

USA Obesity Insights Dashboard (CDC Dataset)

Prevalence trends by year, region, demographics

31.85

Average Obesity

85.30

Highest Obesity

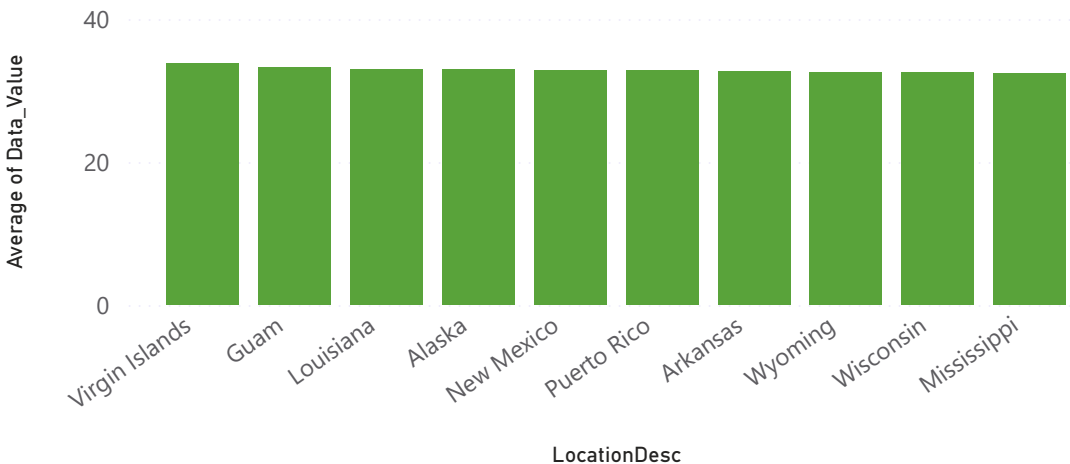
0.90

Lowest Obesity

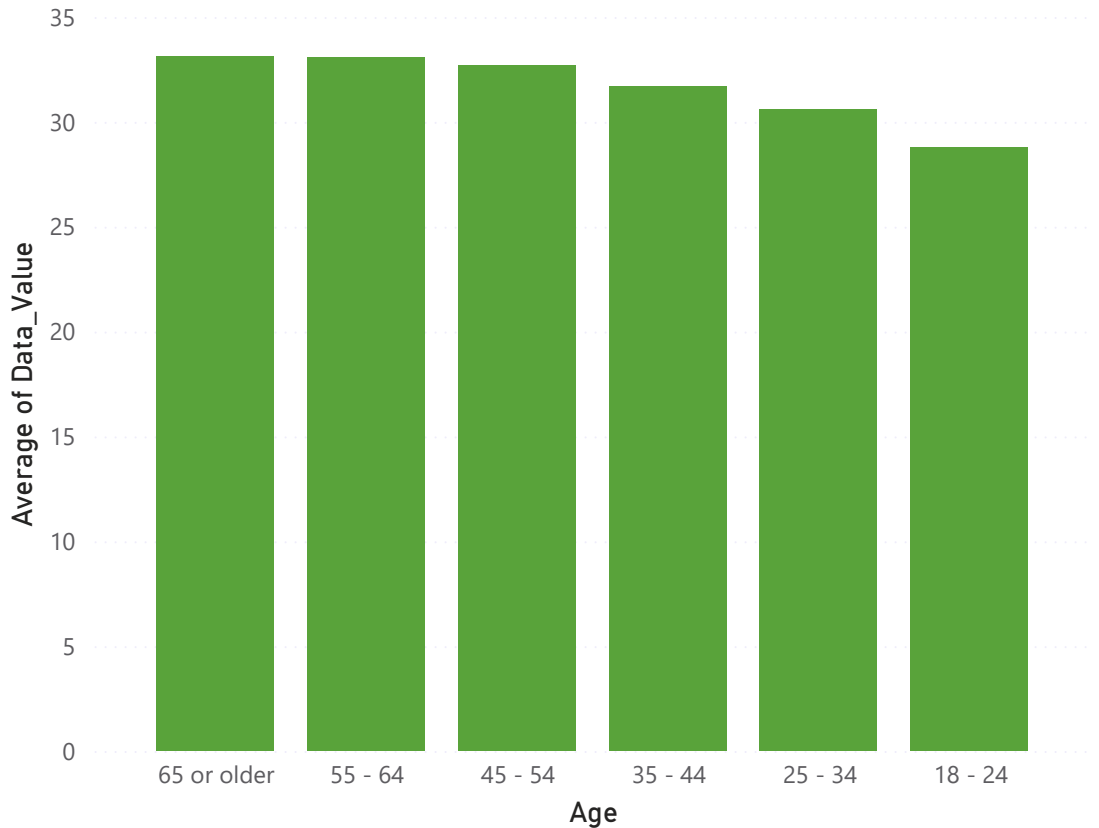
94K

Total Records

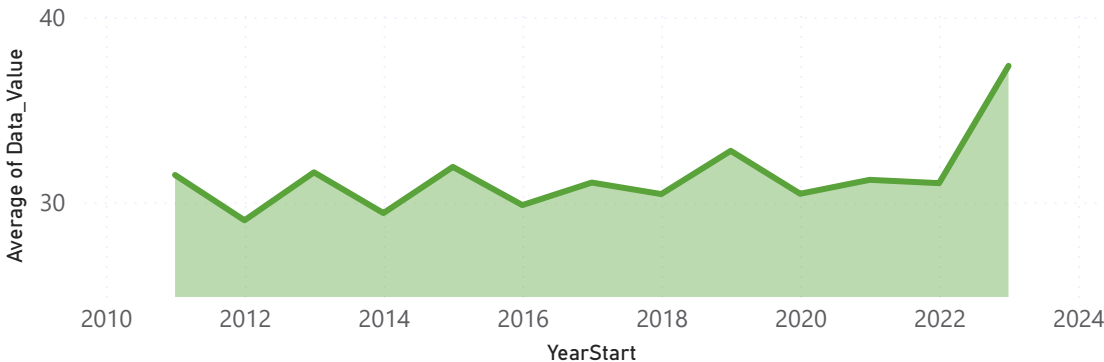
Top States by Obesity



Obesity by Age Group



1. Obesity Trend Over Years



Education



All



Sex



All



Race_Ethnicity



