USA Obesity Insights Dashboard (CDC Dataset)

Prevalence trends by year, region, demographics

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31.85 Average Obesity	**85.30** Highest Obesity	**0.90** Lowest Obesity	**94K** Total Records

Top States by Obesity
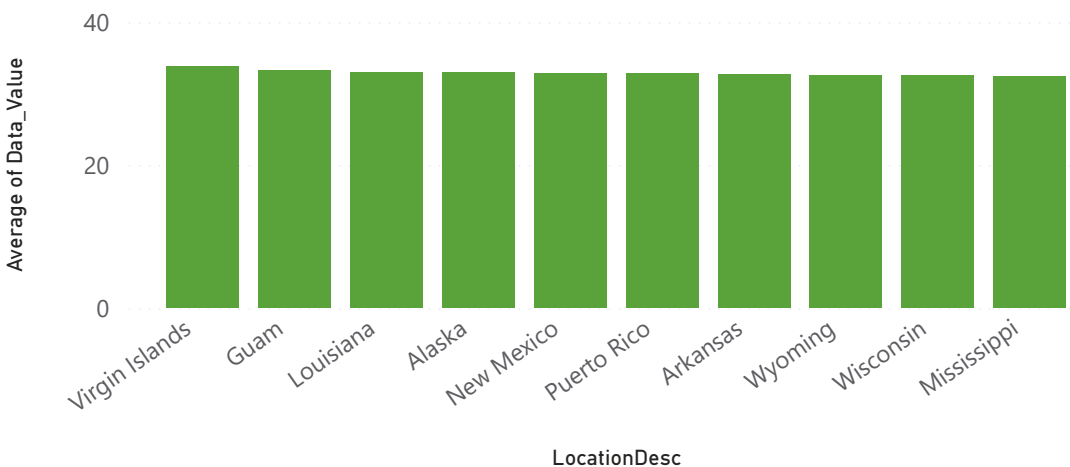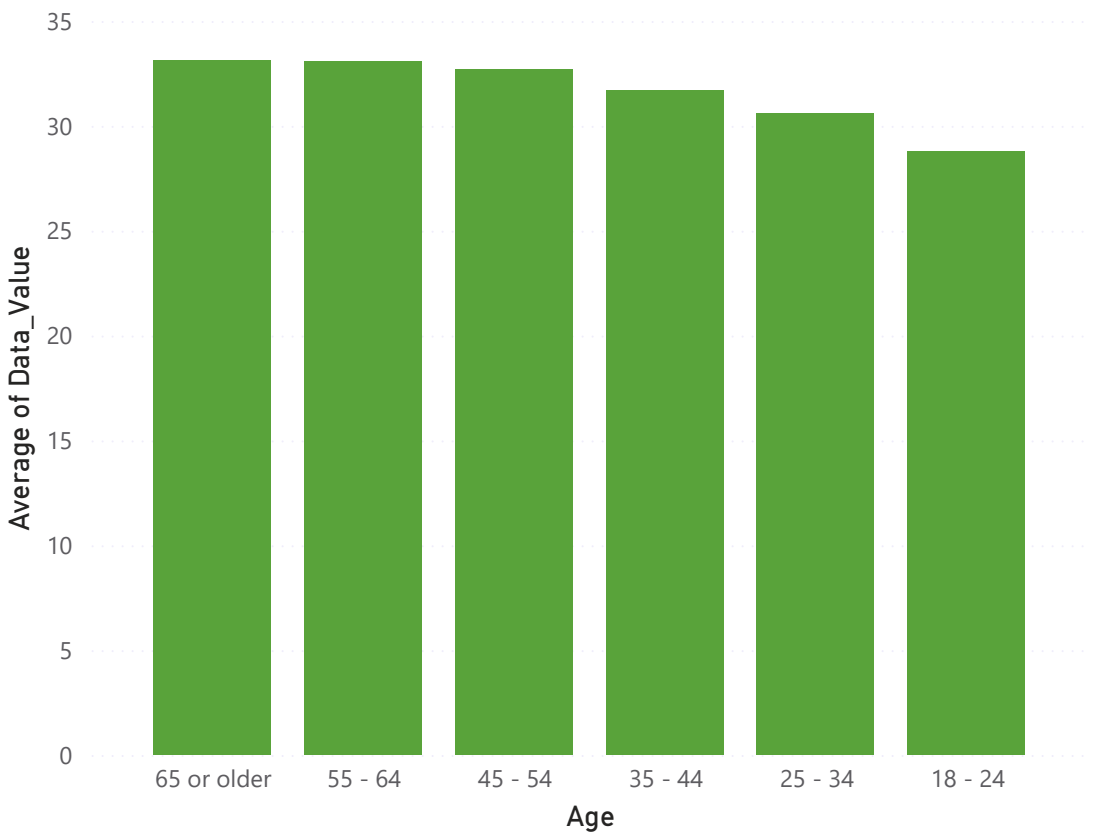
1. Obesity Trend Over Years

