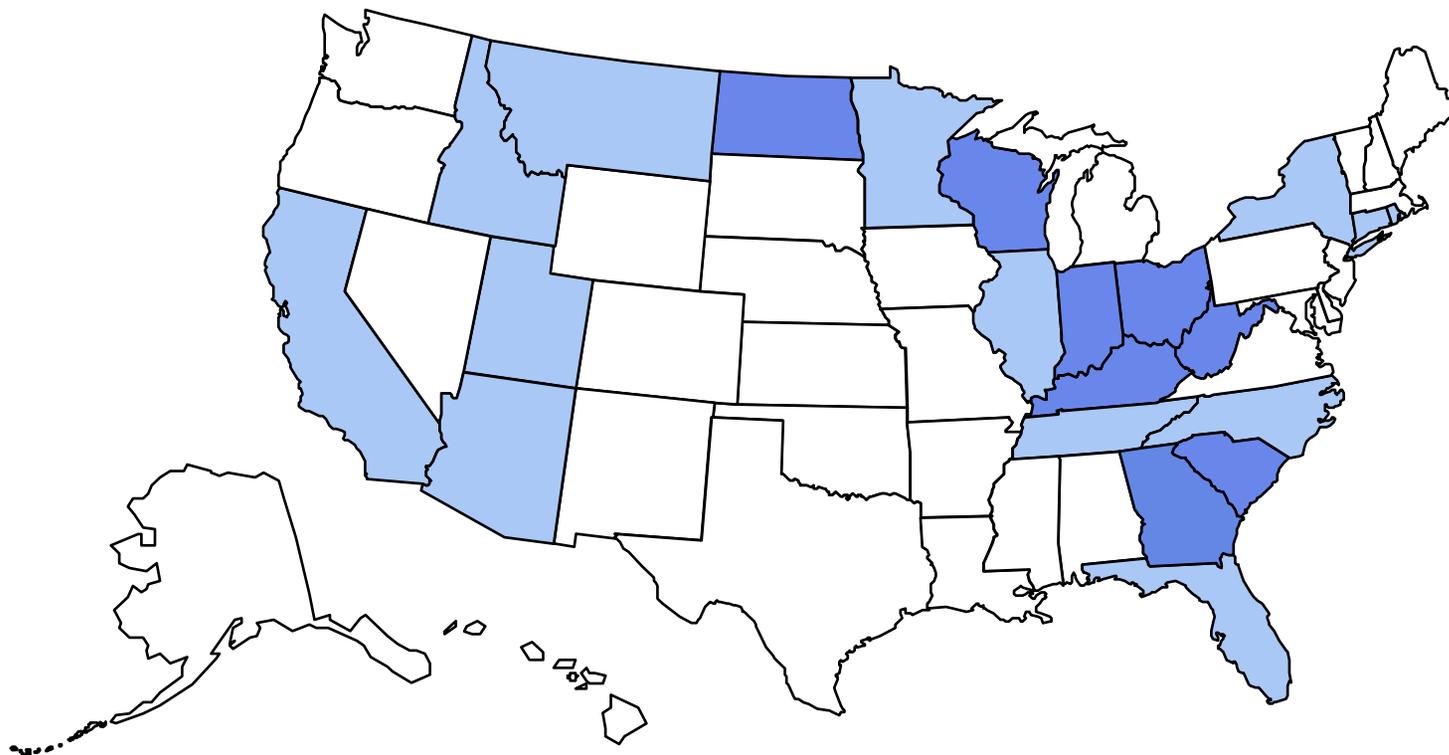


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1985

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



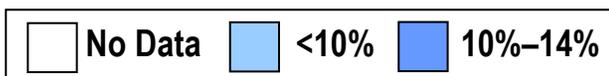
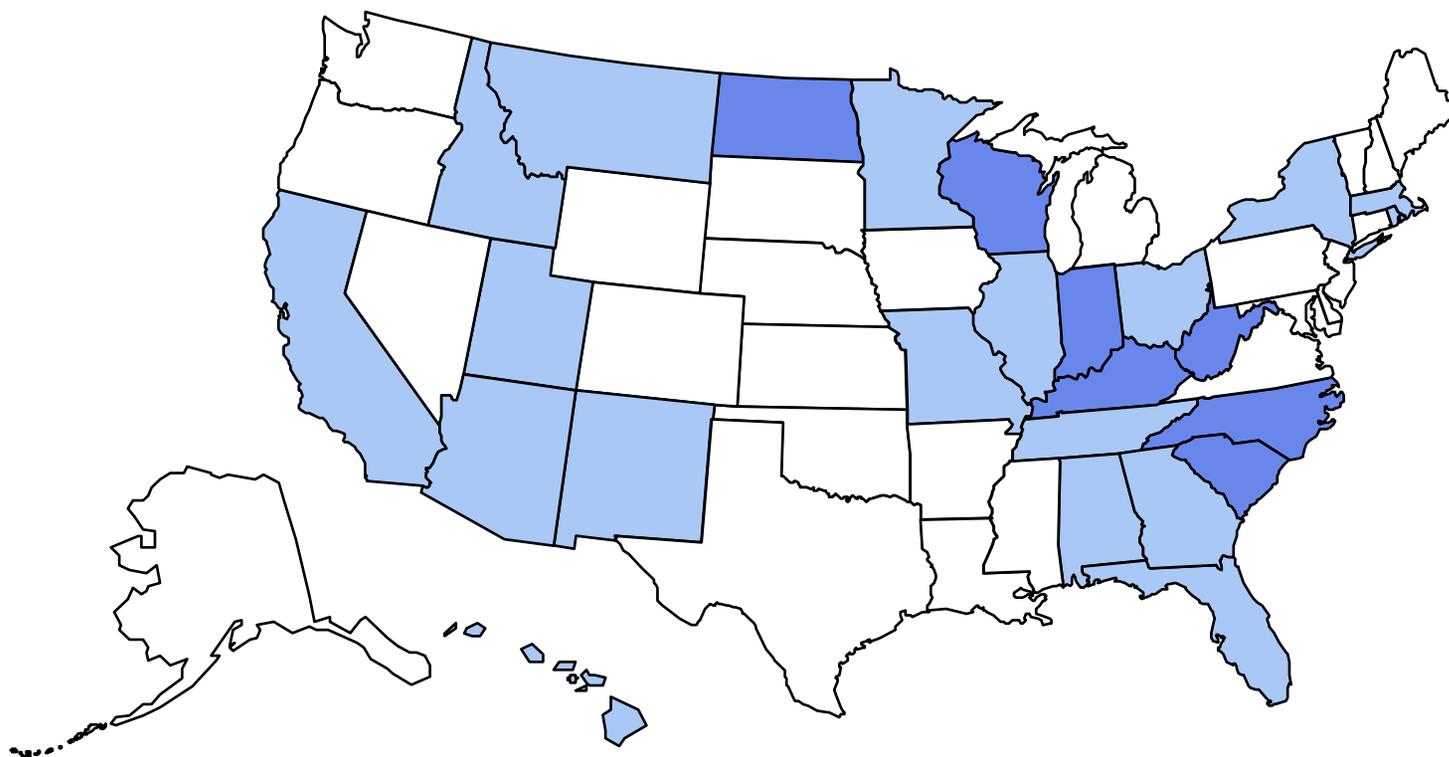
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1986

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



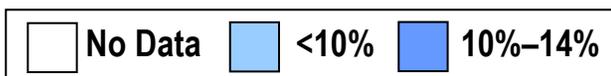
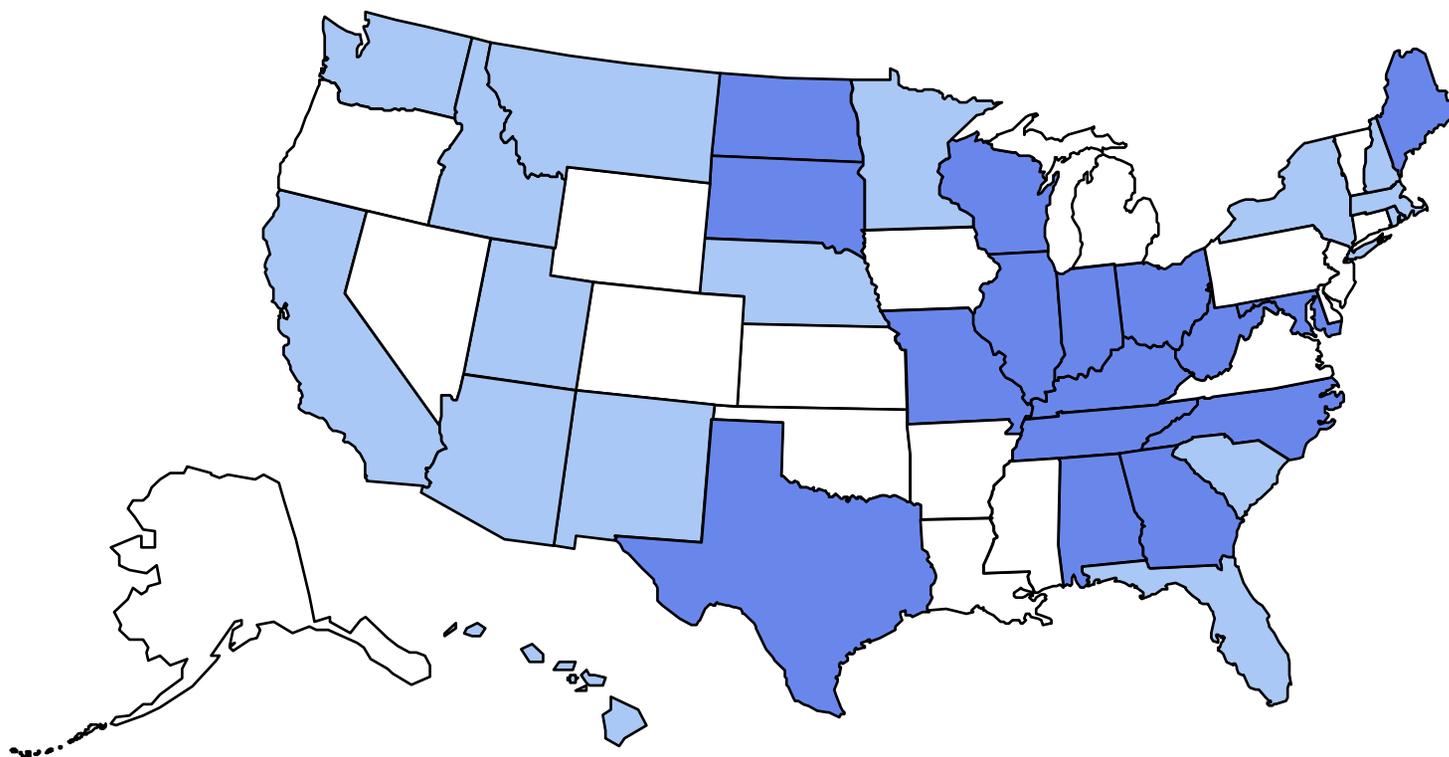
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1987

