

Body Mass Index (BMI) at the State, Health Region, and Health District Levels, Virginia, 2013

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	133	108985	1.8	1.4 - 2.3	2661	2050403	34.2	32.7 -35.6
Central	*Region Total	25	18083	1.8	0.8 - 2.8	479	317597	31.3	28.3 -34.2
	Chesterfield	---	---	---	---	106	103563	39.3	32.6 -45.9
	Chickahominy	---	---	---	---	51	27265	25.8	18.1 -33.4
	Crater	---	---	---	---	56	26350	24.2	16.8 -31.6
	Henrico	---	---	---	---	88	69931	32.0	25.2 -38.8
	Piedmont	---	---	---	---	58	28511	26.0	19.2 -32.8
	Richmond City	---	---	---	---	72	41500	33.2	24.8 -41.5
	Southside	---	---	---	---	48	20477	24.2	16.0 -32.5
Eastern	*Region Total	30	16435	1.2	0.6 - 1.8	624	462920	33.9	30.8 -37.1
	Chesapeake	---	---	---	---	---	---	---	---
	Eastern Shore	---	---	---	---	52	12631	25.4	16.3 -34.6
	Hampton	---	---	---	---	55	40290	30.1	20.7 -39.4
	Norfolk City	---	---	---	---	83	43604	32.3	23.7 -40.9
	Peninsula	---	---	---	---	93	96993	36.9	29.8 -44.1
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	---	---	---	---	60	36329	25.5	18.9 -32.0
	Virginia Beach	---	---	---	---	99	114901	37.8	30.3 -45.2
	Western Tidewater	---	---	---	---	74	39251	35.1	25.7 -44.6
Northern	*Region Total	25	34852	2.4	1.1 - 3.8	507	561434	39.3	35.5 -43.0
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	---	---	---	---	92	56667	46.8	37.6 -56.1
	Fairfax	---	---	---	---	190	302079	41.4	35.6 -47.2
	Loudoun	---	---	---	---	92	82579	38.2	30.4 -45.9

(Continued)

1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2013. 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	2882	2206073	36.8	35.3 -38.3	2267	1632019	27.2	25.9 -28.5
Central	*Region Total	580	371617	36.6	33.5 -39.6	497	308884	30.4	27.5 -33.3
	Chesterfield	105	95634	36.3	29.8 -42.8	70	58060	22.0	16.7 -27.4
	Chickahominy	77	47914	45.3	36.6 -54.1	55	28816	27.2	19.8 -34.7
	Crater	68	32031	29.4	21.1 -37.7	89	50503	46.3	37.1 -55.5
	Henrico	108	80202	36.7	29.9 -43.5	82	66746	30.6	23.9 -37.2
	Piedmont	89	46875	42.7	34.7 -50.8	70	34373	31.3	23.8 -38.8
	Richmond City	71	38703	30.9	22.7 -39.2	70	37982	30.4	21.8 -38.9
	Southside	---	---	---	---	---	---	---	---
Eastern	*Region Total	686	490783	36.0	32.9 -39.0	589	394092	28.9	26.1 -31.7
	Chesapeake	93	51303	30.4	22.4 -38.5	76	51763	30.7	21.9 -39.5
	Eastern Shore	---	---	---	---	---	---	---	---
	Hampton	63	49267	36.8	26.8 -46.8	69	42663	31.8	22.7 -41.0
	Norfolk City	87	53240	39.5	29.9 -49.0	63	37717	28.0	19.0 -36.9
	Peninsula	104	94828	36.1	29.0 -43.2	72	65629	25.0	18.8 -31.2
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	90	64280	45.1	36.7 -53.5	65	41519	29.1	21.6 -36.6
	Virginia Beach	98	111557	36.7	29.4 -44.0	72	76741	25.2	18.9 -31.6
	Western Tidewater	72	36798	32.9	24.0 -41.8	54	34363	30.8	21.5 -40.0
Northern	*Region Total	501	572562	40.0	36.3 -43.8	264	261148	18.3	15.7 -20.9
	Alexandria	---	---	---	---	30	15311	18.9	9.6 -28.2
	Arlington	75	45158	37.3	28.0 -46.6	30	18793	15.5	7.7 -23.4
	Fairfax	167	275555	37.8	32.1 -43.5	100	126460	17.3	13.5 -21.2
	Loudoun	88	90310	41.7	33.5 -49.9	50	43256	20.0	13.6 -26.3

