

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	32.0	41	3,757	1	Newfoundland	33.9	84	14,711
Alabama	30.3	78	7,517	2	Saskatchewan	30.8	135	11,337
Tennessee	30.1	88	4,206	3	New Brunswick	29.2	95	12,563
Louisiana	29.8	69	6,378	4	Manitoba	28.2	95	7,964
West Virginia	29.5	129	13,633	5	Prince Edward Island	26.3	23	5,587
Arkansas	28.7	99	11,278	6	Alberta	25.2	203	17,184
South Carolina	28.4	57	5,563	7	Nova Scotia	24.7	148	13,527
Georgia	28.2	99	11,530	8	Ontario	22.7	447	55,432
Oklahoma	28.1	97	11,385	9	Quebec	21.8	27	2,859
Texas	28.1	297	26,469	10	British Columbia	19.2	279	25,545
North Carolina	28.0	173	17,410	11				
Michigan	27.7	395	40,409	12				
Alaska	27.5	29	2,063	13				
Missouri	27.5	245	23,967	14				
Ohio	27.5	378	37,519	15				
Delaware	27.4	13	1,420	16				
Kentucky	27.4	122	10,574	17				
Pennsylvania	27.1	408	43,439	18				
Iowa	26.9	223	17,037	19				
Kansas	26.9	178	13,427	20				
Indiana	26.8	210	17,813	21				
North Dakota	26.5	81	4,272	22				
South Dakota	26.2	67	4,544	23				
Nebraska	26.0	112	5,525	24				
Minnesota	25.6	347	26,398	25				
Oregon	25.5	206	23,116	26				
Arizona	25.4	108	12,939	27				
Maryland	25.4	68	7,255	28				
Washington	25.3	296	29,457	29				
New York	25.0	337	35,343	30				
Illinois	24.9	454	34,595	31				
Maine	24.8	119	8,834	32				
Wisconsin	24.7	305	24,109	32				
Idaho	24.5	58	3,483	33				
New Hampshire	24.4	47	4,422	34				
Virginia	24.3	153	12,818	35				
Nevada	24.1	37	4,259	36				
New Mexico	24.0	49	3,123	37				
Wyoming	23.7	38	2,911	38				
Florida	23.6	267	36,265	39				
New Jersey	23.5	32	2,613	40				
California	22.6	446	40,914	41				
Washington D.C.	21.8	2	64	42				
Montana	21.8	76	5,654	43				
Utah	21.8	40	3,920	44				
Hawaii	21.4	5	163	45				
Rhode Island	21.4	13	2,178	46				
Massachusetts	21.3	102	13,746	47				
Vermont	21.3	44	3,549	48				
Connecticut	21.2	63	6,125	49				
Colorado	18.7	96	7,774	50				

Sources:
 US Centers for Disease Control and Prevention- BRFSS (2007)
 Canadian Community Health Survey- Nutrition (2004)
 TOPS Club, Inc.'s members' weight loss (2008)