



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	41.2	61	3,390
2	Mississippi	40.1	19	981
3	Arkansas	40.0	48	3,016
4	Louisiana	39.9	36	2,055
5	Alabama	39.2	39	2,806
6	Oklahoma	38.7	59	3,069
7	Indiana	37.8	103	6,518
8	Iowa	37.8	68	2,377
9	Tennessee	37.6	46	2,442
10	Nebraska	36.6	40	1,288

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 232,000 lb. in 2024.

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	39.2	39	2,806
Alaska	22	35.2	18	1,042
Arizona	33	31.9	83	7,495
Arkansas	3	40.0	48	3,016
California	45	27.7	202	13,725
Colorado	48	24.9	64	3,978
Connecticut	41	29.4	29	1,463
Delaware	17	35.7	6	337
Florida	40	30.1	151	11,488
Georgia	23	35.0	58	3,174
Hawaii	47	26.1	2	9
Idaho	35	31.0	28	1,766
Illinois	12	36.0	171	11,147
Indiana	7	37.8	103	6,518
Iowa	8	37.8	68	2,377
Kansas	15	35.9	98	4,884
Kentucky	N/A	N/A	51	3,931
Louisiana	4	39.9	36	2,055
Maine	32	32.6	52	5,672
Maryland	26	34.1	56	1,685
Massachusetts	46	27.4	56	4,346
Michigan	19	35.4	218	19,587
Minnesota	29	33.3	141	7,346
Mississippi	2	40.1	19	981
Missouri	20	35.3	115	9,034

State	Rank †	% Adults with Obesity*	# TOPS® Chapters	Total Lb. Lost ‡
Montana	38	30.5	40	1,865
Nebraska	10	36.6	40	1,288
Nevada	36	30.8	20	1,515
New Hampshire	31	32.8	13	1,080
New Jersey	42	28.9	16	796
New Mexico	21	35.3	20	1,133
New York	44	28.0	150	11,311
North Carolina	27	34.0	77	5,773
North Dakota	18	35.6	23	842
Ohio	11	36.4	166	10,736
Oklahoma	6	38.7	59	3,069
Oregon	28	33.6	119	7,800
Pennsylvania	N/A	N/A	179	12,545
Rhode Island	34	31.6	7	389
South Carolina	13	36.0	37	3,130
South Dakota	14	36.0	34	1,703
Tennessee	9	37.6	46	2,442
Texas	24	34.4	138	6,680
Utah	39	30.2	26	1,382
Vermont	43	28.8	14	670
Virginia	25	34.3	76	3,838
Washington	37	30.6	147	10,738
West Virginia	1	41.2	61	3,390
Wisconsin	16	35.9	141	8,990
Wyoming	30	33.3	24	1,109

Sources:

† TOPS® member weight loss (2024)—updated yearly in April.

‡ Ranked by percentage of adults with obesity, with 1 having the greatest obesity and 48 having the least obesity (discludes District of Columbia). Kentucky and Pennsylvania are not ranked due to insufficient data.

* Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2023).

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