

Citations

- Source: BRFSS, CDC.
- Source: Mokdad A H, et al. *JAMA* 1999;282:16.
- Source: Mokdad A H, et al. *JAMA* 2001;286:10.
- Source: Mokdad A H, et al. *JAMA* 2003;289:1.
- Source: *MMWR* 2006;55:36.

Obesity Trends Among U.S. Adults between 1985 and 2005

Definitions:

- Obesity: having a very high amount of body fat in relation to lean body mass, or 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 2005

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 monthly 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.



- During the past 20 years there has been a dramatic increase in obesity in the United States. In 1985, only a few states were participating in the CDC's Behavioral Risk Factor Surveillance System (BRFSS) and providing obesity data. In 1990, 4 states had obesity prevalence rates of 15–19 percent and no states had rates at or above 20 percent.

- In 1995, obesity prevalence in each of the 50 states was less than 20 percent. In 2000, 28 states had obesity prevalence rates less than 20 percent.

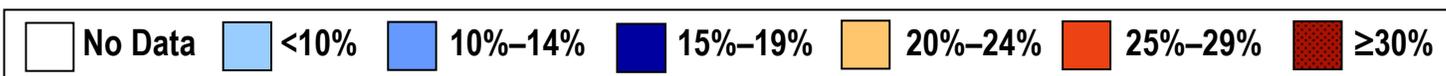
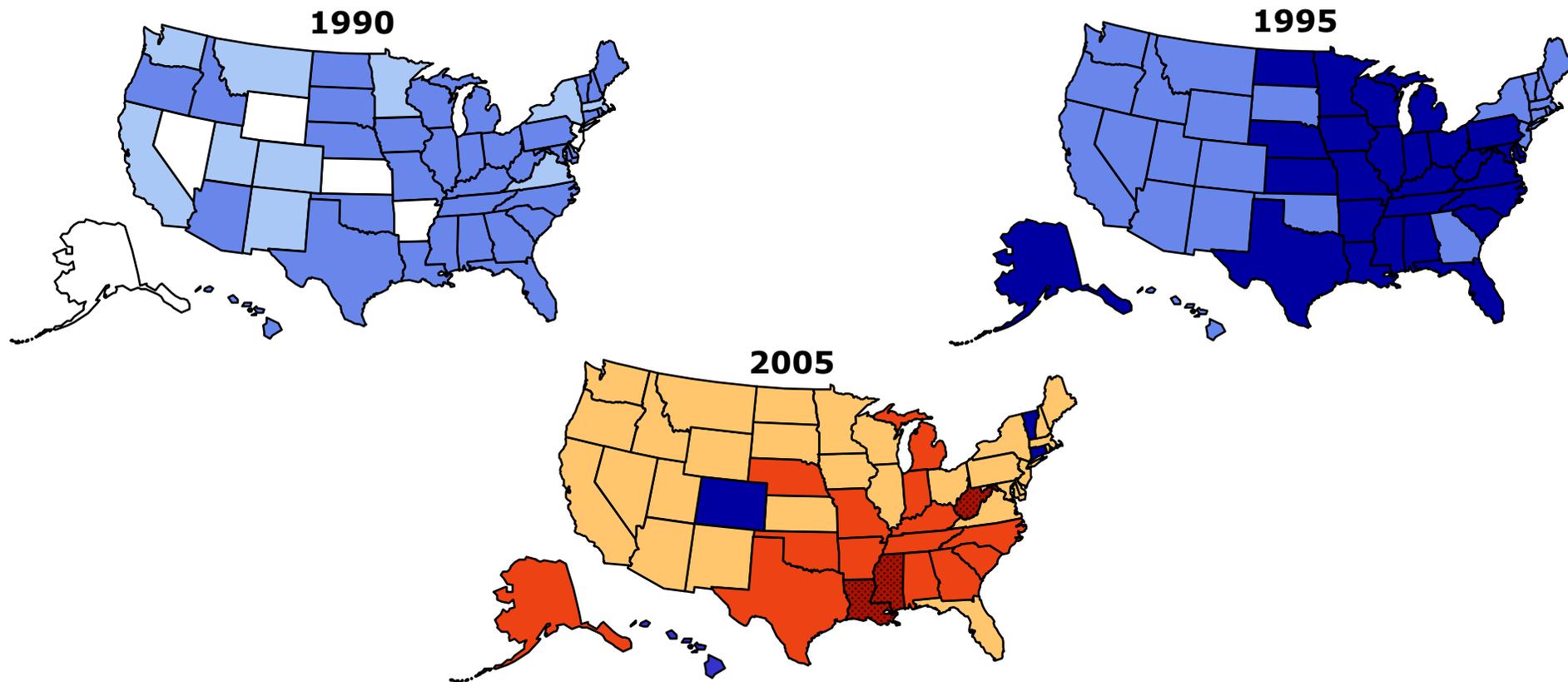
- In 2005, only 4 states had obesity prevalence rates less than 20 percent, while 17 states had prevalence rates equal to or greater than 25 percent, with 3 of those having prevalences equal to or greater than 30 percent (Louisiana, Mississippi, and West Virginia).



Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1995, 2005

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

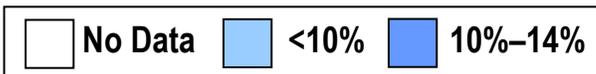
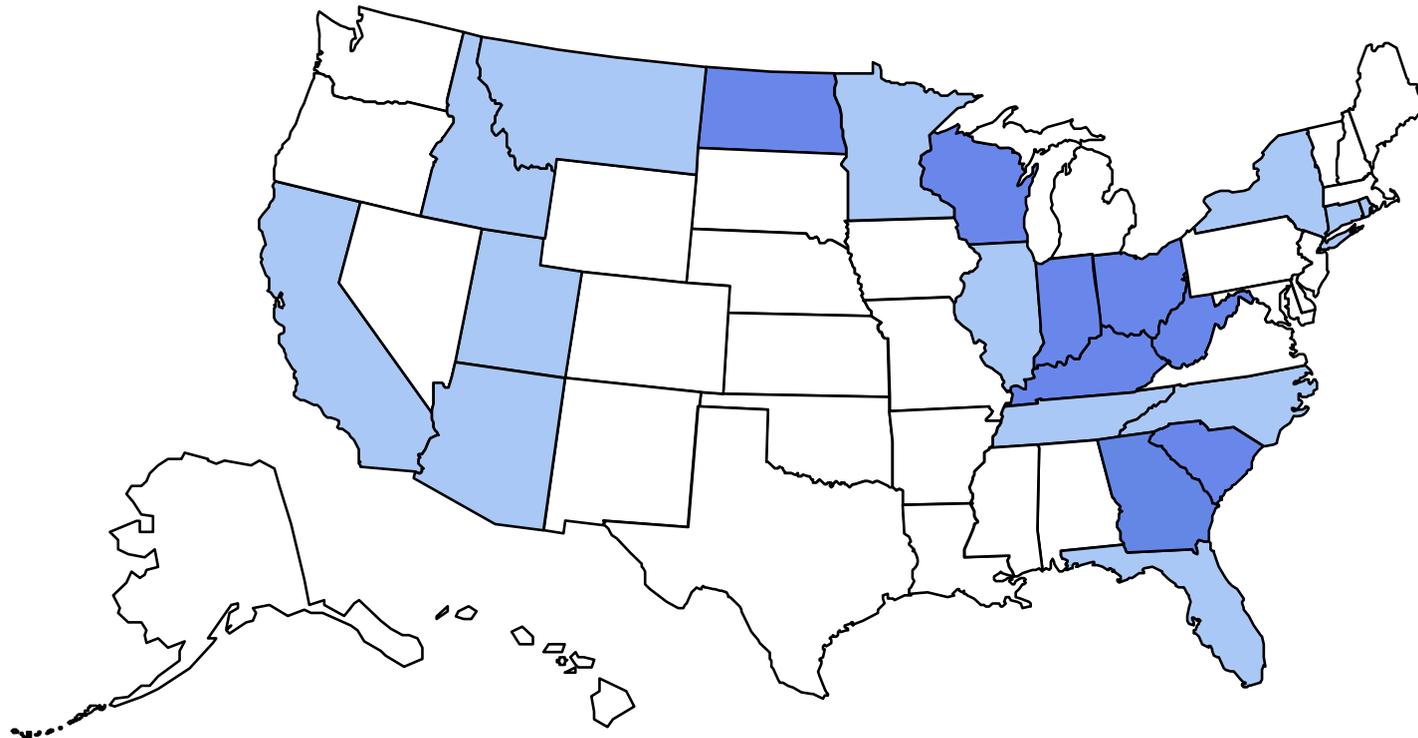


