

News Articles

# Understanding Obesity and Diabetes Trends Across the U.S.



SHARE



DOWNLOAD

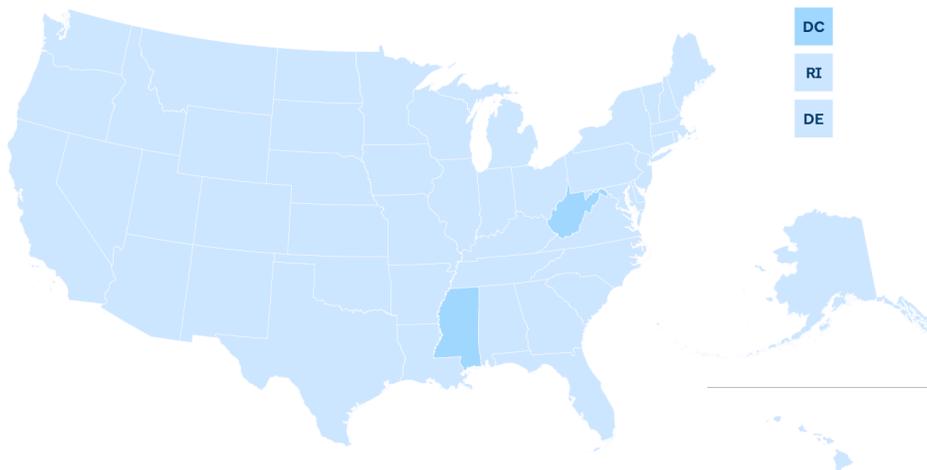
BY AMERICA'S HEALTH RANKINGS, 08/04/2025

## UNDERSTANDING THE RISING RATES OF OBESITY AND DIABETES

Despite widespread gains in measures of coverage and providers tracked by *America's Health Rankings* – the uninsured rate and number of primary care providers – the prevalence of some health outcomes like [diabetes](#) and [obesity](#) have worsened.

The graphic below illustrates the increase in obesity prevalence across all states, using data from the past several decades. As the colors change, they correspond to the prevalence of obesity indicated in the legend below the map.

### Obesity in 1990



Percentage of adults

6.9%-14.7% 14.8%-19.1% 19.2%-22.9% 23.0%-25.7% 25.8%-28.9% 29.0%-32.1% 32.2%-41.2% No Data

Source: U.S. HHS, CDC, Behavioral Risk Factor Surveillance System, 1990-2023.

Between 2011 and 2023, [obesity](#) increased 23%, from 27.8% to 34.3% of adults.

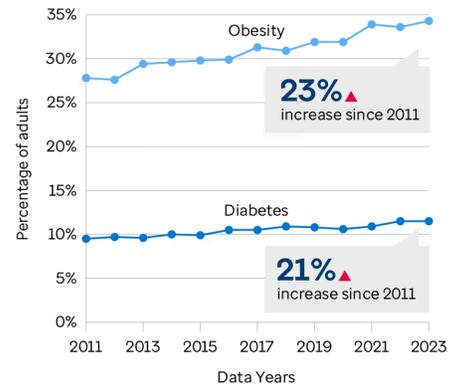
The prevalence increased in all 48 states with 2023 data; the largest increases were: 34% in New Mexico (26.3% to 35.3%) and 33% in both Wyoming (25.0% to 33.3%) and Illinois (27.1% to 36.0%).\*

At the same time, the prevalence of [diabetes](#) increased 21%, from 9.5% to 11.5% of adults.

*\* Note: No data were available for Kentucky and Pennsylvania in 2023, Florida in 2021 and New Jersey in 2019.*

### Diabetes and Obesity

Between 2011 and 2023



Source: CDC, Behavioral Risk Factor Surveillance System, 2011-2023.  
Note: Values are the median of states and the District of Columbia. No data were available for Kentucky and Pennsylvania in 2023, Florida in 2021 and New Jersey in 2019.

## SIGNIFICANT DIFFERENCES IN OBESITY AND DIABETES BY DEMOGRAPHIC GROUP

Obesity rates varied by race/ethnicity, geography and disability status and other demographic groups in 2023, and diabetes rates varied by income and education and other demographic groups.

The prevalence of obesity was 3.1 times higher among Black (42.0%) than Asian (13.4%) adults, 1.7 times higher in West Virginia (41.2%) than Colorado (24.9%), and 1.4 times higher among adults with less than a high school education (38.5%) and high school graduates (38.4%) than college graduates (27.9%).

**Disparities in Obesity Prevalence Among Adults**  
In 2023

By Race/Ethnicity	By Geography	By Educational Attainment
<b>3.1x</b> higher among Black (42.0%) than Asian (13.4%) adults.	<b>1.7x</b> higher in West Virginia (41.2%) than Colorado (24.9%).	<b>1.4x</b> higher among those with less than a high school education (38.5%) than college graduates (27.9%).

Source: CDC, Behavioral Risk Factor Surveillance System, 2023. Note: No data were available for Kentucky and Pennsylvania in 2023.

**Note: The values for Black and American Indian/Alaska Native (38.9%) adults may not differ significantly based on overlapping 95% confidence intervals.**

Among those with an annual household income less than \$25,000 (21.2%), the prevalence of diabetes was 2.4 times higher compared with those with incomes of \$75,000 or more (9.0%). In addition, the prevalence was 2.3 times higher among adults with less than a high school education (21.2%) compared with college graduates (9.2%).

[\*\*Learn more about rates of diabetes, obesity and other health outcomes at the national and state levels.\*\*](#)

Obesity and diabetes are linked to [premature death](#) and carry significant economic costs, including higher health [care spending and lost productivity](#).

Obesity is a [complex health condition](#) with biological, economic, environmental, individual and societal causes. Adults who have obesity are more likely to have a decreased quality of life and an increased risk of developing [serious health conditions](#).

Diabetes was the nation's [eighth-leading cause of death](#) in 2022, accounting for more than 100,000 deaths annually. People with diabetes are [twice as likely](#) to have heart disease or a stroke than those without diabetes. Currently, [38.1 million](#) adults are estimated to have diabetes, with 8.7 million of them undiagnosed.

These trends in obesity and diabetes prevalence reinforce the need for data-driven insights and targeted solutions.

---

## **EXPLORE THE DATA AND STAY TUNED FOR NEW INSIGHTS**

Want to stay informed? [Sign up here](#) to receive insights as they are released.