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		Underweight				Normal Weight			
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*Virginia	*State Total	133	108985	1.8	1.4 - 2.3	2661	2050403	34.2	32.7 -35.6
Northern	Prince William	---	---	---	---	60	83693	29.7	22.0 -37.3
Northwestern	*Region Total	---	---	---	---	452	349371	34.8	31.6 -38.1
	Central Shenandoah	---	---	---	---	101	73465	33.4	27.1 -39.7
	Lord Fairfax	---	---	---	---	79	69501	36.0	28.2 -43.8
	Rappahannock	---	---	---	---	86	76859	33.0	26.0 -40.0
	Rappahannock/Rapidan	---	---	---	---	85	48286	31.7	24.1 -39.4
	Thomas Jefferson	---	---	---	---	101	81259	39.7	32.2 -47.2
Southwestern	*Region Total	33	22820	1.9	1.1 - 2.8	599	359080	30.3	27.7 -33.0
	Alleghany	---	---	---	---	118	64350	39.2	32.1 -46.3
	Central Virginia	---	---	---	---	74	59137	28.3	21.6 -35.0
	Cumberland Plateau	---	---	---	---	47	25705	28.3	21.1 -35.5
	Lenowisco	---	---	---	---	49	19229	22.4	15.0 -29.8
	Mount Rogers	---	---	---	---	61	47034	26.9	19.7 -34.1
	New River	---	---	---	---	94	57346	36.7	29.1 -44.3
	Pittsylvania/Danville	---	---	---	---	59	30995	28.6	20.3 -36.9
	Roanoke City	---	---	---	---	---	---	---	---
	West Piedmont	---	---	---	---	49	30061	25.5	17.9 -33.1

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*Virginia	*State Total	2882	2206073	36.8	35.3 -38.3	2267	1632019	27.2	25.9 -28.5
Northern	Prince William	110	135879	48.2	40.1 -56.3	54	57329	20.3	14.5 -26.2
Northwestern	*Region Total	438	346287	34.5	31.3 -37.8	350	290581	29.0	25.8 -32.2
	Central Shenandoah	109	88718	40.4	33.8 -47.0	75	53933	24.5	19.0 -30.1
	Lord Fairfax	87	64006	33.1	25.7 -40.5	69	58576	30.3	23.0 -37.6
	Rappahannock	83	82005	35.2	27.7 -42.6	74	68842	29.5	22.8 -36.2
	Rappahannock/Rapidan	77	54666	35.9	27.7 -44.2	63	45386	29.8	20.9 -38.7
	Thomas Jefferson	82	56891	27.8	21.4 -34.2	69	63844	31.2	23.5 -38.9
Southwestern	*Region Total	677	424824	35.9	33.1 -38.7	567	377314	31.9	29.1 -34.6
	Alleghany	102	57653	35.1	28.1 -42.0	72	41451	25.2	19.0 -31.4
	Central Virginia	82	58812	28.2	21.8 -34.5	91	85736	41.1	33.1 -49.0
	Cumberland Plateau	73	39167	43.1	35.0 -51.3	49	23817	26.2	19.1 -33.4
	Lenowisco	64	28303	33.0	24.8 -41.2	63	34132	39.8	30.4 -49.2
	Mount Rogers	80	75458	43.2	34.5 -51.9	64	49770	28.5	21.3 -35.7
	New River	92	58861	37.7	30.3 -45.0	59	39539	25.3	18.2 -32.5
	Pittsylvania/Danville	70	38426	35.4	27.6 -43.2	67	34615	31.9	24.8 -39.0
	Roanoke City	53	21929	28.4	19.4 -37.5	---	---	---	---
West Piedmont	61	46216	39.2	29.5 -49.0	51	39072	33.2	24.1 -42.2	

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