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



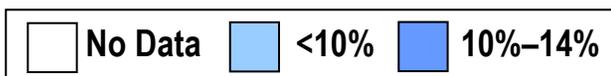
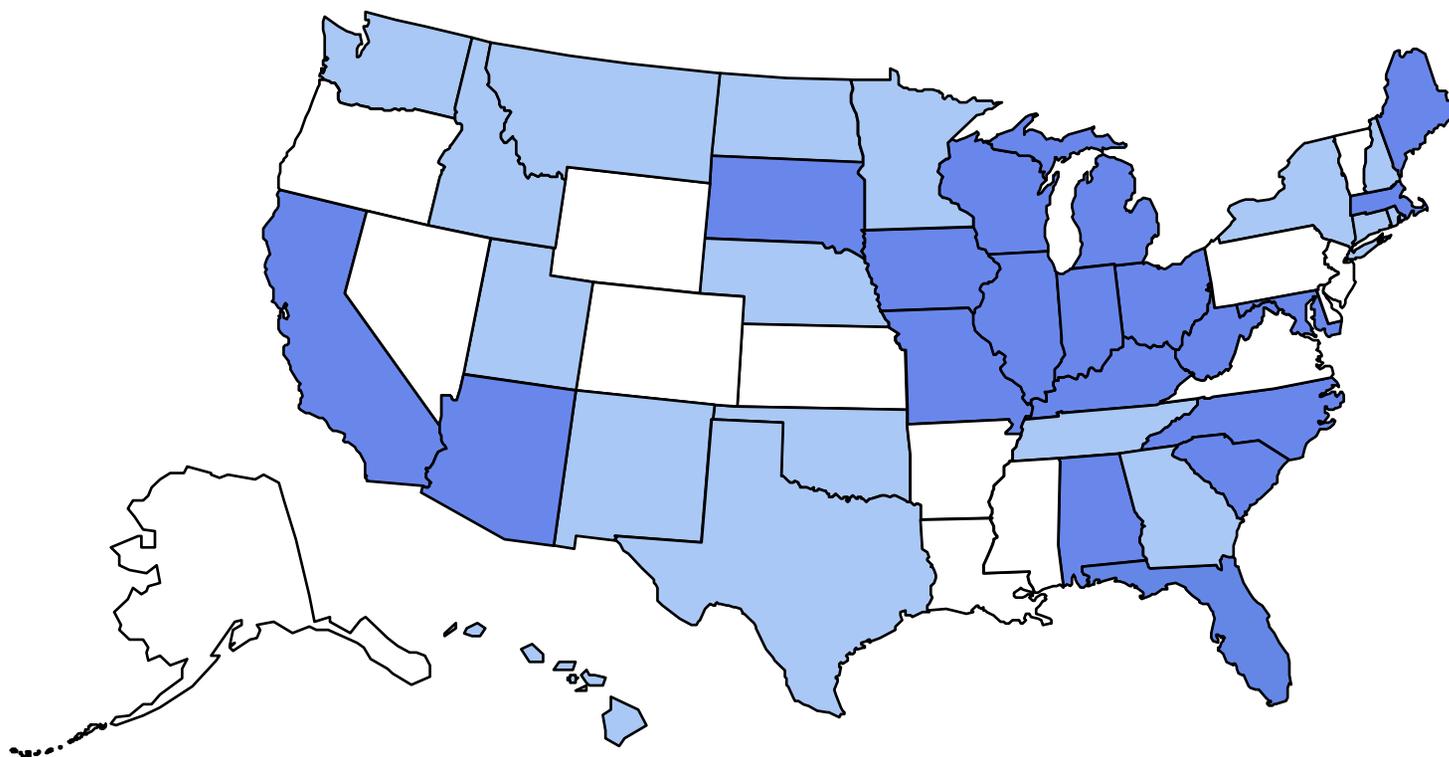
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1988

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



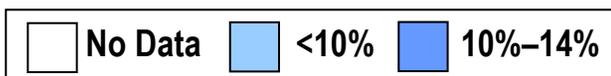
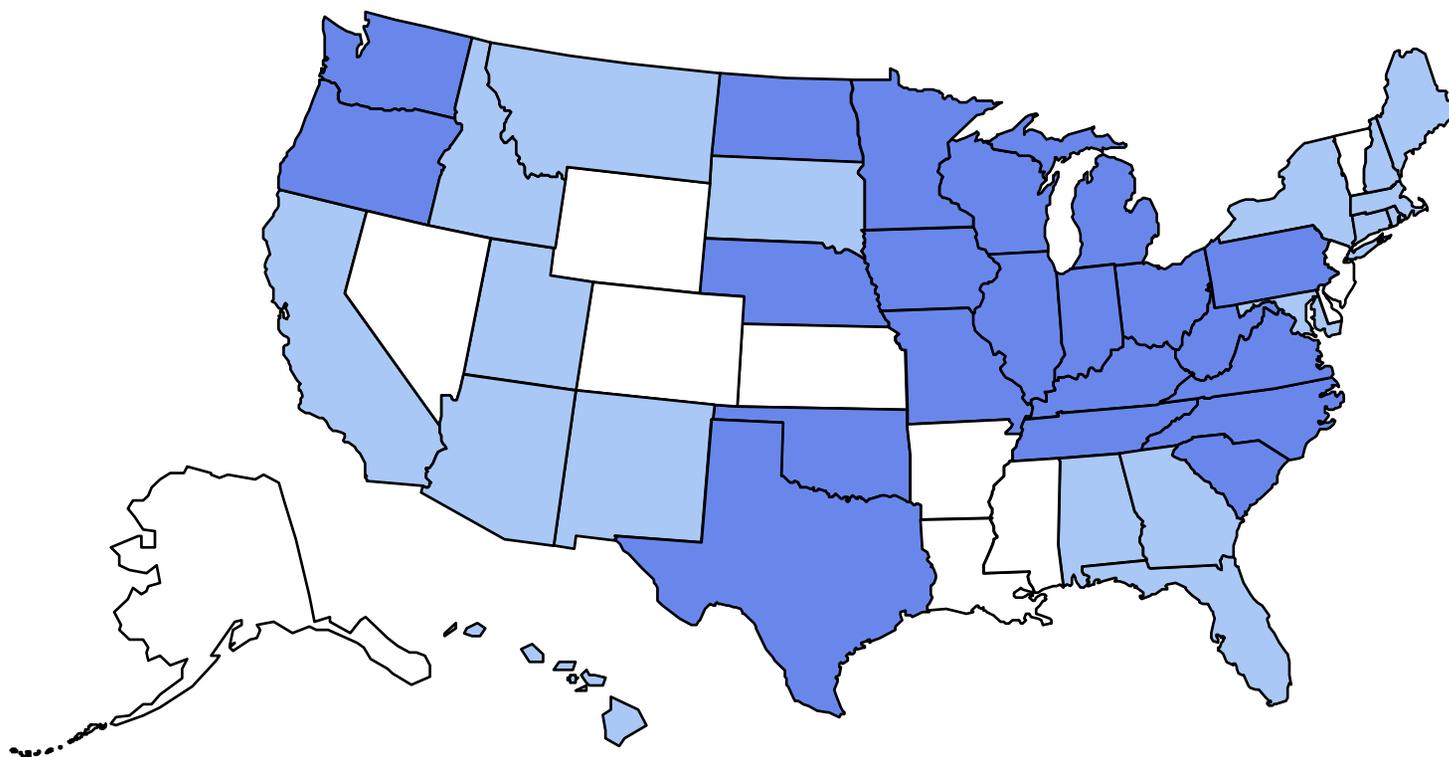
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1989

