

# Obesity Statistics and TOPS® Fabulous Figures

## UNITED STATES

State	% Obese Adults	# TOPS Chapters	Total Lb. Lost†	Rank#
Louisiana	36.2	57	3,836	1
Mississippi	35.6	36	2,853	2
West Virginia	35.6	95	6,625	3
Alabama	35.6	62	5,048	4
Kentucky	34.6	76	6,201	5
Arkansas	34.5	76	5,690	6
Kansas	34.2	155	9,525	7
Oklahoma	33.9	80	5,831	8
Tennessee	33.8	63	4,556	9
Missouri	32.4	200	16,905	10
Texas	32.4	215	17,359	11
Iowa	32.1	127	7,549	12
South Carolina	31.7	50	4,250	13
Nebraska	31.4	85	11,571	14
Indiana	31.3	150	10,385	15
Michigan	31.2	317	30,599	16
North Dakota	31.0	45	1,710	17
Illinois	30.8	352	22,822	18
Georgia	30.7	105	7,889	19
Wisconsin	30.7	240	16,310	20
South Dakota	30.4	44	2,436	21
North Carolina	30.1	129	10,469	22
Oregon	30.1	186	15,091	23
Maine	30.0	88	8,322	24
Pennsylvania	30.0	284	23,221	25
Alaska	29.8	20	1,113	26
Ohio	29.8	273	21,991	27
Delaware	29.7	9	984	28
Virginia	29.2	120	8,498	29
Wyoming	29.0	28	1,840	30
Maryland	28.9	68	5,111	31
New Mexico	28.8	33	2,162	32
Idaho	28.6	50	1,046	33
Arizona	28.4	126	13,723	34
Florida	26.8	218	20,488	35
Nevada	26.7	27	2,572	36
Washington	26.4	228	19,535	37
New Hampshire	26.3	33	1,212	38
Minnesota	26.1	256	14,786	39
Rhode Island	26.0	10	1,398	40
New Jersey	25.6	29	2,551	41
Connecticut	25.3	48	2,150	42
Vermont	25.1	23	1,382	43
New York	25.0	238	18,268	44
Utah	24.5	39	2,327	45
Massachusetts	24.3	86	4,344	46
California	24.2	342	28,264	47
Montana	23.6	58	3,149	48
Hawaii	22.7	2	68	49
District of Columbia	22.1	2	51	50
Colorado	20.2	90	6,872	51

## CANADA

Province	% Obese Adults	# TOPS Chapters	Total Lb. Lost†
Northwest Territories	33.7	1	69
Newfoundland & Labrador	30.4	77	11,011
Nova Scotia	27.8	130	13,828
New Brunswick	26.4	84	10,180
Saskatchewan	25.1	97	5,155
Manitoba	24.5	79	5,038
Prince Edward Island	24.2	19	3,198
Yukon Territory	23.2	3	195
Alberta	21.5	173	14,172
Ontario	20.4	406	39,912
Quebec	18.2	25	2,234
British Columbia	16	214	18,855

**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)

**FACT: TOPS members lost 270 tons in 2016.†**

### Sources:

\*US Centers for Disease Control and Prevention, National Institutes of Health, National Center for Health Statistics (2015)

\*\*Canadian Community Health Survey - Nutrition (2014)

†TOPS Club, Inc. member weight loss (2016)—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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