Poll: Nevada obesity rate among lowest in U.S.

By Kira Terry, Las Vegas Review-Journal

A Gallup Well-Being poll released last week shows Nevada among the top three states with the lowest obesity rates with an average of 21.1 percent obesity.

Nevada comes in as the third lowest in the nation, falling just behind Colorado at 20.4 percent and Montana at 19.6 percent.

Gallup used information gathered from telephone interviews that took place through much of 2013 as part of the Gallup-Healthways Well-Being Index survey.

The poll highlights that Nevadans and other top states with the lowest obesity rates have less of a possibility of being diagnosed with chronic diseases during their lifetime, such as high blood pressure, high cholesterol, depression, diabetes, cancer and heart attack.

Read the whole story