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



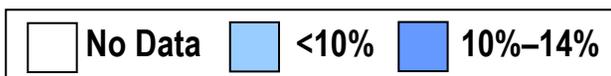
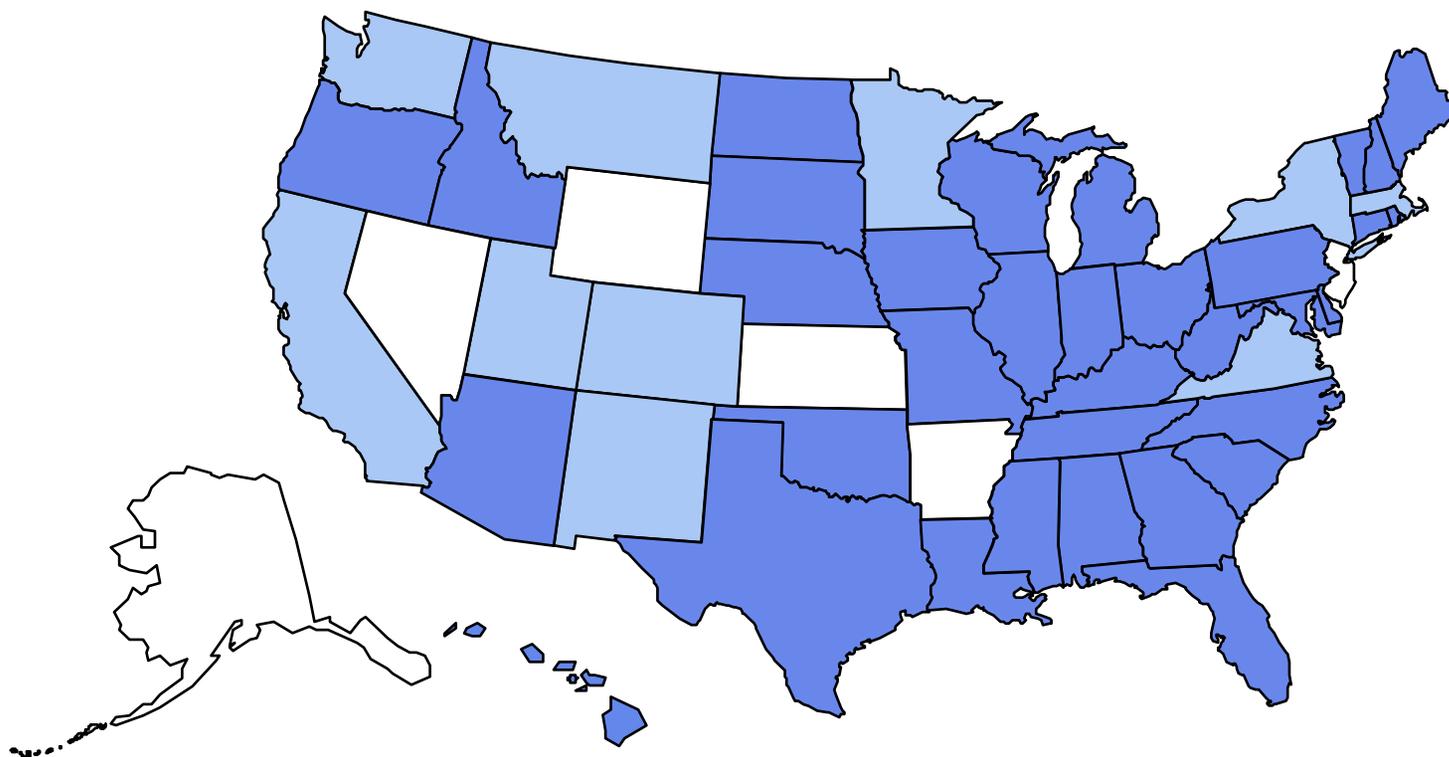
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



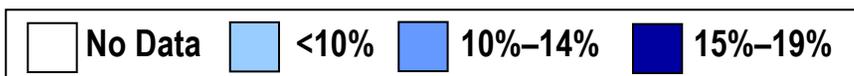
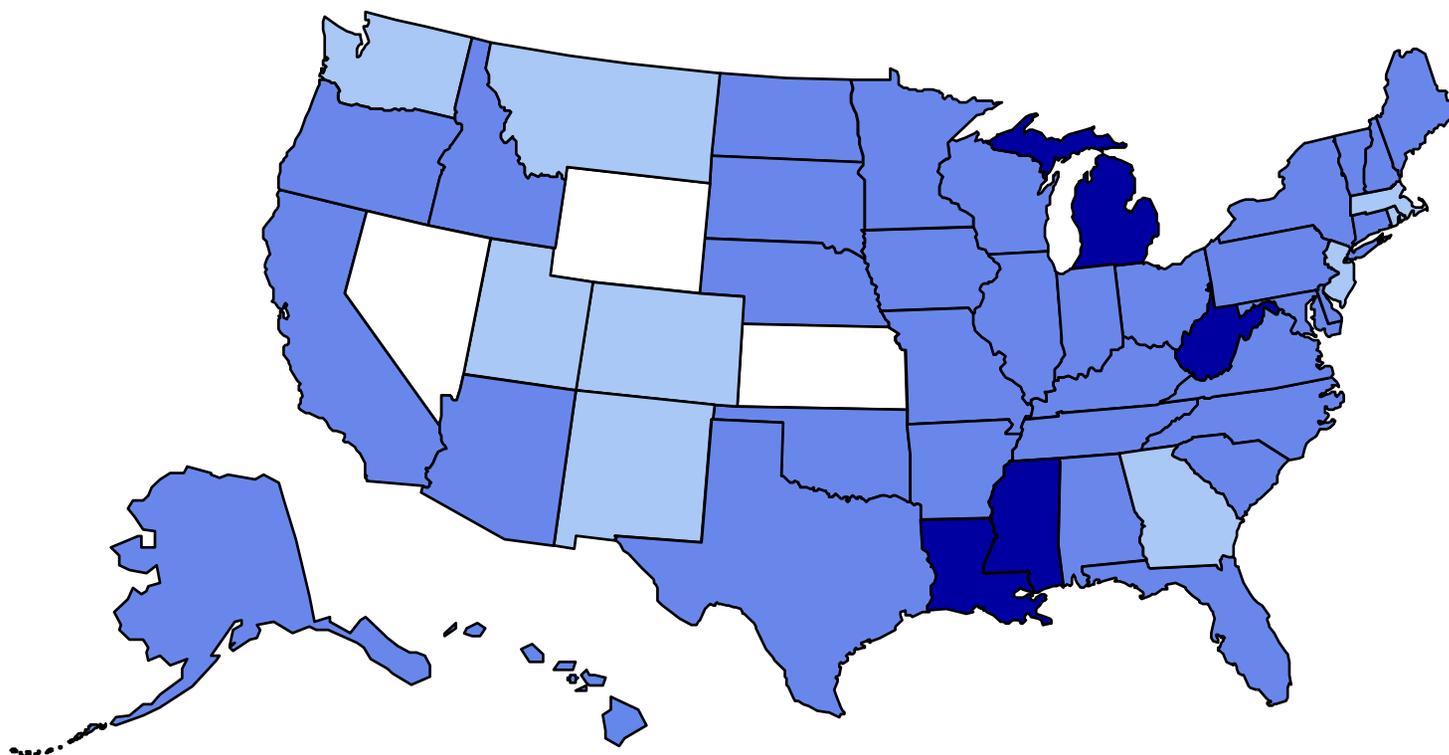
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1991

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

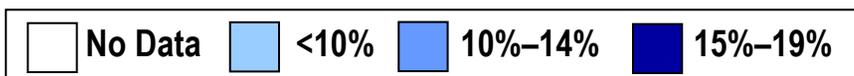
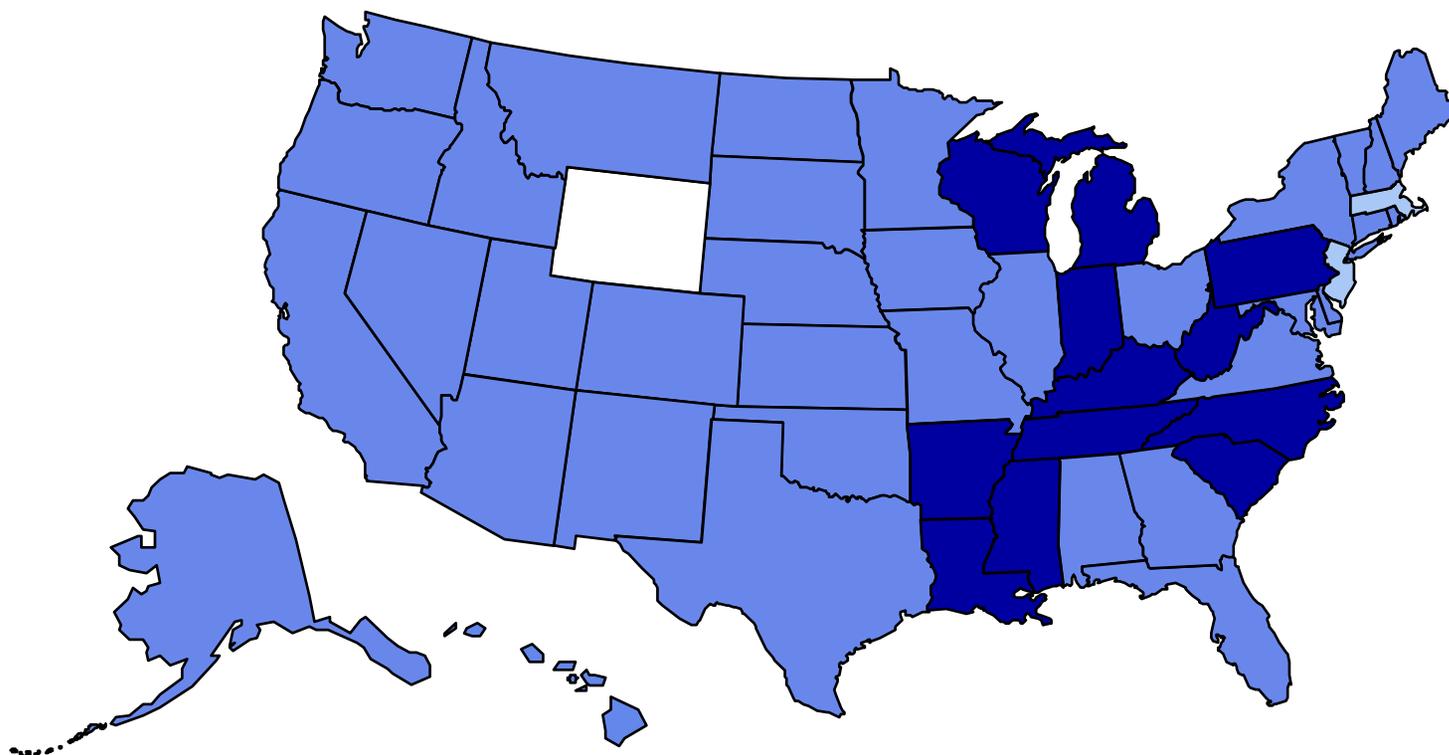