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1985

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

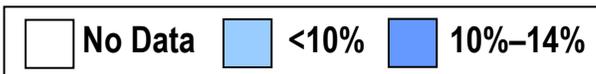
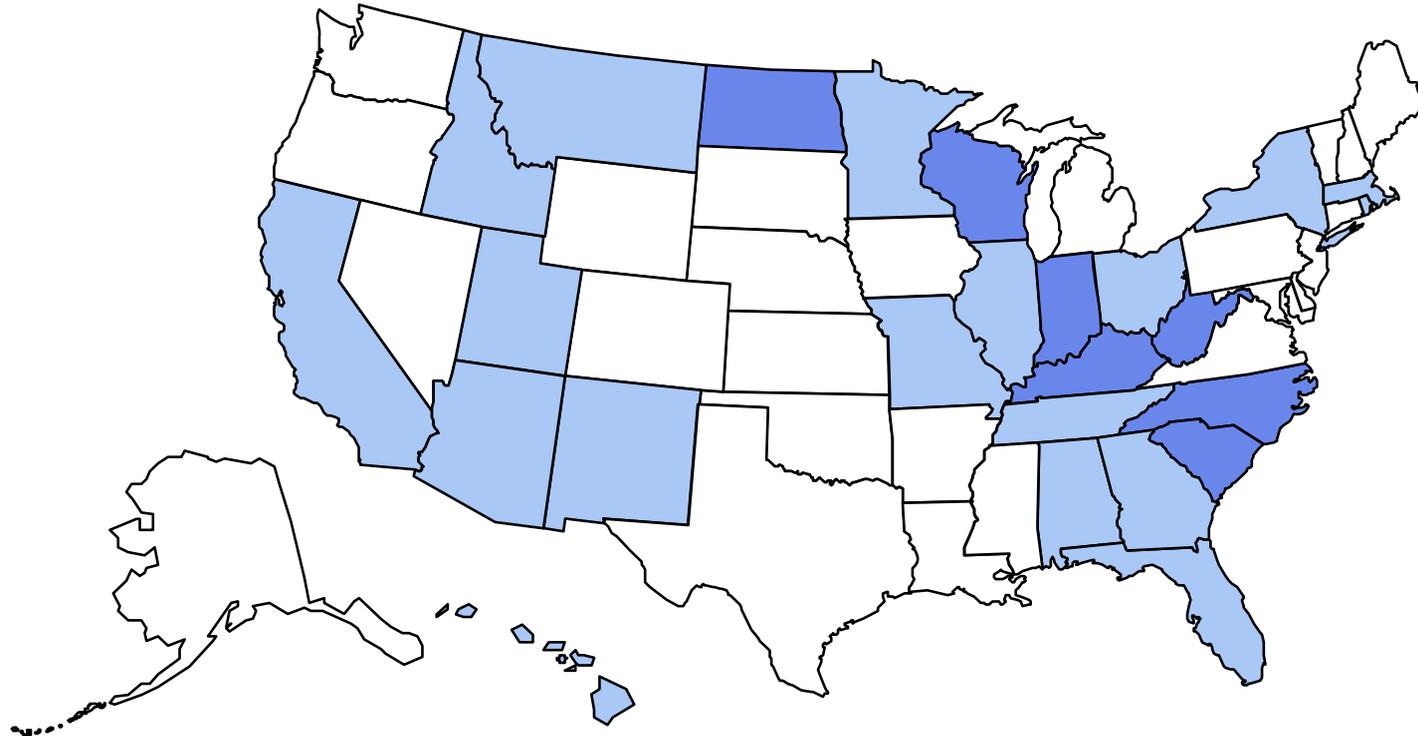


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1986

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

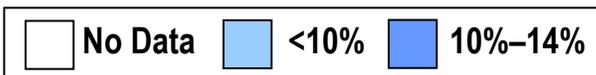
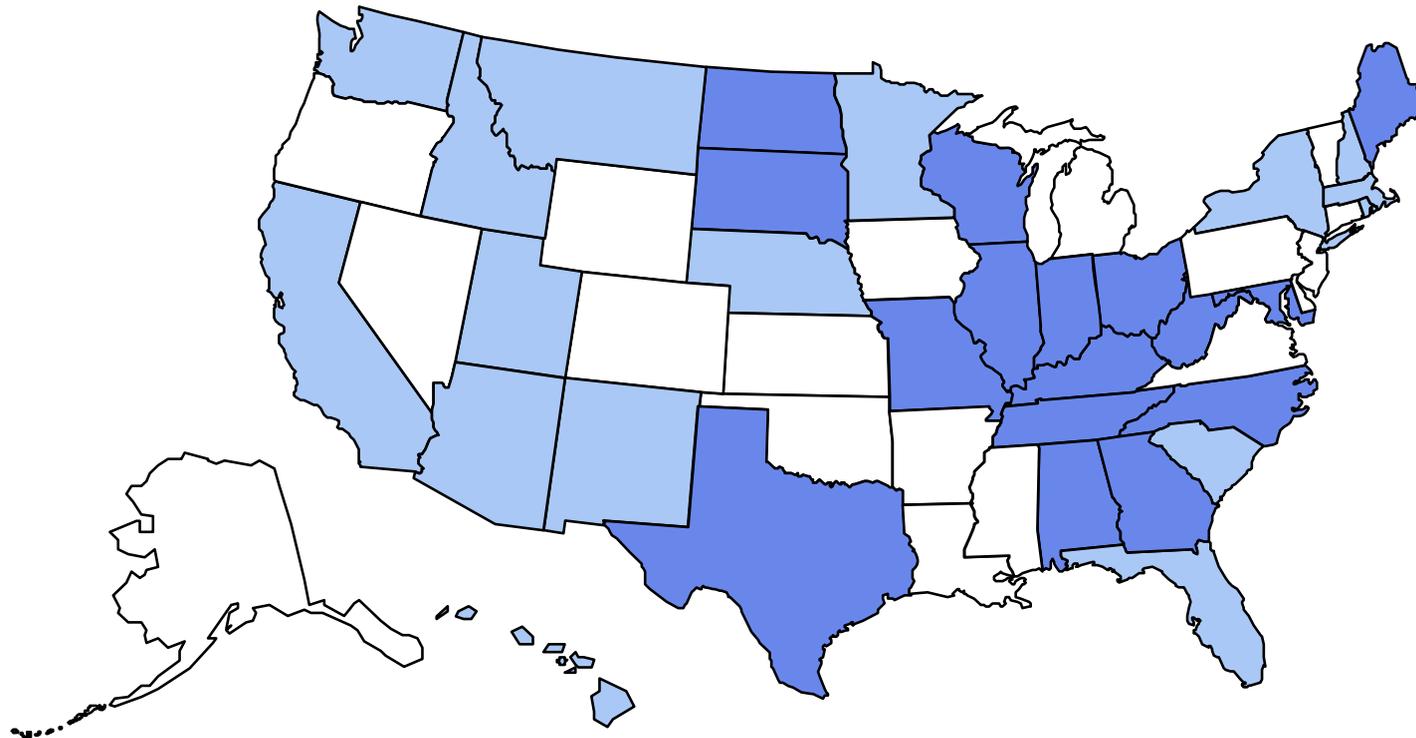


