



U.S. Obesity Statistics and TOPS® Fabulous Figures



States with the Highest Percentage of Adults with Obesity

Rank ^{††}	State	% Adults with Obesity*	# TOPS® Chapters	Total Lb. Lost [†]
1	West Virginia	41.1	46	2,525
2	Mississippi	40.4	13	639
3	Louisiana	39.2	32	1,983
4	Arkansas	38.9	36	1,989
5	Alabama	38.9	36	2,118
6	Indiana	38.4	81	5,891
7	Nebraska	37.6	30	1,503
8	Kansas	37.6	77	4,188
9	Wisconsin	37.4	127	8,372
10	Kentucky	37.2	38	2,587

Founded in 1948, TOPS® is the first of its kind nonprofit, noncommercial weight-loss support group with thousands of chapters in the U.S. and Canada.

FACT: More than 40% of U.S. adults have obesity. **

FACT: TOPS® members in the U.S. lost over 209,000 lb. in 2025.

See the full list of state rankings and sources on next page.

For more information: 800-932-8677 or www.tops.org.

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State	Rank #	% Adults with Obesity*	# TOPS® Chapters	Total Lb. Lost †
Alabama	5	38.9	36	2,118
Alaska	27	34.0	17	1,160
Arizona	29	33.3	70	5,936
Arkansas	4	38.9	36	1,989
California	44	29.1	184	12,470
Colorado	49	25.0	59	3,896
Connecticut	36	32.0	28	1,491
Delaware	15	36.6	6	430
Florida	42	29.6	130	9,784
Georgia	19	35.4	49	2,450
Hawaii	47	27.0	1	16
Idaho	31	32.7	24	1,884
Illinois	26	34.2	149	8,791
Indiana	6	38.4	81	5,891
Iowa	16	36.6	64	3,342
Kansas	8	37.6	77	4,188
Kentucky	10	37.2	38	2,587
Louisiana	3	39.2	32	1,983
Maine	30	33.2	49	4,703
Maryland	32	32.7	38	2,699
Massachusetts	48	27.0	52	4,136
Michigan	17	36.1	202	17,292
Minnesota	35	32.3	130	7,096
Mississippi	2	40.4	13	639
Missouri	21	34.6	96	7,054

State	Rank #	% Adults with Obesity*	# TOPS® Chapters	Total Lb. Lost †
Montana	40	31.0	31	1,337
Nebraska	7	37.6	30	1,503
Nevada	24	34.2	18	1,412
New Hampshire	38	31.1	13	1,054
New Jersey	46	27.7	15	921
New Mexico	22	34.5	15	853
New York	43	29.5	145	9,385
North Carolina	23	34.5	69	4,745
North Dakota	13	36.8	18	911
Ohio	12	36.9	152	10,187
Oklahoma	14	36.8	46	3,064
Oregon	28	33.5	107	7,297
Pennsylvania	25	34.2	160	11,473
Rhode Island	39	31.1	6	506
South Carolina	20	34.6	30	2,808
South Dakota	11	37.0	29	1,645
Tennessee	N/A	N/A	41	2,492
Texas	18	35.6	108	6,702
Utah	41	31.0	21	1,121
Vermont	45	29.0	13	695
Virginia	34	32.3	55	3,510
Washington	37	31.5	135	10,270
West Virginia	1	41.4	46	2,525
Wisconsin	9	37.4	127	8,372
Wyoming	33	32.5	21	927

Sources:

† TOPS® member weight loss (2025)—updated yearly in April.

‡ Ranked by percentage of adults with obesity, with 1 having the greatest obesity and 49 having the least obesity (discludes District of Columbia). Tennessee is not ranked due to insufficient data.

* Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2024).

** NCHS Data Brief, No. 508, September 2024.

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