# Obesity Trends\* Among U.S. Adults

## BRFSS, 1993

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



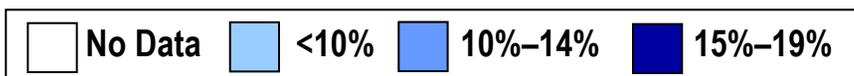
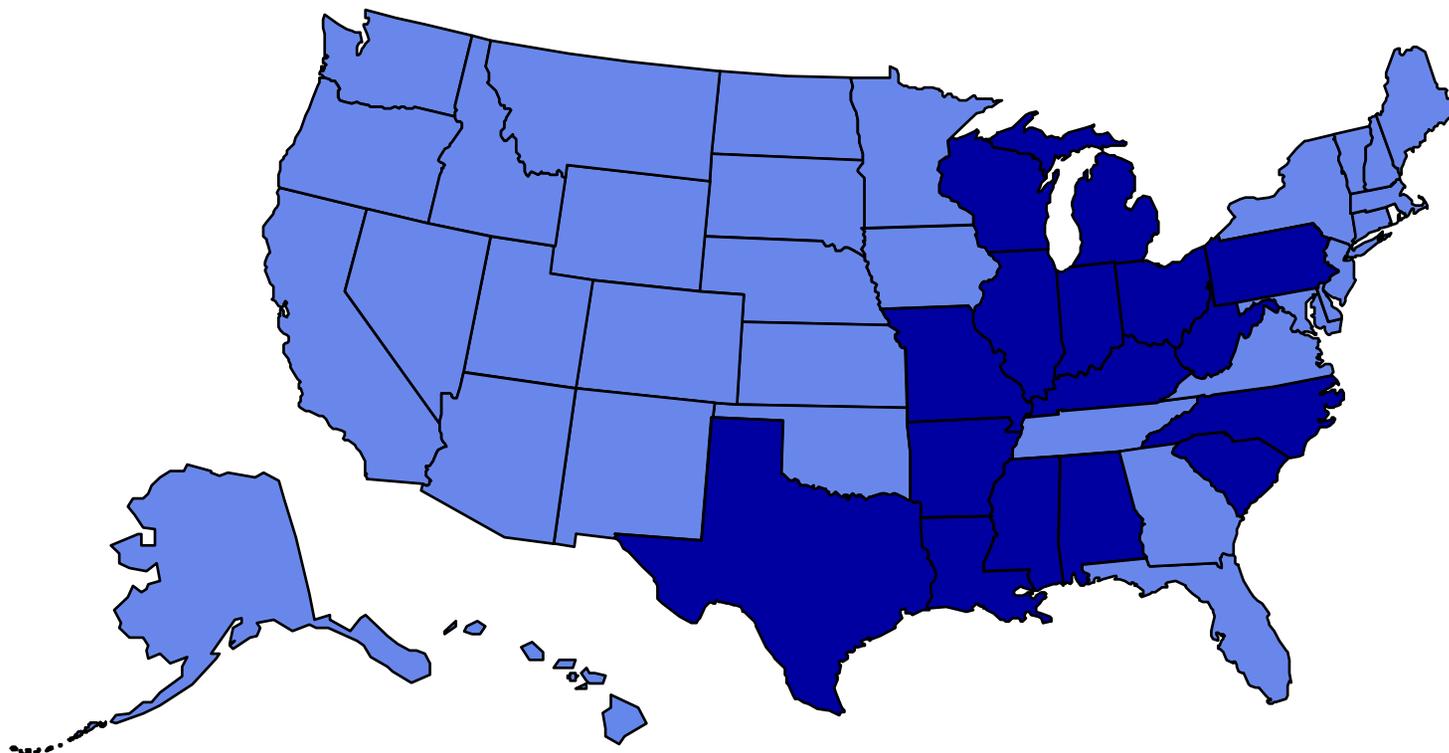
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1994

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



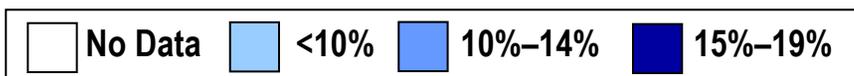
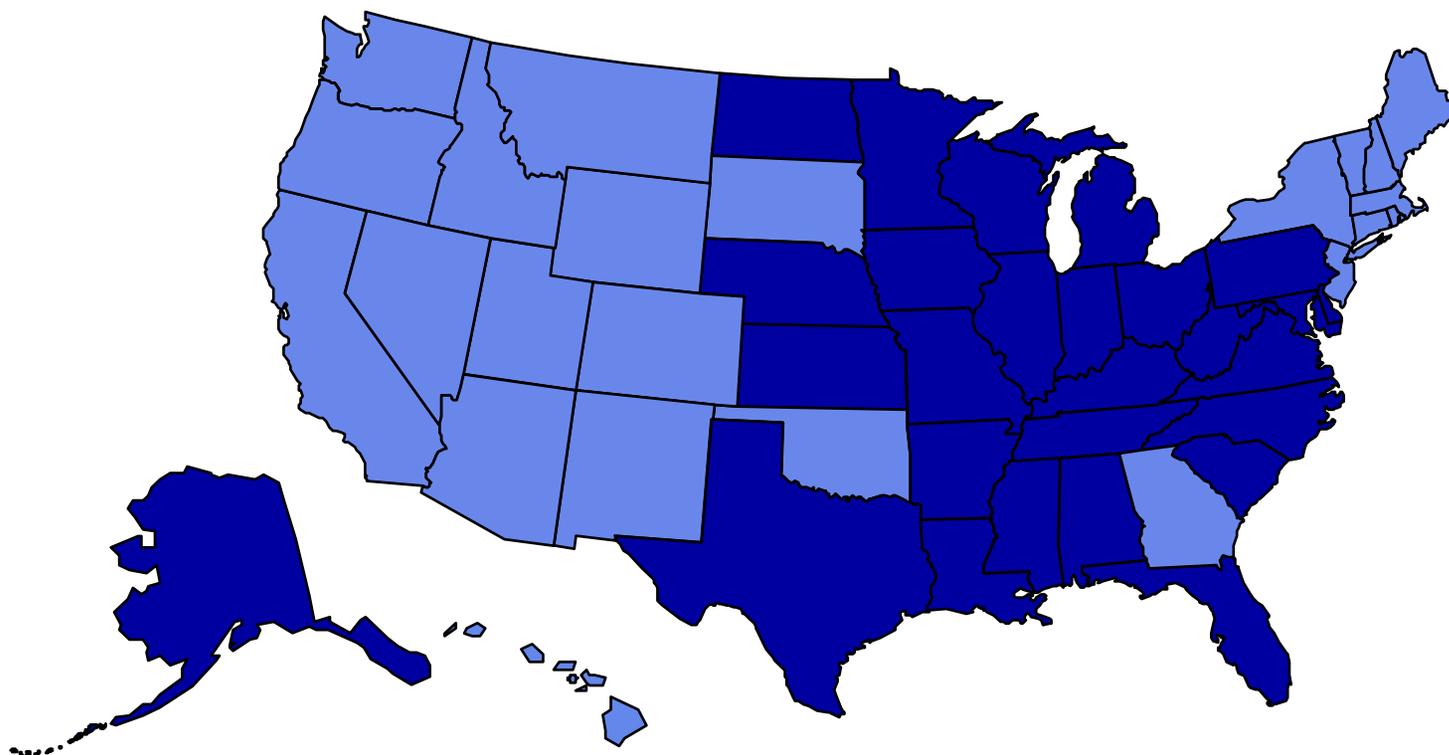
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1995