All



Age

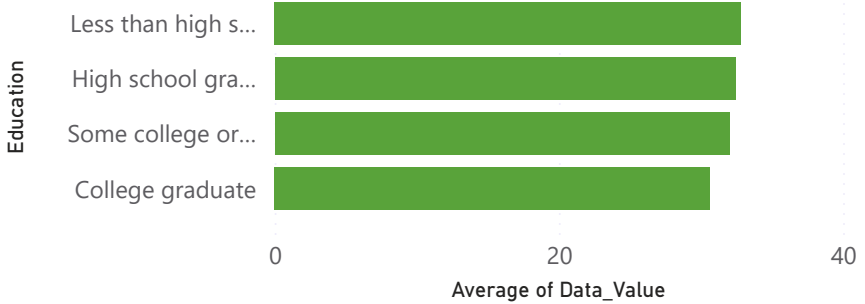


All

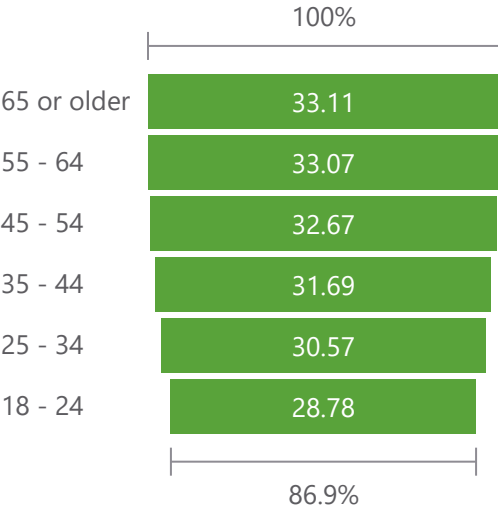


Demographic & Socioeconomic Breakdown

Obesity by Education



Obesity by Age Group



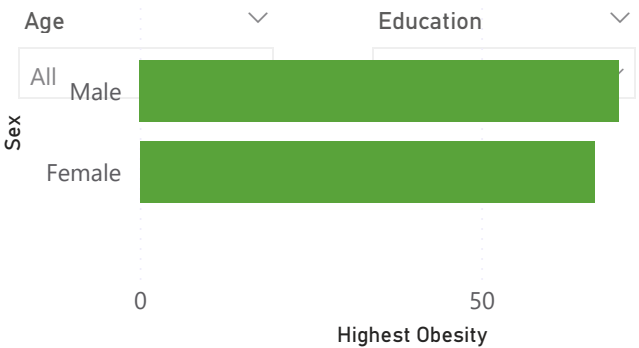
Race_Ethnicity

All

Sex

All

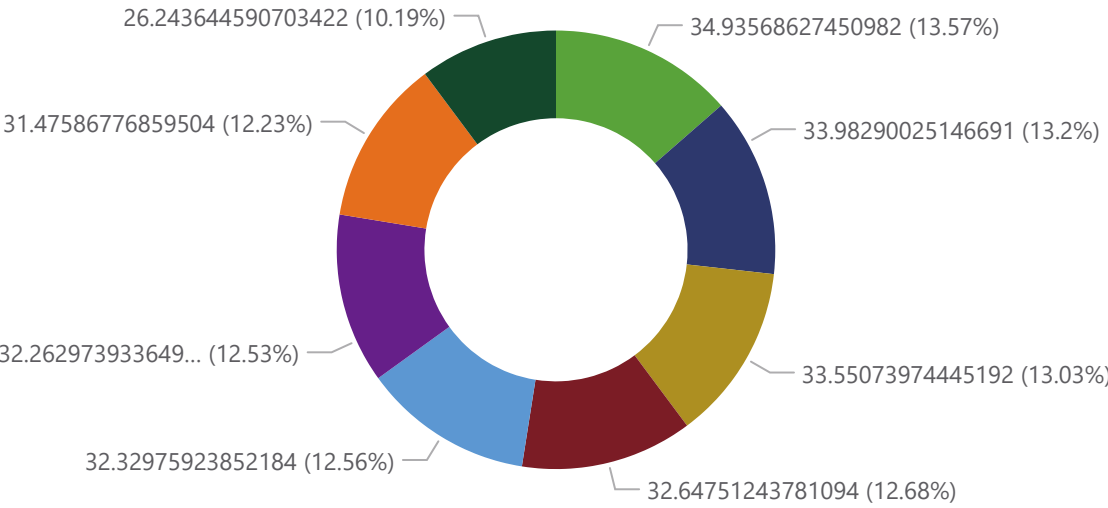
Highest Obesity by Sex



Obesity by Income



Average Obesity by Race_Ethnicity



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.