



U.S. Obesity Statistics and TOPS® Fabulous Figures



The 10 Most Obese States

Rank [#]	State	% Obese Adults *	# TOPS® Chapters	Total Lb. Lost [†]
1	West Virginia	38.1	84	5,757
2	Mississippi	37.3	36	2,563
3	Oklahoma	36.5	80	5,407
4	Iowa	36.4	113	6,606
5	Alabama	36.3	55	3,798
6	Louisiana	36.2	51	4,010
7	Arkansas	35.0	70	5,059
8	Kentucky	34.3	70	5,829
9	Alaska	34.2	19	1,213
10	South Carolina	34.1	40	4,357

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

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

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 1 in 3 U.S. adults is obese. **

FACT: TOPS® members in the U.S. lost nearly 400,000 lb. in 2018.

Real People. Real Weight Loss.®



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State	Rank #	% Obese Adults *	# TOPS® Chapters	Total Lb. Lost †
Alabama	5	36.3	55	3,798
Alaska	9	34.2	19	1,213
Arizona	30	29.5	105	10,602
Arkansas	7	35.0	70	5,059
California	48	25.1	303	23,478
Colorado	51	22.6	80	6,646
Connecticut	42	26.9	42	2,753
Delaware	23	31.8	8	699
District of Columbia	50	22.9	2	12
Florida	35	28.4	210	30,821
Georgia	24	31.6	88	6,250
Hawaii	49	23.8	2	63
Idaho	32	29.3	46	2,822
Illinois	27	31.1	304	19,075
Indiana	12	33.6	140	4,410
Iowa	4	36.4	113	6,606
Kansas	18	32.4	148	8,481
Kentucky	8	34.3	70	5,829
Louisiana	6	36.2	51	4,010
Maine	33	29.1	79	7,201
Maryland	26	31.3	55	4,338
Massachusetts	44	25.9	78	5,643
Michigan	19	32.3	300	30,299
Minnesota	36	28.4	232	12,950
Mississippi	2	37.3	36	2,563

State	Rank #	% Obese Adults *	# TOPS® Chapters	Total Lb. Lost †
Missouri	17	32.5	172	11,661
Montana	46	25.3	53	2,747
Nebraska	15	32.8	66	3,074
Nevada	43	26.7	25	2,225
New Hampshire	38	28.1	31	2,749
New Jersey	41	27.3	26	2,277
New Mexico	37	28.4	30	1,888
New York	45	25.7	218	16,713
North Carolina	20	32.1	121	9,638
North Dakota	13	33.2	39	2,201
Ohio	11	33.8	248	18,625
Oklahoma	3	36.5	80	5,407
Oregon	31	29.4	163	13,933
Pennsylvania	25	31.6	267	22,299
Rhode Island	29	30.0	8	1,003
South Carolina	10	34.1	40	4,357
South Dakota	22	31.9	44	2,860
Tennessee	16	32.8	63	5,104
Texas	14	33.0	194	14,324
Utah	47	25.3	36	2,354
Vermont	40	27.6	21	1,276
Virginia	28	30.1	104	6,163
Washington	39	27.7	212	18,204
West Virginia	1	38.1	84	5,757
Wisconsin	21	32.0	213	14,974
Wyoming	34	28.8	27	1,608

Sources:

- † TOPS® member weight loss (2018)—updated yearly in April.
- ‡ States ranked by percentage of obese adults with 1 being most obese and 10 being least obese (includes District of Columbia).
- * Centers for Disease Control and Prevention, The Behavioral Risk Factor Surveillance System (2017).
- ** NCHS Data Brief, No. 288, October 2017.

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