Obesity by Age Group


Education	Sex	Race_Ethnicity	Age
All	All	All	All

Demographic & Socioeconomic Breakdown

Obesity by Education

Education:
- Less than high s... ~34
- High school gra... ~34
- Some college or... ~33
- College graduate ~30

Average of Data_Value (0, 20, 40)

Obesity by Age Group

100%

Age	Value
65 or older	33.11
55 - 64	33.07
45 - 54	32.67
35 - 44	31.69
25 - 34	30.57
18 - 24	28.78

86.9%
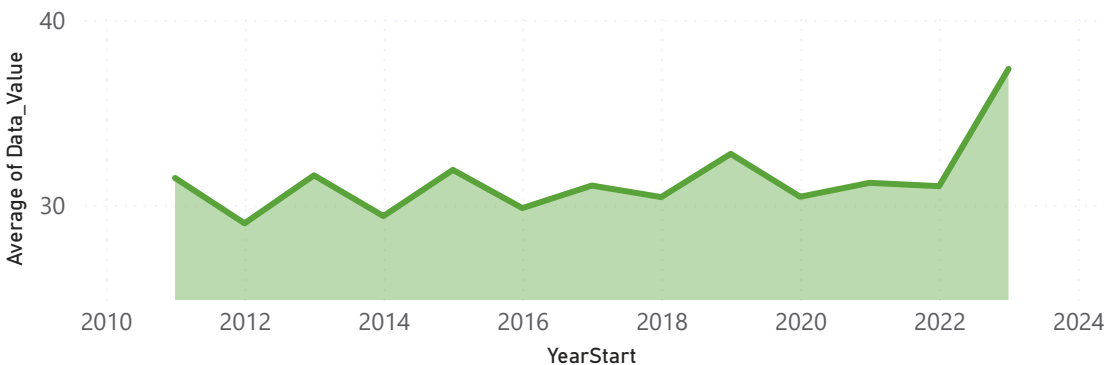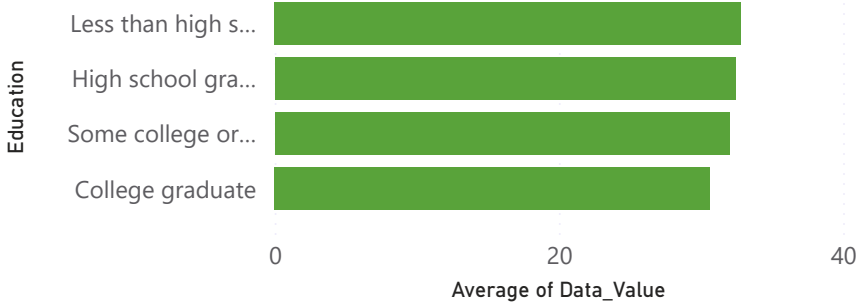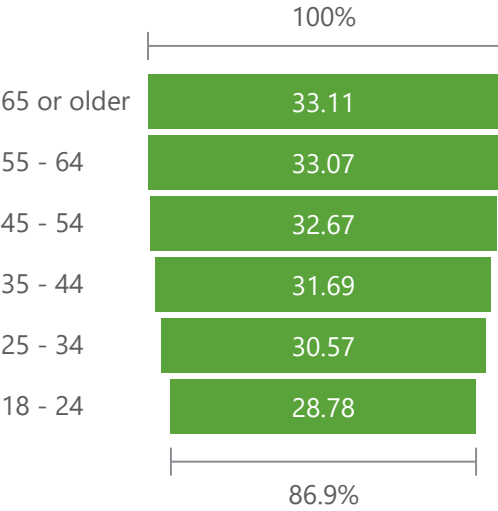
Race_Ethnicity: All