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1987

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

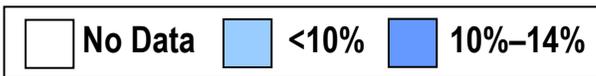
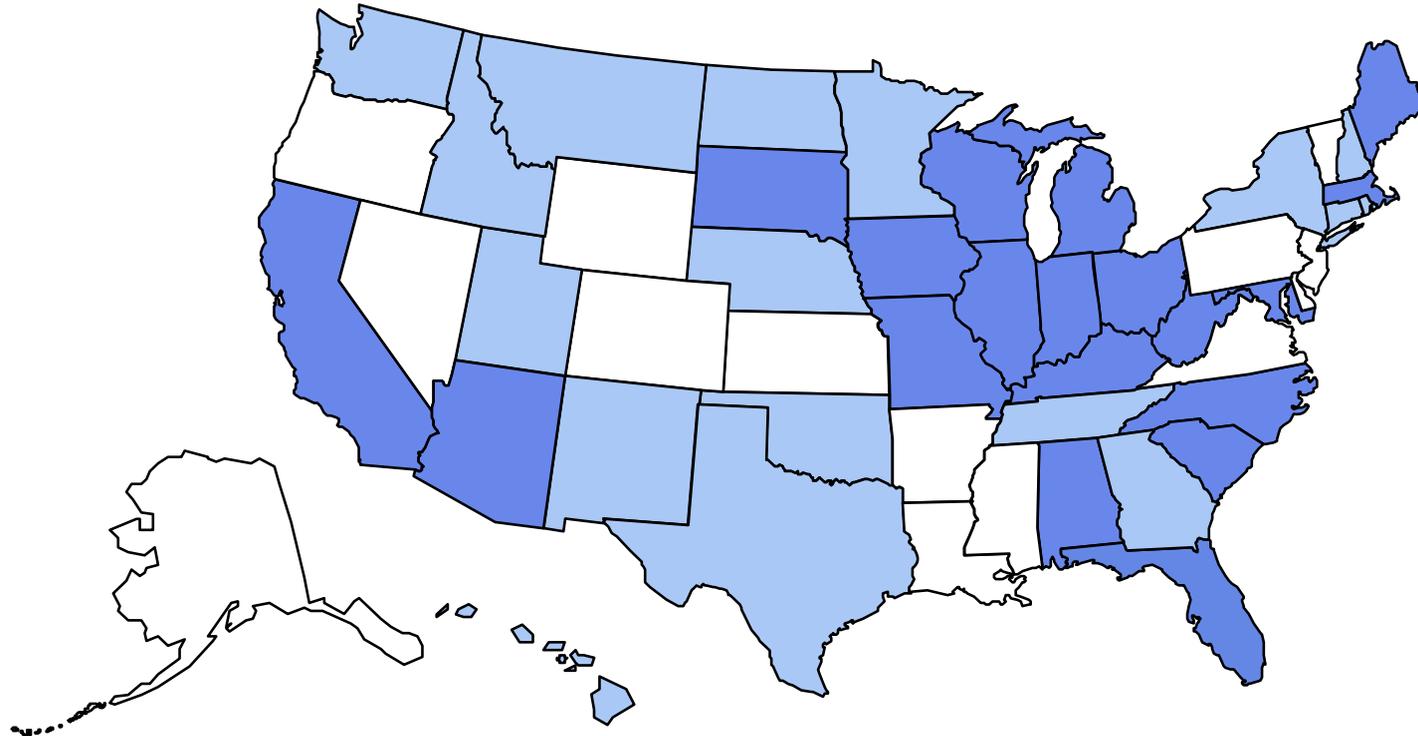


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1988

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

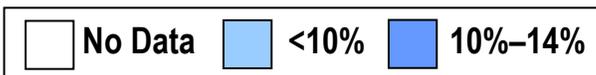
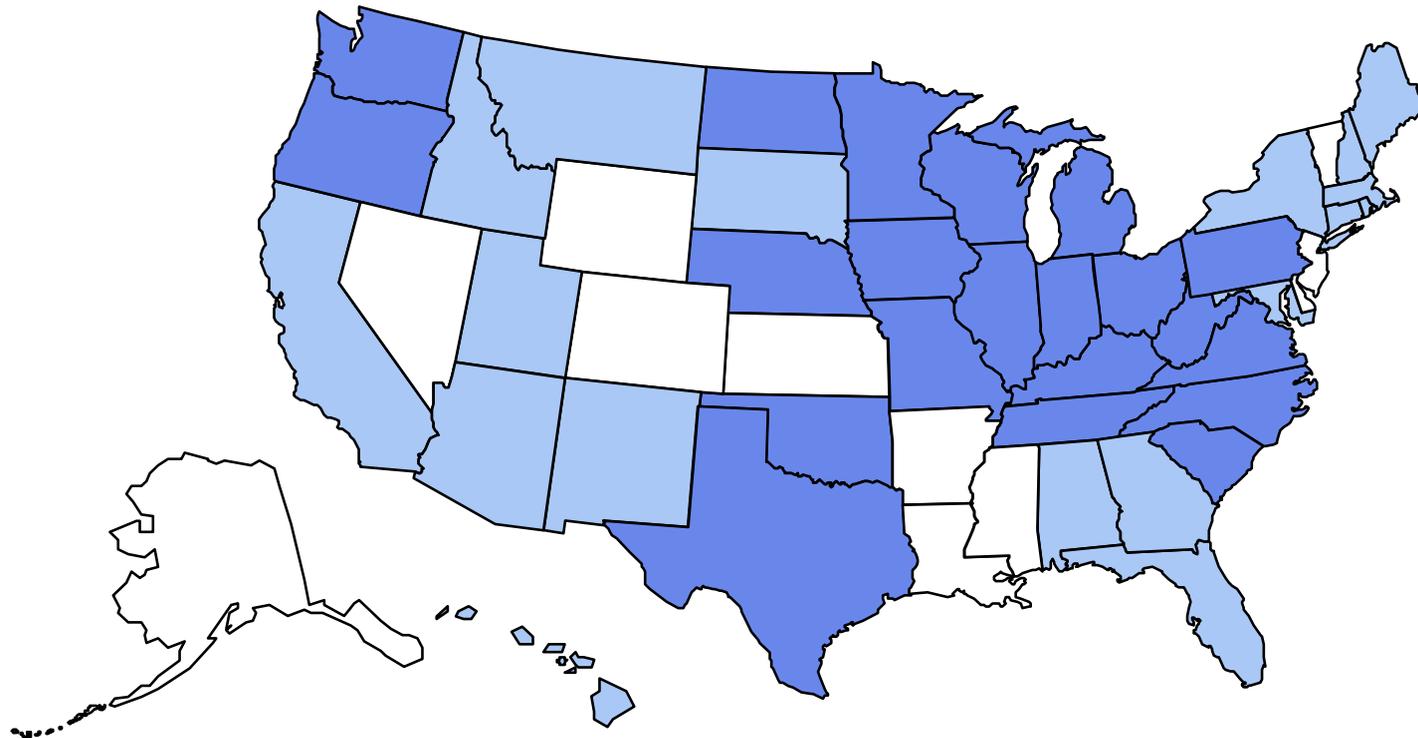


