



## **F as in Fat 2009: Adult Obesity Fact Sheet**

### **General Obesity Facts:**

- More than two-thirds (67%) of American adults are either overweight or obese.
- Adult obesity rates continued to rise in 23 states in 2009. No state experienced a decrease.
- Eight of the 10 most obese states are in the South. Northeastern and Western states continue to have the lowest obesity rates.
- Nearly two thirds of states now have adult obesity rates above 25 percent, with four states above 30 percent -- Mississippi, West Virginia, Alabama, and Tennessee.
- Mississippi had the highest rate of obese adults at 32.5 percent. Colorado had the lowest rate at 18.9 percent and is the only state with a rate below 20 percent.
- The U.S. Department of Health and Human Services (HHS) set a national goal to reduce adult obesity rates to 15 percent in every state by the year 2010. Clearly that goal will not be met as all states and D.C. currently exceed 15 percent.

### **Physical Activity:**

- Mississippi, the state with the highest rate of obesity, also had the highest reported percentage of physical inactivity at 31.8 percent.
- Eight of the 10 states with the highest rates of physical inactivity are in the South.
- Nine states reported an increase in physical inactivity in the past year, up from only six reporting an increase in last year's report.
- Physically inactive people are twice as likely to develop coronary heart disease as regularly active people.

### **Nutrition:**

- Adults consumed approximately 300 more calories daily in 2002 than they did in 1985.

- Consumption of fruits and vegetables in the United States increased by 19 percent from 1970 to 2005; however, Americans still are not meeting the Dietary Guidelines' recommendations of two cups of fruit and 2.5 cups of vegetables per day.
- Americans are eating more than double the recommended amount of refined grains per day while eating a third of the recommended amount of whole grains.

### **Diabetes:**

- Nineteen states showed a significant increase in the rates of adult diabetes. West Virginia had the highest rate of adult diabetes at 11.6 percent, while Colorado had the lowest rate at 5.5 percent.
- Eight of the 10 states with the highest rates of diabetes are also in the top 10 states with the highest obesity rates.
- All 10 states with the highest rates of adult diabetes are in the South.
- More than 80 percent of people with type 2 diabetes are overweight.

### **Hypertension:**

- For the third year in a row, Mississippi led the nation with the highest rate of hypertension, at 34.5 percent, while Utah, at 20.3 percent, had the lowest rate for the third year in a row.
- Nine of the 10 states with the highest rates of hypertension are also in the top 10 states with the highest rates of obesity.
- All 10 states with the highest rates of hypertension are in the South.