Sex: All

Highest Obesity by Sex

Sex:
- Male
- Female

Highest Obesity (0, 50)

Obesity by Income

- Less than $15,000
- $35,000 ...
- $50,000 ...
- $15,000 - $24,999
- $25,000 - $34,999
- $75,000 or greater
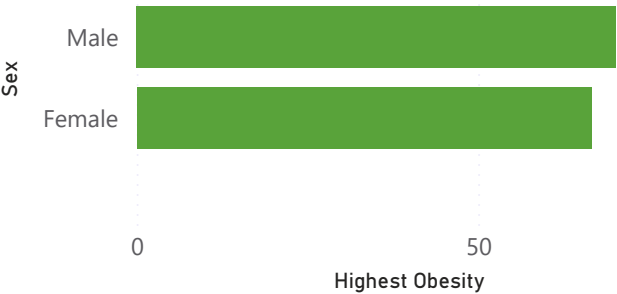
Average Obesity by Race_Ethnicity

- 26.243644590703422 (10.19%)
- 34.93568627450982 (13.57%)
- 33.98290025146691 (13.2%)
- 31.47586776859504 (12.23%)
- 33.55073974445192 (13.03%)
- 32.262973933649... (12.53%)
- 32.32975923852184 (12.56%)
- 32.64751243781094 (12.68%)
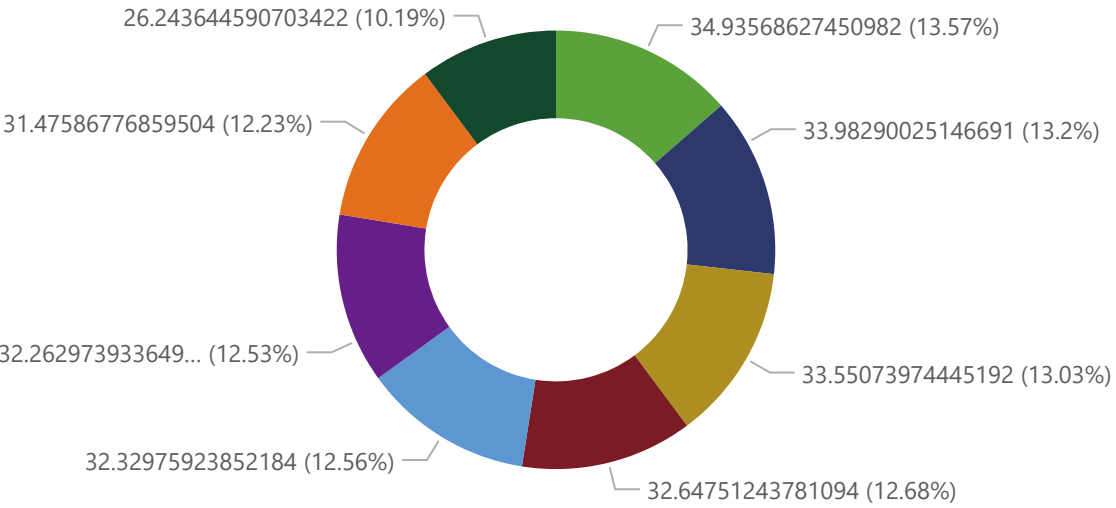
Race_Ethnicity
- Hawaiian/Pacific Islander
- American Indian/Alaska Native
- Non-Hispanic Black
- Other
- Hispanic
- 2 or more races
- Non-Hispanic White
- Asian

Summary

1. Asian adults consistently show the lowest obesity rates nationally.
2. Obesity levels climbed to 37% in 2023, marking the highest spike in the timeline.
3. Southern states lead obesity rates, consistently crossing the 40% mark.
4. Women show slightly higher obesity levels than men across most groups.
5. Obesity climbs steeply with age, peaking in adults aged 45–64.
6. Lower education strongly correlates with higher obesity prevalence.
7. Low-income groups show obesity rates 10–15% higher than top earners.
8. National obesity has risen steadily over the past decade.
9. Black and Hispanic adults continue to have the highest obesity burden.
10. Urban states tend to show significantly lower obesity levels.
11. Young adults (18–24) show a growing upward trend in obesity.