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1989

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

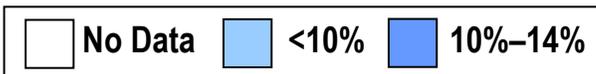
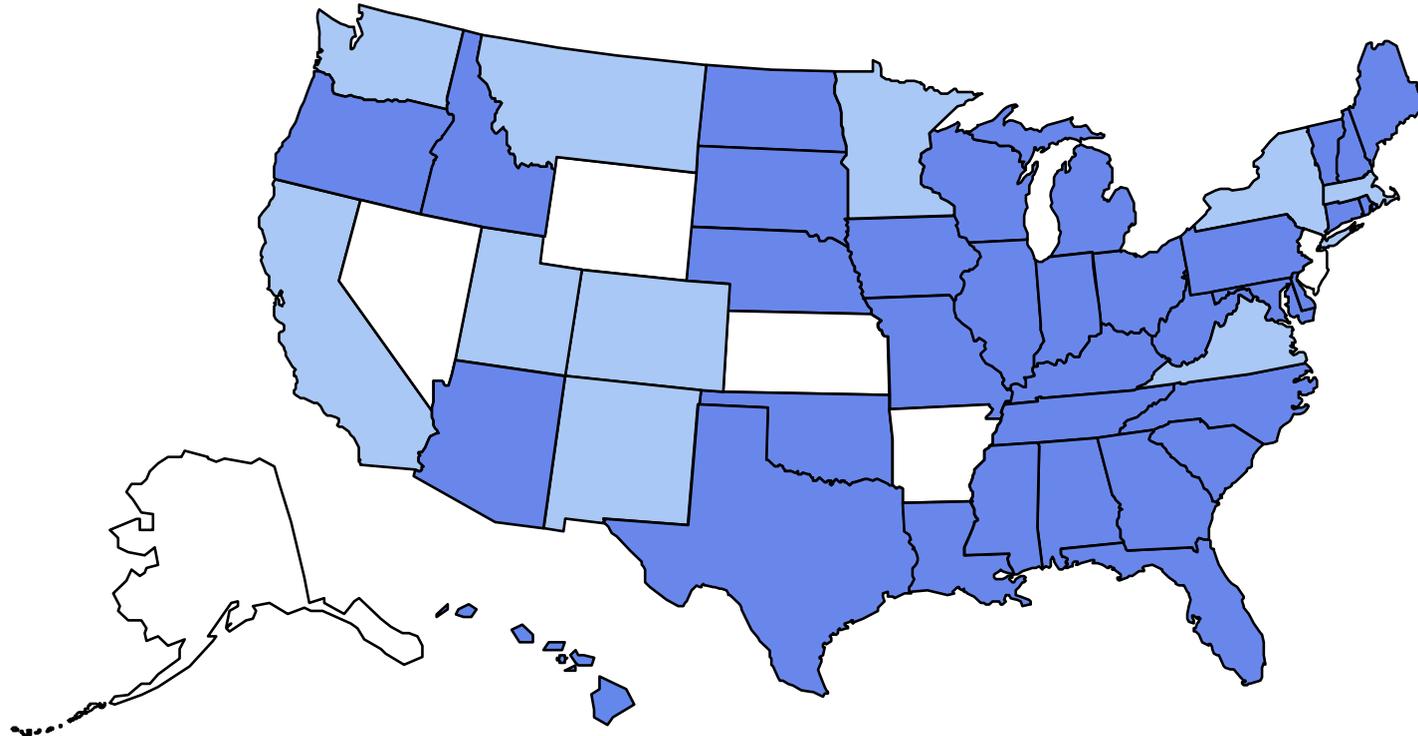


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1990

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

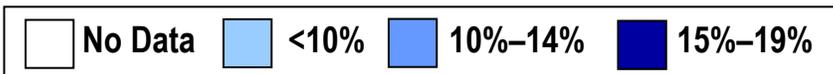
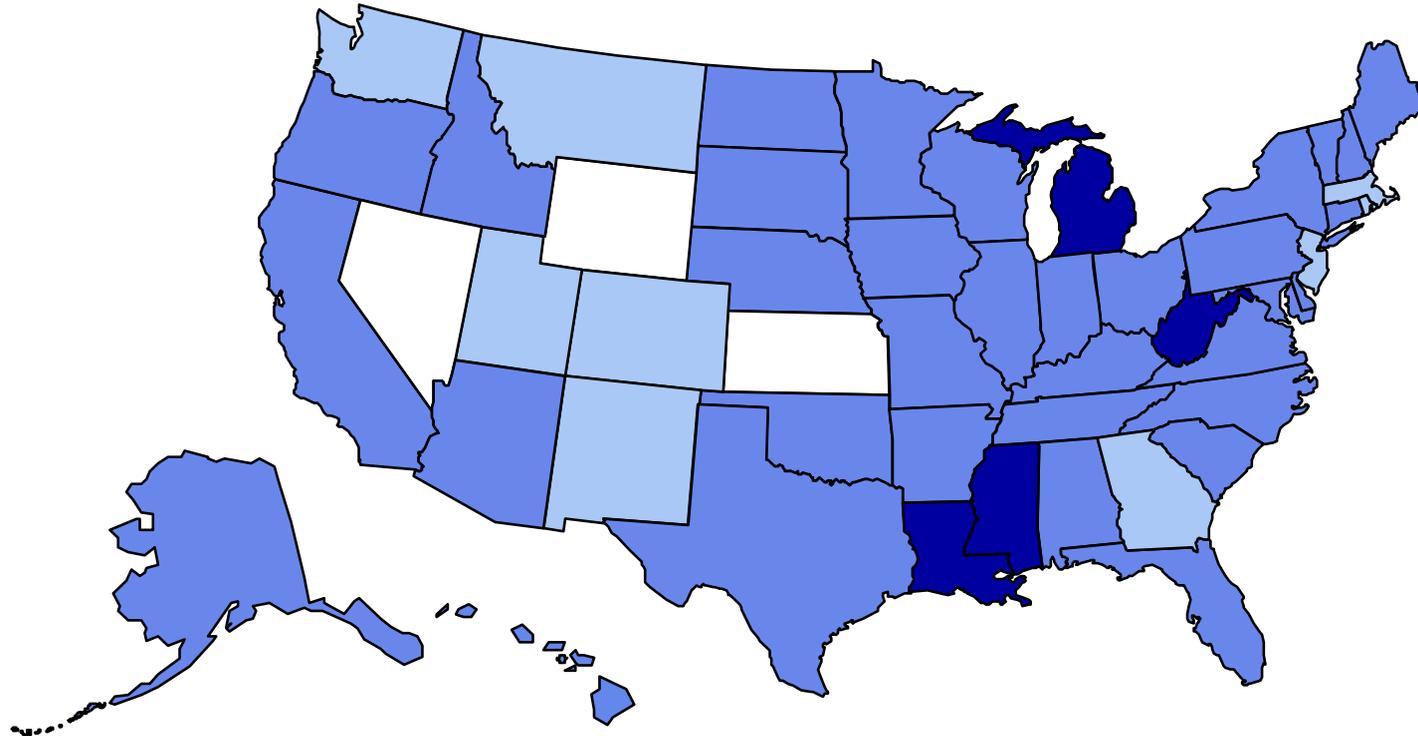


