



U.S. Obesity Statistics and TOPS® Fabulous Figures



States with the Highest Percentage of Adults with Obesity

Rank ^{††}	State	% Obese Adults [*]	# TOPS® Chapters	Total Lb. Lost [†]
1	West Virginia	39.5	84	4,722
2	Mississippi	39.5	33	2,370
3	Arkansas	37.1	65	4,766
4	Louisiana	36.8	48	3,612
5	Kentucky	36.6	65	5,110
6	Alabama	36.2	54	4,055
7	Iowa	35.3	105	6,158
8	North Dakota	35.1	37	1,473
9	Missouri	35.0	167	12,917
10	Texas	34.8	187	13,378

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

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

FACT: TOPS® members in the U.S. lost nearly 390,000 lb. in 2019.

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 #	% Obese Adults *	# TOPS® Chapters	Total Lb. Lost †
Alabama	6	36.2	54	4,055
Alaska	34	29.5	20	991
Arizona	36	29.5	100	10,611
Arkansas	3	37.1	65	4,766
California	46	25.8	288	24,259
Colorado	51	23	79	6,329
Connecticut	44	27.4	40	3,332
Delaware	18	33.5	8	813
District of Columbia	50	24.7	2	32
Florida	27	30.7	205	21,114
Georgia	21	32.5	80	5,904
Hawaii	49	24.9	2	140
Idaho	39	28.4	41	2,960
Illinois	24	31.8	284	17,885
Indiana	16	34.1	134	9,465
Iowa	7	35.3	105	6,158
Kansas	13	34.4	138	7,525
Kentucky	5	36.6	65	5,110
Louisiana	4	36.8	48	3,612
Maine	29	30.4	82	7,418
Maryland	26	30.9	50	3,817
Massachusetts	48	25.7	75	6,669
Michigan	20	33	299	39,233
Minnesota	31	30.1	218	11,431
Mississippi	2	39.5	33	2,370

State	Rank #	% Obese Adults *	# TOPS® Chapters	Total Lb. Lost †
Missouri	9	35	167	12,917
Montana	45	26.9	50	2,426
Nebraska	15	34.1	66	2,783
Nevada	35	29.5	26	2,154
New Hampshire	33	29.6	32	1,990
New Jersey	47	25.7	24	2,218
New Mexico	22	32.3	30	1,749
New York	42	27.6	198	15,220
North Carolina	19	33	119	10,195
North Dakota	8	35.1	37	1,473
Ohio	17	34	239	18,471
Oklahoma	11	34.8	77	5,535
Oregon	32	29.9	163	13,088
Pennsylvania	25	30.9	248	18,853
Rhode Island	41	27.7	8	1,153
South Carolina	14	34.3	39	3,975
South Dakota	30	30.1	45	3,255
Tennessee	12	34.4	57	4,496
Texas	10	34.8	187	13,378
Utah	40	27.8	35	2,184
Vermont	43	27.5	21	1,073
Virginia	28	30.4	98	6,660
Washington	38	28.7	204	16,737
West Virginia	1	39.5	84	4,722
Wisconsin	23	32	211	13,154
Wyoming	37	29	27	1,203

Sources:

† TOPS® member weight loss (2019)—updated yearly in April.

‡ Ranked by percentage of adults with obesity, with 1 being most obese and 10 being least obese (includes District of Columbia).

* Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2018).

** NCHS Data Brief, No. 360, February 2020.

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