

Obesity Statistics and TOPS Fabulous Figures

UNITED STATES				CANADA			
State	Percentage of Obese Adults	Number of TOPS Chapters	Total Weight Loss Lbs.	Province	Percentage of Obese Adults	Number of TOPS Chapters	Total Weight Loss Lbs.
Mississippi	34.4	39	4,265	1 Newfoundland	33.9	91	17,329
Louisiana	33.0	70	7,811	2 Saskatchewan	30.8	122	10,244
Tennessee	32.3	83	7,630	3 New Brunswick	29.2	90	14,158
Kentucky	31.5	103	9,580	4 Manitoba	28.2	92	8,288
Oklahoma	31.4	91	9,138	5 Prince Edward Island	26.3	20	3,989
West Virginia	31.1	126	11,779	6 Alberta	25.2	197	19,630
Alabama	31.0	78	7,947	7 Nova Scotia	24.7	140	16,334
Arkansas	30.5	101	11,062	8 Ontario	22.7	464	60,059
Missouri	30.0	243	26,149	9 Quebec	21.8	27	3,182
Michigan	29.6	373	41,946	10 British Columbia	19.2	268	23,930
South Dakota	29.6	63	4,038				
Indiana	29.5	191	17,375				
South Carolina	29.4	52	5,859				
North Carolina	29.3	175	11,562				
Ohio	28.8	355	36,201				
Texas	28.7	283	26,209				
Wisconsin	28.7	295	26,479				
Kansas	28.1	194	16,770				
Iowa	27.9	214	17,037				
North Dakota	27.9	74	3,816				
Pennsylvania	27.4	372	43,308				
Georgia	27.2	97	11,818				
Nebraska	27.2	100	5,827				
Delaware	27.0	13	1,181				
Illinois	26.5	433	37,440				
Washington	26.4	289	29,775				
Maryland	26.2	67	6,977				
Maine	25.8	113	15,842				
Nevada	25.8	35	3,315				
New Hampshire	25.7	37	4,415				
Arizona	25.5	127	15,263				
Florida	25.2	248	30,398				
New Mexico	25.1	44	2,745				
Virginia	25.0	149	12,101				
Alaska	24.8	31	2,592				
California	24.8	421	43,649				
Minnesota	24.6	337	24,316				
Wyoming	24.6	35	2,796				
Rhode Island	24.6	13	2,210				
Idaho	24.5	56	3,844				
New York	24.2	315	31,415				
Utah	23.5	38	3,761				
New Jersey	23.3	31	3,203				
Montana	23.2	70	5,125				
Oregon	23.0	213	24,651				
Vermont	22.8	43	2,953				
Hawaii	22.3	5	217				
Massachusetts	21.4	98	7,963				
Connecticut	20.6	61	6,339				
Washington D.C.	19.7	3	116				
Colorado	18.6	98	8,966				

Sources:

US Centers for Disease Control and Prevention- BRFSS (2009)
 Canadian Community Health Survey- Nutrition (2004)
 TOPS Club, Inc.'s members' weight loss (2010)