

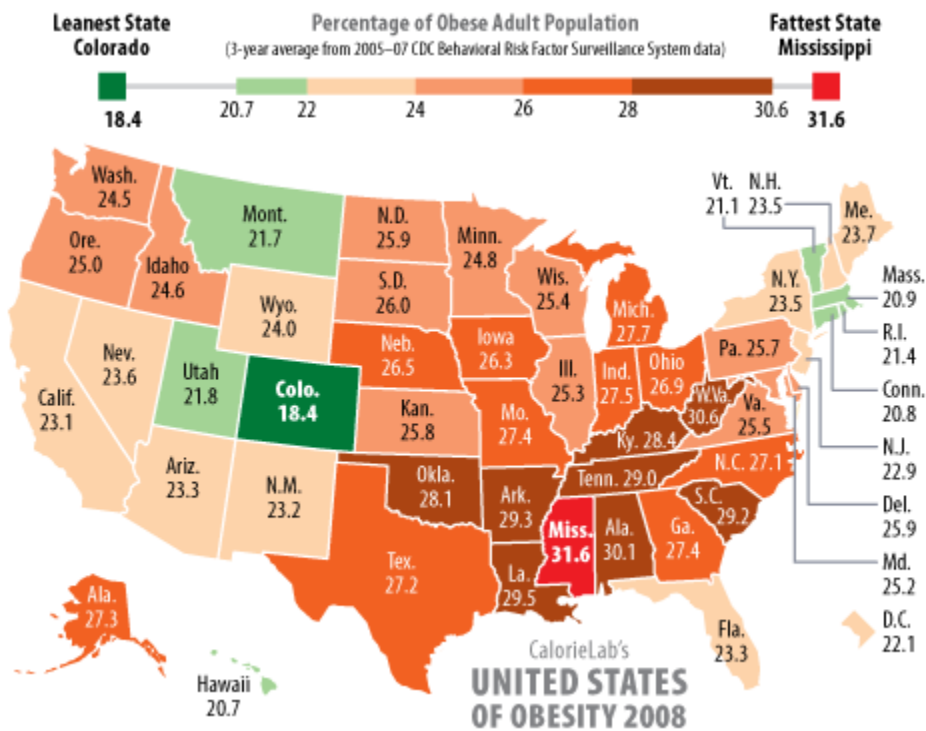
Last year California was the only state whose obesity rate held steady. This year it eaked up by 0.4 percent, but because of the overall increase in obesity nationwide California's ranking dropped five places, from 36th fattest state to 41st fattest state.

The only state to get slimmer this year is not actually a state: the District of Columbia's three-year obesity rate dropped by 0.1 percent.

Regional Obesity by State Trends

In general, states in the West and New England rank lowest in the fattest states rankings, while states in the South and the Rust Belt tend to rank highest.

CalorieLab computed the fattest state rankings for this year based on the Behavioral Risk Factor Surveillance System database maintained by the Centers for Disease Control and Prevention. The rankings use a three-year average in order to smooth out statistical fluctuations.



**The CalorieLab United States of Obesity Fattest States Ranking
2008**

2007 Rank	2008 Rank	State	% Obese 2007	% Obese or Overweight 2007	3-year Obesity Average	% Obesity Change	Ranking Change
1	1	Mississippi	32.6	68.1	31.6	1.0	0
2	2	West Virginia	30.3	68.0	30.6	0.9	0
3	3	Alabama	30.9	66.6	30.1	0.7	0
4	4	Louisiana	30.7	65.2	29.5	1.3	0
5	5	South Carolina	29.0	65.3	29.2	1.3	0
6	6	Tennessee	30.7	67.4	29.0	1.2	0
7	7	Kentucky	28.7	69.1	28.4	1.0	0
9	8	Oklahoma	28.8	65.1	28.1	1.3	1
8		Arkansas	29.3	65.6	28.1	1.1	0
9	10	Michigan	28.2	64.3	27.7	0.9	-1
9	11	Indiana	27.4	63.2	27.5	0.6	-2
14	12	Georgia	28.7	65.0	27.4	1.3	2
12		Missouri	28.2	63.3	27.4	1.1	0
16	14	Alaska	28.2	65.1	27.3	1.5	2
12	15	Texas	28.6	65.8	27.2	0.9	-3
17	16	North Carolina	28.7	64.6	27.1	1.5	1
15	17	Ohio	28.1	63.5	26.9	0.9	-2
18	18	Nebraska	26.5	64.7	26.5	1.1	0
20	19	Iowa	27.7	64.7	26.3	1.4	1
20	20	South Dakota	27.2	65.5	26.0	1.1	0
19	21	North Dakota	27.0	64.9	25.9	0.8	-2
29		Delaware	28.2	65.0	25.9	2.4	8
27	23	Kansas	27.7	63.8	25.8	1.5	4
23	24	Pennsylvania	27.8	62.7	25.7	1.2	-1
24	25	Virginia	26.3	62.9	25.5	1.1	-1
22	26	Wisconsin	25.3	62.3	25.4	0.7	-4
24	27	Illinois	25.6	63.0	25.3	0.9	-3
24	28	Maryland	26.3	62.7	25.2	0.8	-4
30	29	Oregon	26.3	62.0	25.0	1.7	1

28	30	Minnesota	26.0	62.0	24.8	1.1	-2
32	31	Idaho	25.1	63.1	24.6	1.4	1
31	32	Washington	25.9	62.1	24.5	1.2	-1
35	33	Wyoming	24.5	62.2	24.0	1.2	2
32	34	Maine	25.2	62.9	23.7	0.6	-2
37	35	Nevada	24.6	63.0	23.6	1.2	2
37		New York	25.5	61.9	23.5	1.1	1
37	36	New Hampshire	25.1	61.8	23.5	1.2	1
34	38	Florida	24.1	62.1	23.3	0.4	-4
43		Arizona	25.8	62.6	23.3	1.5	5
42	40	New Mexico	25.1	60.8	23.2	1.2	2
36	41	California	23.3	59.0	23.1	0.4	-5
40	42	New Jersey	24.1	62.3	22.9	0.7	-2
40	43	District of Columbia	22.2	55.3	22.1	-0.1	-3
44	44	Utah	22.4	58.0	21.8	0.7	0
45	45	Montana	22.6	61.8	21.7	1.0	0
46	46	Rhode Island	21.7	60.8	21.4	0.9	0
48	47	Vermont	21.9	58.8	21.1	1.1	1
49	48	Massachusetts	21.7	58.9	20.9	1.1	1
47	49	Connecticut	21.7	59.2	20.8	0.7	-2
N.A.	50	Hawaii	21.7	56.8	20.7	N.A.	N.A.
50	51	Colorado	19.3	55.7	18.4	0.8	-1

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. 2004 BMI data was not collected in Hawaii, so a three-year obesity average could not be computed for the 2007 rankings.