



The Calorie Lab United States of Obesity Fattest States Ranking 2010

2009 Rank	2010 Rank	State	% Obese 2009	% Obese or Overweight 2009	3-year Obesity Average	% Obesity Change	Ranking Change
1	1	Mississippi	35.3	70.2	33.8	1.3	0
2	2	Alabama	31.6	68.1	31.6	0.4	0
4	2	Tennessee	32.8	68.9	31.6	1.3	2
3	4	West Virginia	31.7	67.5	31.3	0.2	-1
8	5	Louisiana	33.9	67.6	31.2	2.3	3
6	6	Oklahoma	32.0	67.4	30.6	1.1	0
7	7	Kentucky	32.3	66.9	30.4	1.4	0
10	8	Arkansas	31.4	66.5	30.1	1.5	2
5	9	South Carolina	30.0	65.7	29.9	0.2	-4
12	10	North Carolina	30.1	65.3	29.4	1.2	2
9	11	Michigan	30.3	65.5	29.3	0.5	-2
13	11	Missouri	30.5	65.5	29.3	1.1	2
10	13	Ohio	29.7	66.6	29.0	0.4	-3
14	13	Texas	29.5	66.7	29.0	1.1	1
20	15	South Dakota	30.2	67.0	28.5	1.6	5
18	16	Kansas	28.7	64.5	28.2	0.9	2
16	17	Indiana	29.9	65.0	28.1	0.7	-1
14	17	Georgia	27.7	65.3	28.1	0.2	-3
22	17	Pennsylvania	28.0	63.9	28.1	1.3	5
17	20	Delaware	27.5	63.6	27.8	0.5	-3

22	21	North Dakota	28.3	66.0	27.7	1.0	1
22	22	Iowa	28.4	67.1	27.6	0.9	0
21	23	Nebraska	28.0	64.7	27.2	0.4	-2
18	24	Alaska	25.4	63.2	26.9	-0.3	-6
25	24	Wisconsin	29.2	65.6	26.9	0.9	1
27	26	Illinois	27.3	64.3	26.6	0.7	1
25	26	Maryland	26.7	62.8	26.6	0.6	-1
28	28	Washington	26.9	62.4	26.3	0.9	0
35	29	Maine	26.4	64.1	25.8	1.1	6
33	30	Arizona	25.8	64.1	25.7	1.0	3
28	31	Virginia	25.5	60.5	25.5	0.1	-3
32	31	Nevada	26.4	63.0	25.5	0.5	1
31	31	Minnesota	25.3	63.1	25.5	0.2	0
36	34	New Mexico	25.5	61.7	25.4	0.9	2
39	34	New Hampshire	26.3	62.8	25.4	1.3	5
33	36	Idaho	25.1	61.3	25.1	0.3	-3
39	36	Florida	25.9	62.4	25.1	0.9	3
37	38	New York	24.5	60.0	25.0	0.5	-1
38	38	Wyoming	25.3	62.1	25.0	0.7	0
28	38	Oregon	23.6	60.6	25.0	-0.4	-10
41	41	California	25.5	61.2	24.4	0.7	0
42	42	New Jersey	23.9	61.8	23.9	0.4	0
43	43	Montana	23.7	62.0	23.5	0.8	0
44	44	Utah	24.0	57.9	23.2	0.7	0
48	45	Rhode Island	24.9	61.5	22.9	1.2	3
46	46	Vermont	23.3	58.1	22.8	0.7	0
47	47	Hawaii	22.9	57.8	22.6	0.8	0
49	48	Massachusetts	21.8	57.4	21.7	0.5	1
45	49	District of Columbia	20.1	51.7	21.5	-0.8	-4
49	50	Connecticut	21.0	58.9	21.4	0.1	-1
51	51	Colorado	18.9	55.6	19.1	0.2	0

Rankings were computed by CalorieLab based on a three-year average of state-by-state statistics for adult obesity percentages from the CDC's [Behavioral Risk Factor Surveillance System database](#). Obesity is defined as a BMI of 30.0 or over, overweight as a BMI of 25.0 to 29.9.