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



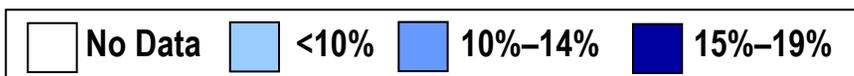
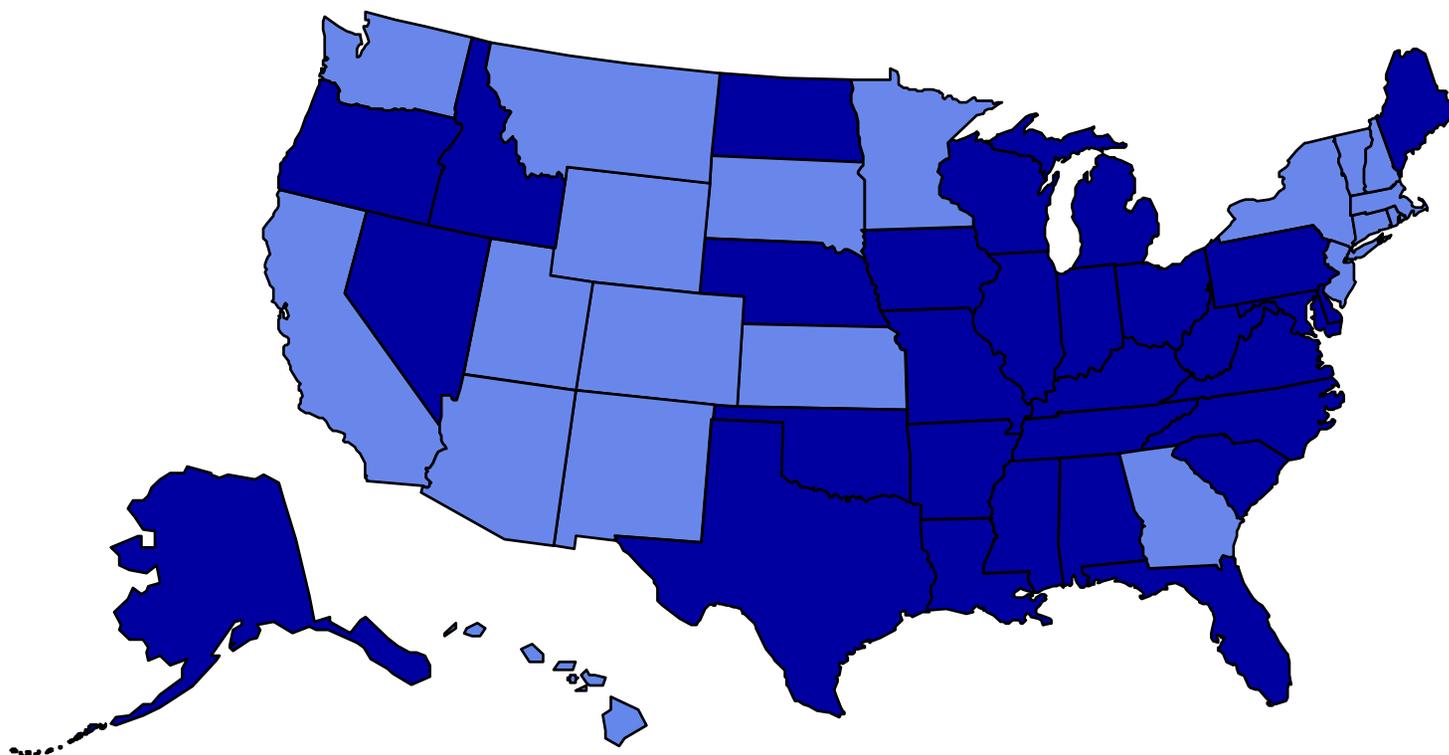
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1996

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



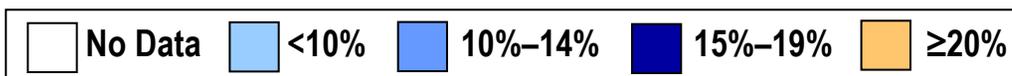
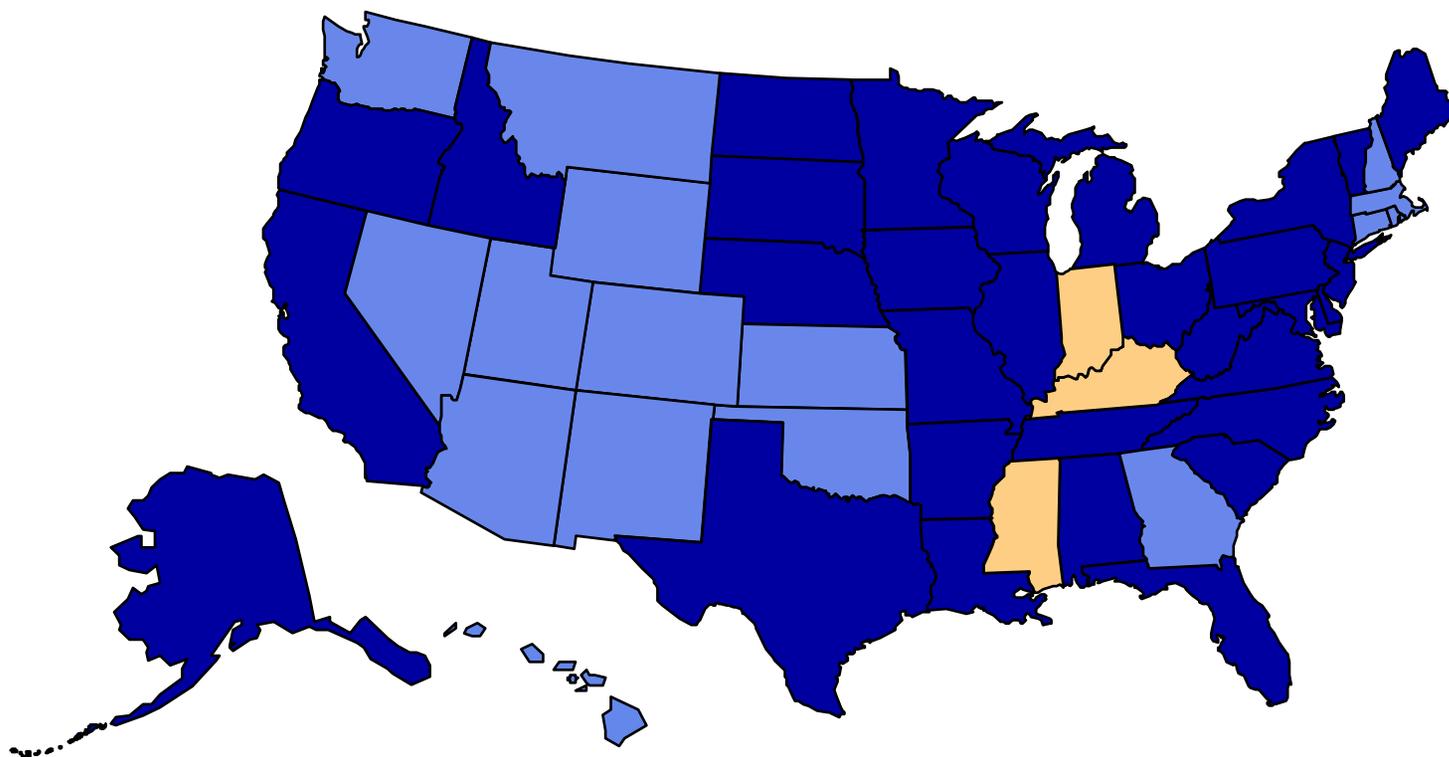
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1997

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

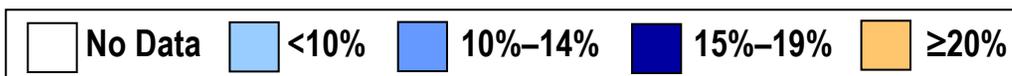
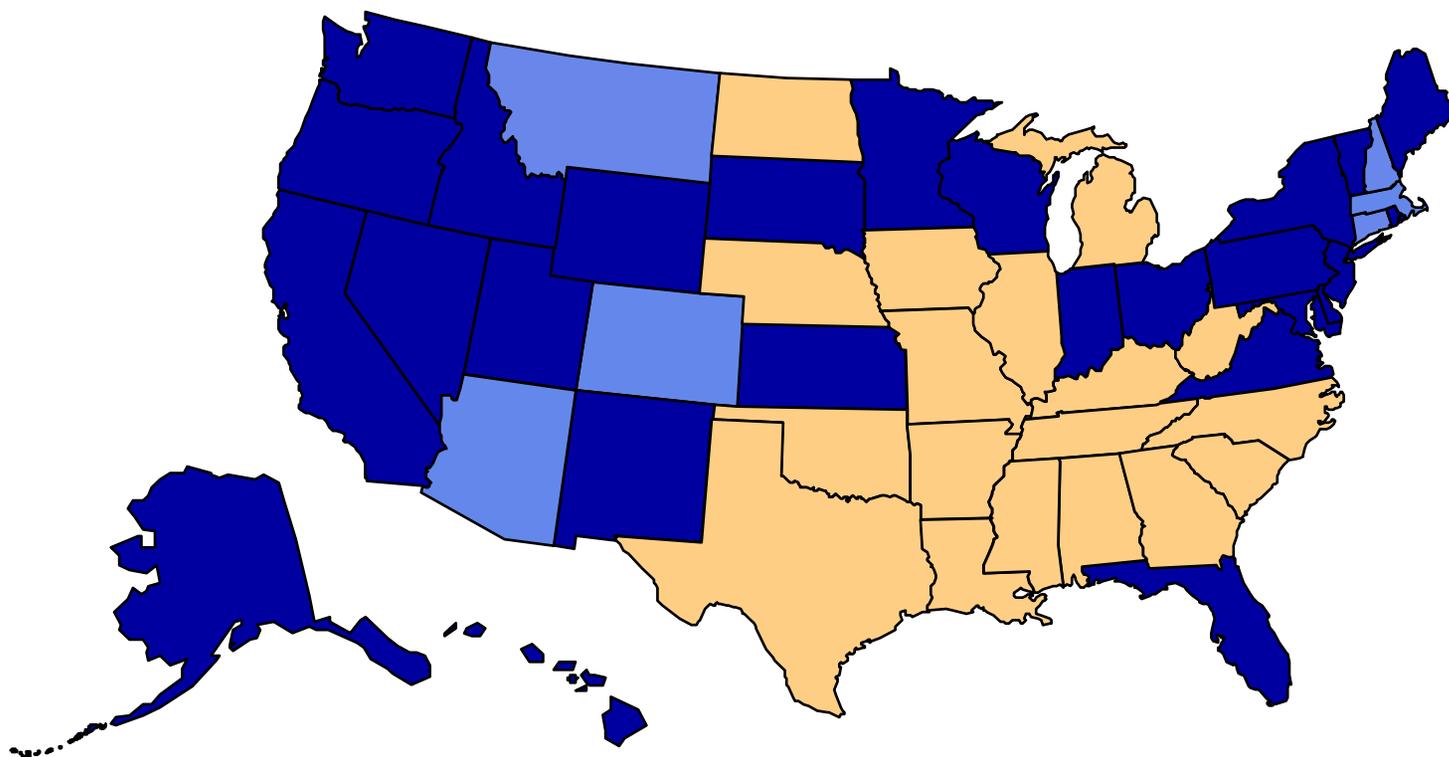




# Obesity Trends\* Among U.S. Adults

## BRFSS, 1999

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.



