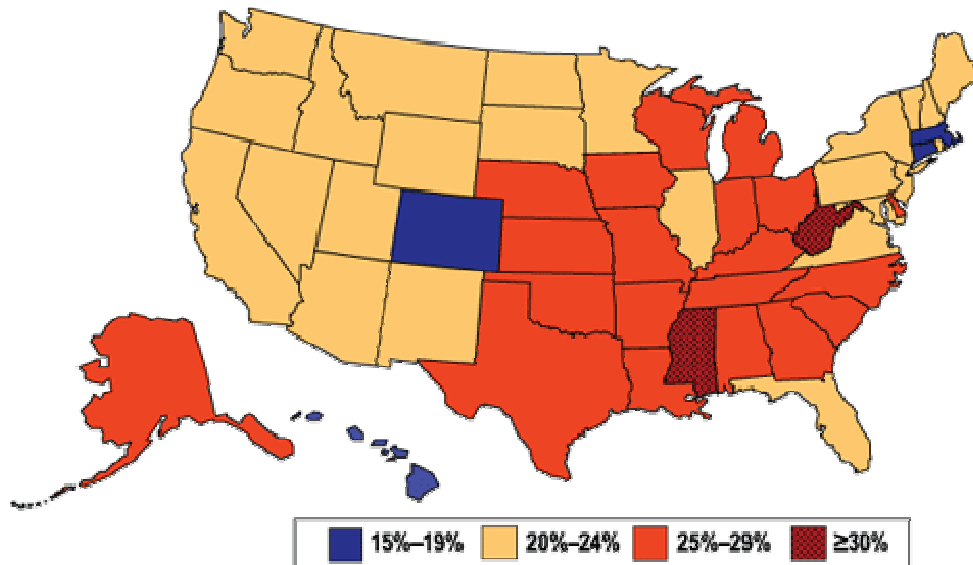


U.S. Obesity Trends 1985–2006

During the past 20 years there has been a dramatic increase in obesity in the United States. This slide set illustrates this trend by mapping the increased prevalence of obesity across each of the states.

In 2006, only four states had a prevalence of obesity less than 20%. Twenty-two states had a prevalence equal or greater than 25%; two of these states (Mississippi and West Virginia) had a prevalence of obesity equal to or greater than 30%.

Percent of Obese (BMI \geq 30) in U.S. Adults
2006



The data shown in these maps were collected through [the CDC's Behavioral Risk Factor Surveillance System \(BRFSS\)](#). Each year, state health departments use standard procedures to collect data through a series of monthly telephone interviews with U.S. adults. Prevalence estimates generated for the maps may vary slightly from those generated for the states by the BRFSS as slightly different analytic methods are used.