



**For Immediate Release:**  
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## News Release

### **New CDC Maps Show Utah Improving, but U.S. Still Struggling with Obesity**

(Salt Lake City, UT) Today, CDC released 2015 state- and territory-specific data on adult obesity prevalence using self-reported information from the [Behavioral Risk Factor Surveillance System \(BRFSS\)](#). The data shows that overall the obesity rate in Utah for adults dropped 1.2 percent.

The [2015 maps](#) show that the proportion of adults with obesity in the United States **continues to remain high.**

#### **Highlights**

- Utah's overall rate dropped 1.2 percent from 25.7 percent in 2014 to 24.5 percent in 2015.
- All states had more than 1 in 5 adults (20 percent) with obesity.

According to combined data from 2013-2015:

- Self-reported obesity in Utah for Non-Hispanic blacks was 30.9 percent.
- Self-reported obesity in Utah for Hispanics was 27.7 percent.
- Self-reported obesity in Utah for non-Hispanic whites was 24.5 percent.
- Self-reported obesity for non-Hispanic whites was 35 percent or higher in **two states.**
- Self-reported obesity for Hispanics was 35 percent or higher in **11 states.**
- Self-reported obesity for non-Hispanic blacks was 35 percent or higher in **34 states (plus the District of Columbia).**

To view the obesity maps, visit <http://www.cdc.gov/obesity/data/prevalence-maps.html>. For more information on obesity prevention efforts in Utah, visit [choosehealth.utah.gov](http://choosehealth.utah.gov).

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*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.*