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1991

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

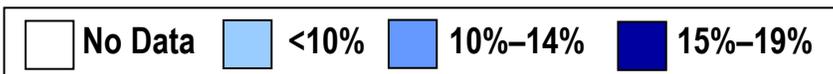
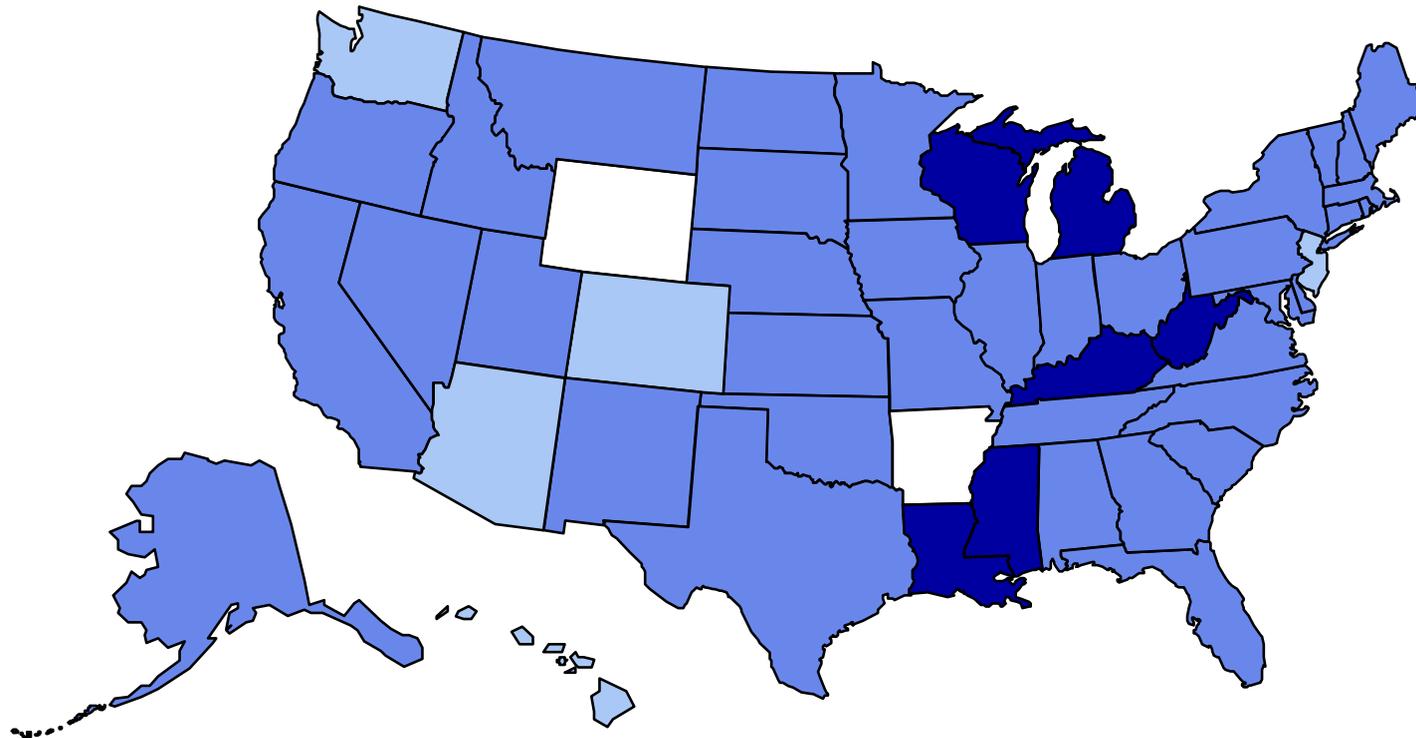


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1992

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

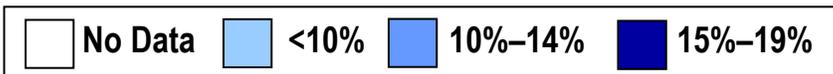
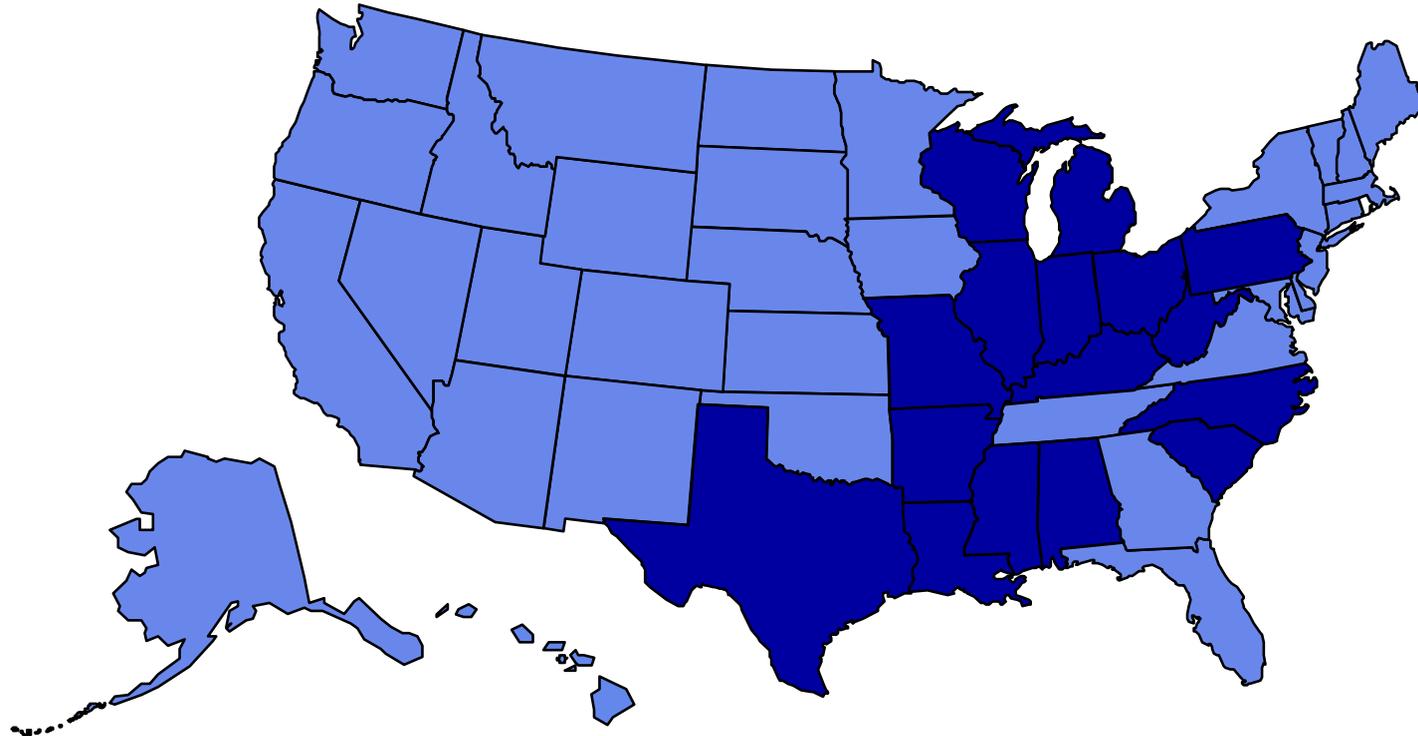


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1994

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

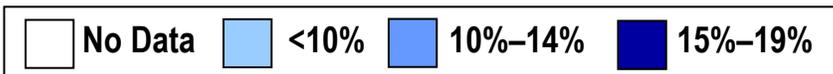
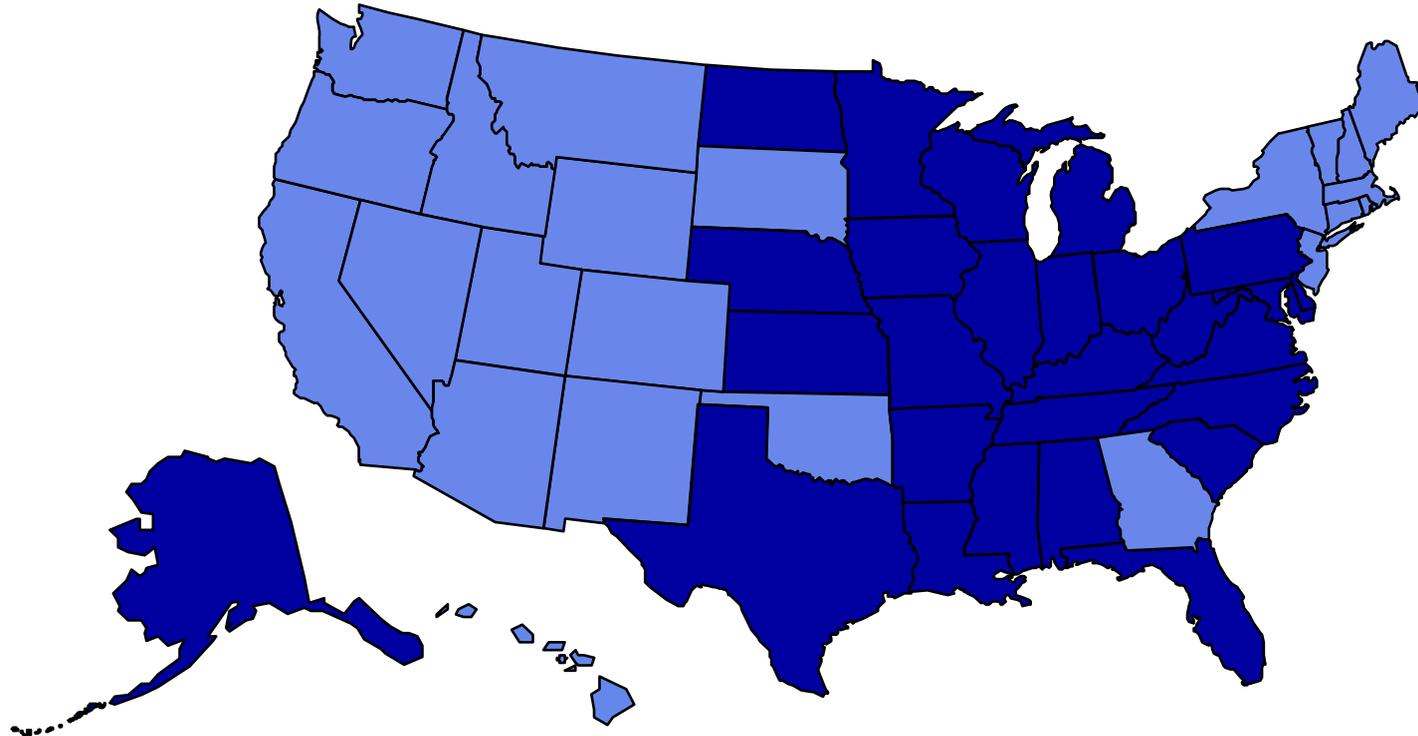


