

Body Mass Index (BMI) at the State, Health Region, and Health District Levels, Virginia, 2012

Virginia BRFSS Online Reporting  System		Four Categories Body Mass Index							
		Underweight				Normal Weight			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	110	119606	2.0	1.5 - 2.5	2391	2030589	34.4	32.9 -35.9
Central	*Region Total	---	---	---	---	387	325153	32.8	29.1 -36.5
	Chesterfield	---	---	---	---	81	79065	30.4	23.3 -37.5
	Chickahominy	---	---	---	---	---	---	---	---
	Crater	---	---	---	---	51	39995	29.7	20.0 -39.4
	Henrico	---	---	---	---	73	64527	34.4	25.7 -43.1
	Piedmont	---	---	---	---	39	26708	26.9	17.5 -36.2
	Richmond City	---	---	---	---	59	51213	39.5	29.6 -49.4
	Southside	---	---	---	---	45	17602	28.8	20.5 -37.1
Eastern	*Region Total	34	34650	2.5	1.4 - 3.6	540	438271	31.4	28.3 -34.5
	Chesapeake	---	---	---	---	55	52441	31.5	22.2 -40.8
	Eastern Shore	---	---	---	---	---	---	---	---
	Hampton	---	---	---	---	---	---	---	---
	Norfolk City	---	---	---	---	77	37591	25.4	18.2 -32.6
	Peninsula	---	---	---	---	84	69681	30.9	23.6 -38.3
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	---	---	---	---	72	66270	37.3	27.5 -47.1
	Virginia Beach	---	---	---	---	103	111237	33.5	26.4 -40.6
	Western Tidewater	---	---	---	---	46	37953	28.2	19.4 -37.1
Northern	*Region Total	26	29929	2.1	1.0 - 3.2	723	599803	42.2	39.0 -45.3
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	---	---	---	---	106	75407	44.9	36.6 -53.3
	Fairfax	---	---	---	---	375	332079	45.4	41.0 -49.9
	Loudoun	---	---	---	---	89	74704	42.0	33.0 -50.9

(Continued)

1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2012. Weighted counts and weighted percents are weighted to population characteristics.
2. "-" replaces estimates when the unweighted sample size for the denominator was < 20 or the CI half width was > 10 for any cell.
3. Responses of don't know/not sure, refused, or missing were removed from the numerator and denominator in all estimates.
4. *** Use caution in interpreting sample sizes less than 50.
5. CI= 95% confidence interval.
6. *** Adults who have a body mass index (BMI) between (12.0-18.4) are underweight, (18.5-24.9) are normal weight, (25.0-29.9) are overweight, and (30.0-99.8) are obese .
7. *** BMI is a number calculated from a person's weight and height.

Virginia BRFSS Online Reporting  System		Four Categories Body Mass Index							
		Overweight				Obese			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	2563	2141354	36.2	34.8 -37.7	1884	1617611	27.4	26.0 -28.7
Central	*Region Total	436	361061	36.4	32.8 -40.1	352	285452	28.8	25.4 -32.1
	Chesterfield	114	114957	44.2	36.5 -51.9	62	62073	23.9	17.2 -30.5
	Chickahominy	---	---	---	---	26	21512	18.1	9.0 -27.2
	Crater	---	---	---	---	57	45398	33.7	24.1 -43.3
	Henrico	74	61939	33.0	25.0 -41.1	57	56232	30.0	21.9 -38.1
	Piedmont	52	37127	37.3	27.6 -47.1	48	35123	35.3	25.5 -45.1
	Richmond City	48	34704	26.8	17.4 -36.1	51	37834	29.2	20.1 -38.3
	Southside	40	15720	25.7	17.3 -34.1	51	27281	44.6	35.1 -54.2
Eastern	*Region Total	607	496861	35.6	32.4 -38.7	497	427074	30.6	27.6 -33.6
	Chesapeake	76	56235	33.8	24.8 -42.8	69	54731	32.9	24.7 -41.1
	Eastern Shore	---	---	---	---	---	---	---	---
	Hampton	---	---	---	---	39	26089	24.5	16.2 -32.8
	Norfolk City	77	54978	37.1	27.6 -46.7	71	54690	36.9	27.6 -46.3
	Peninsula	98	83142	36.9	29.3 -44.5	67	65584	29.1	21.5 -36.7
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	53	44793	25.2	17.5 -32.8	52	61306	34.5	24.7 -44.3
	Virginia Beach	117	138223	41.6	34.3 -48.9	76	74149	22.3	16.8 -27.8
	Western Tidewater	61	47002	35.0	26.0 -43.9	47	47159	35.1	25.6 -44.6
Northern	*Region Total	673	542520	38.1	35.1 -41.2	319	250174	17.6	15.2 -19.9
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	83	62741	37.4	29.2 -45.6	30	18604	11.1	6.5 -15.7
	Fairfax	321	257251	35.2	31.1 -39.3	151	128216	17.5	14.1 -21.0
	Loudoun	77	66680	37.5	28.6 -46.3	41	35116	19.7	13.0 -26.5

