



Announcement June 30, 2010

F as in Fat Report 2010

F as in Fat report (June 2010)- In 2001, then-Surgeon General David Satcher issued a landmark statement that obesity had reached epidemic proportions in America. The country began to react, but slowly. As the F as in Fat report has documented over the previous six years, efforts to address the skyrocketing rise of obesity rates and obesity-related diseases have slowly been growing across the country, ranging from school districts trying to improve the nutritional quality of school lunches to communities building new sidewalks to make walking safer and more accessible to millions of Americans.

In the past two years, however, programs and policies to prevent obesity have increased exponentially in number, strength and breadth. A new poll shows that 80 percent of Americans now recognize that obesity is a significant and growing challenge for the country. Furthermore, 50 percent of Americans believe that childhood obesity is such an important issue that we need to invest more to prevent it immediately.

Adult top 10

Except for Michigan, the top 10 most obese states in the country are all in the South.

States with the Highest Obesity Rates		
Rank	State	Percentage of Adult Obesity (Based on 2007-2009 Combined Data, Including Confidence Intervals)
1	Mississippi	33.8% (+/- 0.9)
2 (tie)	Alabama	31.6% (+/- 1.0)
2 (tie)	Tennessee	31.6% (+/- 1.2)
4	West Virginia	31.3% (+/- 1.0)
5	Louisiana	31.2% (+/- 0.9)
6	Oklahoma	30.6% (+/- 0.8)
7	Kentucky	30.5% (+/- 1.0)
8	Arkansas	30.1% (+/- 1.1)
9	South Carolina	29.9% (+/- 0.9)
10 (tie)	North Carolina	29.4% (+/- 0.8)
10 (tie)	Michigan	29.4% (+/- 0.8)

*Note: For rankings, 1 = Highest rate of obesity.

Child top 10

States with the Highest Rates of Obese 10- to 17-year-olds		
Rank	States	Percentage of Obese 10- to 17-year-olds (95 percent Confidence Intervals)
1	Mississippi	21.9% (+/- 3.5)
2	Georgia	21.3% (+/- 5.1)
3	Kentucky	21.0% (+/- 3.5)
4 (tie)	Illinois	20.7% (+/- 3.6)
4 (tie)	Louisiana	20.7% (+/- 4.0)
6	Tennessee	20.6% (+/- 3.7)
7 (tie)	Arkansas	20.4% (+/- 3.6)
7 (tie)	Texas	20.4% (+/- 5.0)
9	D.C.	20.1% (+/- 3.9)
10	West Virginia	18.9% (+/- 3.2)

*Note: For rankings, 1 = Highest rate of childhood obesity.

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