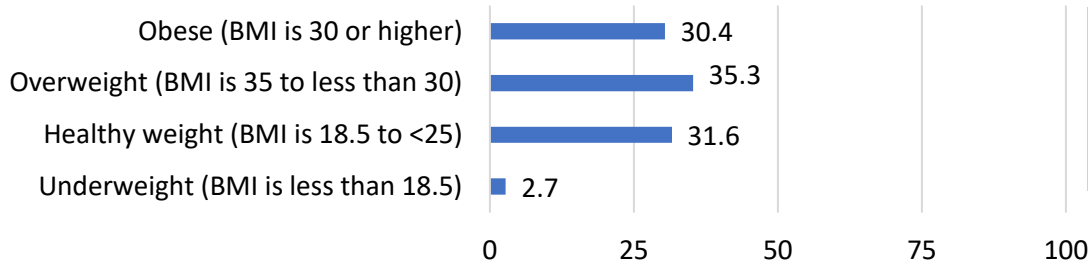


Weight Status Connecticut Adults (18+ Years)

2021 Behavioral Risk Factor Surveillance System Data

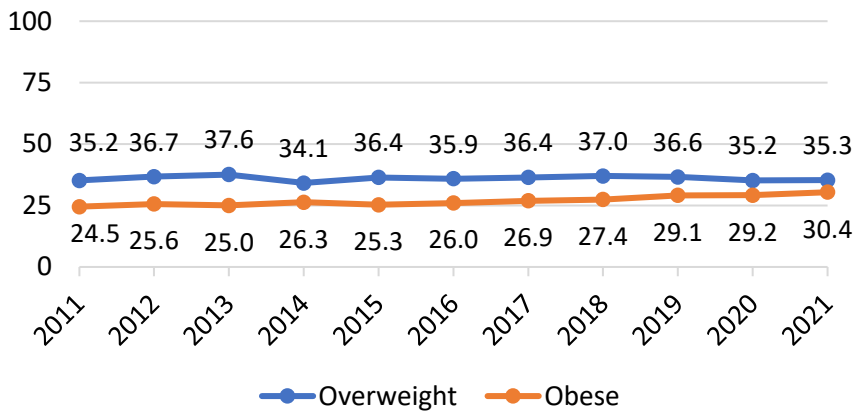
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Percent of Connecticut Adults in Each BMI Category



Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters.

The percent of Connecticut adults with a BMI considered overweight has remained steady over time. The percent of adults with a BMI considered obese increased 24% from 2011 to 2021.



Factors Contributing to Obesity among Connecticut Adults

Factor	Percent
Consuming less than 1 fruit per day	35.4
Consuming less than 1 vegetable per day	20.0
No leisure time physical activity	22.9
Worry about having money for food	7.8

The prevalence of having a BMI considered overweight or obese varies by gender, age, race and ethnicity, and educational attainment.