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		Underweight				Normal Weight			
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*Virginia	*State Total	110	119606	2.0	1.5 - 2.5	2391	2030589	34.4	32.9 -35.9
Northern	Prince William	---	---	---	---	93	81224	31.6	24.5 -38.7
Northwestern	*Region Total	---	---	---	---	324	300730	32.5	28.9 -36.2
	Central Shenandoah	---	---	---	---	69	66287	31.4	23.7 -39.1
	Lord Fairfax	---	---	---	---	58	57402	29.9	21.8 -38.1
	Rappahannock	---	---	---	---	65	59071	27.5	20.6 -34.5
	Rappahannock/Rapidan	---	---	---	---	---	---	---	---
	Thomas Jefferson	---	---	---	---	80	69745	39.4	31.1 -47.6
Southwestern	*Region Total	21	27569	2.3	1.0 - 3.7	417	366631	31.2	28.0 -34.5
	Alleghany	---	---	---	---	---	---	---	---
	Central Virginia	---	---	---	---	64	61076	35.3	26.7 -44.0
	Cumberland Plateau	---	---	---	---	40	35820	27.4	17.8 -36.9
	Lenowisco	---	---	---	---	53	28856	34.0	24.9 -43.0
	Mount Rogers	---	---	---	---	50	57197	31.0	22.0 -40.0
	New River	---	---	---	---	63	59948	37.2	28.6 -45.8
	Pittsylvania/Danville	---	---	---	---	34	24851	24.8	15.0 -34.6
	Roanoke City	---	---	---	---	---	---	---	---
West Piedmont	---	---	---	---	---	---	---	---	

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*Virginia	*State Total	2563	2141354	36.2	34.8 -37.7	1884	1617611	27.4	26.0 -28.7
Northern	Prince William	140	121244	47.2	39.7 -54.7	69	50568	19.7	14.2 -25.2
Northwestern	*Region Total	355	322961	34.9	31.3 -38.6	289	293590	31.7	28.0 -35.5
	Central Shenandoah	91	77101	36.6	29.1 -44.0	71	66756	31.7	24.5 -38.8
	Lord Fairfax	63	64633	33.7	25.4 -42.0	- - -	- - -	- - -	- - -
	Rappahannock	77	72192	33.7	25.7 -41.6	80	82901	38.6	30.8 -46.5
	Rappahannock/Rapidan	61	48372	37.0	27.9 -46.1	45	33537	25.6	17.2 -34.1
	Thomas Jefferson	63	60664	34.2	26.1 -42.4	43	42811	24.2	16.8 -31.6
Southwestern	*Region Total	492	417951	35.6	32.4 -38.8	427	361320	30.8	27.8 -33.8
	Alleghany	75	59716	41.8	32.0 -51.5	48	33621	23.5	16.3 -30.7
	Central Virginia	72	65253	37.7	29.3 -46.1	51	42599	24.6	17.2 -32.1
	Cumberland Plateau	44	44341	33.9	24.1 -43.7	49	49671	37.9	28.1 -47.7
	Lenowisco	56	29759	35.0	25.7 -44.4	47	26070	30.7	21.7 -39.7
	Mount Rogers	53	58337	31.6	22.7 -40.6	52	61020	33.1	24.0 -42.1
	New River	50	46813	29.1	21.3 -36.8	58	50795	31.5	23.8 -39.3
	Pittsylvania/Danville	- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -
	Roanoke City	- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -
	West Piedmont	54	49590	39.9	30.1 -49.7	38	39884	32.1	22.5 -41.7

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