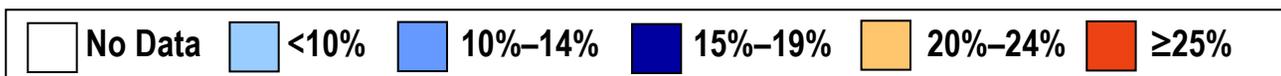
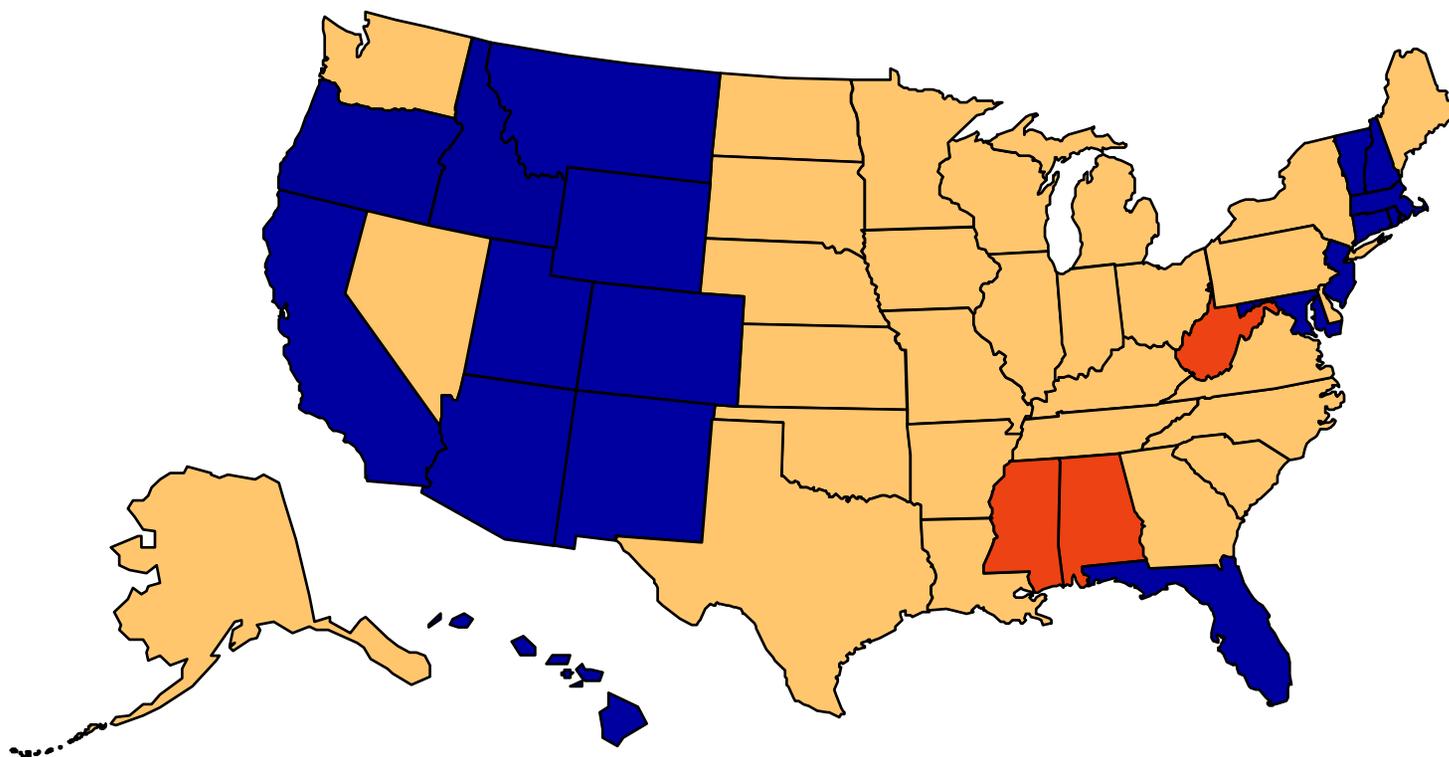




# Obesity Trends\* Among U.S. Adults

## BRFSS, 2002

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

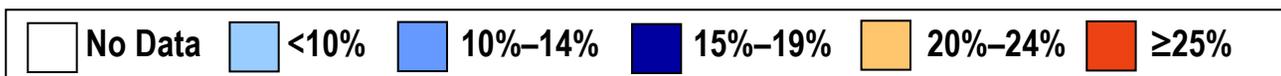
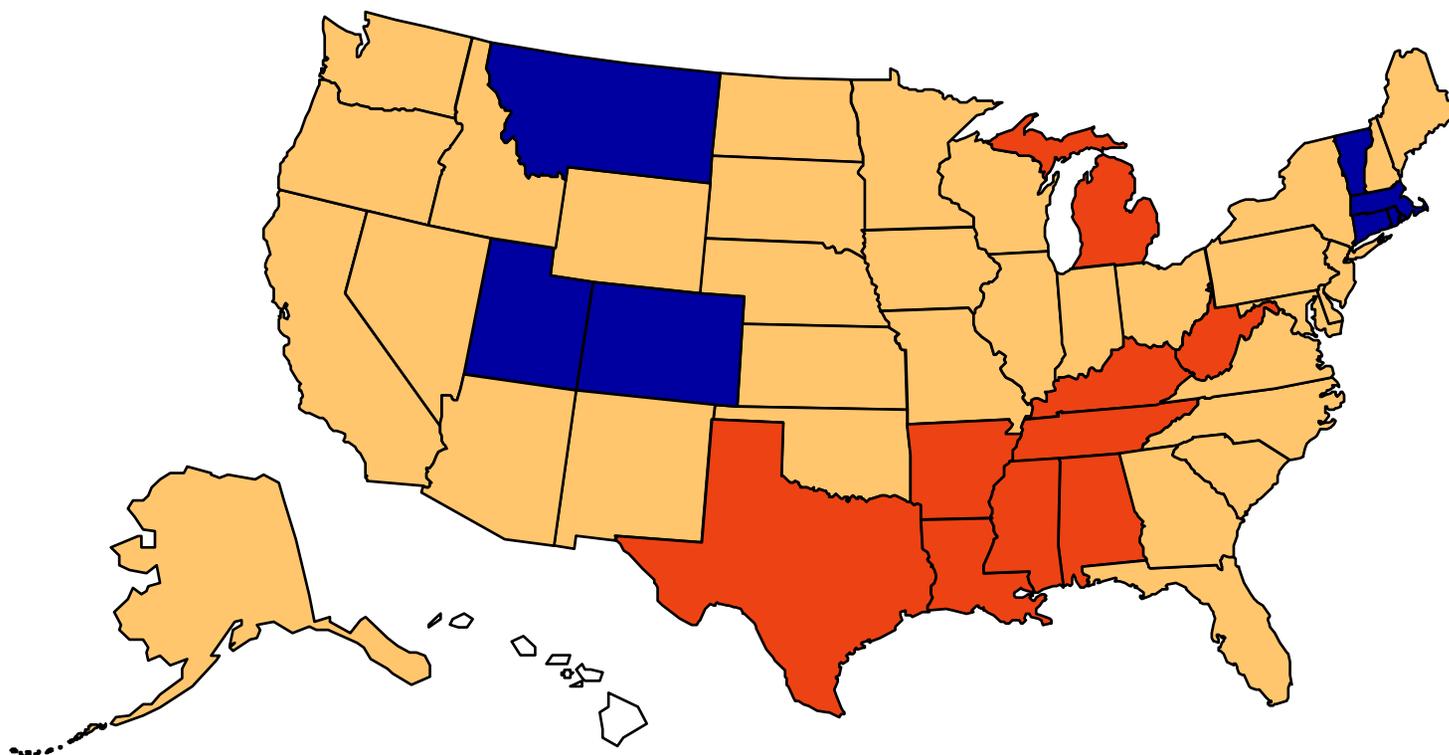