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1995

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

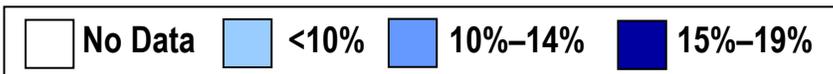
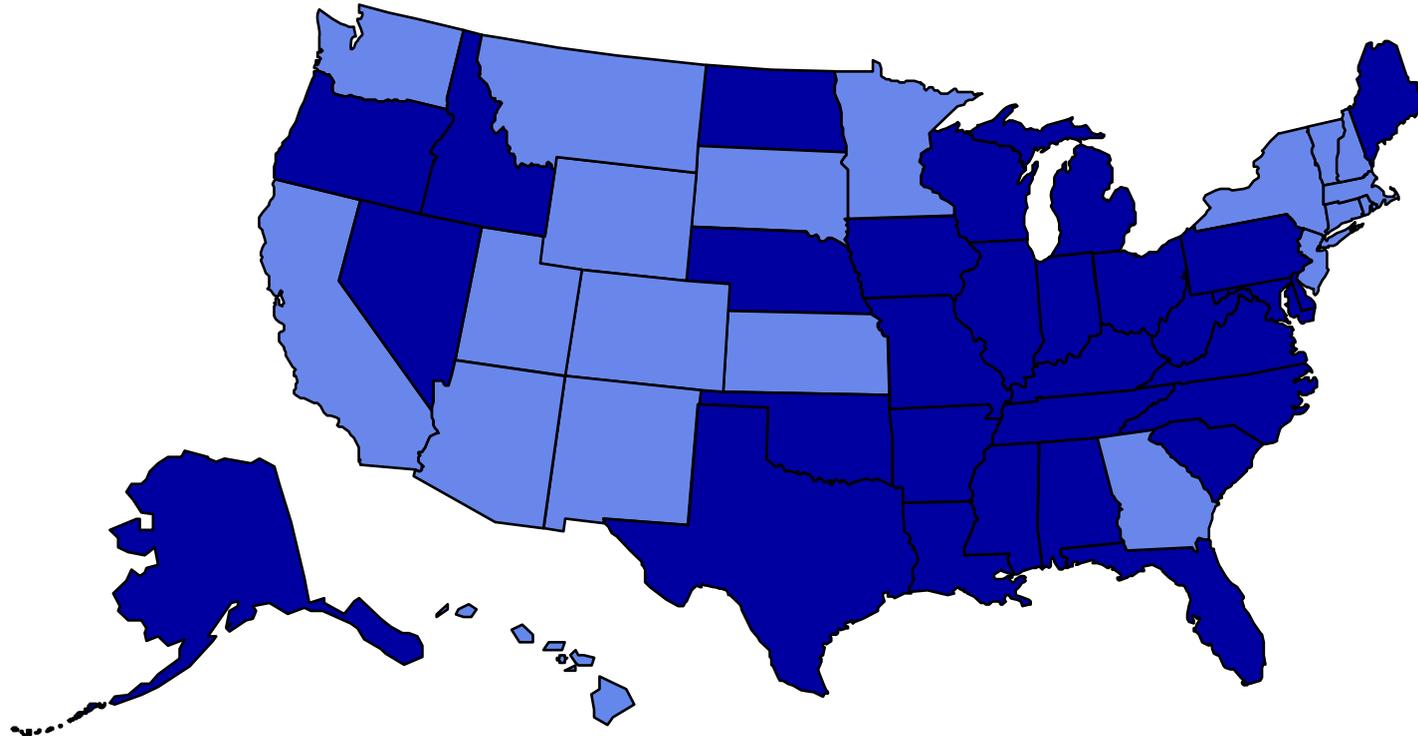


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1996

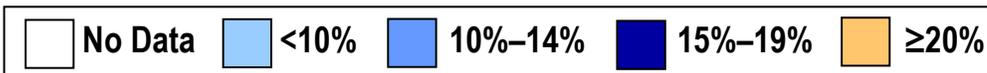
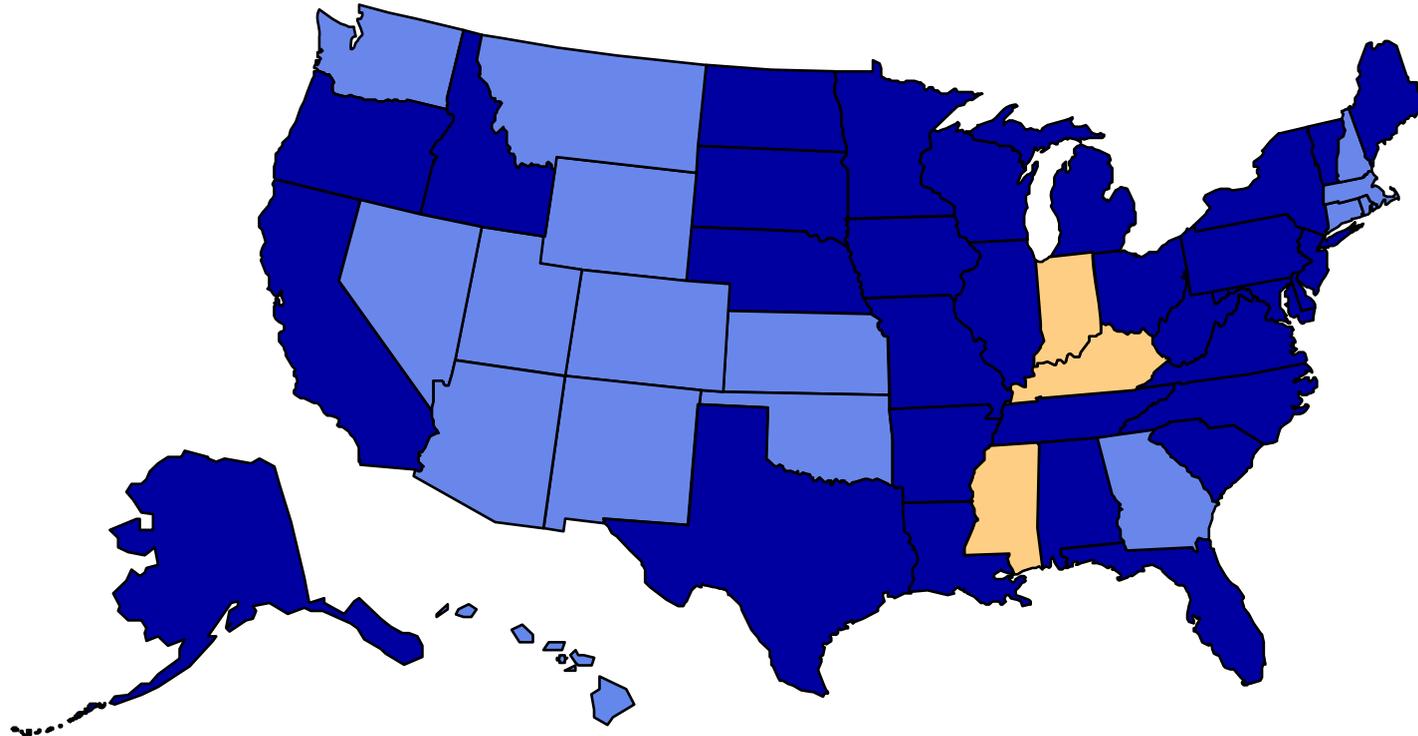
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1997

