



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	40.6	64	3,814
2	Kentucky	40.3	54	3,613
3	Alabama	39.9	43	3,974
4	Oklahoma	39.4	66	3,955
5	Mississippi	39.1	19	993
6	Arkansas	38.7	51	2,552
7	Louisiana	38.6	41	2,672
8	South Dakota	38.4	41	1,905
9	Ohio	37.8	188	12,887
10	Missouri	37.3	129	9,341

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 253,000 lb. in 2022.

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	39.9	43	3,974
Alaska	28	33.5	17	1,180
Arizona	35	31.3	85	6,691
Arkansas	6	38.7	51	2,552
California	46	27.6	216	14,934
Colorado	48	25.1	63	4,499
Connecticut	39	30.4	31	2,019
Delaware	27	33.9	6	535
District of Columbia	50	24.7	1	0
Florida	N/A	N/A	179	14,272
Georgia	25	33.9	62	3,631
Hawaii	49	25.0	2	0
Idaho	34	31.6	27	2,212
Illinois	24	34.2	201	12,271.70
Indiana	12	36.3	104	6,827
Iowa	11	36.4	75	2,967
Kansas	15	36.0	108	6,186
Kentucky	2	40.3	54	3,613
Louisiana	7	38.6	41	2,672
Maine	32	31.9	59	3,598
Maryland	22	34.3	46	3,290
Massachusetts	47	27.4	62	4,923
Michigan	21	34.4	234	20,154
Minnesota	30	32.4	162	7,580
Mississippi	5	39.1	19	993

State	Rank #	% Adults with Obesity*	# TOPS® Chapters	Total Lb. Lost †
Missouri	10	37.3	129	9,341
Montana	33	31.8	41	2,165
Nebraska	17	35.9	44	2,228
Nevada	36	31.3	21	1,583
New Hampshire	38	30.6	16	1,163
New Jersey	45	28.2	18	1,163
New Mexico	20	34.6	20	1,129
New York	42	29.1	162	11,832
North Carolina	16	36	83	5,466
North Dakota	18	35.2	27	724
Ohio	9	37.8	188	12,498
Oklahoma	4	39.4	66	3,955
Oregon	40	30.4	133	5,703
Pennsylvania	29	33.3	199	12,498
Rhode Island	41	30.1	7	471
South Carolina	13	36.1	36	3,196
South Dakota	8	38.4	41	1,905
Tennessee	19	35.0	52	3,780
Texas	14	35.8	159	8,355
Utah	37	30.9	28	1,671
Vermont	43	29.0	17	673
Virginia	23	34.2	89	4,653
Washington	44	28.8	152	11,117
West Virginia	1	40.6	64	3,814
Wisconsin	26	33.9	146	9,154
Wyoming	31	32	24	1,133

Sources:

† TOPS® member weight loss (2022)—updated yearly in April.

‡ Ranked by percentage of adults with obesity, with 1 having the greatest obesity and 50 having the least obesity (includes District of Columbia).

* Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2021).

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

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