# Obesity Trends\* Among U.S. Adults

## BRFSS, 2004

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



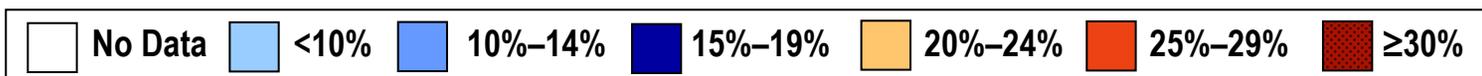
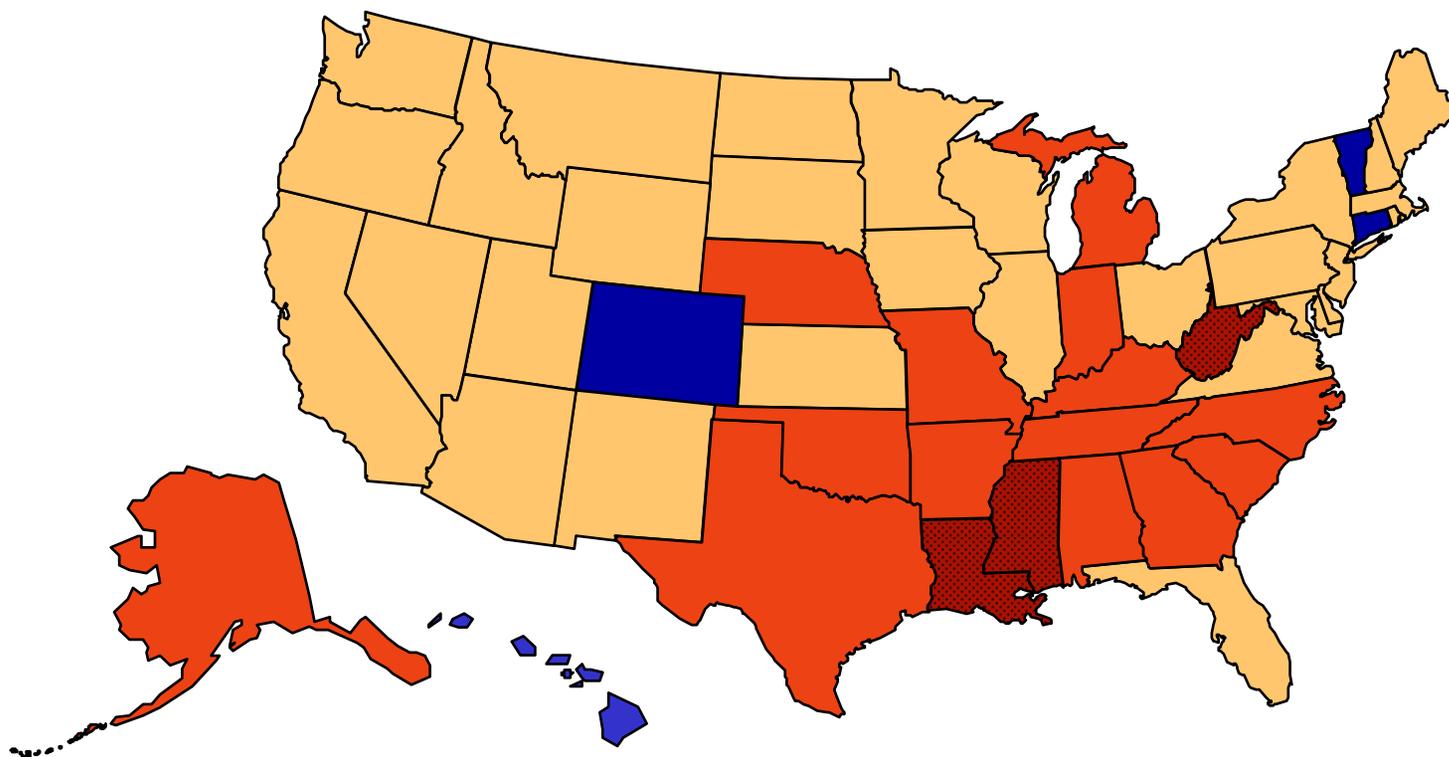
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2005

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



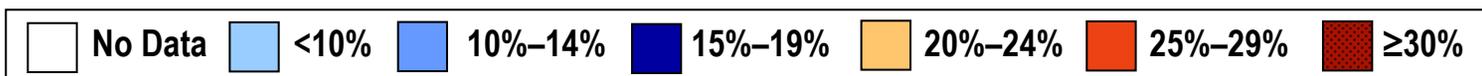
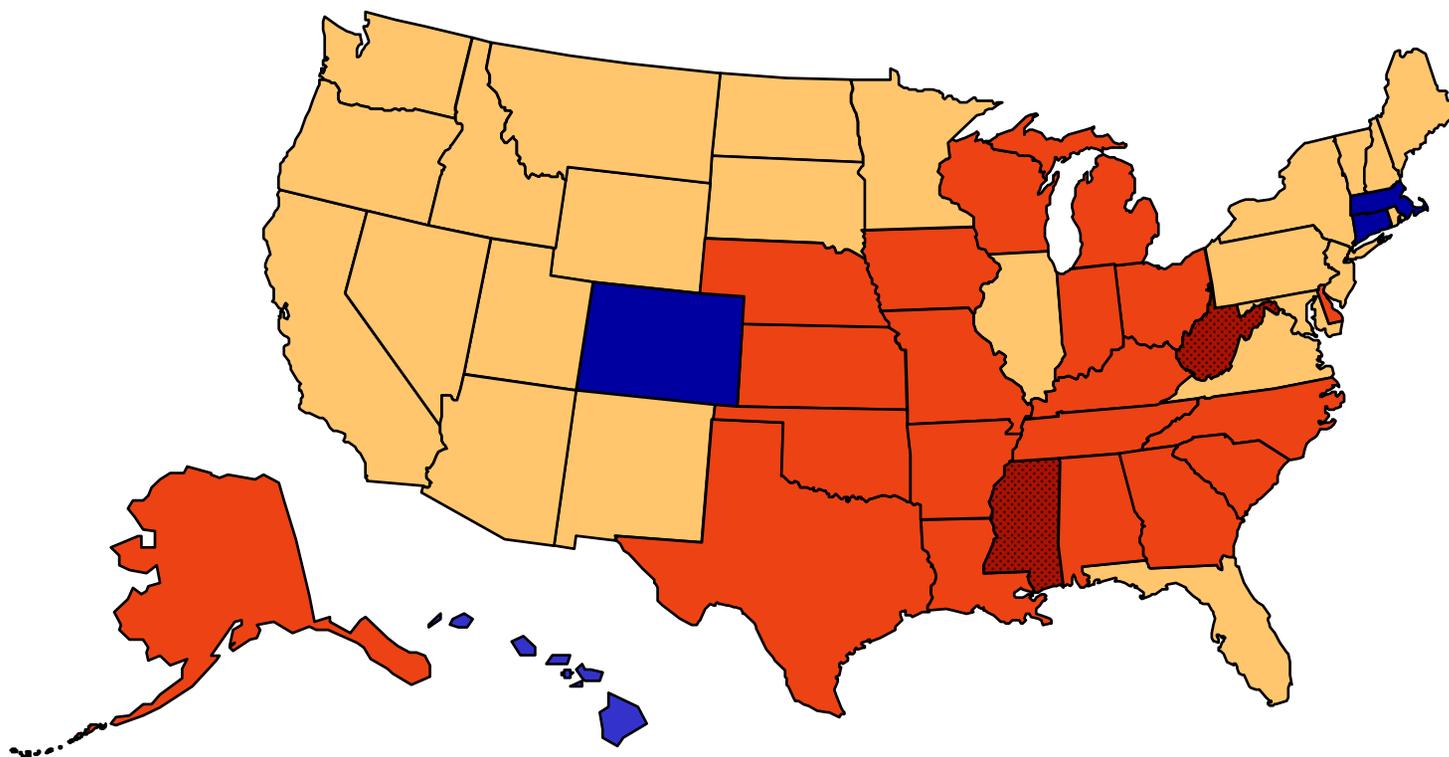
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2006

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



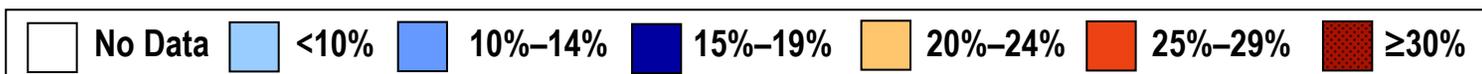
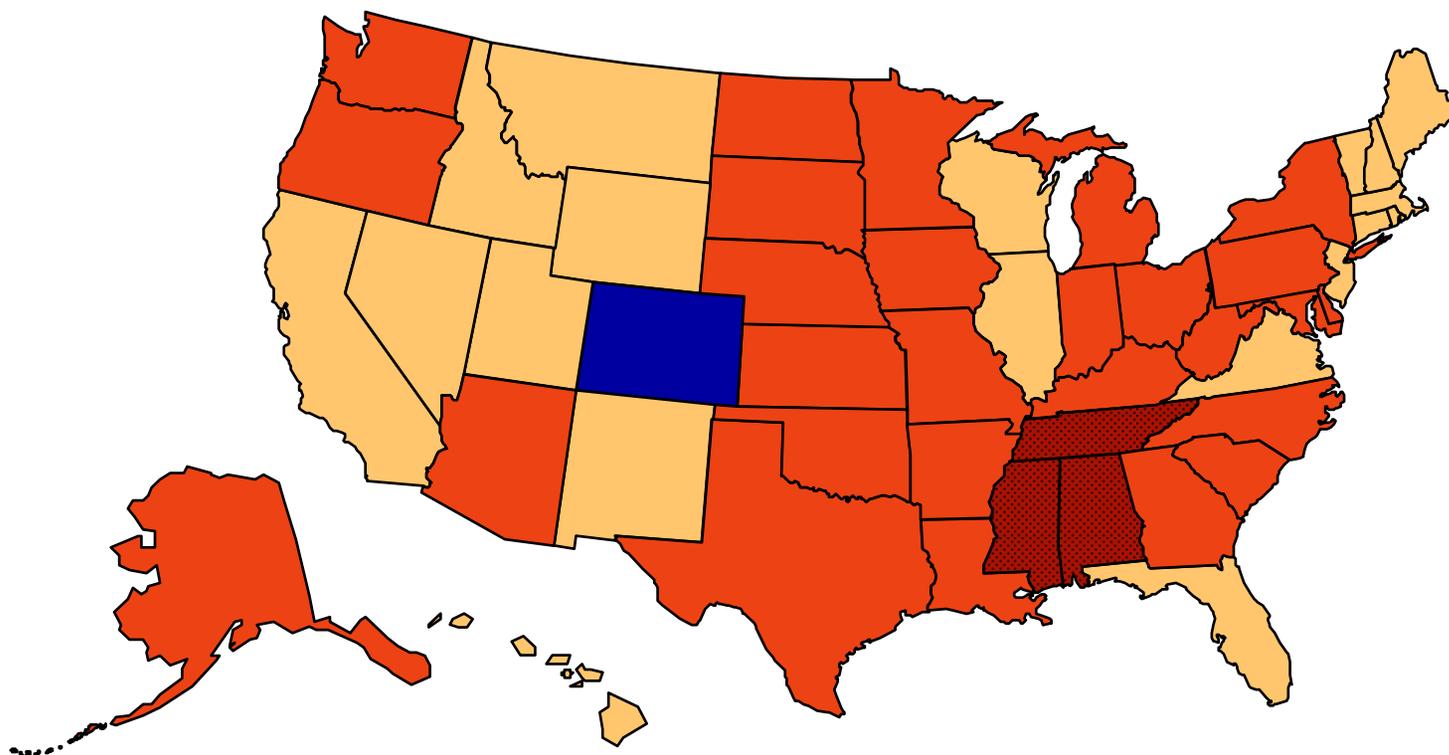
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2007