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

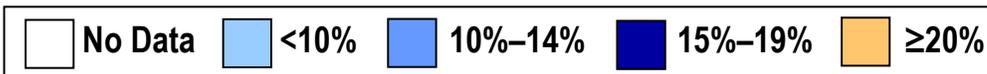
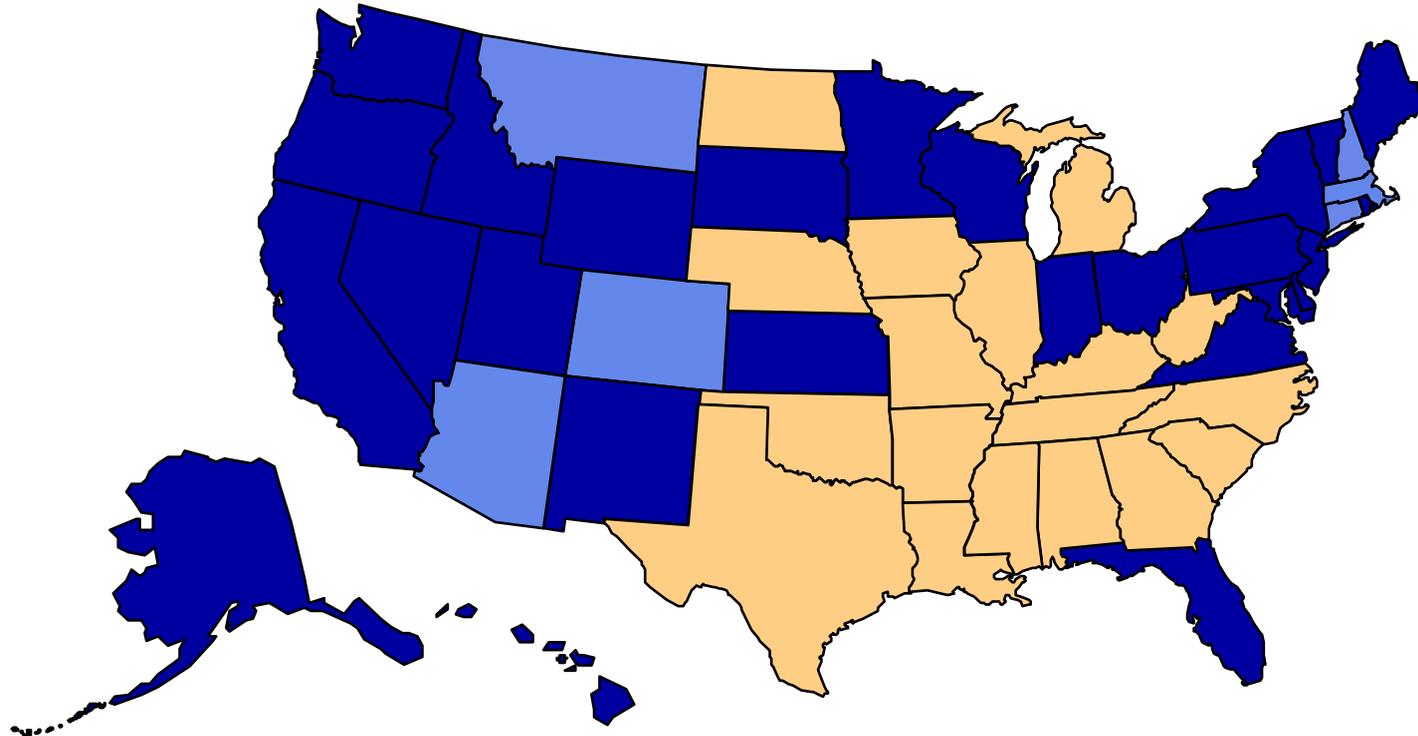


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1999

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

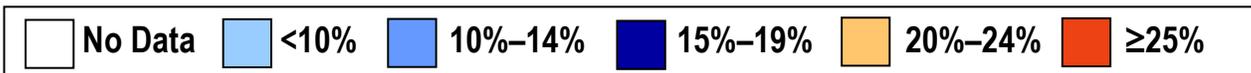
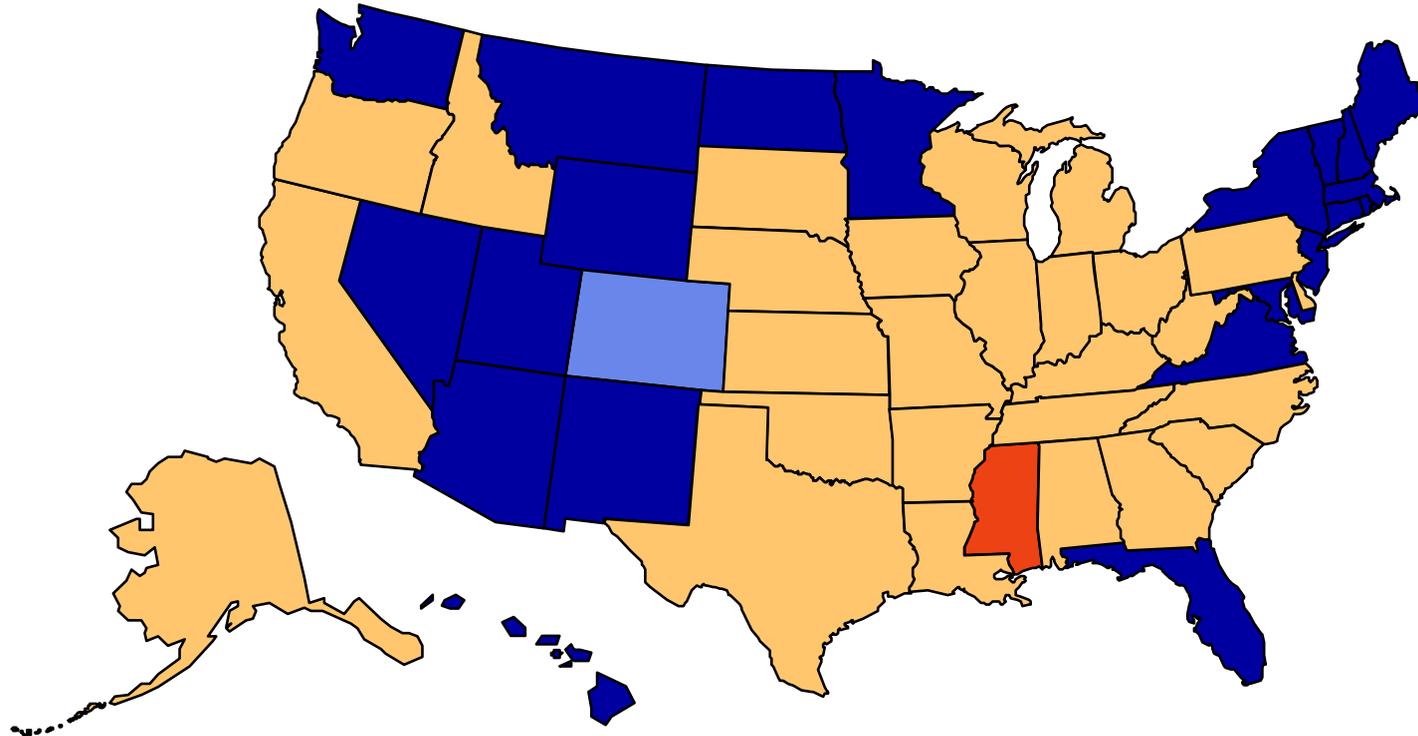


