Obesity, Poverty, and Income by U.S. State (2019–2023)

Overview
This dataset combines publicly available data on obesity rates, poverty rates, and median household income for all 50 U.S. states from 2019 to 2023. It also includes calculated regional averages based on U.S. Census Bureau-defined regions (Northeast, Midwest, South, and West). This dataset can be used to explore correlations between income, poverty, and obesity over time and across regions.

Contents
- **State**: Name of the U.S. state or "[Region] Average" if a regional average row.
- **Year**: Calendar year (2019 to 2023).
- **Obesity Rate**: Percent of self-reported obesity among adults, as reported by the CDC BRFSS.
- **Poverty Rate**: Percent of individuals living below the poverty line, as estimated by the U.S. Census SAIPE program.
- **Median Income**: Estimated median household income in U.S. dollars.
- **Region**: U.S. Census region the state belongs to.

Data Sources
Obesity Rate: CDC Behavioral Risk Factor Surveillance System (BRFSS), 2019–2023.
Poverty Rate & Median Income: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE), 2019–2023.

Usage
This dataset can be used for:
- Public health research
- Regional economic and social inequality analysis
- Data journalism
- Educational visualizations in Tableau or Power BI

License
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Interactive Dashboard:
https://public.tableau.com/views/ObesityPovertyandIncomeintheU_S_2019-2023/Dashboard1?:language=en-US&:sid=&:redirect=auth&:display_count=n&:origin=viz_share_link

Key Observations:
- Southern states consistently had the highest obesity and poverty rates across all years.
- Median household income in Western states tended to be higher, correlating with lower obesity in some areas.

Data Citations

Centers for Disease Control and Prevention (CDC). *Adult Obesity Prevalence Maps* from the Behavioral Risk Factor Surveillance System (BRFSS), 2019–2023. Available from: https://shorturl.at/lCyi8

U.S. Census Bureau. *Small Area Income and Poverty Estimates (SAIPE) Datasets*, 2019–2023. Available from: https://www.census.gov/programs-surveys/saipe/data/datasets.html

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