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



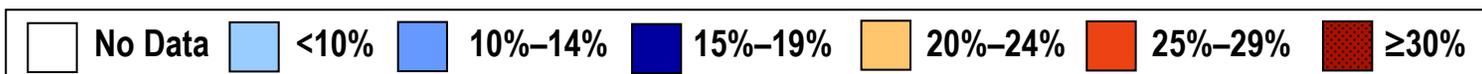
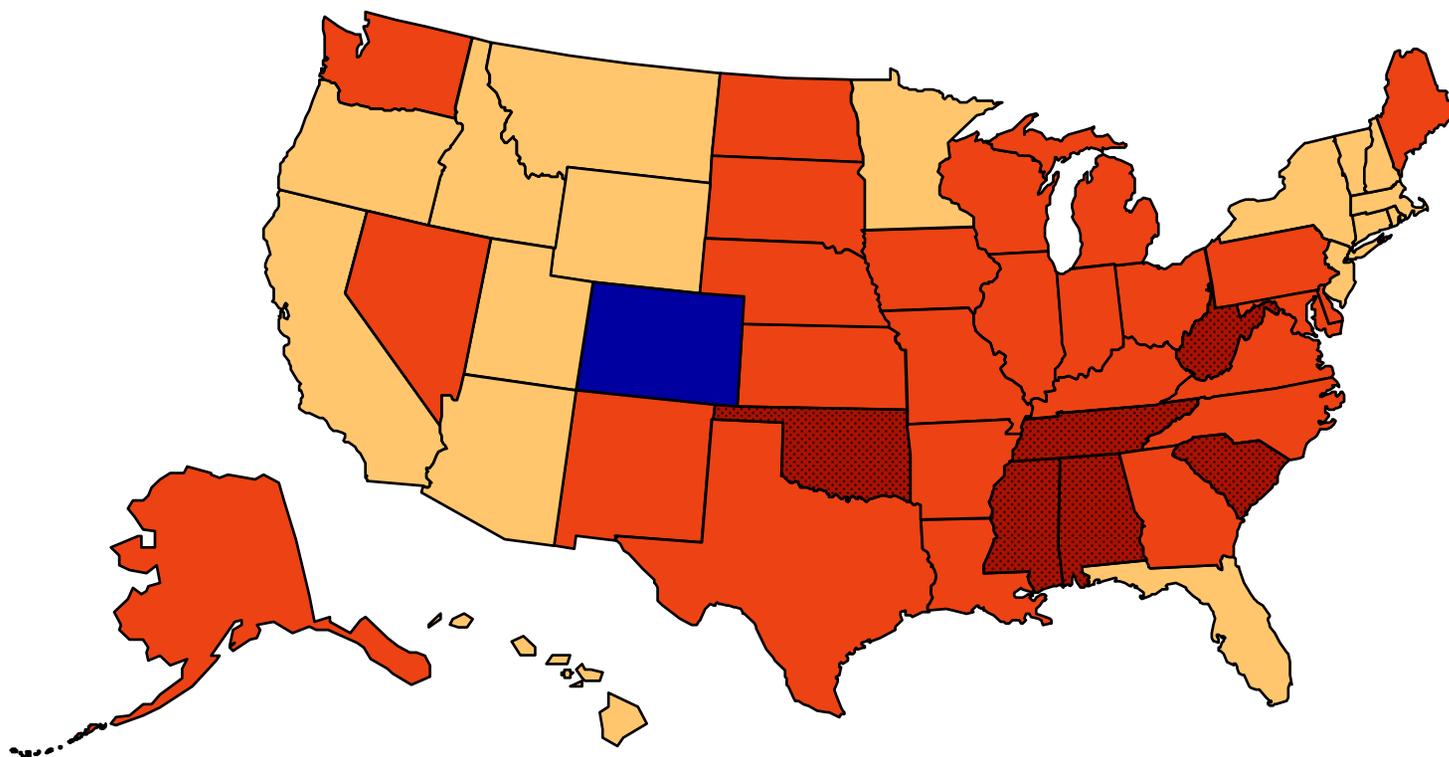
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2008

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



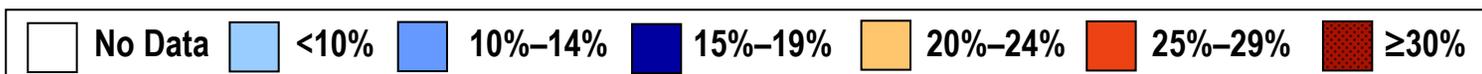
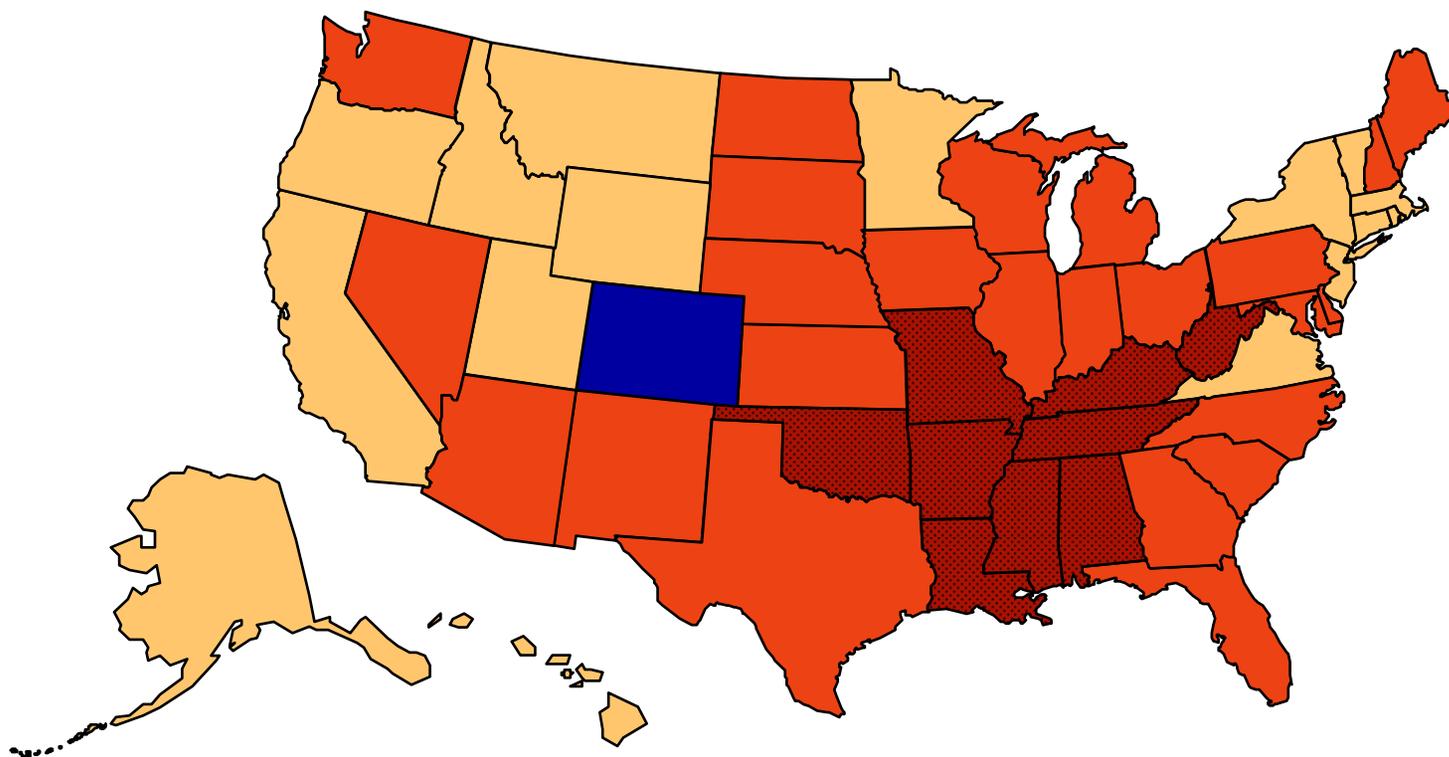
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2009

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

