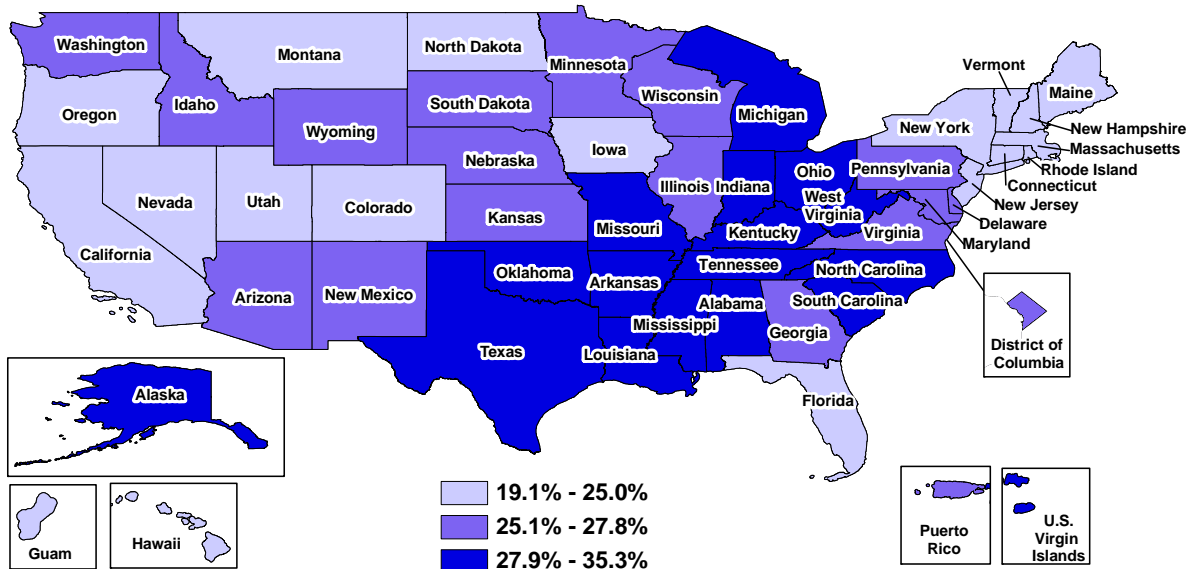


Female Obesity in the US

Among U.S. women 20 years and older, it is estimated that nearly 70 million are overweight or obese.

An unhealthy diet and physical inactivity, both associated with obesity, can increase the risk of heart disease, cancer, stroke, type 2 diabetes, high blood pressure, breathing problems, arthritis, gallbladder disease, and osteoarthritis. In 2008, over 26 percent of US women over age 20 were obese; this reflects an increase over the past 4 years.

2008 Percent Women Over Age 20, Obese*, Age-Adjusted by State and US



	Percent women reporting being obese, Age 20 and older				Percent women reporting being obese, Age 20 and older		
	2004	2006	2008		2004	2006	2008
ALABAMA	30.0	29.5	31.9	NEVADA	19.4	23.7	23.9
ALASKA	25.0	26.6	30.0	NEW HAMPSHIRE	19.9	21.2	22.6
ARIZONA	20.8	22.8	25.2	NEW JERSEY	21.3	20.7	22.1
ARKANSAS	25.8	27.1	28.2	NEW MEXICO	22.4	23.4	26.5
CALIFORNIA	22.6	23.0	24.4	NEW YORK	22.3	23.3	25.0
COLORADO	16.3	17.7	19.1	NORTH CAROLINA	24.9	27.2	29.7
CONNECTICUT	19.1	19.6	19.5	NORTH DAKOTA	23.0	21.8	25.0
DELAWARE	20.8	24.6	27.8	OHIO	22.4	29.9	28.3
DISTRICT OF COLUMBIA	25.3	25.7	27.5	OKLAHOMA	25.2	27.4	30.0
FLORIDA	22.4	22.3	22.0	OREGON	20.2	24.8	23.7
GEORGIA	25.1	25.5	27.7	PENNSYLVANIA	24.6	23.6	26.5
HAWAII	**	19.7	22.0	RHODE ISLAND	18.4	21.3	21.9
IDAHO	20.2	25.2	25.4	SOUTH CAROLINA	26.2	29.8	31.8
ILLINOIS	22.8	25.4	25.9	SOUTH DAKOTA	23.0	24.2	26.5
INDIANA	26.0	29.1	28.2	TENNESSEE	28.0	28.7	30.3
IOWA	22.7	25.2	24.9	TEXAS	25.3	26.3	29.2
KANSAS	23.2	25.9	26.7	UTAH	20.4	21.6	22.3
KENTUCKY	26.3	28.3	30.7	VERMONT	18.7	19.4	23.8
LOUISIANA	27.4	27.1	28.2	VIRGINIA	23.5	25.5	26.0
MAINE	23.1	21.6	24.8	WASHINGTON	22.1	24.1	26.1
MARYLAND	24.2	24.6	27.7	WEST VIRGINIA	26.7	29.3	32.7
MASSACHUSETTS	17.7	18.8	20.1	WISCONSIN	21.4	25.1	25.3
MICHIGAN	26.5	27.9	28.8	WYOMING	19.6	21.7	25.3
MINNESOTA	22.3	22.5	25.2	GUAM	**	**	23.8
MISSISSIPPI	31.1	33.7	35.3	PUERTO RICO	24.3	24.9	26.1
MISSOURI	24.7	26.9	29.7	VIRGIN ISLANDS	28.0	31.4	32.3
MONTANA	18.7	20.2	24.4				
NEBRASKA	22.0	28.0	25.7	UNITED STATES	23.4	24.9	26.2

*Percent of persons age 20+ identified as underweight according to their reported weight and height (body mass index ≥ 30.0).

Body Mass Index = (Weight in Kg) / ((Height in Meters)*(Height in Meters))

**BRFSS surveillance not conducted in 2004 or 2006

Source: CDC Behavioral Risk Factor Surveillance System, 2004-2008; Data are age-adjusted to year 2000 population. Map presents data for 2008.



The Office On Women's Health
Quick Health Data Online

Quick Health Data Online: <http://www.womenshealth.gov/quickhealthdata>



U.S. Department of
Health and Human Services