

State-Specific Estimates of Health Behavior among US Youth^a and Adults^b

State	US Youth		US Adults	
	% obese ^c , 2009	% physically inactive ^d , 2009	% obese ^e , 2010	% physically inactive ^f , 2010
Alabama	13.5	22.4	30.9	29.8
Alaska	11.8	16.2	24.3	22.6
Arizona	13.1	15.6	23.8	19.5
Arkansas	14.4	19.5	30.2	29.1
California	na	na	23.9	20.6
Colorado	7.1	11.3	20.7	18.3
Connecticut	10.4	14	22.1	20.3
Delaware	13.7	19.7	27.7	23.6
District of Columbia	na	na	21.5	19.6
Florida	10.3	19.4	25.9	22.7
Georgia	12.4	17.6	28	25.7
Hawaii	14.5	18.3	23.2	18.9
Idaho	8.8	10.8	26.1	19.8
Illinois	11.9	16.5	27.5	25.4
Indiana	12.8	19.5	29.1	26.3
Iowa	na	na	28	24.2
Kansas	12.4	14.4	29	23.6
Kentucky	17.6	17	30.7	28.6
Louisiana	14.7	18.5	31	30
Maine	12.5	18	26.4	21.9
Maryland	12.2	18.5	26.7	22.9
Massachusetts	10.9	23.3	21.9	20
Michigan	11.9	14.2	30.6	23.1
Minnesota	na	na	24.6	19
Mississippi	18.3	21.2	33.8	32.5
Missouri	14.4	14.7	30.1	26.7
Montana	10.4	13.4	22.4	21
Nebraska	na	na	26.6	24.4
Nevada	11	14.2	22	22.9
New Hampshire	12.4	13.2	24.4	19.7
New Jersey	10.3	18.3	23	26.2
New Mexico	13.5	15.5	25.4	21.3
New York	11	17	23.4	23.3
North Carolina	13.4	15.4	27.5	25.4
North Dakota	11	13.7	27.3	24.4
Ohio	na	na	28.6	25.5
Oklahoma	14.1	16.3	30	29.4
Oregon	na	na	26.3	17.2
Pennsylvania	11.8	13.1	27.6	24.6
Rhode Island	10.4	13.3	25.6	23.8
South Carolina	16.7	21.3	31.6	27
South Dakota	9.6	14	27.2	24.2
Tennessee	15.8	17.7	29.6	28.8
Texas	13.6	16	30.2	26.5
Utah	6.4	10.5	23.1	18.4
Vermont	12.2	13.2	22.9	17.4
Virginia	na	na	25.4	23.1
Washington	na	na	25.1	18.2
West Virginia	14.2	17.3	32.6	32.1
Wisconsin	9.3	12.9	25.5	22.8
Wyoming	9.8	13.6	24.8	21.8

na indicates not available

^a Source: Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance System (YRBSS) — United States, 2009; state percentages are from state YRBSS surveys.

^b Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System (BRFSS) — United States, 2010; unadjusted data.

^c Students who were ≥ 95 th percentile for body mass index (calculated as weight in kilograms divided by height in meters squared), by age and sex, based on the 2000 CDC BMI-for-age growth charts.

^d Percentage of students in grades 9-12 who did not participate in at least 60 minutes of physical activity on 0 days during the 7 days before the survey. Physical activity was defined as students doing any kind of physical activity that increased heart rate and made them breathe hard some of the time.

^e Adults who had body mass index ≥ 30 kg/m².

^f Adults who did not participate in any moderate or vigorous-intensity aerobic activity for at least 10 minutes at a time.