



Body Mass Index (BMI) at the State, Health Region, and Health District Levels, Virginia, 2011

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	100	70114	1.2	0.9 - 1.5	2114	2049686	35.5	33.6 -37.3
Central	*Region Total	---	---	---	---	383	328238	33.6	29.3 -37.9
	Chesterfield	---	---	---	---	---	---	---	---
	Chickahominy	---	---	---	---	54	34489	30.3	21.4 -39.3
	Crater	---	---	---	---	49	29300	20.7	12.9 -28.5
	Henrico	---	---	---	---	---	---	---	---
	Piedmont	---	---	---	---	---	---	---	---
	Richmond City	---	---	---	---	---	---	---	---
	Southside	---	---	---	---	44	16804	20.9	12.6 -29.2
Eastern	*Region Total	22	15494	1.1	0.4 - 1.8	491	497535	36.1	32.1 -40.1
	Chesapeake	---	---	---	---	---	---	---	---
	Eastern Shore	---	---	---	---	49	10655	30.1	20.2 -40.1
	Hampton	---	---	---	---	---	---	---	---
	Norfolk City	---	---	---	---	---	---	---	---
	Peninsula	---	---	---	---	---	---	---	---
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	---	---	---	---	---	---	---	---
	Virginia Beach	---	---	---	---	62	114472	38.5	29.1 -47.8
	Western Tidewater	---	---	---	---	37	29818	22.9	13.2 -32.5
Northern	*Region Total	---	---	---	---	479	582304	42.8	38.6 -47.1
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	---	---	---	---	92	63434	41.6	31.9 -51.3
	Fairfax	---	---	---	---	175	279379	41.6	34.9 -48.3
	Loudoun	---	---	---	---	---	---	---	---

(Continued)


1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2011. 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.

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		Overweight				Obese			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	2156	1974054	34.1	32.4 -35.9	1781	1686976	29.2	27.5 -30.9
Central	*Region Total	417	340620	34.9	30.8 -38.9	362	299169	30.6	26.6 -34.7
	Chesterfield	57	75917	28.7	20.0 -37.5	49	89670	34.0	24.0 -43.9
	Chickahominy	---	---	---	---	---	---	---	---
	Crater	61	54520	38.5	28.7 -48.3	79	55860	39.5	29.7 -49.2
	Henrico	---	---	---	---	46	42260	22.7	14.3 -31.1
	Piedmont	---	---	---	---	---	---	---	---
	Richmond City	---	---	---	---	42	20165	21.0	14.1 -28.0
	Southside	---	---	---	---	55	28403	35.4	26.5 -44.2
Eastern	*Region Total	561	457191	33.2	29.6 -36.7	498	408051	29.6	26.1 -33.1
	Chesapeake	---	---	---	---	53	34637	24.6	15.2 -34.0
	Eastern Shore	47	11804	33.4	23.4 -43.3	49	12457	35.2	25.8 -44.7
	Hampton	---	---	---	---	55	34629	28.6	19.2 -38.0
	Norfolk City	---	---	---	---	---	---	---	---
	Peninsula	66	77831	31.9	22.9 -40.8	60	74679	30.6	22.0 -39.1
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	---	---	---	---	53	40847	21.3	13.2 -29.4
	Virginia Beach	59	97430	32.7	23.9 -41.5	49	81967	27.5	18.9 -36.2
	Western Tidewater	72	47479	36.4	27.7 -45.2	59	52438	40.2	30.8 -49.7
Northern	*Region Total	378	476455	35.0	30.8 -39.3	226	282499	20.8	17.3 -24.3
	Alexandria	---	---	---	---	24	12844	16.0	8.2 -23.9
	Arlington	58	49713	32.6	23.0 -42.2	---	---	---	---
	Fairfax	129	248209	37.0	29.9 -44.1	74	131164	19.5	14.1 -25.0
	Loudoun	---	---	---	---	32	26134	15.9	7.0 -24.8

(Continued)

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		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	100	70114	1.2	0.9 - 1.5	2114	2049686	35.5	33.6 -37.3
Northern	Prince William	---	---	---	---	75	127383	43.7	34.8 -52.7
Northwestern	*Region Total	---	---	---	---	306	279254	33.2	28.8 -37.7
	Central Shenandoah	---	---	---	---	---	---	---	---
	Lord Fairfax	---	---	---	---	---	---	---	---
	Rappahannock	---	---	---	---	59	64059	30.6	21.5 -39.8
	Rappahannock/Rapidan	---	---	---	---	---	---	---	---
	Thomas Jefferson	---	---	---	---	68	42577	33.5	24.1 -42.9
Southwestern	*Region Total	32	20189	1.6	0.8 - 2.5	455	362355	29.6	26.3 -32.8
	Alleghany	---	---	---	---	77	50509	35.1	25.1 -45.1
	Central Virginia	---	---	---	---	47	51871	25.1	16.8 -33.3
	Cumberland Plateau	---	---	---	---	---	---	---	---
	Lenowisco	---	---	---	---	41	26764	30.4	21.3 -39.6
	Mount Rogers	---	---	---	---	49	46435	24.6	16.9 -32.3
	New River	---	---	---	---	---	---	---	---
	Pittsylvania/Danville	---	---	---	---	54	38492	34.3	24.6 -44.1
	Roanoke City	---	---	---	---	32	16127	17.9	9.8 -26.1
West Piedmont	---	---	---	---	37	29428	22.7	14.7 -30.7	

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*Virginia	*State Total	2156	1974054	34.1	32.4 -35.9	1781	1686976	29.2	27.5 -30.9
Northern	Prince William	76	88236	30.3	22.8 -37.8	62	74116	25.5	18.5 -32.4
Northwestern	*Region Total	262	269313	32.1	27.7 -36.4	229	284131	33.8	29.1 -38.5
	Central Shenandoah	---	---	---	---	---	---	---	---
	Lord Fairfax	42	50588	28.7	19.5 -37.8	42	53423	30.3	20.6 -39.9
	Rappahannock	54	56147	26.9	18.9 -34.8	60	86920	41.6	31.7 -51.5
	Rappahannock/Rapidan	62	44513	38.3	28.8 -47.8	---	---	---	---
	Thomas Jefferson	50	42153	33.2	23.7 -42.7	---	---	---	---
Southwestern	*Region Total	538	430474	35.1	31.7 -38.5	466	413127	33.7	30.2 -37.1
	Alleghany	87	53471	37.2	27.3 -47.1	56	39787	27.7	18.9 -36.4
	Central Virginia	67	91193	44.1	34.3 -53.8	58	60082	29.0	20.6 -37.5
	Cumberland Plateau	---	---	---	---	43	33418	27.5	18.4 -36.6
	Lenowisco	54	31743	36.1	26.5 -45.7	55	27206	30.9	22.1 -39.8
	Mount Rogers	63	61031	32.3	23.1 -41.5	---	---	---	---
	New River	65	44766	30.8	21.8 -39.7	46	41286	28.4	18.5 -38.3
	Pittsylvania/Danville	49	30866	27.5	18.7 -36.4	57	38790	34.6	25.3 -43.9
	Roanoke City	---	---	---	---	---	---	---	---
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