



Body Mass Index (BMI) at the State, Health Region, and Health District Levels, Virginia, 2014

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	145	106798	1.7	1.3 - 2.2	2843	2047916	33.5	32.2 -34.9
Central	*Region Total	27	15433	1.5	0.8 - 2.3	527	322030	31.5	28.5 -34.5
	Chesterfield	---	---	---	---	93	79130	30.9	24.2 -37.5
	Chickahominy	---	---	---	---	73	37089	33.0	24.6 -41.4
	Crater	---	---	---	---	63	33921	28.4	20.4 -36.4
	Henrico	---	---	---	---	105	81585	32.7	26.2 -39.3
	Piedmont	---	---	---	---	51	21573	25.2	16.0 -34.3
	Richmond City	---	---	---	---	79	47012	33.9	25.8 -41.9
	Southside	---	---	---	---	63	21720	36.0	27.2 -44.9
Eastern	*Region Total	34	22723	1.6	0.8 - 2.3	628	429416	29.7	27.0 -32.4
	Chesapeake	---	---	---	---	79	50689	30.9	23.3 -38.4
	Eastern Shore	---	---	---	---	---	---	---	---
	Hampton	---	---	---	---	53	40881	31.3	21.9 -40.8
	Norfolk City	---	---	---	---	90	56168	33.1	24.7 -41.4
	Peninsula	---	---	---	---	102	90144	34.3	27.7 -41.0
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	---	---	---	---	60	25358	17.3	12.0 -22.6
	Virginia Beach	---	---	---	---	91	106576	30.8	24.5 -37.0
	Western Tidewater	---	---	---	---	58	24225	23.0	16.1 -29.8
Northern	*Region Total	23	24515	1.7	0.7 - 2.7	590	590897	41.8	38.4 -45.3
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	---	---	---	---	106	65796	53.6	44.1 -63.1
	Fairfax	---	---	---	---	214	296048	44.2	38.9 -49.5
	Loudoun	---	---	---	---	108	98830	43.8	36.0 -51.6

(Continued)


1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2014. 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	3253	2214453	36.3	34.9 -37.6	2638	1738141	28.5	27.2 -29.7
Central	*Region Total	645	380356	37.2	34.1 -40.3	519	303919	29.7	26.8 -32.6
	Chesterfield	122	102409	40.0	33.2 -46.7	84	71308	27.8	21.8 -33.8
	Chickahominy	71	38468	34.2	26.0 -42.5	65	33931	30.2	22.4 -38.0
	Crater	81	39511	33.1	25.0 -41.1	90	45544	38.1	29.4 -46.9
	Henrico	133	95201	38.2	31.7 -44.7	80	65017	26.1	19.9 -32.3
	Piedmont	74	30417	35.5	25.8 -45.2	76	33601	39.2	29.4 -49.1
	Richmond City	84	52415	37.8	29.5 -46.1	65	38169	27.5	19.8 -35.2
	Southside	80	21936	36.4	27.0 -45.8	59	16350	27.1	19.1 -35.2
Eastern	*Region Total	789	521689	36.1	33.2 -39.0	723	470215	32.6	29.8 -35.3
	Chesapeake	105	61851	37.7	30.2 -45.2	88	46289	28.2	21.6 -34.8
	Eastern Shore	---	---	---	---	---	---	---	---
	Hampton	71	36944	28.3	20.7 -35.9	86	51894	39.8	30.9 -48.6
	Norfolk City	95	64736	38.1	29.3 -46.9	78	47965	28.2	20.3 -36.2
	Peninsula	101	93073	35.5	28.6 -42.3	84	76248	29.0	22.8 -35.3
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	105	59879	40.9	32.7 -49.0	82	56373	38.5	30.2 -46.7
	Virginia Beach	110	128624	37.1	30.2 -44.1	92	107964	31.2	24.6 -37.7
	Western Tidewater	87	38327	36.3	28.1 -44.6	88	41520	39.3	31.0 -47.7
Northern	*Region Total	530	515236	36.5	33.2 -39.8	306	281852	20.0	17.2 -22.7
	Alexandria	---	---	---	---	32	12044	13.3	5.8 -20.8
	Arlington	82	42847	34.9	25.9 -43.9	37	14013	11.4	6.1 -16.8
	Fairfax	185	234561	35.0	30.1 -40.0	99	123550	18.5	14.3 -22.6
	Loudoun	89	83529	37.0	29.2 -44.9	50	38845	17.2	11.7 -22.7