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 2001

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

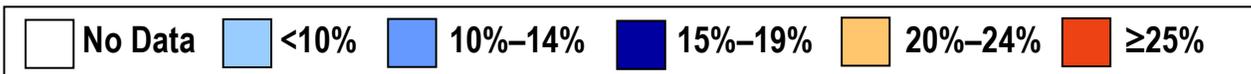
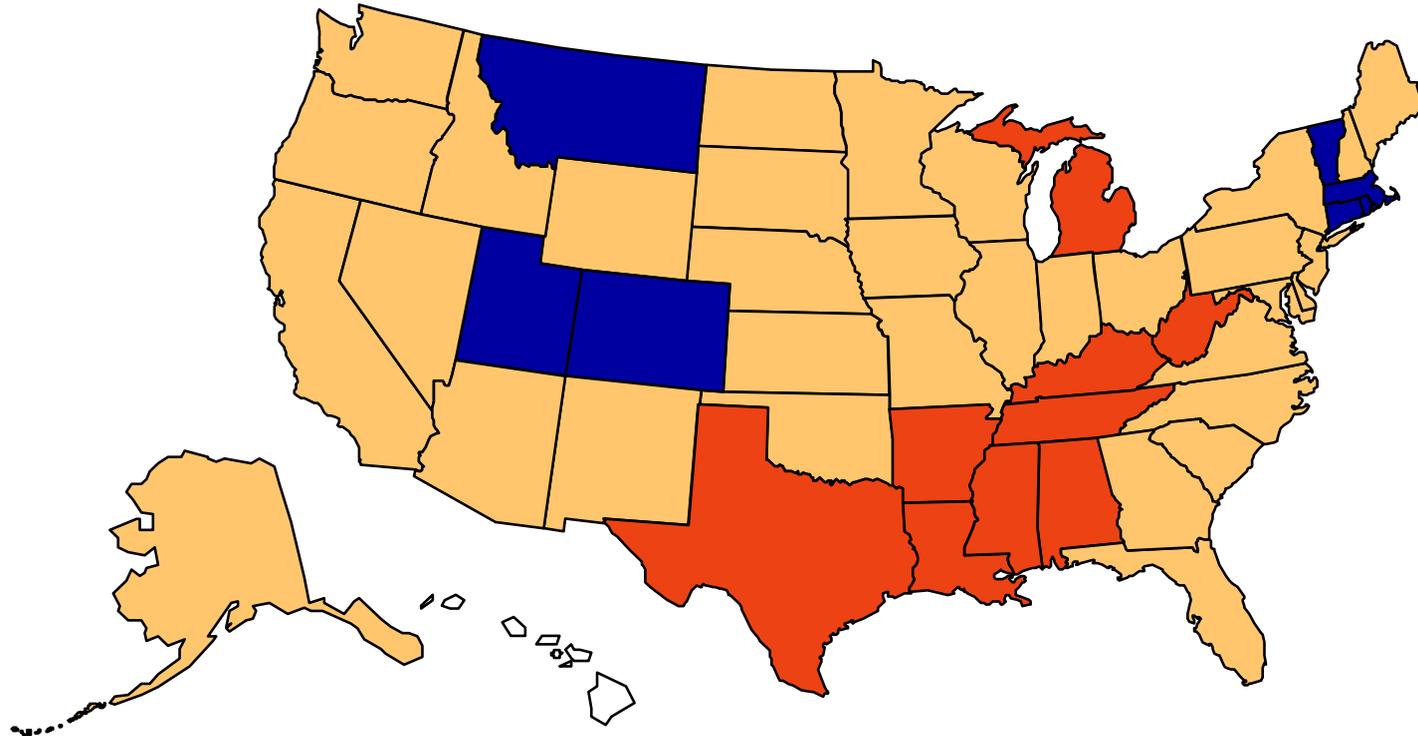


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 2004

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

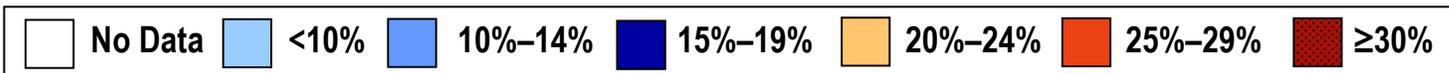
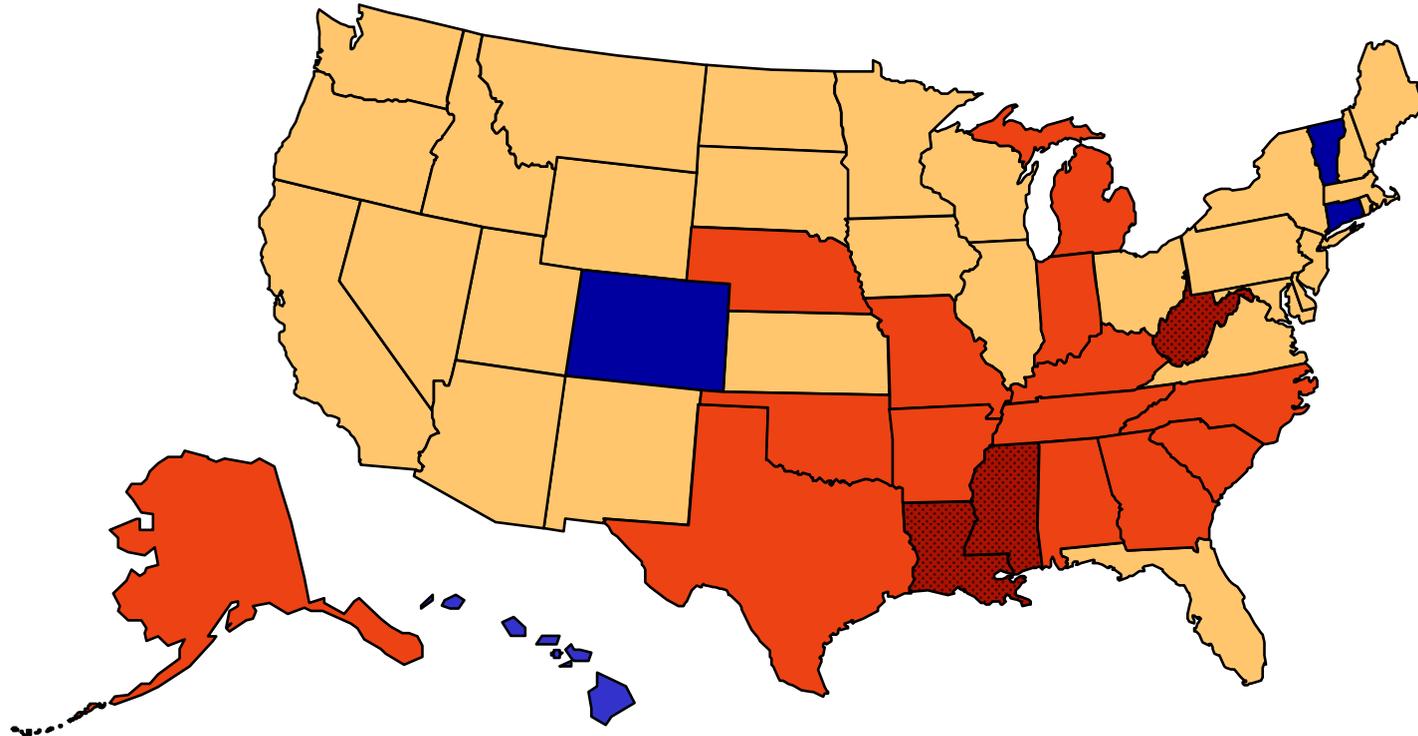


Source: Behavioral Risk Factor Surveillance System, CDC.

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.