



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	Mississippi	39.7	26	1,176
2	West Virginia	39.1	76	4,067
3	Alabama	39.0	40	2,855
4	Louisiana	38.1	45	2,297
5	Indiana	36.8	125	4,609
6	Kentucky	36.6	57	3,809
7	Delaware	36.5	6	543
8	Iowa	36.5	82	4,465
9	Arkansas	36.4	59	3,137
10	Oklahoma	36.4	77	4,342

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 42% of U.S. adults have obesity. **

FACT: TOPS® members in the U.S. lost over 250,000 lb. in 2021.

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	3	39.0	40	2,855
Alaska	26	31.9	18	957
Arizona	31	30.9	90	5,979
Arkansas	9	36.4	59	3,137
California	35	30.3	234	14,283
Colorado	51	24.2	68	3,438
Connecticut	38	29.2	32	1,636
Delaware	7	36.5	6	543
District of Columbia	50	24.3	0	0
Florida	42	28.4	185	14,730
Georgia	17	34.3	75	3,677
Hawaii	48	24.5	0	0
Idaho	28	31.1	33	2,041
Illinois	23	32.4	215	12,758
Indiana	5	36.8	125	4,609
Iowa	8	36.5	82	4,465
Kansas	15	35.3	121	6,137
Kentucky	6	36.6	57	3,809
Louisiana	4	38.1	45	2,297
Maine	29	31.0	62	4,703
Maryland	30	31.0	46	3,039
Massachusetts	49	24.4	64	4,538
Michigan	16	35.2	259	21,987
Minnesota	33	30.7	186	8,900
Mississippi	1	39.7	26	1,176

State	Rank #	% Adults with Obesity*	# TOPS® Chapters	Total Lb. Lost †
Missouri	18	34.0	136	9,544
Montana	41	28.5	39	2,026
Nebraska	19	34.0	53	1,864
Nevada	39	28.7	21	1,620
New Hampshire	37	29.9	22	957
New Jersey	45	27.7	20	1,074
New Mexico	32	30.9	25	1,264
New York	46	26.3	170	9,630
North Carolina	20	33.6	92	5,089
North Dakota	22	33.1	30	1,509
Ohio	14	35.5	197	14,617
Oklahoma	10	36.4	77	4,342
Oregon	43	28.1	140	6,093
Pennsylvania	27	31.5	209	13,019
Rhode Island	36	30.1	7	447
South Carolina	11	36.2	34	2,823
South Dakota	21	33.2	41	2,009
Tennessee	13	35.6	52	3,721
Texas	12	35.8	163	8,178
Utah	40	28.6	29	1,941
Vermont	47	26.3	17	710
Virginia	25	32.2	89	4,144
Washington	44	28.0	166	11,103
West Virginia	2	39.1	76	4,067
Wisconsin	24	32.3	171	9,632
Wyoming	34	30.7	27	589

Sources:

- † TOPS® member weight loss (2021)—updated yearly in April.
- ‡ Ranked by percentage of adults with obesity, with 1 having the greatest obesity and 10 having the least obesity (includes District of Columbia).
- * Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2020).
- ** NCHS Data Brief, No. 360, February 2020.

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