

Kansas Obesity & Physical Activity Facts

- Approximately 66% of Kansas adults were classified as overweight or obese in 2012.
 - 36% Kansas adults were overweight
 - 30% of Kansas adults were obese
- Approximately 1 in 6 (17%) Kansas adults met current federal guidelines for aerobic and strengthening physical activity in 2011.
- 1 in 4 (24%) Kansas high school students in grades 9-12 are classified as overweight or obese in a 2011 survey.
 - 14% of Kansas high school students were overweight
 - 10% of Kansas high school students were obese
- Achieved recommended level of activity: Approximately 30% of Kansas high school students were physically active for a total of 60 minutes per day on each of the past 7 days (2011).



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