Three possible reasons for this disparity are different among various ethnic or racial groups. First, and foremost, these groups view body weight differently. Why? The answer is still complex, but the CDC cites three possible reasons for the disparity. First, behaviors that contribute to weight gain are different among various ethnic or racial groups. Second, the rate of obesity among African Americans is higher than any other racial group. Despite these challenges, African Americans are not only overweight, but are also higher in obesity rates at or above 20 percent, and 36 percent of adults in Allegheny County were obese. Every day, we are bombarded with messages about how much African Americans are obese. But obesity is more than just being "fat." Body weight is a complex combination of genetic, metabolic, behavioral, environmental, and social influences. What's especially alarming is that the rate of obesity in African Americans is higher than any other racial group. Why? The answer is still complex, but the CDC cites three possible reasons for the disparity. First, behaviors that contribute to weight gain are different among various ethnic or racial groups. Second, the rate of obesity among African Americans is higher than any other racial group.