

# Obesity Statistics and TOPS® Fabulous Figures

## UNITED STATES

State	% Obese Adults	# TOPS Chapters	Total Lb. Lost†	Rank#
West Virginia	37.7	95	7,511	1
Mississippi	37.3	35	2,280	2
Alabama	35.7	61	4,631	3
Arkansas	35.7	75	5,762	4
Louisiana	35.5	54	4,346	5
Tennessee	34.8	65	4,218	6
Kentucky	34.2	71	5,645	7
Texas	33.7	202	14,906	8
Oklahoma	32.8	77	6,273	9
Indiana	32.5	144	9,227	10
Michigan	32.5	311	29,162	11
South Carolina	32.3	47	4,022	12
Iowa	32.0	121	7,442	13
Nebraska	32.0	86	2,992	14
North Dakota	31.9	43	1,790	15
North Carolina	31.8	121	9,079	16
Missouri	31.7	173	7,469	17
Illinois	31.6	342	20,221	18
Ohio	31.5	261	20,007	19
Georgia	31.4	93	6,621	20
Alaska	31.4	20	1,185	21
Kansas	31.2	152	9,158	22
Wisconsin	30.7	223	15,955	23
Delaware	30.7	9	856	24
Pennsylvania	30.3	273	20,891	25
Maine	29.9	78	6,690	26
Maryland	29.9	62	5,462	27
South Dakota	29.6	48	2,441	28
Virginia	29.0	110	9,294	29
Arizona	29.0	112	11,313	30
Oregon	28.7	174	14,526	31
Washington	28.6	221	18,593	32
New Mexico	28.3	31	2,203	33
Minnesota	27.8	236	13,210	34
Wyoming	27.7	29	1,477	35
Idaho	27.4	51	1,574	36
Florida	27.4	215	20,853	37
New Jersey	27.4	27	2,159	38
Vermont	27.1	22	1,353	39
New Hampshire	26.6	31	2,215	40
Rhode Island	26.6	9	1,486	41
Connecticut	26.0	44	1,729	42
Nevada	25.8	26	2,929	43
New York	25.5	228	17,865	44
Montana	25.5	58	2,435	45
Utah	25.4	37	2,455	46
California	25.0	330	28,015	47
Hawaii	23.8	2	182	48
Massachusetts	23.6	85	7,203	49
District of Columbia	22.6	2	182	50
Colorado	22.3	84	6,238	51

## CANADA

Province	% Obese Adults	# TOPS Chapters	Total Lb. Lost†
Northwest Territories	33.7	1	123
Newfoundland & Labrador	30.4	78	9,427
Nova Scotia	27.8	117	10,608
New Brunswick	26.4	75	8,793
Saskatchewan	25.1	85	4,426
Manitoba	24.5	71	4,158
Prince Edward Island	24.2	18	2,678
Yukon Territory	23.2	3	258
Alberta	21.5	167	12,735
Ontario	20.4	374	36,112
Quebec	18.2	20	1,747
British Columbia	16	205	17,469

• **FACT: 1 in 3 U.S. adults are obese.\***

(NCHS Data Brief, No. 219, November 2015)

• **FACT: 1 in 5 Canadian adults are obese.\*\***

(Canadian Community Health Survey)

• **TOPS® members lost 270 tons in 2017!**

### Sources:

\* US Centers for Disease Control and Prevention, National Institutes of Health, National Center for Health Statistics (2016)

\*\* Statistics Canada, Canadian Community Health Survey (2014)

† TOPS Club, Inc. member weight loss (2017)—updated yearly by April 1.

‡ States/provinces ranked by percent of obese adults with 1 being most obese and 51 being least obese (includes District of Columbia).



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