(Continued)

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		Underweight				Normal Weight			
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*Virginia	*State Total	145	106798	1.7	1.3 - 2.2	2843	2047916	33.5	32.2 -34.9
Northern	Prince William	---	---	---	---	80	88826	29.2	22.1 -36.3
Northwestern	*Region Total	23	22994	2.2	1.0 - 3.4	459	348108	33.0	29.8 -36.2
	Central Shenandoah	---	---	---	---	104	70408	29.0	23.2 -34.8
	Lord Fairfax	---	---	---	---	90	68149	34.1	27.2 -41.0
	Rappahannock	---	---	---	---	93	110450	36.2	29.0 -43.4
	Rappahannock/Rapidan	---	---	---	---	79	44648	30.0	23.0 -37.0
	Thomas Jefferson	---	---	---	---	93	54453	34.4	27.9 -41.0
Southwestern	*Region Total	38	21134	1.8	0.9 - 2.7	639	357465	30.4	27.7 -33.1
	Alleghany	---	---	---	---	111	55384	29.9	23.4 -36.5
	Central Virginia	---	---	---	---	82	62717	36.4	28.8 -44.1
	Cumberland Plateau	---	---	---	---	56	26769	26.1	17.9 -34.4
	Lenowisco	---	---	---	---	60	23209	26.2	18.4 -34.1
	Mount Rogers	---	---	---	---	72	60587	29.2	21.9 -36.4
	New River	---	---	---	---	89	43211	33.7	25.7 -41.7
	Pittsylvania/Danville	---	---	---	---	53	21763	23.3	15.6 -31.1
	Roanoke City	---	---	---	---	---	---	---	---
	West Piedmont	---	---	---	---	64	33966	29.5	21.3 -37.7

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*Virginia	*State Total	3253	2214453	36.3	34.9 -37.6	2638	1738141	28.5	27.2 -29.7
Northern	Prince William	104	118025	38.8	31.6 -46.0	88	93400	30.7	23.8 -37.6
Northwestern	*Region Total	513	374019	35.5	32.4 -38.5	413	309384	29.3	26.4 -32.2
	Central Shenandoah	112	81743	33.7	27.6 -39.8	105	80944	33.4	27.3 -39.4
	Lord Fairfax	102	72854	36.4	29.4 -43.5	83	58569	29.3	22.8 -35.8
	Rappahannock	118	107077	35.1	28.7 -41.5	87	81196	26.6	20.8 -32.5
	Rappahannock/Rapidan	90	55812	37.5	30.4 -44.6	74	44811	30.1	23.6 -36.6
	Thomas Jefferson	91	56534	35.8	28.9 -42.6	64	43864	27.7	21.3 -34.2
Southwestern	*Region Total	776	423153	36.0	33.4 -38.7	677	372770	31.7	29.1 -34.3
	Alleghany	116	66349	35.9	28.9 -42.8	90	56223	30.4	23.5 -37.3
	Central Virginia	94	58503	34.0	27.1 -40.8	78	48451	28.1	21.7 -34.6
	Cumberland Plateau	81	41400	40.4	31.6 -49.3	83	33922	33.1	25.0 -41.3
	Lenowisco	80	35835	40.5	31.4 -49.6	67	28935	32.7	24.4 -41.0
	Mount Rogers	98	72365	34.8	28.0 -41.7	88	67735	32.6	25.8 -39.4
	New River	90	42564	33.2	25.4 -41.0	78	40726	31.8	24.2 -39.4
	Pittsylvania/Danville	88	40401	43.3	34.2 -52.5	71	30474	32.7	24.1 -41.3
	Roanoke City	- - -	- - -	- - -	- - -	50	23311	28.4	18.7 -38.0
West Piedmont	70	36842	32.0	24.1 -40.0	72	42993	37.4	28.2 -46.6	

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